

OCCUPATIONAL HEALTH & HYGIENE

Occupational health and hygiene refer to the practices and conditions that promote the well-being of workers in the workplace.

GOALS OF OCCUPATIONAL HEALTH AND HYGIENE:

- ❖ Identify and minimize workplace hazards
- ❖ Prevent occupational diseases and injuries
- ❖ Enhance workplace productivity and reduce absenteeism of the employees
- ❖ Adhere to local and international occupational health and safety standards



COMMON WORKPLACE HAZARDS

- **Physical Hazards:** Noise, vibration, temperature extremes, radiation
- **Chemical Hazards:** Exposure to harmful substances, toxins, and gases
- **Biological Hazards:** Bacteria, viruses, fungi, and other microorganisms
- **Ergonomic Hazards:** Poor workstation design, repetitive movements
- **Psychosocial Hazards:** Stress, harassment, violence

RISK ASSESSMENT

- Conduct assessment at site
- Involve employees in hazard identification
- Evaluate severity and likelihood of identified risks
- Prioritizing risks for control measures

CONTROL MEASURES

- **Engineering Control:** Modifying equipment and processes to reduce hazards
- **Administrative Controls:** Establishing work procedures and policies
- **Personal Protective Equipment (PPE):** Selecting and providing appropriate protective gear

STANDARDS

- AIHA Guidelines
- OSHA Standard
- IS 6685: Code of Practice for Industrial Lighting
- IS 5182: Method of Measurement of Air Pollution
- EN ISO 9241 - Ergonomics of Human-System Interaction (European Standards)
- ANSI/HFES 100 - Human Factors Engineering of Computer Workstations
- NIOSH (National Institute for Occupational Safety and Health) Ergonomics and Musculoskeletal Disorders
- ISO 11228-1:2003- Ergonomics — Manual handling — Part 1: Lifting and carrying

- ISO 11226:2010- Ergonomics — Evaluation of static working postures
- ISO 9241-11:1998- Ergonomic requirements for office work with visual display terminals (VDTs) — Part 11: Guidance on usability

OCCUPATIONAL HEALTH SERVICES OFFERINGS

OCCUPATIONAL HEALTH & INDUSTRIAL HYGIENE SURVEY	
✓ OHS Consultancy	✓ Hazardous Material Management
✓ OHS Risk Assessment	✓ Area Heat and cold stress
✓ Fatigue Analysis	✓ Biological Exposure
✓ Exposure monitoring	✓ Radiation Exposure Monitoring
✓ Air quality analysis	✓ Chemical Exposure
✓ Noise level assessment	✓ Heat Stress Monitoring
✓ Ventilation assessment	✓ Illumination Survey

ERGONOMICS	
✓ Ergonomic risk assessment	✓ DSE Assessment
✓ Workstation assessment	✓ Musculoskeletal risk assessment
✓ Whole Body Vibration Survey	✓ Work-related stress management
✓ Assessment of MMH Activities	✓ Personal Protective Equipment (PPE) Management
✓ Manual Handling Assessment	✓ Ergonomics E- learning
✓ Repetitive strain injuries (RSI) assessment	