

Occupational Health and Hygiene

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1. Definition

- Occupational hygiene focuses on anticipating, recognizing, evaluating, and controlling environmental factors that could cause illness among workers.

2. Key Exposure Categories

- Chemical exposure (dust, fumes, solvents), physical exposure (noise, heat, radiation), and biological exposure (bacteria, mold).

3. Exposure Limits

- Regulatory bodies set occupational exposure limits (OELs) specifying the maximum safe concentration of a substance over a given time period.

4. Monitoring

- Regular air quality testing, noise level monitoring, and health surveillance (e.g., hearing tests, lung function tests) for at-risk workers.

5. Occupational Diseases

- Long-term exposure without controls can cause conditions like occupational asthma, hearing loss, or dermatitis.

6. Control Measures

- Ventilation systems, substitution of hazardous chemicals with safer alternatives, and enclosure of dusty or noisy processes.