CHRONIC VENOUS DISEASE IN OCCUPATIONAL ENVIRONMENT: WHICH AXES OF PREVENTION?

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Objectives The venous disease represents a major problem of public health, it is responsible for absenteeism and for hospitalisation. It has an indirect impact on productivity. Nevertheless it probably remains underestimated. The purpose of this epidemiological study is to identify the risk factors of the venous disease and in particular to assess the state of the art on the link between professional postures and the occurrence of disease.

Methods This project is a critical reading. It relies on three sources of data: scientific articles, grey literature and one academic book. The strategy of document retrieval and the analysis of the literature rests on an evaluation guide published by the ANAES.

Results The venous disease is a chronic pathology. The venous disease is multifactorial. Age is the most significant risk factor among all examined components: sex, heredity, and pregnancy. Socio-environmental factors favour the onset of the disease. About the working situations, the prolonged exposure to static standing positions and the trampling are perceived as more constraining than sitting position. Lifting heavy load, warm occupational surrounding and tight clothes increase the complaints of the employees in static position. Alternating different working positions and walking are protective factors of the chronic venous disease.

Conclusion The chronology of the studies spans nearly 50 years. The nature of the work environment, in particular of working conditions, is evolving. Nowadays the static position is more often sitting. The international specific venous disease classification recently created, is widely used by professionals.

This study confirms strong prevalence of the venous disease generally and in particular in occupational environment.

The results contain a clear interest allowing to develop axes of prevention of the venous disease at work.

MEDICAL ASPECTS OF CONTRACTOR GOVERNANCE – AN OIL AND GAS INDUSTRY’S PERSPECTIVE

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The Contractor workforce forms an integral part of any industry. It is necessary to ensure that the Contract workers are Fit to do their job as this would enable companies to minimise the risk of an adverse consequence to the health and/or safety of an employee resulting from a foreseeable health condition.

Methods A cross sectional study was carried out to review the validation and audit of Fitness to work assessments among Contactors working in the company on onshore and offshore locations in order to determine key learning related to Medical aspects of Contractor Governance. The data included Fitness assessments conducted between 2011 to 2017.

Results

- Elements of Medical ‘Fitness for work’ expectations were integrated in the planning stages (into contractor procurement and Contractual agreements).
- The ownership of Contractor employees’ health should be the responsibility of the Contractors’ company and the contractors should take reasonable care of their own health and safety.
- The benefits of validation and audit of Fitness to work assessments/Safety Critical Task Assessments and successful management of contractor employees with known chronic medical conditions.
- Oil and Gas companies should maintain minimum standards for Offshore Medical Fitness and align with Oil and Gas Industry’s best practice approach and make consistent decisions in accordance with stipulated standards.
- The proven advantages of Offshore Medical Fitness cards for employees who are expected to travel and work offshore.

This has been a cost effective initiative since it has reduced costs of unnecessary Medical evacuations.

Discussion This study establishes the advantages of better management of Medical Aspects of Contractor Governance which focuses on Contractor employees’ health issues related to existing medical conditions and work-life balance which would enable companies to achieve the goal of a ‘Safe, Healthy, Happy and Fit workforce’.

IS DRINKING ALCOHOL REALLY USEFUL FOR RELEASING STRESS?

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Introduction Workers often drink alcohol for releasing stress. However, many reports show that heavy drinking is a risk of depression. Some mentioned the influence of not only the amount of drinking alcohol but also the wrong way of using alcohol like binge drinking should be examined. Alcohol Use Disorders Identification Test (AUDIT) can evaluate the way of one’s using alcohol and the amount of drinking. Thus it is able to examine the more accurate influence of alcohol for depression.

In this study, we analysed the relationship between AUDIT score and depression from work-related stress by The Brief Job Stress Questionnaire (BJSQ).

Methods 4799 workers in a manufacturing company participated in this study. We analysed the data obtained from 4709 male employees without any missing value in logistic analysis and categorised depression as the dependent variable (13-high