An overview: Occupational Health and Environmental Health by Roger Lopez

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Occupational health can be defined as a cross-disciplinary area that is related to the protection of welfare, safety and health of all the people that are engaged in employment or work. Each and every occupational safety and health programs that is formed has a single goal and that is to foster a safe working environment. These programs may also help in protecting co-workers, employers, customers, family members, suppliers and nearby communities and other members of the public who are impacted by the workplace environment

The health of the workers has several determinants, which includes the following:

â€¢ Risk factors at the workplace leading to cancers

â€¢ Accidents

â€¢ Musculoskeletal diseases

â€¢ Respiratory diseases

â€¢ Hearing loss

â€¢ Circulatory diseases

â€¢ Repetitive motion disorders

â€¢ Hearing problems caused by exposure to noise

â€¢ Stress related disorders

â€¢ Communicable diseases and many more

These problems occur because of working hours, health promotion, workplace policies, salary, protection provisions and many more. Prevention practices and good job safety can help in reducing the risk of these problems and diseases. You should try to set up your work area, stay fit, reduce stress and use the right equipment & gear; by considering all these points you will be able to cope up with all these issues.

Environmental health is that branch of public health, which deals with all aspects of built and natural environment that affects human health. There have been numerous programs organized that aims to foster environmental health & protection and environmental public health. Environmental health addresses all the chemical, physical, biological factors external to a person. Also, it includes all the factors that impacts behavior of different persons. Moreover, it also aims at control and assessment of all those environmental factors that can affect health of a person. The programs aim at creating health-supportive environments and preventing disease.

The environment in which we live affects our health, so it is very important to stay in a clean and healthy environment. The average life span of human beings has almost doubled over the past century, because of the availability of safe and clean drinking water. If your environment is being polluted, such as air, soil and water are polluted; it may lead to different health problems. Due to all the contaminations in air, soil and water, people are having health ailments; asthma attacks are

caused due to the chemicals and other pollutants that are present in the air.

There are also some environmental risks that are present in the environment; these include radon in soil. Some other risks are the result of all the human activities like exposure to mercury and asbestos from mining or industrial use, lead poisoning from paint, harmful gases that are depleting the ozone layer. There are many NGOâ€™s and governmental organizations that have formed different policies and have taken preventive measures to reduce these pollutants in the environment.

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