

OSHEN

(OCCUPATIONAL SAFETY-HEALTH-ENVIRONMENT NEWSLETTER)



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From the President's Desk

Friends,

The 64th National Conference (OCCUCON-2014) at Hotel Cidade de Goa, organized by the IAOH Centre, was a great success and credit goes to the inspiration provided by our Patrons & Directors and the continuous hard work and efforts put in by the Organising Committee. The satisfaction of organizing an outstation National Conference with a record participation far outweighed the fatigue that ensued.

It is now time to spring back to action and prepare for the Occupational Health Day in July 2014. To set the ball rolling, the Theme for the same is "**Effective Occupational Health Programme – A Vital Resource for Productivity and Sustainability**". Most of our Occupational Health Services have been seen as statutory requirements, for welfare activities and as Cost Centres, operating mostly on a curative basis and treating accidents. However it is imperative for the OH services to become a Preventive service and take on a more interventionist role in Occupational Health and Safety. Health Surveillance, Hazard Risk assessments and Audits should become a major part of the OH services. Only then would they become more effective, more visible and then move on to become more sustainable and not merely welfare based cost centres. Larger industries have taken up integrated management systems, incorporating the ISO 9001 for Quality Management, ISO 14001 for Environmental Management and OHSAS 18001 for Occupational Health & Safety Management. This approach goes a long way in managing and implementing the HSEQ policy, objectives and obligations. The recent [Mining tragedy](#) leading to hundreds of fatalities, caused by an electrical malfunction, in Turkey, only emphasizes the need to focus on Occupational Safety & Health. This in turn contributes in a large way to the productivity and profitability of the workplace.

The subject of Sustainability was taken up at the Goa Conference and the role of OHS in this social venture was discussed. Implementation of the abovementioned integrated systems can lead to conservation of our natural resources, reduction of waste and recycling, leading to a more sustainable universe. And it is time for occupational health professionals to also step out of their confines and extend their services to society in general. Extension of the EHS policies to the suppliers and vendors itself would be a large contribution. A little OHS support to the small and medium industries in your vicinity can bring in great benefits. In addition to complying with statutory requirements, OHCs should also contribute to community development leading to a healthier society.

Dr Chaitanya Gulvady

Editor's Note

Dear colleagues,

Our President has very aptly talked about sustainability in his message above. In light of his remarks and also the World Environment Day earlier this month, **we have rechristened your newsletter as "Occupational Health-Safety-Environment Newsletter (OSHEN)".**

Let me also thank Ramnikbhai (your wish is our command Sir) and all other colleagues for their kind words of encouragement. Such generous responses keep us going. Please also write to us with suggestions to improve OSHEN.

Integration is the buzzword in today's management systems. Bringing together quality, environment, health & safety is a sound business as well as ethical initiative. International standards that are accepted worldwide also encourage this approach.

OHSE has a lot to contribute in this process. In any organization, HSE professionals should be seen as team-mates & not check-mates!



- Dr Dileep Andhare

Letters to the Editor

ramnik.parekh@gmail.com

Dear Divyang,
This is good work!
Only one Suggestion: let president and editor use actual signatures in blue ink. It will look very personal.
Ramnik
Sent from my iPad

Dear Divyang,
Read the news letter, I appreciate all hard work done for its optimum nourishing contents & sweet presentation. Hearty Congratulations to all team members.
Best Regards
Dr Sanjay Rotithor
sanjayrotithor@yahoo.co.in

Congratulations to Dr.Divyang Shah & Dileep Andhare for bringing out this e-newsletter OSHEN. It was nice to go through the contents & updates.
Dr.Ananthan
Chennai
ananthanvs76@yahoo.com

Dear Dr .Divyang ,
Greetings to you and Congratulations on Launch of OSHEN . It was very informative looking forward to next Issues .[Have not yet received my IAOH Membership number or any Issue of IJOEM].

With Best Wishes,
Dr. Madhuri M Debsikdar.
mdebsikdar@yahoo.in

Dr. Divyang Shah & Dr. Dileep Andhare..... hearty congratulations for the excellent work . QUALITY AND CONTENT IS IMPROVING WITH EVERY EDITION,..... KEEP UP THE GOOD WORK
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Please share your views, feedback, suggestions, information etc. to iaohwebsecretary@gmail.com. We will be happy to publish in this newsletter.

Forgot IAOH Membership Number? Email your details to iaohwebsecretary@gmail.com

Not receiving IJOEM? Email your membership no and postal address to subscriptions@medknow.com

OCCUCON 2014

11-14 February, 2014 • Goa

International Conclave on Occupational Health incorporating the 64th National Conference of Indian Association of Occupational Health

'OCCUCON 2014' - the 64th National Conference of IAOH was organized at the world class resort Cidade de Goa, Vainguinim Beach, Goa from 11th to 14th February 2014. The theme of the Conference was *"Health & Wellbeing at the Workplace: Key Drivers for Sustainability"*. OCCUCON 2014 hosted over 500 registered delegates and 125 accompanying persons.

The Inaugural Ceremony of the Conference was held on the picturesque sea facing lawns of Cidade de Goa in the evening hours of 11th Feb 2014. Dr. Richard J. L. Heron, Vice President Health / Chief Medical Officer, BP International and President Elect of the Faculty of Occupational Medicine, Royal College of Physicians, London was invited to inaugurate the Conference as the esteemed Chief Guest and Mr. Dan Anna representing American Industrial Hygiene Association was the Guest of Honour.

Dr. T. Rajgopal was awarded the AIHA Distinguished Service award for 2013 by the Guest of Honour at the ceremony. The National Awards for 2014 were awarded to Dr. Navnath N. Bhatiker (IAOH Fellowship Award), Dr. Ashit Sheth (Sir ADM Oration), Dr. S. Sivaramakrishnan (CKR Oration), Dr. Dileep Andhare (L&T Oration), Dr. Kishore Madhwani (OHSF-IAOH Mumbai Branch Oration) and Dr. Dharmesh Parekh (Best Resource Person Award).

An overwhelming response to the three Pre-Conference Professional Developmental Courses on 11th Feb 2014 at The International Centre Goa resulted in the limited seats getting filled up within 2 months of the first announcement.

At the conference, 20 parallel Scientific Sessions were conducted in 2 halls. Eminent speakers and relevant topics helped to update knowledge in the clinical field and also provided the most valuable link between Clinical Medicine and Occupational Health.

A record number of over 100 abstracts for free scientific paper presentation were received for selection by the Scientific Committee of which 45 papers & 40 posters were included. Yet another first at any IAOH conference was introduction of e-Poster instead of the conventional Paper / Flex poster...a step towards the sustainability theme of the year. 4 large 42" LCD screens were put up for the e-poster presentations.

The Theme Symposium and the Panel discussion provide opportunity for inter-sectoral interaction and time for introspection on the explored and unexplored areas of Occupational Health. The Occupational Health Quiz was a huge hit testing the delegates' knowledge and help enhance it in an exciting way. Again for the first time at any IAOH National Conference, use of 'Voting Pads' helped the audience participate enthusiastically along with the teams. The team from Karnataka Branch walked away with top honours!

Twenty Exhibition stalls were arranged at the conference venue to provide solutions to workplace needs such as Industrial Hygiene and Medical Emergency equipment, Medical and Occupational Health Software, Hospital and Healthcare providers etc.

Apart from the rich scientific feast, delegates experienced world class hospitality & mouth-watering authentic Goan, Indian, Continental and International cuisine at Cidade de Goa. The Organizing Committee organized a Cultural & Musical Program on 12th Feb 2014 at The International Centre Goa and a Banquet on 13th Feb 2014 at Casino Deltin Royale for the delegates to unwind. Special care was taken to keep the accompanying persons busy by organizing a host of entertaining activities such as a session on Art of Healthy cooking & eating, Knorr Masterchef Cooking Competition and Goa sightseeing trips.

A website www.iaohoccucon2014.com was commissioned especially for the Conference. To keep the delegates updated through the social media, a Facebook account was maintained. The Conference pictures can be viewed online by following the links below:

<https://picasaweb.google.com/105649833645783103114/OCCUCON2014GoaInauguralCeremony#>

<https://picasaweb.google.com/105649833645783103114/OCCUCON2014Goa12Feb2014#>

<https://picasaweb.google.com/105649833645783103114/OCCUCON2014Goa13Feb2014#>

<https://picasaweb.google.com/105649833645783103114/OCCUCON2014Goa14Feb2014#>

We sincerely thank all the delegates, branch / regional co-ordinators, advisory committee and senior members for their constant support and guidance. The success of the Conference was a result of numerous hours of dedicated team effort put in by all the members of the Organizing Committee and IAOH stalwarts who came together to put up a stupendous Conference that will be remembered for a long time to come!!!

Organizing Secretaries OCCUCON 2014



Next Conference:

20-23rd Jan 2015

at Pudducherry

Hosted by IAOH Tamil Nadu

[Click here for brochure](#)



Branch Activity Reports

NAGPUR:

On the occasion of World Health day, 7th April, we conducted " First Aid " training program at Mahindra & Mahindra Hingna, Nagpur. It was an interactive, one to one session for 2 hrs. Participants numbering 40 included senior staff members, Safety officer & Medical officer.

We are very much thankful to Mahindra & Mahindra for this opportunity and to their medical officer who extended full cooperation.



ODISHA:

The "WORLD DAY FOR SAFETY & HEALTH AT WORK" was celebrated at OHS Centre of Rourkela Steel Plant on 28th April 2014 at 9.30am. This year's theme was "Safety and Health in the use of Chemicals at Work". Forty-one participants including executives from different departments and Sr Officers from Safety Eng., Env. Eng and Personnel Department were present in the programme. Mr Ashwini Kumar, Executive Director (Works) was the Chief Guest on the occasion and he formally inaugurated the programme. In his inaugural address, he spoke about the importance of chemicals used by Rourkela Steel Plant which are not in use at other sister units of SAIL. He said it is important to know about the type of chemicals used, its hazards, health effects & its prevention.

He emphasized that awareness on safety is very much important and asked everyone to practice the learnings from this type of programmes

Dr Sanjeeb Mohanty, Director (Medical & Health Services) said that, everyday should be a safe day and we should be more cautious while using harmful chemicals and strictly adhere to SOPs & SMPs inside plant. Dr C M Rao, Joint Director (Pulm. Med) I/C, OHSC, welcomed the dignitaries and participants. He highlighted the vital role of OHSC in organizing this type of Health Awareness Programmes at regular intervals for the benefit of employees.

Dr T Misra, Sr Dy Director I/C, OHSC co-ordinated the programme and proposed vote of thanks.



GOA:

CME on pneumoconiosis organized by IAOH Goa BRANCH was held on 4th May at HOTEL Fidalgo Panjim. This was the first CME since new committee took over AOH GOA Branch on 5th April, 2014.

Eminent chest physician Dr Mrs Anita Velingkar enlightened the gathering of about 30 doctors on different types of occupational lung diseases and recent advances in the treatment.

President Dr Mrs Sujata Vardhan gave a welcome address, Dr Mrs Smriti Desai read minutes of last meeting and Dr Mrs Vrishali Prabhudesai proposed vote of thanks.

(Editor's note: Was it an "All Women program"? We applaud this fantastic contribution, ladies. Keep it up. Hope other branches follow suit.)



JAMNAGAR:

IAOH, Jamnagar branch established the Shree Indian Occupational Health Trust, Jamnagar, Gujarat with mission to extend healthcare services to less privileged population.

Promoter : Dr R Rajesh
 President : Dr. V R Buch
 Hon. Secretary : Dr. Hitesh Shingala
 Hon. Treasure : Dr. Kirti Chudasama

Other Trustee are

Dr B .D Gupta, Dr. K S Maheshwari, Dr. M.A.Santwani, Dr. Mili Dodia , Dr.S.P.Rathi

Shree Indian Occupational Health Trust Jamnagar, Gujarat organized a multi diagnostic camp on 26.01.2014 for poor and needy at Dharanagar, Jamnagar.



ANDHRA PRADESH:

CME programme was organized on 3/5/14 at East Lawns, Secunderabad club, Picket, Secunderabad to celebrate World Health day.

Dr. N. Nanda Kishore, Hon. Secretary, IAOH-AP branch welcomed the delegates and introduced the speakers to audience.

Dr. J. Vijay Rao, President IAOH-AP Branch presided over the function and briefed about the theme '**Vector-borne diseases: small bite, big threat**'. He has mentioned the historical importance of Secunderabad city where Sir Ronald Ross discovered the causative organism for malaria. Ross made his first important step in May 1895 when he observed the early stages of malarial parasite inside a mosquito stomach.

Dr. Vivek Chander Rao, Central Council member, IAOH AP-Branch also talked about Sir Ronald Ross and his research. Ross successfully infected the mosquitoes from a patient named Husein Khan for a price of 8 annas (one anna per blood-fed mosquito!). After blood-feeding, he dissected the mosquito (8th mosquito on the day) and found an "almost perfectly circular" cell from the gut, which was certainly not of the mosquito. On 20th August he confirmed the presence of the malarial parasite inside the gut of mosquito, which he originally identified as "dappled-wings" (which turned out to be species of the genus Anopheles).

During inauguration of the programme Chief Guest **Dr. N. Kishore** Chairman & Managing Director, Oxygen Hospitals group, Lauded the efforts of

occupational health professionals and also noted the need for same to be established in Corporate hospitals of twin cities.

Dr. Bakhtiar Choudhary, Central Council member congratulated the efforts of the IAOH-AP branch and gave a brief insight into the IAOH theme for the year i.e. '**BOHS - The way ahead**'. **Dr. Tushar R. N**, Consultant General Physician, Oxygen Hospitals, spoke on '**Vitamin D' an update**'. He mentioned that the cost of the Vitamin 'D' and Vitamin D3 investigations is reasonably high, poor patients may not afford and studies also revealed that majority of Indians are suffering from Vitamin D deficiency. In our country, though this Sunshine vitamin is abundantly available in nature, we are unable to utilize it. As far as treatment is concerned, it can be initiated without investigations. An advice may be given to get exposed to sun light in day time on regular basis to prevent Vitamin D deficiency.

Dr. Rohit. V Kale, Consultant Orthopaedician, Oxygen Hospitals, delivered a talk on '**TKR & Poly trauma management**'. He elaborated on the recent techniques i.e. Navigation technology usage in TKR surgery and its benefits to the patients. Few Interesting cases on poly trauma and its management were discussed.

Dr. Suresh Kumar, Executive member, IAOH – AP branch proposed Vote of thanks.

AP medical council granted 2 credit hours for this CME programme.



Total no. of ICOH members from India is 89.

Become ICOH Member and bring ICOH international congress in India in 2021.

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KARNATAKA:

Occupational Health Program at SDU University, Kolar

AOHK Members participated in a CME program on Occupational Health which was held at Sri Devaraj Urs University, Kolar on 18th March '14.

The seminar was inaugurated by the SDUU Vice Chancellor Dr. Premanath F Kotur.

Dr. H.R. Rajmohan, Dr. Sashikala Chandrasekar and Dr. Bobby Joseph from Association of Occupational Health Karnataka and Dr. C. Muninarayana, Professor & HOD, Community Medicine Department of SDU Medical College spoke on this occasion.

Dr. N.S. Anil, Organizing Secretary of the CME Program and the other faculty members of the department played active role in conducting the program.

Topics on Basic Occupational Health Services were covered in the lectures for the benefit of the undergraduate and post graduate students to create interest & awareness about Occupational Health.

About 150 Delegates from Karnataka and faculty from SDU Medical College participated in the program which generated great interest and created lot of interaction among the participants



OH Program for unorganized sector workers

Occupational Health survey of Sericulture workers at Siddlaghatta, which is one of the important centers for sericulture industry in Karnataka, was arranged by AOHK on 27th April 2014.

Field visit by AOHK members was undertaken to check the Occupational Hazards faced by Sericulture workers in this unorganized sector.

A preliminary walkthrough survey of the following areas was done – Silkworm and Cocoon Rearing centre, Cocoon Trading centre, Grainages where cocoons are stored and Silk thread Reeling Centre.

Women workers were found to be more involved in this occupation and it was found that the workers were exposed to dust and aerosol.

A Health awareness program on Occupational Asthma and Lung Function Test for these workers will be conducted shortly by AOHK. AOHK members also took part in the Mental Health Camp which was conducted by Richmond Fellowship Society at Siddlaghatta. Blood Sugar Test for 170 patients who attended this camp was arranged by AOHK.

AOHK members Dr. G.S. Palaksha, Dr. Sashikala Chandrasekar, Dr. K.H. Deepa and Dr. Aravind Kumar participated in the program.



Congratulations!

Prof. Dr S Bakhtiar Choudhary Maj (Rtd), MD (Switzerland), D.Lit (Colombo), PhD (Sports medicine) Consultant Sports medicine, Ergonomics and Obesity and President : Indian Association of Occupational Health (AP) & Indian Federation of Sports medicine (AP) has started his TV show on health awareness titled '**Dr B Show**' on hmtv every Sunday. You may like to watch them on you tube. [Click here for you tube link.](#)

Dr. Avinash Thakurdesai, Our Life Member Completed the Standard Chartered Mumbai Full Marathon (42.193 km) for the 9th Consecutive Time. He has now completed 12 Full Marathons. He Clocked 06:24:17 – his Best Time Ever in Mumbai and also well within the Qualifying Time of 06:30:00. Dr. Thakurdesai now hopes to better his Timing and run Marathons all around the world. Best wishes to him.

Read Dr. Sunil Kakodkar, Vice President, IAOH in The Times of India on Sick Building Syndrome.

The building you are in, could make you sick

Sick Building Syndrome Can Cause Illness: Docs

Anisha Francis | nri

Manoj Vinay Pratap is a healthy 28-year-old, until he enters his office.

Once he is seated at his workstation at the plush star hotel where he works as sales executive, Pratap does not understand what comes over him—he starts coughing uncontrollably and his eyes start streaming.

"The insides of my nose and throat feel like they are on fire. I do not have asthma, I do not smoke and I do not feel sick like this anywhere else," says Pratap, whose condition flummoxed doctors for months, until they ran a series of tests and found out that he was suffering from symptoms of 'Sick Building Syndrome' (SBS).

A difficult-to-diagnose but surprisingly common condition, Sick Building Syndrome does not mean an aversion to work, or Monday morning blues.

"SBS, more commonly reported as 'occupational asthma' is a form of asthma aggravated due to the workplace environment. There can be dif-

ferent 'triggers' in the workplace that cause healthy people with no history of lung disease or asthma to sicken," explains Harditt Karande, consultant pulmonologist, pointing out that SBS is a common cause for absenteeism and under productivity. "In such cases, treating the patient alone does not help but the source of the problem which is the building, must be treated," he adds.

Pratap's asthma-trigger was found to be a particular kind of mould growing under the carpet, and in the foam chairs at his office, due to dampness. However, only two employees in the company were found allergic to the substance; it did not bother the rest of them.

The symptoms of SBS, found to be more common in women, range from irritation of the mucous membranes like the eyes, nose and throat, to dry skin, tiredness, pounding headaches and even vomiting.

"SBS is very difficult to diagnose, as patients do not divulge minute de-

tails of the workplace as they do not think they are relevant. Unfortunately doctors do not have the time to probe deep into the patients' history, and may only consider sick building syndrome as a last resort, if the patient does not respond to any medication," explains Sunil Kakodkar, vice president of the Indian Association of Occupational Health and head of medical services at a Goa-based mining company.

"Occupational asthma is most commonly seen in people working in construction, bakeries, chemical factories and painters among others but those employed in regular offices can also be affected by Sick Building Syndrome.

Anything in the building could be a trigger—biological materials, chemicals, a colleague's perfume, the mica on the desk, dust gathered in the air-conditioning ducts," explains Kakodkar.

In order to confirm diagnosis of SBS, patients are required to use a device called the 'peak flow metre' to measure the functioning of their airways several times a day—the results at the end of a few days quite often indicate clearly that the patients' symptoms worsen at the workplace, explains Karande.

SBS is not restricted to offices; even patient's residences could be harboring materials that are making them sick, points out Karande.

"Sometimes, we see sudden asthma symptoms and other allergies triggered in families that move into ancestral homes and most often, the symptoms pass after the building is completely cleaned out. In some patients, the symptoms persist and need long-term treat-



Upcoming Events

Event	Event Date	Place
3 rd Annual Conference of AEOHD, IAOH Delhi Branch	Jul 12-13, 2014	India International Center, New Delhi
64th Annual Conference of AOHK, IAOH Karnataka Branch	Jul 19-20, 2014	Hotel Chancery, Bangalore
Essential occupational safety and health interventions in low- and middle income countries Workshop in connection with the Cochrane Colloquium and IAOH	Sep 27, 2014	Avasa Hotel, Hyderabad, India
GUJCON 2014 IAOH Surat Chapter and IAOH Jamnagar Chapter	Nov 23, 2014	Surat, Gujarat

Next Annual Conference of IAOH

[65th IAOH National Conference](#)

Jan 22-25, 2015

Puducherry

Wireless Info System for Emergency Responders : **WISER**

[WISER for Android 3.1](#) is now available. Here's a look at what's new in this release:

- WISER's Help Identify Chemical capability is now available on the Android platform. Identify and validate an unknown chemical based on the following criteria:
 - physical properties of the substance gathered by observation or sensors
 - signs and symptoms of victims of exposure
 - the ability to categorize a substance, such as a substance used in a meth lab or a flammable substance
 - hazard values from NFPA 704 placards
 - transportation identification, including DOT placards, type of road trailer, and type of rail car
- Use WISER's protective distance mapping feature on your Android device. Visualize the areas likely to be affected during the first 30 minutes after a substance is spilled or released on a live map. The Department of Transportation's Emergency Response Guidebook serves as the source of WISER's protective distance data.

WISER for Android can be downloaded and installed directly from the Google Play Store:

<https://market.android.com/details?id=gov.nih.nlm.wiser>