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Occupational Health

Occupational health problems occur at work or because of the kind of work you do. These problems can include:

- Cuts, fractures [<https://medlineplus.gov/fractures.html>] (broken bones), and sprains and strains [<https://medlineplus.gov/sprainsandstrains.html>]
- Loss of limbs [<https://medlineplus.gov/limbloss.html>]
- Repetitive motion disorders
- Hearing problems [<https://medlineplus.gov/hearingdisordersanddeafness.html>] caused by exposure to noise [<https://medlineplus.gov/noise.html>]
- Vision problems [<https://medlineplus.gov/visionimpairmentandblindness.html>]
- Illness caused by breathing, touching, or swallowing unsafe substances
- Illness caused by exposure to radiation [<https://medlineplus.gov/radiationexposure.html>]
- Exposure to germs in health care settings [<https://medlineplus.gov/occupationalhealthforhealthcareproviders.html>]

Good job safety and prevention practices can reduce your risk of these problems. Try to stay fit, reduce stress, set up your work area [<https://medlineplus.gov/ergonomics.html>] properly, and use the right equipment and gear.

Start Here

- Workplace Safety and Health Topics: Industries and Occupations [<https://www.cdc.gov/niosh/topics/industries.html>]
(National Institute for Occupational Safety and Health)
- Workplace Safety and Health Topics: Safety and Prevention [<https://www.cdc.gov/niosh/topics/safety.html>]
(National Institute for Occupational Safety and Health)

Prevention and Risk Factors

- NIOSH Health Hazard Evaluation (HHE) Program [https://www.cdc.gov/niosh/hhe/about/?CDC_AAref_Val=https://www.cdc.gov/niosh/hhe/] (National Institute for Occupational Safety and Health)
- Protect Yourself: Respirators [<https://www.osha.gov/sites/default/files/publications/respirators.pdf>]
(Occupational Safety and Health Administration) - **PDF**

Related Issues

- Adult Health: Discover if You're at Risk of Job Burnout [<https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/burnout/art-20046642?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/healthy-lifestyle/adult-health/in-depth/burnout/art-20046642?p=1>]
- Workplace Violence [<https://www.osha.gov/sites/default/files/publications/factsheet-workplace-violence.pdf>]
(Occupational Safety and Health Administration) - **PDF**

Specifics

- About Coal Workers' Health Surveillance Program [<https://www.cdc.gov/niosh/cwhsp/about/>]
(National Institute for Occupational Safety and Health)

About Skin Exposures and Effects [<https://www.cdc.gov/niosh/skin-exposure/about/>]





(National Institute for Occupational Safety and Health)

- Biological Agents [<https://www.osha.gov/biological-agents>] (Occupational Safety and Health Administration)
- Computer Workstations: Desks [<https://www.osha.gov/etools/computer-workstations/components/desks>] (Occupational Safety and Health Administration)
- Do You Have Work-Related Asthma? A Guide for You and Your Doctor [<https://www.osha.gov/sites/default/files/publications/OSHA3707.pdf>] (Occupational Safety and Health Administration) - **PDF**
- Guide to Controlling Asthma at Work [<https://www.lung.org/lung-health-diseases/lung-disease-lookup/asthma/managing-asthma/workplace>] (American Lung Association)
- Heat Stress and Workers [<https://www.cdc.gov/niosh/heat-stress/about/>] (National Institute for Occupational Safety and Health)
- How to Protect Yourself from Job-Related Skin Problems [<https://familydoctor.org/skin-problems-how-to-protect-yourself-from-job-related-skin-problems/?adfree=true>] (American Academy of Family Physicians)
Also in Spanish [<https://es.familydoctor.org/proteccion-de-la-piel-en-el-ambiente-de-trabajo/?adfree=true>]
- Noise and Hearing Loss [<https://www.cdc.gov/niosh/noise/>] (Centers for Disease Control and Prevention)
- Occupational Noise Exposure [<https://www.osha.gov/noise>] (Occupational Safety and Health Administration)
- Occupational Respiratory Disease [<https://familydoctor.org/condition/occupational-respiratory-disease/?adfree=true>] (American Academy of Family Physicians)
Also in Spanish [<https://es.familydoctor.org/condicion/enfermedad-respiratoria-ocupacional-es/?adfree=true>]
- Preventing Heat-Related Illness or Death of Outdoor Workers [<https://www.cdc.gov/niosh/docs/wp-solutions/2013-143/pdfs/2013-143.pdf>] (National Institute for Occupational Safety and Health) - **PDF**
- Rural Agricultural Health and Safety [<https://www.ruralhealthinfo.org/topics/agricultural-health-and-safety>] (Rural Health Information Hub)
- Signs of Unhealthy Indoor Air [<https://www.lung.org/clean-air/indoor-air/signs-unhealthy-indoor-air>] (American Lung Association)
- Suspension Trauma / Orthostatic Intolerance [<https://www.osha.gov/sites/default/files/publications/shib032404.pdf>] (Occupational Safety and Health Administration) - **PDF**
- Working in the Cold [<https://www.cdc.gov/niosh/cold-stress/about/>] (National Institute for Occupational Safety and Health)

Statistics and Research

- Occupational Injuries, Illnesses and Fatalities [<https://www.bls.gov/iif/home.htm>] (Bureau of Labor Statistics)
- State Occupational Injuries, Illnesses, and Fatalities [<https://www.bls.gov/iif/state-data.htm>] (Bureau of Labor Statistics)

Clinical Trials

- ClinicalTrials.gov: Accidents, Occupational [<https://clinicaltrials.gov/search?cond=%22Accidents,+Occupational%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Occupational Diseases [<https://clinicaltrials.gov/search?cond=%22Occupational+Diseases%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Occupational Exposure [<https://clinicaltrials.gov/search?cond=%22Occupational+Exposure%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Occupational Stress [<https://clinicaltrials.gov/search?cond=%22Occupational+Stress%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Synergistic Impact of Nasal Irrigation and Health Education in Reducing Chronic... [<https://www.ncbi.nlm.nih.gov/pubmed/40657344>]

Article: Efficacy of a Web-Based Stress Management Intervention for Beginning Teachers on...
[<https://www.ncbi.nlm.nih.gov/pubmed/40522725>]

- Article: Efficacy of enhanced stress resilience training for intensive-care unit nurses: a...
[<https://www.ncbi.nlm.nih.gov/pubmed/40473367>]
- Occupational Health -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Occupational+Stress%22%5Bmajr%3Anoexp%5D+OR+%22Accidents%2C+Occupational%22%5Bmajr%3Anoexp%5D+OR+%22Occupational+Diseases%22%5Bmajr%3Anoexp%5D+OR+%22Occupational+Injuries%22%5Bmajr%3Anoexp%5D+OR+%22Occupational+Exposure%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bdat%5D+AND+%28patient+education+handout%5Bpt%5D+OR+guideline%5Bpt%5D+OR+clinical+trial%5Bpt%5D%29++NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

Find an Expert

- National Institute for Occupational Safety and Health [<https://www.cdc.gov/niosh/index.html>]
Also in Spanish [<https://www.cdc.gov/spanish/niosh/>]
- Occupational Safety and Health Administration [<https://www.osha.gov/>]

Patient Handouts

- Back pain - returning to work [<https://medlineplus.gov/ency/patientinstructions/000517.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000517.htm>]
- Occupational asthma [<https://medlineplus.gov/ency/article/000110.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000110.htm>]
- Occupational hearing loss [<https://medlineplus.gov/ency/article/001048.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001048.htm>]
- Pregnancy and work [<https://medlineplus.gov/ency/patientinstructions/000609.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000609.htm>]



MEDICAL ENCYCLOPEDIA

Back pain - returning to work [<https://medlineplus.gov/ency/patientinstructions/000517.htm>]

Byssinosis [<https://medlineplus.gov/ency/article/001089.htm>]

Coal worker's pneumoconiosis [<https://medlineplus.gov/ency/article/000130.htm>]

Hypersensitivity pneumonitis [<https://medlineplus.gov/ency/article/000109.htm>]

Industrial bronchitis [<https://medlineplus.gov/ency/article/000072.htm>]

Occupational asthma [<https://medlineplus.gov/ency/article/000110.htm>]

Occupational hearing loss [<https://medlineplus.gov/ency/article/001048.htm>]

Pregnancy and work [<https://medlineplus.gov/ency/patientinstructions/000609.htm>]

Rheumatoid pneumoconiosis [<https://medlineplus.gov/ency/article/000137.htm>]

Silicosis [<https://medlineplus.gov/ency/article/000134.htm>]

Related Health Topics

Carpal Tunnel Syndrome [<https://medlineplus.gov/carpaltunnelsyndrome.html>]

Ergonomics [<https://medlineplus.gov/ergonomics.html>]

Occupational Health for Health Care Providers [<https://medlineplus.gov/occupationalhealthforhealthcareproviders.html>]

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