

# Industrial injuries and occupational diseases

[Health & Medicine](#), [Disease](#)



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An industrial injury covers of two different forms: Accidents at work and Occupational diseases. An accident is a physical or mental injury following an incident or exposure. The incident or exposure has to be sudden or last no more than 5 days.

An accident can be recognized as an industrial injury if the injury occurred due to your work or working conditions. In other words, there has to be causality between your work and the cause of the injury. If you accidentally get injured in the workplace, the injury is not necessarily caused by your work. Example: You get up from a chair and get a prolapsed disc. Occupational disease is a disease that is caused by the work or working condition. The disease may develop due to short- or long-term exposures. For example your hearing reduced by working several years in noisy environment.

In this essay I want to focus on industrial injury and generally occupational disease. Common causes of industrial injuries like poor ergonomics, manual handling of heavy loads, misuse or failure of equipment, exposure to general hazards, inadequate safety training and clothing. They causes may damage human organs like spine, lungs, eyes, skeleton and skin. There are many methods of preventing or reducing industrial injuries, including anticipation of problems by risk assessment, safety training, control banding, personal

protective equipment safety guards, mechanisms on machinery, and safety barriers.

In addition, past problems can be analyzed to find their root causes by using a technique called root cause analysis. According to definition, an occupational disease is a disease or disorder that is caused by the work or working conditions. This means that the disease must have developed due to exposures in the workplace and that the correlation between the exposures and the disease is well known in medical research. Or put in another way, it must not be likely, beyond reasonable doubt that the disease was caused by factors other than work. Examples of occupational diseases: Tennis elbow, Allergy, Hearing loss, Asthma, etc.

Also, there are several methods to preventing occupational disease organization must organize safety training, control banding, and provide personal protective equipment safety guards and mechanisms safety barriers. In addition it will be useful if all problems will be analyzed and found cause to solve it. Summing up, occupational diseases are widely known industrial injuries. Workers in every occupation can be faced with hazards in the workplace. Preventing work diseases and accidents must be the goal of occupational health and safety programmers. In order to provide safety and health organizations must possibly limit harm from hazards.