

Worker's Health: a Joint Global Public Health Effort



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Reproduced from WHO GLOBAL PLAN OF ACTION ON WORKERS' HEALTH 2008–2017

Around fifty percent of the world population is made of workers who contribute to the economic and social development. In addition to individual and social determinants, Workers health in general is affected by occupational hazards and by their access to health services. Global data indicate that approximately 30-50% of

workers report hazardous physical, chemical or biological exposures or overload of unreasonably heavy physical work or ergonomic factors that may be hazardous to health and to working capacity; an equal number of working people report psychological overload at work resulting in stress symptoms.

About 120 million occupational accidents with 200,000 fatalities are estimated to occur annually and some 68-157 million new cases of occupational disease may be caused by various exposures at work.

Occupational Safety and Health was a main mandate of the first UN established (ILO) more than 70 years ago. In this new millennium, Occupational Safety and Health has gained increasing attention worldwide. In 2002, The World Summit on Sustainable Development (Johannesburg, South Africa) recognized the recommendations on strengthening WHO action on occupational health and linking it to public health. In 2006, the General Conference of the ILO adopted the Promotional Framework for Occupational Safety and Health Convention. In 2007, WHO issued



WHA49.12 resolution on Occupational Health, based on which The Global Strategy for Occupational Health for All was endorsed in 2008.

Accordingly, a global 10 years plan of action on workers' health was developed for 2008- 2017.

The plan is based on the facts that primary prevention of occupational hazards is possible, and workplaces can be improved to offer a healthier setting; the plan also takes into consideration the discrepancies observed in terms of risks of exposure to occupational hazards and access to adequate occupational health services between developed and developing countries as well as within countries. The plan of action also stresses on the fact that the health of workers is an essential prerequisite for productivity and economic development.

In this context, the global plan of action for workers' health emphasizes primary prevention of occupational hazards, protection and promotion of health at work, employment conditions, and a better response from health systems to workers' health. It is based on the following guiding principles:

- Access to adapted health services should be equitable
- The workplace environment should not be detrimental to health and well being
- The workplace can contribute to public health interventions such as health promotion

The global plan of action for workers' health has defined a set of objectives that countries should work towards achieving namely:

- to devise and implement policy instruments on workers' health
- to protect and promote health at the workplace
- to improve the performance of and access to occupational health services
- to provide and communicate evidence for action and practice
- to incorporate workers' health into other policies

This plan of action calls for well-coordinated efforts of society as a whole, under government leadership and with substantial participation of workers and employers.

In line with this plan, WHO, supported by its network of Collaborating Centers for Occupational Health and in partnership with other intergovernmental and international organizations, provides support in the following areas:

- partnership and joint action with concerned stakeholders
- policy options for framing national agendas for workers' health based on best practices and evidence
- technical support for tackling the specific health needs of working populations and building core institutional capacities for action on workers' health
- monitoring trends in workers' health
- establishing appropriate scientific and advisory mechanisms to facilitate action on workers' health at global and regional levels.

In Lebanon, occupational health activities remain limited in scope and more institutionalization of occupational Safety and Health measures needs to be reinforced.

Infos

Exercices pour Lutter Contre la Cellulite

9 femmes sur 10 sont touchées par la cellulite. Bien qu'elle soit reconnue depuis plus de 150 ans dans différents ouvrages scientifiques, les causes de cette adiposité ne sont pas encore clairement établies. Plusieurs facteurs sont à prendre en considération pour limiter l'apparition de la cellulite, et notamment la sédentarité car l'activité physique permet de lutter contre le stockage de la masse grasseuse. **L'une des causes de la cellulite est la rétention d'eau qui se produit lorsque l'organisme emmagasine davantage de liquide qu'il n'en élimine.** Le corps d'une personne faisant de la rétention d'eau contiendra plus de 65 % d'eau, alors qu'une personne qui n'en souffre pas en contiendra 50 ou 60 %.

Pour lutter contre la rétention d'eau, certains étirements sont recommandés car ils permettent de drainer les liquides corporels.

La taille: Tenez-vous debout, jambes à la largeur des épaules, puis balancez doucement le torse de la gauche vers la droite puis l'inverse.

Les fesses et les cuisses: Plusieurs exercices sont possibles. Tout d'abord, asseyez-vous par terre, jambes tendues, et allez saisir les orteils avec les mains. Ensuite, écartez les jambes au maximum de façon à étirer l'intérieur de la cuisse. En plus de favoriser le drainage, les étirements allongent les muscles ce qui aura pour effet de répartir la cellulite sur une plus grande surface pour en atténuer l'apparence.