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Occupational health in terms of injuries, accidents and MSDs in load carrying by Indian women living in hilly areas

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India, one of the fastest growing economies in the world with about 8% GDP growth, still strives for infrastructure boom. Together with this there is a wide gap between urban and rural settings. One of the reasons for higher women workforce in hilly areas is that most of the able bodied men migrate in the plains for livelihood and leave not only task of running the household squarely on the shoulders of women but also most of the heavy agricultural tasks. The economy of hills is largely dependent on natural resources, and ever shrinking forest and water resources have hit women really hard. They spend longer hours gathering fuel, wood, fodder and to fetch water. Then losses of forest cover have made agricultural activities more cumbersome. They often work for 14 hours a day and during peak season (September-October) when women's work day extend up to 15-16 hours a day. Most of the time, women living in hilly areas carry water, fuel, wood and fodder materials from long distances which involve carrying loads on head, back, shoulders, on lap of hands etc. These involve walking long distances in hilly regions with poor infrastructural facilities, poorly constructed roads with a lot of stones and pebbles, narrow pathways, full of twists and turns with slanting and steep slopes. All of these contribute to increase the physiological costs and physical loads to a great extent. Other debilitating factor involves scattered land holdings which again cause women to cover long distances in difficult environmental and geographical conditions, due to which the women suffer from various kinds of ailments such as backache, pain in shoulder and neck, and fall or slips causing serious injuries. Musculoskeletal disorders are more common among women rather than men, especially in neck and shoulder disorders. Considering the above facts the main objective of this study was to find out the risk and status of injuries, accidents and MSDs in hill regions. The physiological data and perceived exertion ratings also showed higher cost to the workers while carrying loads on the shoulder and least cost while carrying loads on the back and RPE was also found to be in between weak to moderate exertion with 15 and 20 kg of weights. It is advisable for those women to carry 15-20 kg of weight on back in order to minimize the risk of MSDs and injuries. L-shaped external frame backpack was developed which brought down the level of physiological cost and perceived exertion, and did not cause any pain and pressure points while carrying different amount and types of loads. The subjects felt more comfortable with the developed backpack while carrying grasses and wood. To conclude we can say that infrastructural facilities creates situations and conditions which have catastrophic implications on the people and often we work towards finding solutions to the problems related to the occupational and industrial settings and forget about the safety of the common people especially women in hilly region.

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Awareness Among Cardiac Catheterization Health Care Team Members Regarding Occupational Health Hazards And Safety Practices In Cairo University Hospitals

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The aim of the study was to assess cardiac catheterization health care team member's awareness regarding occupational health hazards and safety practices in Cairo University Hospitals. A descriptive, comparative design was utilized. The study was conducted at all cardiac catheterization units in Cairo University Hospitals. Convenient sample of all health care team members (80) who divided into physicians (12), bachelor nurses (11), technical nurses (27), radiologists (16), and nurses aid (14). Two tools were developed by the investigator utilized for data collection. Finding of this study indicated the physicians had the highest total mean awareness score towards occupational hazards while, the lowest total mean score of awareness for nurses aids. The New Kaser Elaine catheterization unit had got the highest mean score of safety measures while; Emmanuel University catheterization unit had gotten the lowest total mean score. All health care team members had got a moderate level of awareness toward occupational health hazards. The physicians were the most aware group of health team members with occupation health hazards while, the nurses' aids group was the lowest aware group with occupational health hazards and all cardiac catheterization units had a low level of safety practices. The study recommended that a training program can be conducted to improve knowledge on occupational health hazards and periodic medical checkup and checkup for radiation level.