

# Occupational Hygiene in the Workplace



Occupational Hygiene can be described as the discipline that entails the anticipation, recognition, evaluation and control of health hazards in the workplace with the objective to protect the health and well-being of the worker and the affected community at large. Health hazards in the workplace might include one or more of the following exposures towards workers:

Chemical agents such as gases, vapours, solids, dusts, liquids, fibres, fumes, mists, etc.

- Physical agents such as noise, vibration, thermal (heat and cold), lighting, electromagnetic fields, etc.
- Biological agents such as bacteria, fungi, viruses, parasites, etc.
- Ergonomic factors such as repetitive motion, lifting, stretching, etc.
- Psychosocial factors such as stress, workload, work organisation, etc.

Excessive exposure to abovementioned might lead to various problems such as musculoskeletal disorders, noise-induced hearing loss, hand arm or whole body vibration, heat exhaustion, hypothermia, cancer, skin disorders such as dermatitis, physical diseases such as asbestosis, silicosis, pneumonia and damage to specific organs.

NOSA has recently introduced a diverse range of occupational hygiene services aimed at assisting industry to achieve legal compliance (as a minimum requirement) and striving to best practice by quantifying and controlling SHE (Safety, Health, Environment) hazards and risks. NOSA provides clients with a scientific and legal record of hazard identification, risk assessment, both broad and issue-based as well as evaluation and monitoring of the work environment within the field of SHE hazards and risks. Not only will clients meet statutory requirements, but by implementing appropriate steps and improving environmental workplace conditions, clients could also improve productivity and morale with a reduction in insurance premiums, claims and absenteeism.

NOSA's resources offer technical expertise with vast experience in a number of different industry sectors, including mining. Occupational hygiene reports form the basis for sound health, safety and environmental management programmes, and NOSA further assists with the implementation and management of recommendations provided.

For comprehensive occupational hygiene services, contact NOSA on 0 8 6 1 1 1 N O S A ( 6 6 7 2 ) or email [info@nosa.co.za](mailto:info@nosa.co.za) | [www.nosa.co.za](http://www.nosa.co.za)