

Occupational Diseases in a Cantonment School of Bangladesh

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Abstract

All industries now use computer. All data are needed to put in computer and for this employees sit on the chair and see the screen of the computer. They have no relaxed time and ultimately face spondylosis and eye related problems. Limited use of computer and if we take some seconds rest after ten minutes interval, it is possible to reduce such problems. During the time of cleaning anywhere we should use mask and gloves. If anybody has skin disease, should make distance for avoiding such infections. Each organization should organize weekly or monthly basis workshop on occupational diseases. Consciousness is the main criterion to avoid such occupational diseases. Very negligible occupational diseases were found in cantonment school.

Introduction

A study was found in female teachers in Mashhad Iran where total 200 educational and official staffs were randomly chosen by cluster sampling method. Results have shown that there has been a significant difference on systolic blood pressure, voice hoarseness and allergic reactions between two groups. Specifically, classroom setting, these factors are less tangible and, so, it theoretically and in application would be difficult to identify and study them. As a result less attention has been paid to these factors [1].

According to WHO and ILO occupational health means the science and the art of providing employees with the highest rate of health, maintaining this high quality, and enhancing the health of work force. Many studies have implicated occupational disorders in the etiology of a number of physical and psychiatric ailments such as coronary heart disease, skin diseases, and ulcers [2,3]. In addition, occupational disorders can hinder effectiveness at work and lead to low performance, job dissatisfaction, poor motivation, absenteeism and turnover [4]. Chronic work stress and exhaustion is associated with higher allostatic load in female school teachers [5]. Results suggest that 27% suffered from a voice problem, 53% an intermittent voice problem, while only 20% had no voice problem. Teachers of the junior classes were more vulnerable to developing a voice problem than those of senior classes. The most common symptoms were dry throat and vocal fatigue [6]. In China, teachers have a lower health status than general population [1]. In Japan (1938), approximately 40% of teachers have been suffering from chronic headaches, depression and anxiety. Respiration disorders were found among teachers of Sweden [7]; ocular health in Brazil [8]. The objective of this study is to identify occupational diseases and provide some effective suggestions.

Occupational Problems in a Cantonment School

Computer base works are very common everywhere. So, the problems in our neck, eye, shoulder, and waist are very common. For continuous sitting on chair spondylosis may severe in people. Sweeper or cleaner are common job in any place and they wash everything. During the time of road cleaning huge dust are found which are responsible for causing asthmatic problem, pneumoconiosis, and allergic problems as well. Accountant of an organization always faces monetary status and this is very sensitive issue for all. They may attack with psychological disorders like anxiety, depression and tension. As some skin diseases are contagious so that it may spread easily from one person to another. Eczema, ringworm, and dermatitis are very common in any work places. Radon gas, beryllium, diesel, exhaust fumes, cadmium, chromium, dust, and fumes from coke plants are environmental factors which are responsible for several occupational diseases. Basically an educational institution is totally prohibited with these chemicals or gases.

Table 1: Occupational problems in a cantonment school

Designation	Main duties	Problems
Teacher	Lecture in class	Hoarse voice
Accountant	Maintain the ledger	Psychological
Section Officer	Computing	Eye problem, Spondylosis
Computer Operator	Computing	Eye problem, Spondylosis
Sweeper	Cleaning	Asthma, Eye irritation, Pneumoconiosis

Summary

For the teachers they will give their vocal rest. Ten minutes interval during the work in front of computer is important. Mask and glove should use during road or room cleaning. Accountant or other officers or employees should complete their job timely so they will not face any tension or anxiety. Neck, shoulder, and waist pain are commonly found in maximum people. If that pain is chronic and if not totally controllable, may take strong opoid by a registered physician. Sometimes, psychological advice can be used for relaxation of the patient. Herbal medicine and homeopathy have little evidence for those treatments. Sudden raising from chair our proximal muscle can be damaged and for continuous sitting joint stiffness may rise [9]. Teachers should also create time to relax in some recreation centers and the habit of plying sports can be good. All teachers should have general knowledge of health education to be able to cater for their well-being at work and beyond [1,10].

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