



الكلية : كلية طب العام

الفرع : طب الاسرة والمجتمع

المرحلة : الرابعة

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اسم المادة باللغة العربية : الصحة المهنية

اسم المادة باللغة الانكليزية : Occupational health

اسم المحاضرة الاولى باللغة العربيه : مقدمة عن الصحة المهنية

اسم المحاضرة الاولى باللغة الانكليزية: Introduction about occupation health

**Occupational Health is promoting and maintaining the highest degree of physical, mental, and social well-being of workers in all occupations by preventing departures from health, controlling risks, and adapting work to people, and people to their jobs.**

### Occupational medicine

The branch of medicine deals with the prevention and treatment of diseases and injuries occurring at work or in specific occupations.

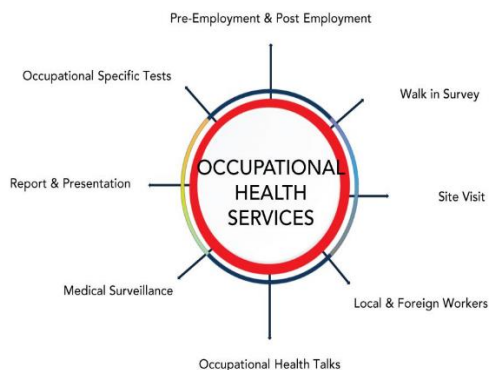


occupational disease: **any chronic illness that occurs as a result of work or occupational activity.** Any existing disorder, physical or non-physical, that employees relate to their work situation is classified as **a work-related disorder.**



## OCCUPATIONAL HEALTH SERVICES

Essentially preventive functions and responsible for advising the employer, the workers and their representatives in the undertaking, on



1-the requirements for establishing and maintaining a safe and healthy working environment that will facilitate optimal physical and mental health in relation to work .

2-the adaptation of work to the capabilities of workers according to their state of physical and mental health".

### functions

- 1-Identification and assessment of the risks **from health hazards in the workplace**.  
**This involves the surveillance of the factors** in the working practices that may affect workers' health.
- 2- Advising on **planning and organization** of work and **working practices**, including the design of work-places, and the evaluation, choice, and maintenance of equipment and substances used at work. In so doing, the adaptation of work to the worker is promoted.
- 3-Providing advice, information, training, and education, on occupational health, safety, and hygiene and on ergonomics and protective equipment.
- 4-Surveillance of workers' health in relation to work.
- 5-Contributing to occupational rehabilitation.
- 6- Organizing first aid and emergency treatment.

### Surveillance of workers' health in relation to work.

- 1-Identification and evaluation of ergonomic factors which may affect the worker's health.
- 2-assessment of conditions of occupational hygiene and factors which may regenerate risks to the health of the workers
- 3-assessment exposure of workers to adverse psychological conditions and aspect of work organization.
- 4-assessment the risks of occupational accidents and major hazards.
- 5-assessment of personal protective equipment.
- 6-assessment of control system designed to eliminate or reduce exposure to hazards.

### Components of an occupational health services or programs

- 1-hazard control
- 2-fitness to work  
evaluation
- 3-case management
- 4-monitoring and  
surveillance
- 5-employee assistance
- 6-health promotion

### Fitness to work evaluation

- 1-pre assignment( pre-employment medical examination)
- 2-periodic medical examination.
- 3-return to work for medical examination
- 4-retired medical examination

### The effect of work on the health of man:

As manufacturing techniques improved, machines became speedier and more dangerous. Toxic hazards were also increased because of the prolonged exposure to a wider range of new chemicals which were introduced without considering their possible effect on workers.

- 1- work can cause occupational diseases e.g., Asbestosis.
- 2- work can contribute to or exacerbate non – occupational diseases. e.g., MI & Asthma.
- 3-work may affect the worker's ability to work efficiently & safely e.g., noisy atmosphere accidents
4. work may positively affect the health of workers

### General prevention(control) measures at the workplace

A technical safety measure: separate the workers from risk factors by encapsulating the harmful substances or making barriers between workers and factors causing health hazards.

- 1-use automatic, remote control, or ancillary equipment/
- 2-use personal protective devices
- 3-aware the workers of types of risk and elements of danger in the workplace by using working tables
- 4-education and training.
- 5-provide first aid and medical emergency
- 6-elimination of a hazardous agent by substitution by less harmful agent (toluene for benzene, fiberglass for asbestose)
- total enclosure system of industrial process
- generally and locally applied ventilator
- general clearness

### Administrative controls :

- 1-legislation and regulation , workers' compensation insurance system
- 2-trade union representative
- 3-central control body.

4-limitation of time of exposure and altered work schedules.

-Monitoring involves:

1-Biological:

2-environmental

The TLV **Threshold Limit Value** for chemical substances is defined as a concentration in air, typically for inhalation or skin exposure. Its units are in parts per million of air) ppm (for gases and in milligrams per cubic meter ( $\text{mg}/\text{m}^3$ ) for particulates such as dust ,smoke and mist

TLV depends on:

1-conc.

2- type

3-susceptibility ,

4-health status