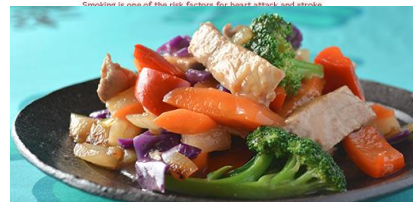


# Healthy Work

Presented by Julia Crosby NZRN Comp. PG Dip Occ Health Practice, PG  
Cert in Rehabilitation .

# Occupational Health area of health Practice

- ▶ Assesses and monitors the effect of work on health, and health on work.
- ▶ So looks at the potential for individuals health to be impacted by the activities of work and exposure to material conditions and substances. E.g. Noise, chemicals, radiation
- ▶ Looks at the health of the individual and assesses the possible harm to the person and others arising from that health condition. E.g. poorly controlled diabetes,



# Occupational Health

## The background

- ▶ The National Occupational Health and Safety Advisory Committee (NOHSAC) produced a report in 2004 which revealed the appalling state of worker health in NZ.
- ▶ As many as 900 workers die each year from Occupational Disease.
- ▶ Each year there are 30,000 new cases of non fatal work related disease.
- ▶ The Occupational cause of many of these deaths and diseases go unreported for several reasons, including General Practitioners not recognizing the connections with work
- ▶ Commission of Enquiry

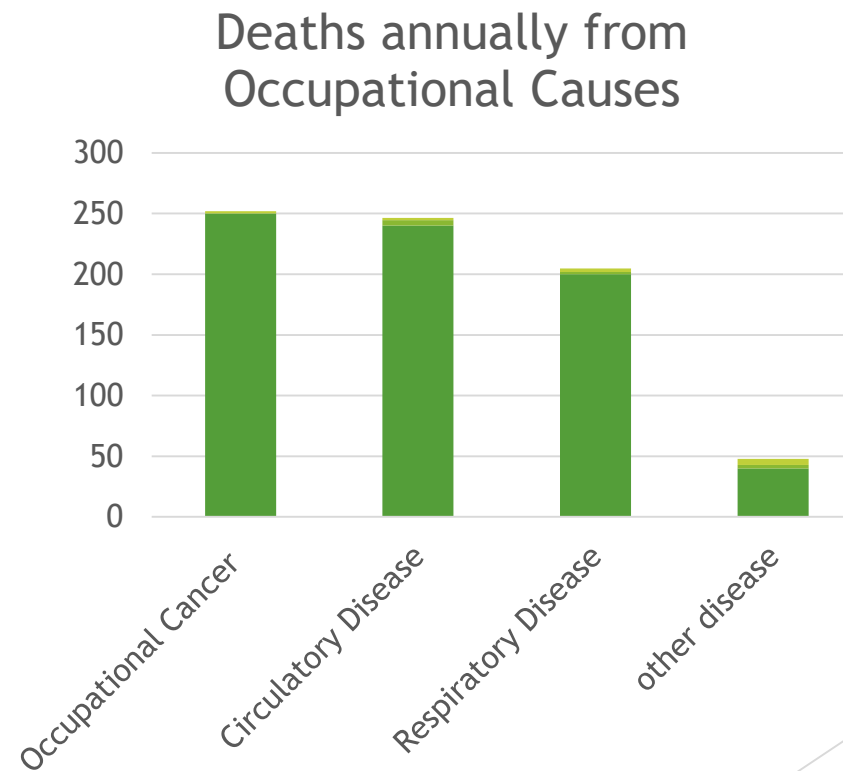
# Presentation today will:

- ▶ Background some of the causes of Occupational mortality and morbidity
- ▶ Look at the new regulatory framework and what is now required to properly provide for health surveillance at work



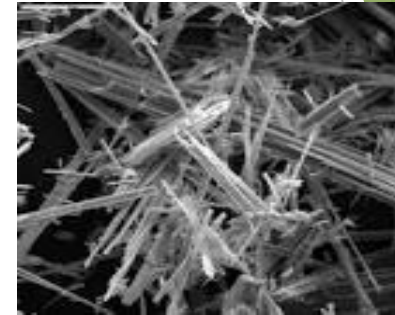
# A grime picture

- ▶ 600 to 900 deaths annually from occupational disease, particularly cancer, respiratory disease, and ischaemic heart disease.
- ▶ 100 deaths from occupational injury
- ▶ 30,000 new cases of work related disease.

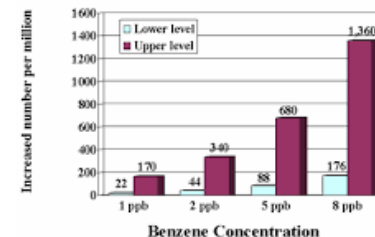


# Occupational Cancers

- ▶ Mesothelioma due to asbestos exposure
- ▶ Lung cancer due to exposure to asbestos, arsenic, beryllium, chromium, diesel fumes, nickel, silica
- ▶ Leukaemia from benzene exposure and low frequency electro magnetic field exposure



EXPECTED EXCESS CANCERS DUE TO EXPOSURE TO BENZENE

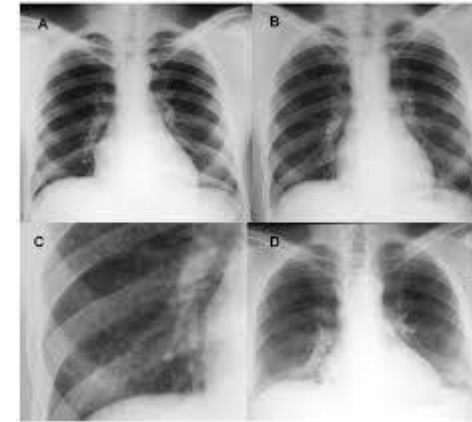
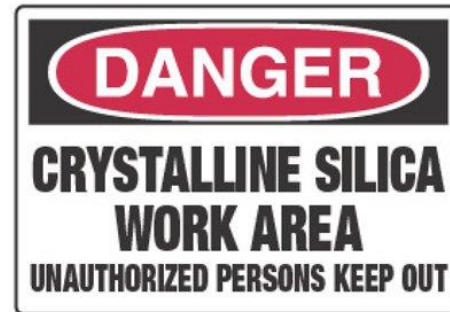




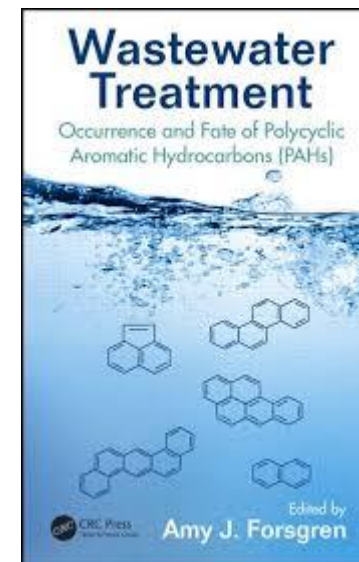
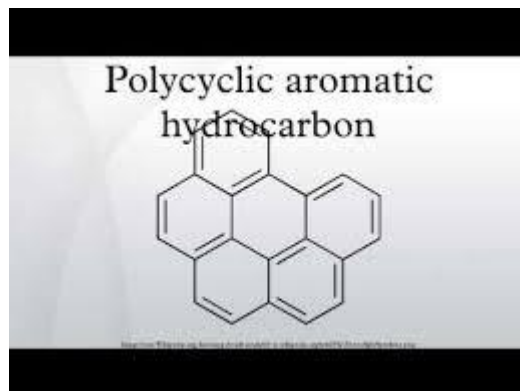
# Occupational Cancers



Figure 1: beryllium hazard sign

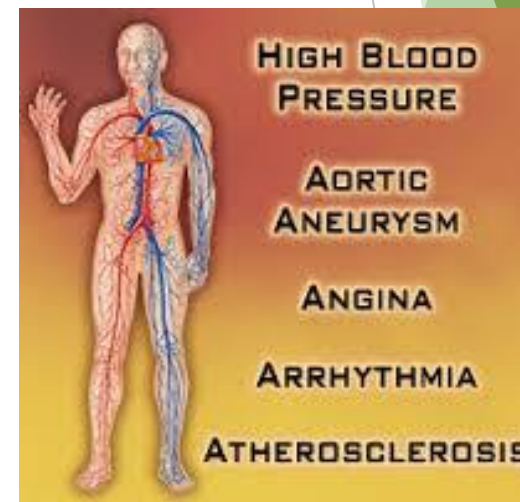
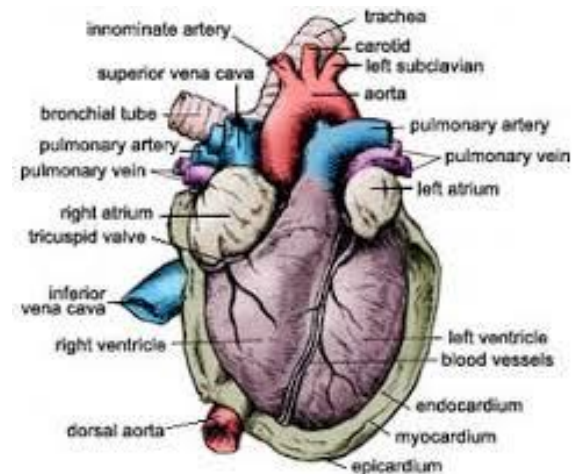


- Bladder cancer from textile dyes, paints, pigments, leather, rubber, solvents, poly-cyclic aromatic hydrocarbons



# Circulatory disease

- ▶ Work strain and fatigue
- ▶ Exposure to carbon monoxide from engine exhausts







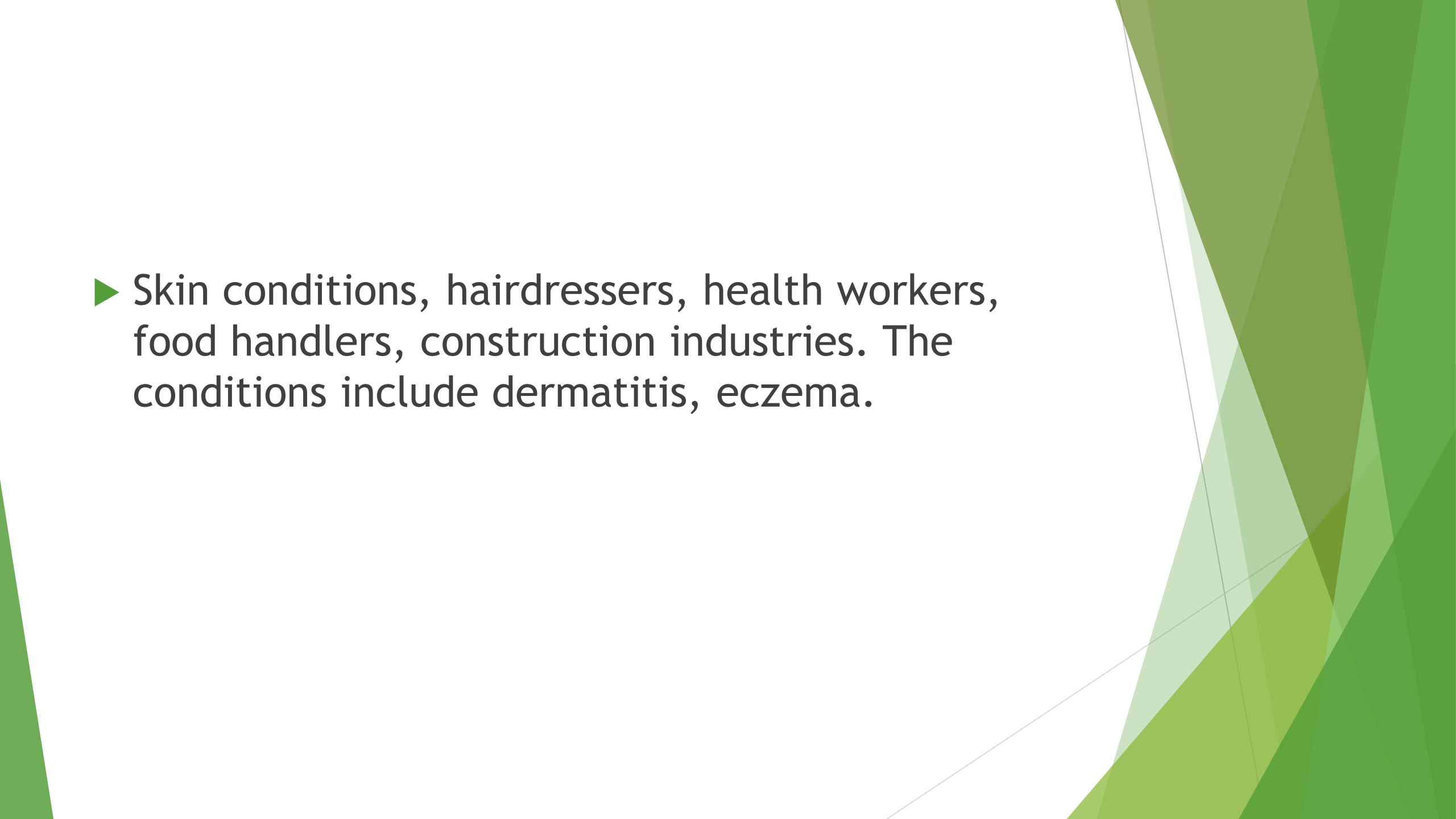
# Respiratory disease

- ▶ Chronic obstructive lung disease due to organic dust, microbial dust, endotoxins, welding fumes
- ▶ Occupational Asthma
- ▶ Asbestosis



# Common under reported work related health disorders

- ▶ Hearing Loss. Single largest cause of hearing loss is excessive noise exposure
- ▶ Musculoskeletal. Back injuries, shoulder injuries from manual work.
- ▶ Mental ill health. 9% of all workers experience stress, anxiety and depression in any one year. Work causes include bullying, inadequate workplace management of this.

- 
- The background of the slide features abstract, overlapping green geometric shapes, primarily triangles and polygons, in various shades of green, creating a modern and dynamic visual effect.
- ▶ Skin conditions, hairdressers, health workers, food handlers, construction industries. The conditions include dermatitis, eczema.

# Health and Safety at Work (General Risk and Workplace Management) Regulations 2016

- ▶ Exposure Monitoring. Means the measurement and evaluation of exposure to a health hazard
- ▶ Health Monitoring . This is in relation to an individual, means monitoring of the individual to identify any changes in his or her health status because of exposure to certain hazards.
- ▶ Occupational Health Practitioner. Medical Practitioner, Nurse Practitioner, Registered Nurse who has knowledge and skills to carry out health monitoring as required by the regulations
- ▶ Due diligence when choosing an Occupational Health Practitioner. Do they have a Post Graduate Qualification in Occupational Health? What experience do they have? What professional support and development are they engaged with?

# Occupational Health Monitoring

- ▶ Monitoring the health of the individual worker in relation to the hazard
- ▶ Baseline measurements taken during a pre employment medical assessment



# Five Quick questions when choosing an Occupational Health Practitioner

- ▶ 1. Do you belong to the Occupational Health Nurses Association - can you confirm this?
- ▶ 2. What qualifications and/or certification do you have?
- ▶ 3. What relevant skills and experience do you have for this job?
- ▶ 4. Can you give me examples of similar work you have done recently?
- ▶ 5. Are you happy for us to contact your clients about your work for them

# Occupational Health Nurses Association

- ▶ NZ Occupational Health Nurses Association (NZOHNA)
- ▶ We are nurses who specialise in providing health, safety and wellbeing programmes and services for workplaces. Preventing workplace injury and prevention is important to us. We educate people on safe working practices and help them take better care of themselves.
- ▶ NZOHNA is a foundation member of the Health And Safety Association of New Zealand (HASNZ)

# Challenges for employers

- ▶ Ageing workforce
- ▶ Skill shortages in the millennial generation, so retention of older workers is important and accommodating their health and age related needs
- ▶ Stress and fatigue, home life and work life stresses
- ▶ Impact of drug alcohol and other addictions
- ▶ The PCBU and their responsibilities for contractors and their employees