

Factors Affecting the Professional Health of Workers

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Abstract: We all spend many hours in our work, so it becomes a very important part of our life.

Keywords: Labor Health, physical and psychological health, Health, Disease Occupational health should be important not only for the worker, because when the employee is not good at work, the company also has consequences: low performance, high labor-related condoms, more sick leave, etc.

Elements that can affect the well-being of a worker can arise from different sources; for example, from the workplace, What is known as working conditions (excessive weight or noise level or excessive weight of work), Organization (for example, working day or communication of leaders) or psychosocial level (for example, assumptions or socio-economic situation in which workers live at

The health of workers can be influenced by the presence of various elements. If we talk about work, we can talk about various risk factors that can reduce the well-being of the worker. According to this, the classification is usually divided into 5 groups.

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This group refers to these materials that can lead to an accident at work.

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This group refers to these materials that can lead to an accident at work.

Electrical hazards.

Fire hazard.

Transportation and transportation.

Work machines.

Place of work

2. Physical environment of work

This group includes factors of the natural environment that may appear modified in the work environment and this affects the health of the workers.

Noise.

Temperature.

Vibrations

Lighting.

Radiation.

3. Polluting factors

Pollutants that are external substances to humans can be chemical (e.g. gases) or biological (e.g. fungi).

4. Working volume

It is associated with physical and mental actions. In the first, we process loads, repeated

Occupational health is a multi-factor phenomenon

As you can see, there are many variables that affect the well-being of workers, so there is often talk of different areas in preventing occupational risks, and therefore the work of different professionals.

A variety of knowledge and methods are used to minimize risk: workplace safety (the application of risk minimization measures. For example, standards, industrial hygiene (cleaning contaminants, obtaining samples and measurements, etc.), Medical work (study work-related disorders), psychosociology (social and psychological factors related to occupational health), and ergonomics (conditions of adaptation to work).

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