

SAFETY AND HEALTH IN THE WORKPLACE

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The shops, offices and factories in which we work can be a dangerous places. Research shows that injuries not reported far exceed the reported cases. The health of workers in some type of jobs can be undermined by their exposure to toxic chemicals in the workplace. Disabling illnesses caused or aggravated by these on-the-job conditions may not kill but can produce long term emotional and economic costs. The monetary cost of these injuries is staggering, not only to employees and their organizations, but also to a nation as a whole.

Stress, Accidents and deliberate acts of Violence are becoming more widespread. The work-related diseases are just as shocking as the accident rate. These illnesses are more insidious than a sudden, traumatic accident because they develop slowly over years before the worker experiences physical symptoms. It has generated a lot of interest as Industrial and Occupational Psychologists have learned and conducted studies about stress, safety, violence and health in the workplace, and what organizations can do to make the workplace environment safe.

Stress affects millions of employees, but it operates in more silent and subtle ways, almost half of all the visits to the physician are because of stress. Physical complaints may be psychosomatic, these are actual physical disorders caused by or related to emotional factors such as stress on the job. Physical problems associated with stress include high blood pressure, ulcers, heart disease, arthritis, skin diseases, allergies, headaches, neck and lower back pain