for workers. Some culture-specific coping behaviors to combat work-related fatigue such as the use of betel nuts, alcoholic energy drinks and substances will be addressed. In the second part, I will describe policy-level intervention strategies which have been adopted in response to work stress in Taiwan and compare that with policy actions adopted in other East Asian countries. Unique features in terms of the nature of psychosocial work environment and social attitudes and reactions toward work stress from an international perspective will be explored.

PREVENTION OF SLEEP DISORDERS AMONG SHIFT WORKERS AND DRIVERS

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Introduction Sleep is a vital function regulated by a circadian rhythm. Its restriction results in daytime sleepiness, which disrupts social life and affects behaviours that have survival value, particularly for occupations requiring a high level of alertness, such as shift workers and drivers.

Methods Data from published reports and unpublished preliminary results will be used to illustrate the genetics of the sleep/wake cycle and the mechanisms underlying the health consequences of sleep loss.

Result Shift-work can alter the sleep/wake cycle and the circadian rhythm of biological functions, which results in daytime sleepiness and disruption of social life. About 10% shift workers complain daytime sleepiness or insomnia, impairment in their performance, and cardiovascular, digestive and neuro-psychiatric symptoms. Polymorphisms in genes expressing the proteins that regulate the circadian functions result in different chronotypes with diverse capability of adapting to shift rotation schedules. Circadian genes also regulate the maintenance of energy balance; sleep loss is a contributor to the development of metabolic disorders, which in turn, are a major risk factor for obstructive sleep apnea syndrome (OSAS). Day time sleepiness is frequently consequent to OSAS, a major cause of deadly road accidents, and an occupational hazard for drivers of commercial and public transport vehicles and commuters to work, but also for the general public. Early detection of OSAS symptoms shall be part of health surveillance protocols of workers in commercial and public transport trades.

Discussion Several approaches are suggested to detect and monitor daytime sleepiness and OSAS among shift workers and long haul drivers, including specific questionnaires, and biomonitoring the salivary concentration of melatonin and cortisol level at a specific day time. A carefully designed biomonitoring protocol would help to reduce the health burden of sleep disorders and to save lives.

EMERGENCY IN OCCUPATIONAL HEALTH: FROM PREPAREDNESS AND RESPONSE TO WELL-BEING?

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Many occupational practitioners have to face emergencies in occupational setting, from life-threatening emergencies to current urgent care. Actually, workplace emergencies have singularities that usual emergency teams are not aware of – like use of hazardous substances, dangerous working conditions. Furthermore, responders and emergency professionals have to face to major hazards requiring prevention.

In the context of a new scientific committee created in ICOH in 2015 about Emergency Preparedness and Response in Occupational Health (EPROH), we aimed to take different examples to illustrate the importance for workers and population health and well-being, including emergency responders. Perspectives and challenges for next decades will be discussed.