

OSHEN

(OCCUPATIONAL SAFETY-HEALTH-ENVIRONMENT NEWSLETTER)



From the National President's Desk

Inside This Issue

- 1 [Message from President](#)
- 2 [Editor](#)
- 2 [Letters to the Editor](#)
- 3 [Glimpses of Branch Activities](#)
- 3 [Vadodara](#)
- 4 [Andhra Pradesh](#)
- 5 [Mumbai](#)
- 6 [Surat](#)
- 7 [Pune](#)
- 8 [Karnataka](#)
- 9 [News and Snippets](#)
- 9 [Upcoming Events](#)

Friends & Colleagues,

My term as National IAOH President comes to an end next month & it's time to say goodbye. I had taken over two years back & had outlined some of my aims and dreams. Some of them have come to fruition whilst some remain to be completed by the future teams. But we have set the ball rolling and I am sure the goal will be reached.

OSHEN is now a quarterly E-Newsletter, giving IAOH members snippets of news from branches all over the country so that reports of their activities can serve as examples worth emulating by others. BOHS modules were uploaded on the IAOH website & we hope they are being used by branches to spread the message across. They are certainly being read by Netizens in search of BOHS information and it is our earnest hope that someday they will also be converted into active Net based OHSE courses. Headed by Dr Ramnik Parekh, a team is working on a Pilot Project to incorporate BOHS in Primary Health Care centres (PHCs) in four states of the country. Once implemented, they will serve as beacon lights for implementation all over the country by Governmental agencies.

We have also been collaborating with the Faculty of Occupational Medicine, Royal College of Physicians, London, UK to introduce the MFOM Course in India. Considerable groundwork has been prepared and a final programme will be announced soon. We have also been working with the Labour Ministry, Govt of India to bring the ICOH 2021 Conference to India & have submitted a proposal for the same. A proposal to carry out Pilot projects in some districts of the country where migrant labour is affected with occupational lung disorders has also been submitted. We await the response of the concerned authorities.

IAOH collaborated with COCHRANE to conduct a successful Workshop in Hyderabad recently. This workshop undertook discussions on means to undertake evidence based research on Occupational Health. We look forward to continued cooperation & collaboration with COCHRANE. IAOH Tamil Nadu Branch is gearing up for the Annual National Conference in Pondicherry and a rich scientific & cultural fare awaits delegates.

I wish the new team of IAOH India, the very best in carrying out our mission of increasing OHSE awareness all over the country.

Dr Chaitanya Gulvady

Editor's Note

Dear Friends,

Another year goes by... but not before reminding us of the nightmare 30 years ago.

We can't... and shouldn't ever... forget the costliest lesson in Occupational & Environmental health in entire history of mankind. If ever there was any doubt in any one's mind on whether it is worth bothering about HSE in a competitive world; Bhopal tragedy was a rude and merciless pointer to human follies we need to guard against.

As HSE professionals, we are conscience keepers of enterprises we work with. We should be relentless in pursuit of a dream to make OEHS universal. Am sure the president's message would inspire all of us to keep marching towards this goal.

Wishing you and yours a Happy, Healthy, Happening & Safe New Year.



Dr Dileep N Andhare

Dear Editor,

Hi,

Thanks for the newsletter, i have been getting this and is very informative. Wanted to give a suggestion around the newsletter, we can look at using free online newsletter maker like www.mailchimp.com.

The benefits are as below-

- This will go in a good UI-
- Will go as a mail and not attachment-
- The effort is designing is Zero, you just place the content-
- You can track on the number of people who have read and the reach.

Regards
Sreejith Moolayil
HealthyWorld.in
+91 9049 989 553

Dear Dr Divyang

Greetings.

Thanks for sharing such information with us and enlighten us on the topics of occupational health which I feel that still in infancy stage in India. But I am sure that by your great efforts we all will go high and make the people aware about its importance. I am MBBS and AFIH from CLI Mumbai and working in refinery.

Stay Blessed and healthy

Thanks and regards

Dr. Praveen Kumar Mudgal -CMO
HPCL-Mittal Energy Ltd
Village Phulokhari | Taluka: Talwandi Saboo, Bathinda | INDIA -
151301 T +91-1655-272202 | M +91-9988886218 E Mail:
praveen.mudgal@hmel.in www.hmel.in

Forgot IAOH Membership Number?

Email your details to iaohwebsecretary@gmail.com / Divyang.Shah@cairnindia.com

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

Please share your views, feedback, suggestions, information etc. to iaohwebsecretary@gmail.com.

We will be happy to publish in this newsletter.

Have you registered for next Annual Conference of IAOH?

[65th IAOH National Conference](#)

Jan 20-23, 2015

Puducherry

Glimpses of Branch Activities

Vadodara:

IAOH Vadodara continues to be one of the most active and dynamic branches of IAOH HQ focusing on collective needs of its worthy members. In line with the objectives set, IAOH Vadodara organized following activities:

[A] MEDICAL ASSISTANT COURSE FOR OHC [MACOHC – 22nd (Batch – 27th July to 14th September 2014)]

IAOH Vadodara organized the 22nd batch of MACOHC at Conference Hall of Sterling Hospital, Vadodara from 27th July 2014 onwards for six consecutive Sundays up to 14th September 2014. Twenty Four (24) registered delegates underwent rigorous theoretical and practical orientation for working as a Medical Assistant in Occupational Health Centre of Industries. On 14th September 2014, they were awarded a Certificate of Participation in a simple valedictory function presided over by IAOH Office bearers. With completion of 22 batches of Medical Assistant course, IAOH Vadodara has trained 436 Medical Assistants hailing from 130 industries of Gujarat.



[B] Celebration of National Occupational Health Day; - 9th July 2014 & Release of IAOH Vadodara's News Magazine Issue V (Theme: "BOHS-The Way Forward")

In line with tradition of earlier years, Indian Association of Occupational Health, Vadodara organized and celebrated National Occupational Health day on 9th July (Wednesday) 2014 at Hotel Hampton, Vadodara. Dr Kishor Parikh, President, IAOH Vadodara welcomed the participants and briefed them about history of IAOH along with objectives of the Association. Dr Parikh highlighted achievements of IAOH Vadodara, Launch of Newsmagazine and Accreditation of Scientific programme by Gujarat Medical Council. Dr Parikh elaborated about the theme of the National Occupational Health Day 2014:- Basic Occupational Health Services-The way Forward. The National Occupational Health day commenced with lighting of the lamp by Chief Guest Shri Gyanesh Chandra Katiyar (Chairman, Standing Committee, Vadodara). It featured guest speaker Dr T Rajgopal and Dr Kishor Parikh & Dr J R Kamath. The Fifth Issue of IAOH Vadodara's newsmagazine was released jointly by G C Katiyar & Dr T Rajgopal.



Dr T Rajgopal gave a brief and noteworthy speech mentioning his priority of action oriented programmes in field of Health. He congratulated the IAOH Vadodara for its persistent efforts to promote Occupational Health in Vadodara.

The Seminar ended with a vote of thanks by Dr J R Kamath, Hon Secretary, IAOH Vadodara. About 40 participants attended this evening programme.



[C] One Day Seminar on "Hazard Identification & Risk Assessment-HIRA": Hotel Royal Orchid Vadodara. - 19th September (Friday) 2014

In line with Annual Operational Plan (AOP) of IAOH Vadodara, A One day seminar on a very key topic- Health Hazard Identification and Risk Assessment was planned and organized at Hotel Royal Orchid on 19th Sept 2014. Dr R C Saxena, Dr Amit Patel and Pinal Patel were the eminent faculty which gave theoretical and practical perspectives of HIRA as a tool in Occupational Health Monitoring in Industries. 15 Paid Delegates attended this training activity with all round participation and interest.



[D] One Day Seminar on "Industry, Noise and You"

The Managing Committee of IAOH Vadodara decided to focus on core training activity in Occupational Health as laid down in Association's AOP. A one day Seminar with an objective to educate and create awareness in industries about the impact of Noise on Health of Workers was planned and organized on 21st November (Friday) 2014 at Hotel Royal Orchid, Vadodara. Aggressive promotional and marketing efforts were undertaken by IAOH Team to get delegates for this vital topic of training. Dr R C Saxena, Dr Kishor Parikh and Dr Milan Thakkar were the eminent faculty who gave practical insights and logical solutions on health effects of Noise in Industrial Employees. Thirty (30) Paid Delegates attended and participated in this very educative and informative programme. IAOH Vadodara organized this seminar for the third time in last five years.



Andhra Pradesh:

IAOH – AP Branch is one of the oldest branches having 283 life members, one Institutional Member and two Annual Members.

COCHRANE COLLABORATION – 27.09.2014

Cochrane Colloquium Workshop was organized on 27.09.2014 at Hotel AVASA, Hyderabad. **Theme: "Essential occupational safety and health interventions in low- and middle income countries".**

Around 48 delegates all over the Country attended this one day workshop. 3 Foreign Speakers and 3 Indian Speakers delivered lectures on the following topics viz.

- SCOHDev & research agenda
- Introduction to Cochrane systematic reviews and evidence-based OSH
- Injury prevention evidence
- Ergonomic design and training for preventing work-related MSK symptoms
- Workplace interventions for reducing sitting at work
- How to design good OSH intervention studies in resource limited settings
- Indian Intervention studies: A review
- Formulating new titles for OSH reviews relevant for LMICs

Group discussions and presentations were led by Dr. Vivek Chandra Rao, Dr. Divyang Shah and Dr. K.N.Sen on the following:

- Interventions for dust related diseases
- Interventions in chemical industries
- Interventions for injury prevention



Dr. Chaitanya Gulvady, President, IAOH (I) inaugurating Cochrane Colloquium Workshop by lighting the lamp at Hotel AVASA, Hyderabad

Dr G V Prabhu compeered the program with Mr. Jani. Vote of thanks was proposed by Dr. J. Vijay Rao.



Total no. of ICOH members from India is 89.

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

What are the benefits? How to become ICOH member? [Click here.](#)

One Day CME Programme on **"Diabetic Care"** was organized at Taj Deccan, Hyderabad on 09.11.2014

Topics

- Overview on Insulins – Dr. Rakesh Dhir – 09:30 AM to 10:15 AM
- Conventional Insulins Vs. Analog Insulins in Clinical Practice – Dr. Abhishek Gupta 10:15 AM to 11:00 AM
- LADA (Latent Autoimmune Diabetes in Adults)–Dr. Anjana V Harnoor –11:30 AM to 12:15 PM
- Skin Disorders in Diabetes – Dr. Sridevi Paladugu – 12:15 PM to 01:00 PM
- Management of Type-II Diabetes – Dr. Neelaveni K – 02:00 PM to 02:45 PM
- Basal Bolus Therapy – Dr. Sridevi Patnala - 02:45 to 03:30 PM
- Hospital Management of Diabetes – Dr. Rekha Singh – 04:00 PM to 04:45 PM
- Panel Discussion chaired by Dr. P.V.Rao, Prof. HOD, NIMS – 04:45 PM to 05:15 PM

Andhra Pradesh Medical Council (APMC) accredited 2 credit hours for each programme.



Mumbai:

IAOH - Mumbai Branch organized a 2-day residential "Special Convention" for its members on 6th and 7th December 2014 at 'The Retreat - Hotel and Convention Centre', Erangel Beach, Madh, Mumbai.

70 Occupational Health Physicians attended the convention which was based on the theme 'Advances & Innovative Practices in Medical & Occupational Health'. The special convention included 11 scientific sessions which had presentations by eminent clinicians on different specialities viz. Orthopaedic, Cardiology, Dermatology, Gynaecology, Urology, Minimal Invasive Surgery and so on.

An experience sharing session included talks by Dr. Kishore Madhwani, immediate past President of IAOH Mumbai Branch and a talk on 'Mainstreaming BOHS in medical education & healthcare settings and collaboration of IAOH-IAPSM' by Prof. (Dr.) R.R. Shinde, HOD - PSM Dept, Seth G.S. Medical College & KEM Hospital. Dr. Anand More, IAOH member & Head - Medical Services at Mumbai International Airport gave a talk on EBOLA update & emergency preparedness at the Mumbai International Airport.

The convention was accredited with 3 credit points for delegates by the Maharashtra Medical Council. Delegates and their family members had a gala time at the Banquet and entertainment programme on 6th December.



Dr. Dharmesh Parekh, President IAOH Mumbai Branch addressing the delegates



Surat:

The Indian Association of occupational health Surat branch was formed ten years back. We have rejuvenated the branch in last one year. The various branch activities in the last one year include monthly meeting of all Industrial physicians of Hazira belt & CME on new management guidelines on various medical topics. Involving clinicians in town in IAOH branch, increasing members strength, focus on training program for PHC doctors on occupational health, discussing Mutual aid support in Disaster management, sharing knowledge among industries and active participation of Surat at national and international conferences were some of the highlights.

First time in Surat, GUJCON-2014- A scientific festival was organized on 29th and 30th Nov'14 by Indian Association of Occupational Health-Surat in co-ordination with Jamnagar branch. Industrial doctors, safety professionals, Industrial Hygienist & paramedics from across India participated in this event.

The Theme of conference was **"Building Healthy Work force by creating Wellness at workplace"**

29th November'2014- Pre conference -Workshop for Paramedics at Sunshine global Hospital (From 2 to 6 p.m): The Topics covered were: First Golden hour trauma management, CPR with practical demonstration, A nursing approach towards Occupational Health and Nursing Quiz. A total of 46 paramedic staffs from various parts of Gujarat attended the workshop. All the winners of different competitions were felicitated for their achievement.



Inaugral Ceremony On 29th November'2014 (7 to 10 p.m)

Gateway Taj Surat was the the venue for inaugural ceremony with cultural program on 29th Nov 2014. Distinguished guests from corporates, 120 delegates, paramedics and guest speakers from national body were present at the inaugural function. National President of IAOH- Dr. Chaitanya Gulvady addressed to all the delegates with his motivational speech & shared his thoughts to strenghten the Surat-IAOH branch activities in coming years. Surat Chapter instituted "SOCH" oration award (coined from **Surat OCCupational Health**) from year 2014 onwards. The name SOCH itself suggests innovative work done. This "SOCH" oration award will be given to a person who has done commendable work in the area of occupational health to improve wellbeing of employees during the year – at national as well as international level. Dr. T Rajgopal was awarded "SOCH" oration 2014 instituted by IAOH – Surat. He made an impressive presentation on "Occupational Health - an integral part of business value addition". The "SOCH" oration award is the reflection of his significant achievements and contributions in the field of occupational health, bringing a strong cohesion between occupational health and employee wellbeing to improve productivity at workplace as an integral part of business. This year's JOSH oration awarded to Dr Shyam Pingle by Jamnagar IAOH branch.



On 30th November-2014-A Scientific Fest was organized at an Auditorium in the industrial premises of L&T Hazira, Surat

Total 119 delegates were present during the conference. Excellent scientific research papers, orations, symposiums on Wellness, Ergonomics, Panel discussion on emergency management and various clinical and occupational Health related topics were covered in the conference at the beautiful L & T auditorium Hazira. The conference was accredited by Gujarat Medical Council and appointed Dr R.K Chavda, Prof & HOD Medicine department civil hospital Surat as observer. He appreciated the conference for its scientific program. We also received the appreciation letter for organizing this conference first time in Surat from our Honourable Chief Minister of Gujarat Smt. Anandiben Patel.

The conference was a huge success based on the feedback received from all delegates, speakers and paramedics.



Pune:

IAOH, Pune branch organized "Third Biennial Conference 2014" on December 7, 2014 at Vivanta by Taj Blue Diamond, Pune. The conference was a great success. 101 delegates & 14 faculty members participated in this daylong event. Occupational health professionals, safety professionals, regulatory organisation representatives, HR representatives, as well as decision makers participated actively in this conference. The conference was inaugurated at the hands of Hon'ble Mr. Prakash Dhoka, Chairman, Deccan Chamber of commerce and agriculture, Pune. There was a panel discussion on the theme:

"Health and wellbeing at work place-a key driver to sustainability" The participants were, Mr. Hemant Joshi - lead auditor OSHAS, representing TUV- NOR India. Mr. Vijay Hiremath, safety in charge from John Dierre, Mr. Ajit Thakur HR manager from Hyundai, Col. Prem Anand GM, Deccan chamber of commerce and agriculture, . MMC granted 2 MMC credit hrs for this conference.



Karnataka:

OH program for sericulture workers at Siddlaghatta

Awareness program on occupational asthma for sericulture workers was organized by AOHK on 26th October 2014 at Siddlaghatta. This was a follow up program for the sericulture workers by AOHK. OH survey of the work place was conducted earlier by AOHK members. Pamphlets on Allergy and Asthma were distributed to everyone who took part in the camp and preventive aspects were emphasized.

Spirometry Test was performed for sericulture workers and retired workers who were engaged in the silk industry earlier. About 100 persons participated in the camp and Lung function Tests were done for 64 persons. Patients were given medicines / inhalers free of cost.

Sericulture industry coordinators and Staff members of The Richmond Fellowship Society at Siddlaghatta and AOHK Members Dr. G.S. Palaksha & Dr. Sashikala Chandrasekar took part in the camp.



CME on 31st October 2014

A CME program was arranged by AOHK on 31st October 2014 at Hotel Chancery Pavilion, Bangalore. Dr. Sashikala Chandrasekar, President AOHK presided over the program.

Dr. K.G. Kallur, Head - Nuclear medicine, HCG spoke on the newer techniques in molecular imaging and Theranostics.

Dr. B.S. Ramesh, Director and Sr. Radiation Oncologist at HCG addressed the gathering on the advances in Radiotherapy techniques.

Both the topics were appreciated by the audience and it was an interactive session. Hon. Secretary Dr. M. Thyagaraju welcomed the participants. Vote of thanks was proposed by Dr. K.H. Deepa, Treasurer, AOHK.



Upcoming Events

Event	Event Date	Place
65th IAOH National Conference	Jan 20-23, 2015	Hotel Anandha Inn, Puducherry
Basic Principles of Occupational Hygiene	Feb 09-13, 2015	Indian Institute of Public Health Gandhinagar, Thaltej, Ahmedabad
International Industrial Hygiene Conference and Professional Development Courses	Feb 10-12, 2015	The Westin Mumbai Garden City Hotel, Mumbai, India
14th World Congress on Public Health	Feb 11-15, 2015	Science city, Kolkata
ICOH Congress 2015	May 31-June 5, 2015	Seoul, Korea

News and Snippets

ACCIDENT HAPPENED IN MRI CENTRE AT TATA MEMORIAL HOSPITAL, KHARGHAR, NAVI MUMBAI

Use of MRI machine is very often in today's life for correct diagnosis of different medical issues. Although this new technology is very helpful for diagnosis, it comes with certain hazards. Every one of us must understand the risk involved in its use & shall follow safety guidelines.

What is MRI?

It is Magnetic Resonance imaging (MRI). The powerful magnetic field of the MRI system will attract iron-containing (also known as ferromagnetic) objects and may cause them to move suddenly and with great force. This can pose a possible risk to the patient or anyone in an object's "flight path."

One unfortunate incident occurred at Tata Hospital in Kharghar, Navi Mumbai when two hospital employees entered in MRI room.

Description of Incident:

The mishap took place at around 7 pm on Saturday, 15th Nov 2014, at the Tata Memorial-run Advance Centre or Treatment Research and Education in Cancer (ACTREC) in Kharghar – Navi Mumbai, when a male patient was wheeled in for a routine MRI. During the process of carrying out the scan, the attending doctor asked ward boy, Sunil Jadhav, 28, to fetch an oxygen mask. Sunil Jadhav thought he was asked to bring in an oxygen cylinder. As soon as he entered the room with the cylinder, the MRI machine pulled him with such brute force that he flew towards the machine with the cylinder still in his left arm and carried technician Swami Ramaih, 35, with him. Before anybody in the room knew what was happening, Jadhav and Ramiah were stuck to the machine. And they remained glued to it four hours.

While the machine can be switched off, deactivating its magnetic field is a complex process. Both Jadhav and Ramiah lost consciousness after a couple of hours of fruitless attempts to wrench them out. It was only after an engineer from General Electric, the machine's manufacturer, arrived and deactivated the magnetic field that the two could be disengaged and taken to Bombay Hospital.

The Sunil Jadhav fractures his arm, while his colleague Ramaih sustains serious injuries, including a punctured urinary bladder and severe internal bleeding.



What went wrong? (Causes)

- ✓ MRI machines in hospitals generates high level magnetic field around them hence metallic parts & metal articles - including jewelries are strictly NOT ALLOWED inside the MRI rooms. All patients & relatives are advised to leave such items outside the MRI room. Such a note is pasted outside the ACTREC MRI room in too; Jadhav obviously did not paid attention.
- ✓ Sunil Jadhav, never worked in the MRI room and had no idea that no metal is allowed anywhere near the machine.
- ✓ There was nobody present to STOP them carrying oxygen cylinder to MRI room.

What can be done to avoid this? (CAPA)

- ✓ Do not enter in MRI room without permission.
- ✓ Do not enter in MRI room with metal items like steel tiffin's & steel glass / plates, metallic cylinders, jewelry, metallic particles including belts, metallic pens, wrist watches or any other item made of or containing iron part etc.
- ✓ Understand MRI process carefully before you enter in MRI room.
- ✓ Do not try to alter or play with any wires or button on machines.
- ✓ Follow instructions given by respective medical staff without fail.

Designed by Dr. Divyang Shah