

Newsletter



September 2015

Special points of interest:-

Alcohol and Cancer

A large US study found that light and moderate drinking – 5 to 14.9 g of pure alcohol in women and 5 to 29.9g in men (0.33 litre) can of beer or 1 glass (0.15 litre) of wine have about 14g alcohol) - is in women associated with increased risk of cancer, mainly breast cancer. No association was found in men.

Cannabis

A study shows that men taking cannabis are 4 times more likely to be diagnosed with cannabis psychosis. Men are twice as likely to take cannabis compared to women (BMJ 2015; 351:h4096)

COPD

COPD or Chronic Obstructive Pulmonary Disease is increasingly common in the developed world. The symptoms are similar to asthma with breathlessness, coughing and an increased number of chest infections. The main trigger is exposure to dust, fumes and gasses, the most common cigarette smoke. Workplaces have to be careful to minimise exposure to substances at work as far as possible.

Smoking in Vehicles

As of the 1st October 2015 it will be illegal to smoke in any vehicle with anyone under the age of 18 present. The new legislation is to protect children from the dangers of second-hand smoke. Every time a child breathes in second-hand smoke they breathe in chemicals which puts them at risk of serious conditions including meningitis, cancer, bronchitis and pneumonia. It can also make asthma worse. For further information please visit <https://www.gov.uk/government/news/smoking-in-vehicles>

Walking workstations

Recent publications have highlighted the fact that not just physical activity but time not spent sitting being important for health. These days many workplaces are sedentary. A study looked into the effects of standing, walking or even cycling at the workstation. The best outcome on lower boredom, lower stress, higher task satisfaction was seen in walking. There was no significant difference in performance between sitting, standing and walking. Cycling at the workplace seems to be good for activity levels but seems to be not as good regarding performance.

Management style

A chosen management style or corporate culture can enable employees to excel or dampen their productivity. The National Institute for Health and Care Excellence (NICE) has published guidance on different management styles - <http://www.nice.org.uk/guidance/ng13>. The guidance points out the negative effect of presentism – attendance at work without productivity – and the importance of a healthy work-life balance with healthy eating, regular exercise, sufficient sleep and social engagement.

Silica dust exposure can lead to lung cancer.

It is estimated more than 500 construction workers dying of it each year. Good respiratory protection and regular lung function test help to prevent the most serious outcome. For lung function tests contact us at info@BusinessAndHealth.co.uk

Accident waiting to happen

Vision, touch, smell, sound, vibration - People use a variety of different senses to communicate with their environment. If these senses are stimulated the person evaluates the incoming message and contemplates a response. Working at high speed or with very high demands on concentration it can just be enough to get distracted for a brief moment and an accident to happen.

A report by the Finnish institute of Occupational Health - http://www.ttl.fi/fi/tutkimus/hankkeet/sujuva/Documents/Sujuva_abstract.pdf estimates about 90% of accidents in the workplace are due to human factors. Working conditions with time pressure, excessive workload, lack of knowledge about the task and disruptions have been identified to be at increased risk of human factor errors.

Business and Health Consultancy Ltd

288 Bishopsgate

London EC2M 4QP