DSR Workshop 2009
Occupational Health Services in University Health Service

Kamela MA
Health Education Officer
University Health Service
Aim of Occupational Health

1. To promote and maintain the highest degree of physical, mental and social well-being of workers

2. To prevent departures from health caused by the working conditions

3. To protect workers from risks adverse to health

4. To place and maintain the worker in an occupational environment adapted to his physiological and psychological ability

The Joint International Labour Organization World Health Organization Committee on Occupational Health, 1950
Occupational Health Diseases Prevention

- Occupational / work-related diseases: Diseases caused by exposure to or contact with hazards in work.

- Employers’ duty: To prevent employees from developing occupational / work-related diseases.
Anticipating and Identifying Health Hazards

Consideration in the planning stage

For work already underway:
- Workplace inspections
- Referring to occupational safety and health policies
- Interviewing with employees concerned
- Consulting Safety Office or University Health Service if necessary
Occupational Health Diseases
Prevention – Hazards:

Common occupational health hazards:
- Lifting heavy objects
- Repetitive movements
- Noise
- Dangerous substances
- Biological hazards
- Radiation
- Occupational stress

Hazards exist in:
- Offices
- Laboratories
- Workshops

Aware of the hazards and remedial measures. Take active steps to avoid the development of occupational diseases.
UHS Web: www.hku.hk/uhs/program/OHealth/front.htm

Occupational Health and Prevention

Towards a Healthy Work Environment

A healthy work environment such as good house-keeping practice, adequate lighting and ventilation, proper work station design, etc. are important for the health of workers and prevention of accidents and injuries. The following information consists of guidelines for a healthy work environment. Source is from the Occupational Safety and Health Branch of the Labour Department, HKSAR.

- Occupational Health Guide - Good Health is Good Fortune

- Guidelines for Good Occupational Hygiene Practice in a Workplace
Introduction
Towards a Healthy Work Environment
Occupational Disease Prevention
Medical Surveillance
Vaccinations for High Occ. Risk
Special Condition and Work
University Safety Policy & Manual
Useful Links

Air Quality
- Guidance Notes on Ventilation and Maintenance of Ventilation Systems
  通风及通风系统保养指引

- Air Impurities (Chemical Substances) Code of Practice on Control
  空气杂质(化学品)的工作守则

- Office Ventilation
  办公室通风
Resources from Labour Dept.

The Role of the UHS in Occupational Health
Pre-employment Medical Surveillance

Aim
1. to ensure that the employee is medically fit for the job:
   ~ certain underlying medical conditions
   ~ meet the specific health requirement
2. to provide base-line health data

Health questionnaire
Possible occupational hazards (by unit heads)
Tailor made Physical examination, if required
Periodic Medical Surveillance
Detect early signs of occupational diseases

Regular medical surveillance:
• Radiation workers: HK Radiation Board
• Divers
• Animal workers: annual questionnaire screening, recall when required
• Respirator users: pre-placement and periodic recall when required
• Workers handling carcinogens at work: pre-placement, annual and exit medical examination
Management of Work-related Injuries and Diseases

- Inform UHS
- Provide treatment and rehabilitation
- Investigate the event with the collaboration of the Safety Office and other relevant specialties
- Increase our awareness of preventive measures and help to decrease further event in the future
Occupational Health Rehabilitation Programme

Target Clients:

All Injury On Duty cases with prolonged sick leaves or light duty.
Occupational Health Rehabilitation Programme

**Aims:**

- To decrease sick leave
- To speed up recovery
- To improve morale at work
- To minimize complications (physical, psychological and social aspects)
Occupational Health Rehabilitation Programme

- Staff with sick leave or light duty > 30 days
- Review of physical / mental readiness to return to work
- Planning of rehabilitation program to assist gradual return to full duty
Occupational Health Rehabilitation Programme

OH Rehab. Team

- Director of UHS
- UHS Physician
- UHS OH Nursing Officer
- UHS OH Nurse
- Others as required e.g. Supervisor, Physiotherapist etc.
## Vaccinations for Staff and Students

<table>
<thead>
<tr>
<th><strong>Group</strong></th>
<th><strong>Vaccination</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Clinical staff and students</td>
<td>Hepatitis B* and Influenza</td>
</tr>
<tr>
<td>First Aiders and staff handling blood or blood products</td>
<td>Hepatitis B*</td>
</tr>
<tr>
<td>Handling food or sewage or plumbing</td>
<td>Hepatitis A</td>
</tr>
<tr>
<td>Handling animals or soil</td>
<td>Tetanus</td>
</tr>
<tr>
<td>Handling animals</td>
<td>Rabies if appropriate (prior arrangement )</td>
</tr>
<tr>
<td>Handling birds and poultry</td>
<td>Influenza</td>
</tr>
</tbody>
</table>

The **cost** of vaccinations and blood tests to the **Department**.
Mass vaccination can be arranged.

* Post vaccination blood test for Hepatitis B antibody
Training and Education

- Legal requirements on the safety for certain job duties

- Organized specific training programmes:
  - Manual handling operators
  - Manual handling assessors
  - Computer users and Display Screen Equipments (DSE) assessors

- Yearly exhibition and talks: common occupational hazards such as manual lifting, computer ergonomics, work stress, etc.
Provision of First Aid Materials

- Assist Departments to prepare and upkeep and content of their first aid boxes
- Portable first aid boxes as another choice
- Forms can be downloaded from the UHS web site
- Responsibility of Department Heads to ensure that their first aid boxes are properly maintained
- Trained the security guards to perform some basic first aids when necessary
Thank You