A COMPARATIVE STUDY OF DAY AND NIGHT SHIFT THERMAL DISCOMFORT AND OCCUPATIONAL HEALTH

Chromium remains the main allergen. Protective measures and deficient coverage of this sector by occupational medicine. Considering the omnipresence of metals, poor working conditions due to poor habits and a lack of awareness, our preliminary research indicates that shift work and a lack of dental hygiene awareness have a negative impact on the oral health of industrial workers. Therefore, there is an urgent need for dissemination of information regarding the best dental hygiene practices among workers and to create evidence by in-depth research, which could pave the way for oral health to be included in labor legislation.

Health disparities

P-279 A COMPARATIVE STUDY OF DAY AND NIGHT SHIFT INDUSTRIAL WORKER’S BEHAVIORAL HABITS AND ITS IMPACT ON ORAL HYGIENE

Introduction Due to poor habits and a lack of awareness, night shift industrial workers’ dental health-related quality of life is poor. The study examined worker’s oral hygiene knowledge, attitudes, and behaviors; investigated shift-related behavioral changes on oral hygiene; and made practical recommendations to improve workers’ oral health.

Material and Methods 250 day-and night-shift steel workers were investigated. The KAB questionnaire assessed their oral hygiene knowledge, attitude, and behavior. Dental exams and WHO adult questionnaires were used to assess their oral health. SPSS 15.0 was used for descriptive and multivariate analysis.

Results 125 day and night shift workers were recruited. Day shifters outperformed night shifters in knowledge, attitude, and behavior (score 6.67 for night versus 7.30 for day). Night shift workers smoked 21% more than day shift workers. Night shift workers are twice as likely to spit due to toothache as day shift workers, according to the oral health examination that affected productivity. Night shift employees exhibited a 3-fold increased risk of poor oral health (93% CI 0.97–14.97) due to behavioral differences (p-value = 0.0001).

Conclusion Our preliminary research indicates that shift work and a lack of dental hygiene awareness have a negative impact on the oral health of industrial workers. Therefore, there is an urgent need for dissemination of information regarding the best dental hygiene practices among workers to create evidence by in-depth research, which could pave the way for oral health to be included in labor legislation.