

NIOSH UPDATES

Issue 06, Volume 12, 2019

SAFETY CULTURE IMPROVEMENT WITH BEHAVIORAL AWARENESS SEMINAR

25 April 2019 @ NIOSH
BANDAR BARU BANGI

Bersama Bina Selamat (BBS) Programme



SAFETY CULTURE IMPROVEMENT WITH BEHAVIORAL AWARENESS SEMINAR

25 April 2019 @
NIOSH
BANDAR BARU
BANGI

- During the last decades companies have invested a lot of time and effort reducing risks for injuries by developing technical solutions and implementing safety management systems. As a result, the number of incidents has been reduced significantly. However, often the incident rate remains on a stubborn plateau and companies look for additional measures to further improve their safety performance based on internal or external requirements. Factors for occupational accidents can be technical, organizational or behavioral. The latter one is paving the way for many pre-existing factors to come together and by this is the final common pathway for almost all accidents. Although many incidents are attributed to people's carelessness or poor safety attitude, most of these are triggered by underlying barriers for safe behavior or supported by the culture of an organization.
- A Behavioral Safety approach addresses at-risk behaviors and identifies underlying barriers. Although Behavioral Safety usually focuses on workshop employee level, an active role and contribution of all employees is required. Essential in Behavioral Safety is to show leadership and activate employees to identify and remove barriers for safe behavior and how to motivate people to strive towards and sustain an injury-free culture. The 1-Day seminar is designed to provide the participants with deeper background information about Safety Culture Improvement based on Behavioral Safety. It will introduce effective tools to improve safe behavior for all levels of employees. The seminar is based on the trainer's practical experience of successfully implementing safety culture improvement programs in many different countries and includes theoretical.



Objectives:

At the end of this seminar, participants should be able to:

- define an injury-free culture
- understand motivation for behavior and how to change behavior
- know details of the 4 elements of a Behavior-Based Safety (BBS) program
- be aware of potential pitfalls and success factors of Behavioral Safety

Target Audiences:

- ✓ OSH Professionals
- ✓ Plant Manager, Heads of Organizations
- ✓ Line Manager in Production, Construction maintenance
- ✓ Safety Manager

ONLINE Registration at <http://www.niosh.com.my>

For more information, please contact the secretariat :

Phone: 03-8911 3877/ 3889 (Ms. Halimatulsaadiah)

F : 03-8926 5655 Email : seminar@niosh.com.my

Register Now!

Date : 25 April 2019

Fee : **RM 100.00**

Certificate : Yes

Registration : **Online System / www.niosh.com.my**

Payment : Cash Upon Registration

SAFETY CULTURE IMPROVEMENT WITH BEHAVIORAL AWARENESS SEMINAR



25 April 2019 @ NIOSH
BANDAR BARU BANGI

NO	PROGRAMME	TIME	DURATION
1	REGISTRATION	08:30 – 09:00	30 M
2	Safety Culture and Behavioral Safety Human Behavior and Actions	09:00-10:30	1 H 30 M
3	TEA BREAK	10:30 – 11:00	30 M
4	Intervention and Communication	11:00 – 12:00	1 H
5	Behaviour-Based Safety (BBS)	12:00 – 13:00	1 H
6	LUNCH	13:00 – 14:00	1 H
7	Pitfalls and Success Factors	14:00 – 15:00	1 H
8	Preparation and Implementation Applied Behavioral Safety	15:00 – 16:30	1 H 30 M
9	CERTIFICATE / TEA BREAK		30 M



BERSAMA BINA SELAMAT (BBS)

CONSTRUCTION SAFETY INTERVENTION
CONSTRUCTION SAFETY INTERVENTION

Bersama Bina Selamat (BBS) Programme



The application of behaviour based safety and behaviour science to occupational safety.



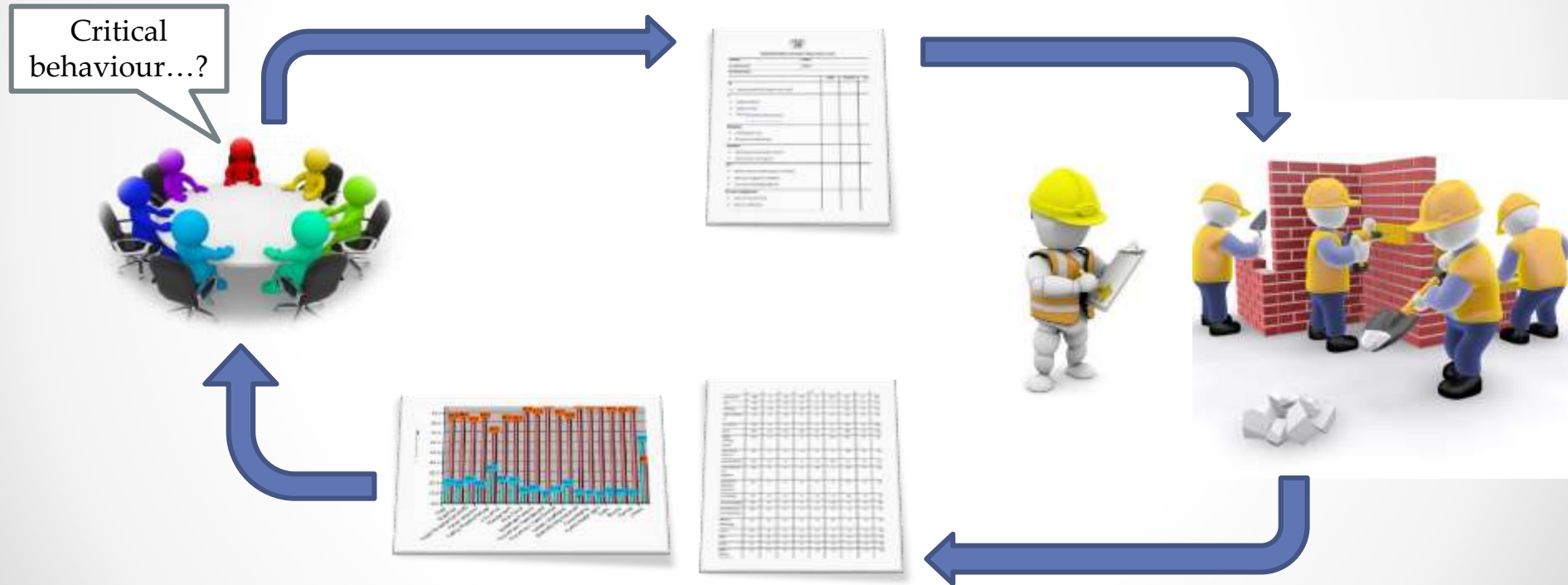
The goal is to establish and maintain safety culture and make the work environment as safe as possible.



Involves constant assessments of the working conditions through BBS observations.

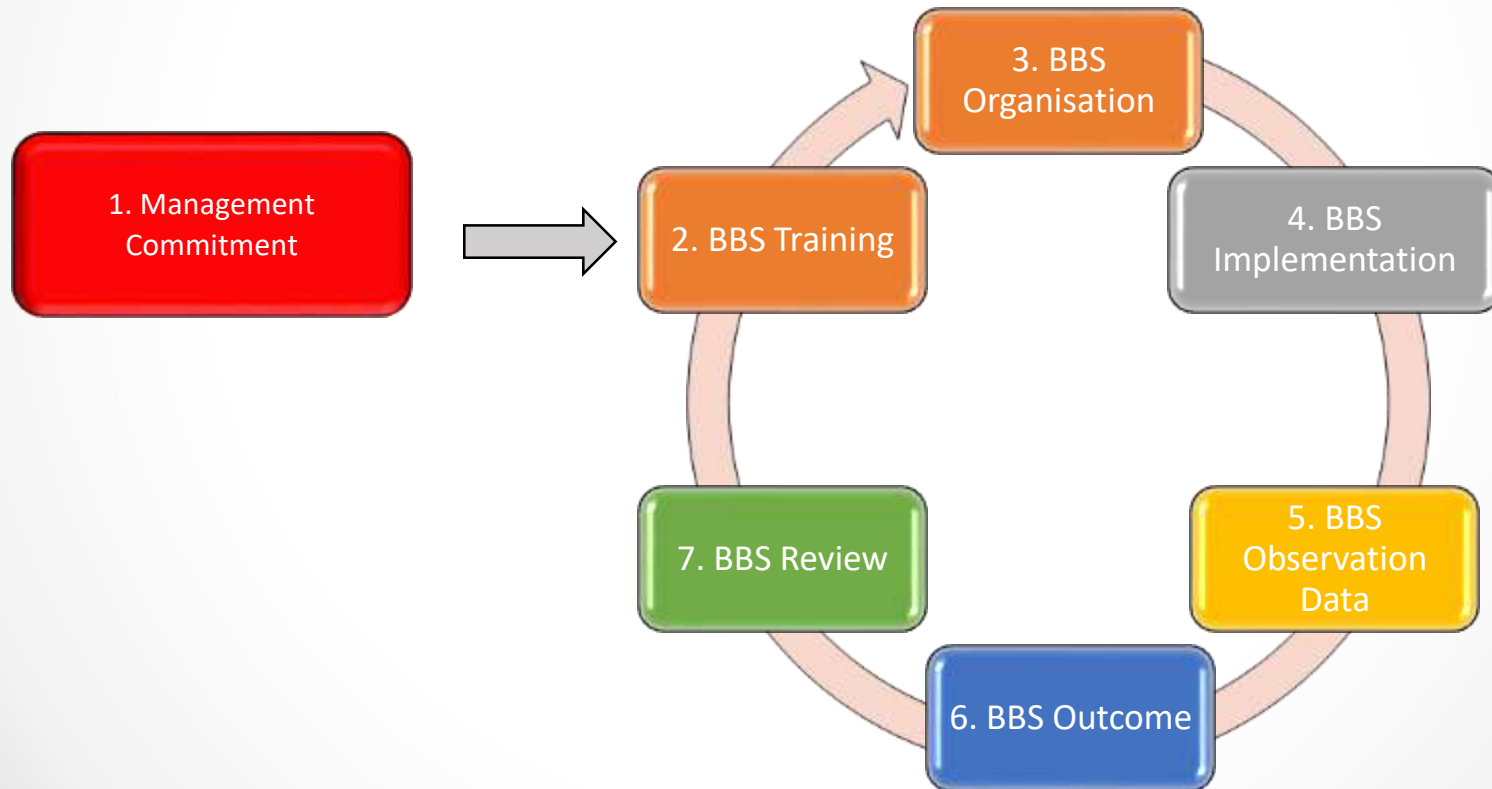
BERSAMA BINA SELAMAT

Cycle / Main activities



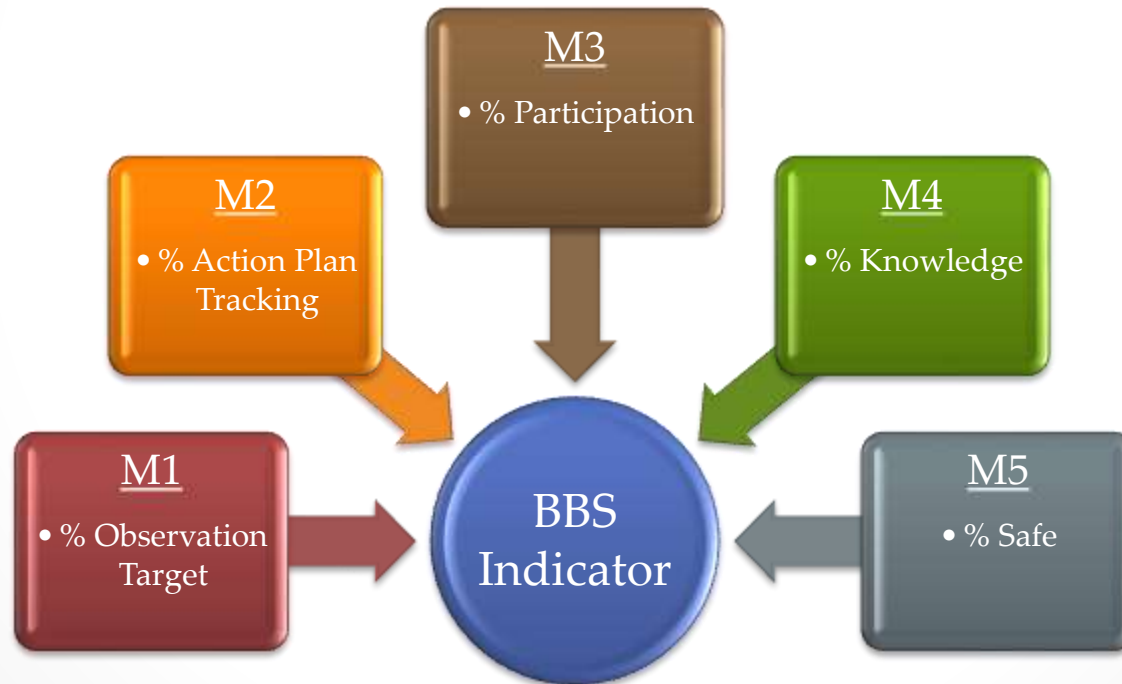
BERSAMA BINA SELAMAT

Programme Flow



BERSAMA BINA SELAMAT

Programme Indicator



BBS KEY SUCCESS FACTORS



Commitment from all level



A dedicated team to manage BBS



Establishment of monitoring system



Follow-up on findings and intervention plan

Are you interested to develop **Bersama Bina Selamat Program?**
Please contact NIOSH.....

BOOK REVIEW

Safety Law: Legal Aspects in Occupational Safety and Health (Occupational Safety & Health Guide Series)

1st Edition

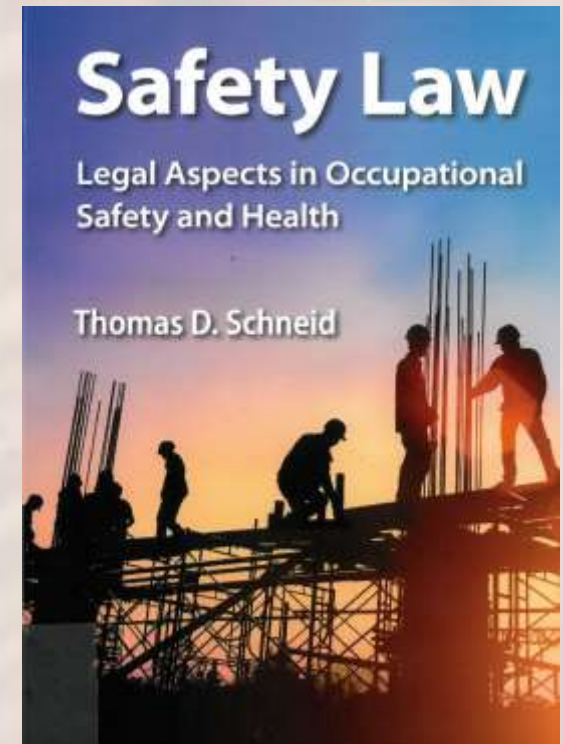
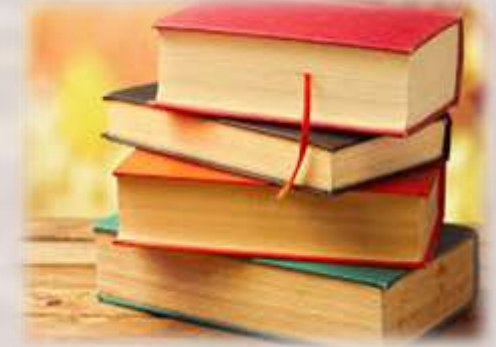
by [Thomas D. Schneid](#) (Author)

Safety professionals must prepare every day to safeguard their employees in the workplace. Additionally, part of every safety professional's responsibility is to safeguard their organization when a compliance inspection is conducted by federal, OSHA, or a state plan agency. Safety professionals are most organizations' onsite safety and health "expert" and should be prepared far in advance of an inspection. They should be prepared during the inspection, and ready to defend the organization after the inspection. With the increase in the monetary penalties, the impact on an organization as a result of identified violations can be substantial.

This text prepares and educates safety professionals to address every phase from strategies, to compliance, to defenses, and provides a one stop location for information to address and prepare the safety professional if/when OSHA knocks at the door.

Additionally, the safety function does not work in a vacuum. Other potential risks and potential liabilities from other laws, such as the ADA, which can impact the safety function, are also addressed. Safety professionals know that their organizations depend on their experience and expertise in their decision-making process.

- Provides a legal prospective to prepare safety professionals for OSHA inspection and related potential risks
- Case studies to enhance learning and state-by-state listing of applicable laws and regulations
- Demonstrates an understanding of defense preparation and strategies for safety professionals
- The safety professional's "go to" book for compliance and inspections



BOOK REVIEW

Safety Law: Legal Aspects in Occupational Safety and Health (Occupational Safety & Health Guide Series)

1st Edition

by [Thomas D. Schneid](#) (Author)

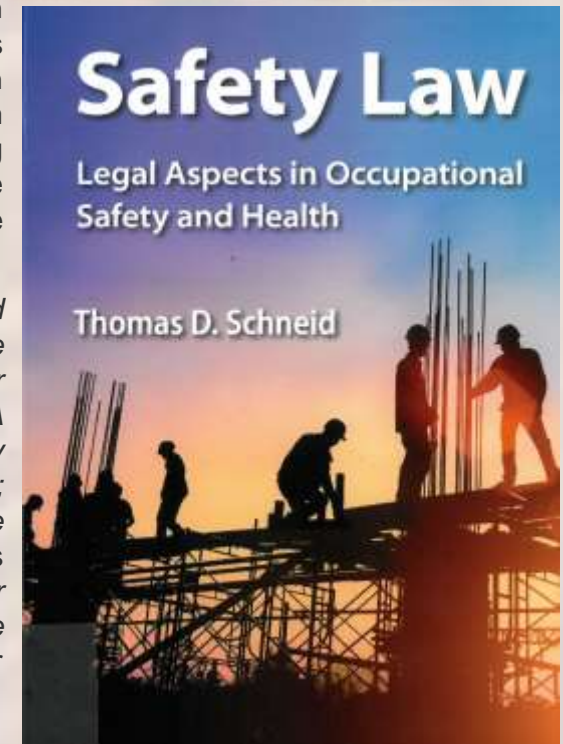
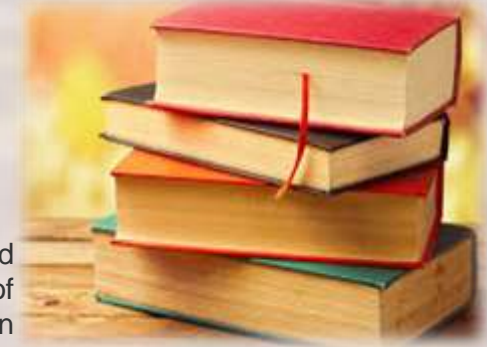
Editorial Reviews

About the Author

Thomas D. Schneid is the Chair of the Department of Safety and Security and a tenured professor in the School of Safety, Security and Emergency Management in the College of Justice and Safety at Eastern Kentucky University. Tom has worked in the safety, human resource and legal fields and has represented numerous corporations and individuals in OSHA and labor/employment related litigations throughout the United States. Tom has earned a B.S. in education, M.S. and CAS in safety as well as his Juris Doctor (J.D. in law) from West Virginia University and LL.M. (Graduate Labor and Employment Law) from the University of San Diego as well as post tenure Ph.D. in Environmental Engineering and M.S. in International Business. Tom is a member of the bar for the U.S. Supreme Court, 6th Circuit Court of Appeals and a number of federal districts as well as the Kentucky and West Virginia Bar.

Tom has authored and/or co-authored numerous texts on including *Workplace Safety and Health: Assessing Current Practices and Promoting Change in the Profession* (2014), *Corporate Safety Compliance: Law, OSHA and Ethics* (2008); *Labor and Employment Issues for Safety Professional* (2011); *Americans With Disabilities Act: A Compliance Guide* (1994); *ADA: A Manager's Guide* (1993); *Legal Liabilities for Safety and Loss Prevention Professionals* (2010); *Fire and Emergency Law Casebook* (1996); *Creative Safety Solutions* (1998); *Occupational Health Guide to Violence in the Workplace* (1999); *Legal Liabilities in Emergency Management* (2001) and *Fire Law* (1995). Tom has also co-authored several texts including *Food Safety Law* (1997), *Legal Liabilities for Safety and Loss Prevention Professionals* (1997), *Physical Hazards in the Workplace* (2001), and *Disaster Management and Preparedness* (2000) as well as over 100 articles on safety and legal topics..

Tom's current areas of academic interest include Drone Law, Licensure for the Safety Profession and the Changing Labor Landscape in the United States.

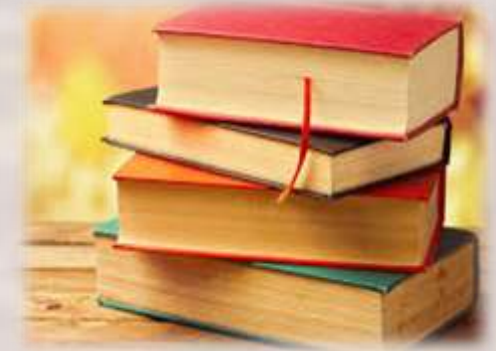


BOOK REVIEW

Safety Law: Legal Aspects in Occupational Safety and Health (Occupational Safety & Health Guide Series)

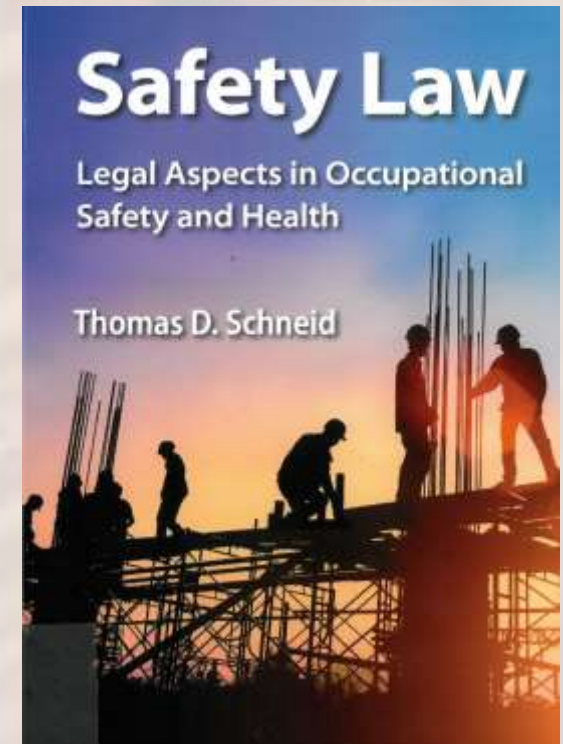
1st Edition

by [Thomas D. Schneid](#) (Author)



Product details

- Series:** Occupational Safety & Health Guide Series
- Hardcover:** 454 pages
- Publisher:** CRC Press; 1 edition (June 4, 2018)
- Language:** English
- ISBN-10:** 0815354967
- ISBN-13:** 978-0815354963
- Product Dimensions:** 6.2 x 1.2 x 9.2 inches
- Shipping Weight:** 1.8 pounds ([View shipping rates and policies](#))
- Average Customer Review:** [Be the first to review this item](#)
- Amazon Best Sellers Rank:** #1,060,982 in Books ([See Top 100 in Books](#))
 - #272 in [Environmental & Natural Resources Law \(Books\)](#)
 - #407 in [Industrial Health & Safety](#)
 - #410 in [Technology Safety & Health](#)





Headline : Amal integrity di tempat kerja
Publication : Utusan Malaysia
Date : 27 Mac 2019
Page : 20

Amal integriti di tempat kerja

Um 20
29/3/19

KUALA LUMPUR 26 Mac - Agensi dan pengamal Keselamatan dan Kesihatan Pekerjaan (KKP) perlu sentiasa menjaga integriti dan menjauhi rasuah kerana ianya boleh menyebabkan berlaku kemalangan yang tidak diinginkan di tempat kerja.

Pengerusi Institut Keselamatan dan Kesihatan Pekerjaan Negara (NIOSH), Tan Sri Lee Lam Thye berkata syarikat yang mengambil jalan pintas dan tidak mengikut prosedur operasi standard (SOP) akan menghasilkan amalan tidak selamat manakala penyalahgunaan kuasa boleh mengakibatkan eksploitasi pekerja yang dipaksa bertugas dalam persekitaran kerja yang berbahaya,



LEE LAM THYE

kotor serta memenatkan.

“Terdapat banyak ruang kosong yang perlu ditambah baik oleh pihak majikan dalam aspek keselamatan dan kesihatan kerana perkara tersebut adalah tanggungjawab menjaga kebajikan kepada para pekerja mereka.

“Pihak majikan terutamanya syarikat media perlu mempunyai tanggungjawab untuk memastikan pemberita yang ditugaskan dilengkapi dengan penggunaan peralatan perlindungan peribadi (PPE) ketika membuat liputan terhadap sesuatu kejadian yang akan membawa risiko yang tinggi,” katanya dalam sidang akhbar selepas majlis pra pelancaran Persidangan dan

Pameran Keselamatan dan Kesihatan Pekerjaan kali ke-22 (COSH 2019) di Pusat Konvensyen Kuala Lumpur di sini hari ini.

COSH 2019 bekerjasama dengan Kementerian Sumber Manusia dan melibatkan lebih 150,000 syarikat yang akan menyertai COSH 2019 pada 26 hingga 27 Ogos depan di Pusat Konvensyen Kuala Lumpur.

Lam Thye turut menyampaikan Sijil Sistem Pengurusan Kesihatan dan Keselamatan Pekerjaan (OHS MS) daripada NIOSH Certification Sdn. Bhd. kepada 11 syarikat dalam majlis tersebut.

Tambah Lam Thye, semua pihak tidak harus bertolak ansur dengan rasuah dan membiarkannya menjadi budaya dalam masyarakat terutama dalam kalangan agensi serta pengamal Keselamatan dan Kesihatan Pekerjaan (KKP).

Headline : Kenali tahap melecur
Publication : Harian Metro
Date : 19 March 2019
Page : 50

Turina Yakari *di tulis*
 syakari@metro.com.my

KENALI TAHAP MELECUR

Mudahkan tindakan ibu bapa sekiranya berlaku kemalangan di rumah

Nilai tinggi tabung yang tergeletak di dalam rumah-kanak atau kakinya mengendang bakunya dan risikonya keselamatan. Ketika berada di rumah sekiranya, kemalangan tidak berlaku rutin kan ibu bapa mengambil langkah berjaga-jaga bagi mengurangkan risikonya.

Sementara itu, ibu bapa hendaklah memastikan keselamatan kakak. Dengan mematuhi langkah pencegahan ini yang bertujuan untuk mengelakkan kemalangan berulang, kesihatan anak-anak yang terjejas akan dapat dipulihkan sepenuhnya.

Jadi, sebagai ibu bapa, pemeliharaan ketika kejadian situasi seperti ini sebagai pemeliharaan keselamatan anak-anak adalah penting bagi memastikan anak-anak mendapatkan rawatan awal yang betul.

Walaupun sesetengah luka terbakar atau risikonya tinggi boleh diurus di rumah, luka-luka yang lebih serius mungkin memerlukan rawatan perubatan segera di hospital.

Orang tua, mengambil langkah berjaga-jaga akan memastikan keselamatan anak-anak mereka dalam rumah.

Menurut Pakar Kanak-kanak Hospital Pakar KPI Ampang Peruri, Dr Fadzlina dan Dr Aina, luka terbakar dan melecur adalah bahaya yang berpeluang berlaku setiap rumah.

Alasan, risiko terburuknya adalah jika kemalangan yang berlaku kepada kanak-kanak, dengan pendedahan badan kanak-kanak ke udara panas yang boleh mengakibatkan luka yang mendalam.

"Bismillah, bereslah terbakar dari kejadian ini," kata Dr Aina.



ibu bapa perlu bersedia menghadapi kemalangan seperti kejadian ini.



PASTIKAN anak-anak tidak boleh bermain dengan barang-barang ini.

memerlukan perhatian khusus dan rawatan segera jika berlaku di rumah.

"Sekiranya kemalangan berlaku, rawatan perubatan segera mungkin diperlukan. Oleh itu, penting bagi ibu bapa mempunyai sedikit pengetahuan mengenai pertolongan cemas mengenai luka bakar atau melecur."

Dr Fadzlina berkata, perubatan pediatrik adalah penting bagi memastikan keselamatan anak-anak.

Dr Aina berkata, ibu bapa perlu memastikan keselamatan anak-anak mereka dalam rumah.

ibu bapa perlu bersedia menghadapi kemalangan seperti kejadian ini.

ibu bapa perlu bersedia menghadapi kemalangan seperti kejadian ini.

ibu bapa perlu bersedia menghadapi kemalangan seperti kejadian ini.

ibu bapa perlu bersedia menghadapi kemalangan seperti kejadian ini.

melecur, melecur dan...
 (text partially obscured)

- Kadar yang melecur...
- Jika melecur...
- Jika melecur...

- Jika melecur...
- Jika melecur...
- Jika melecur...

BAPAKKAN BANTUAN PERUBATAN SEDEKA APABILA ANDA MENDAPATI:

- Jika melecur...
- Jika melecur...
- Jika melecur...

melecur, melecur dan...
 (text partially obscured)

- Kadar yang melecur...
- Jika melecur...
- Jika melecur...

PENCEGAHAN LUKA TERBAKAR ATAU MELECUR

- Pastikan...
- Pastikan...
- Pastikan...

- Pastikan...
- Pastikan...
- Pastikan...



Penting bagi ibu bapa mempunyai sedikit sebanyak pengetahuan untuk mengenal pasti keadaan anak mereka sekiranya berlaku (melecur)
DR FADZLINA



BERKAT anak-anak berdebat berhubung keselamatan mereka.

Mawarshaper
 Cutting

Headline : Dua pekerja cedera kabel pencawang elektrik terbakar
Publication : Harian Metro
Date : 28 Mac 2019
Page : 26

Kuala Kangsar: Dua sub-kontraktor Tenaga Nasional Berhad (TNB) cedera selepas kabel voltan tinggi di Pencawang TNB Sauk di sini terbakar, semalam.

Dalam kejadian kira-kira jam 12.40 tengah hari itu, kedua-dua mereka berusia 32 dan 58 tahun itu dipercayai menjalankan kerja penyelenggaraan sebelum kabel voltan tinggi di pencawang itu terbakar.

Jurucakap Jabatan Bomba dan Penyelamat Malaysia (JBPM) Perak berkata, pihaknya menerima panggilan kecemasan jam 12.40 tengah hari sebelum sepasukan anggota dari Balai Bomba dan Penyelamat (BBP) Kuala Kangsar bergegas ke lokasi kejadian.

Sebaik tiba anggota mendapati dua mangsa mengalami kecederaan di bahagian muka, badan serta beberapa anggota lain selepas satu daripada kabel voltan tinggi terbakar.

"Anggota membawa kedua-dua mangsa ke hospital

Dua pekerja cedera kabel pencawang elektrik terbakar

menggunakan van Unit Bantuan Perkhidmatan Kecemasan (EMRS) dan ambulans hospital.

"Mangsa dihantar ke Hospital Kuala Kangsar untuk menerima rawatan.

"Bomba membuat pemeriksaan keselamatan di kawasan pencawang sebelum operasi ditamatkan jam 1.54 tengah hari," katanya.



PEKERJA TNB yang cedera (gambar bulat) selepas Pencawang TNB Sauk meletup.

*Masyarakat
Caring*

Headline : Anggota bomba nyaris maut kena renjatan elektrik
Publication : Harian Metro
Date : 23 March 2019
Page : 02



SILING rumah mangsa terbakar 25 peratus dalam kejadian di Kampung Berunding, kelmarin. HM 2 23/3/19

Anggota bomba nyaris maut kena renjatan elektrik

Papar: Seorang anggota bomba nyaris maut apabila terkena renjatan elektrik ketika memadamkan kebakaran rumah di Kampung Berunding, kelmarin.

Dalam kejadian jam 10.30 malam, anggota dari Balai Bomba dan Penyelamat (BBP) Papar, Nazri Rashid, 45, diberi rawatan sebelum dikejarkan ke Hospital Papar untuk rawatan lanjut.

Difahamkan, anggota terbabit berada dalam keadaan stabil dan tidak mengalami kecederaan serius sebelum dibenarkan keluar.

Penyelia Pusat Gerakan Operasi Jabatan Bomba dan Penyelamat Malaysia (JBPM) Sabah, Mohd Hasbi Hajat berkata, pihaknya menerima panggilan jam 10.07 malam berhubung kejadian itu.

"Sembilan anggota bersama dua jentera dikejarkan ke lokasi kejadian dan sebaik tiba, semua operasi mendapati kebakaran membabitkan siling rumah yang terbakar 25 peratus.

"Kerja memadamkan kebakaran dilakukan menggunakan tangki jentera

bomba dan api dikawal jam 10.20 malam," katanya dalam satu kenyataan media, semalam.

Katanya, tiada mangsa terbabit dalam kejadian itu tetapi seorang anggota terkena renjatan elektrik ketika melakukan kerja memadamkan.

"Anggota bomba yang dalam keadaan sedar diberi rawatan awal dan dihantar ke hospital dan disahkan stabil.

"Operasi ditamatkan sepenuhnya jam 11.32 malam," katanya.

Headline : Majikan juga perlu lindungi keselamatan pekerja
Publication : Utusan Malaysia
Date : 18 March 2019
Page : 19

Majikan juga perlu lindungi keselamatan pekerja

UM 19 18/3/19

SAUDARA PENGARANG.

SUSULAN insiden pencemaran bahan kimia yang berlaku di Sungai Kim-Kim, Pasir Gudang, Johor baru-baru ini banyak sekolah yang berada berhampiran dengan kawasan yang terjejas telah ditutup buat sementara waktu.

Ini penting bagi melindungi keselamatan dan kesihatan pelajar serta pekerja di sekolah.

Selain sekolah semua pihak yang berada di kawasan berhampiran dengan kawasan terjejas juga perlu mengambil segala langkah bagi melindungi keselamatan dan kesihatan diri termasuk pekerja.

Pekerja yang bekerja berhampiran dengan kawasan terjejas perlu mengambil langkah sama bagi melindungi keselamatan dan kesihatan diri mereka.

Adalah menjadi tanggungjawab pihak majikan untuk memastikan pekerja mereka tidak terdedah dengan sebarang risiko yang boleh mengganggu tahap keselamatan dan kesihatan diri pekerja mereka.

Pihak majikan perlu memastikan keadaan persekitaran atau kualiti udara yang berada di tempat kerja berada dalam keadaan selamat untuk pekerja bekerja.

Sekiranya keadaan persekitaran atau kualiti udara di tempat kerja didapati tidak selamat, maka pihak majikan perlu mengambil sebarang



KAKITANGAN Jabatan Kesihatan Johor melakukan pemeriksaan terhadap pelajar Politeknik Ibrahim Sultan selepas mengadu sesak nafas, pening, muntah dan loya di Pasir Gudang, baru-baru ini. - GAMBAR HIASAN/UTUSAN

langkah sewajarnya bagi melindungi pekerja.

Antaranya dengan memberi cuti khas, penangguhan kerja buat sementara waktu atau pemindahan tempat kerja ke tempat yang lebih selamat.

Antara aspek yang boleh mempengaruhi kualiti udara dalam sesebuah tempat kerja adalah suhu, kelembapan relatif, kulat, bakteria, pengudaraan yang tidak baik atau sempurna, dan pendedahan kepada bahan kimia.

Kualiti udara yang tidak baik akan menyumbang kepada ketidakselesaan pekerja, memberi kesan negatif kepada kesihatan

pekerja, ketidakhadiran kerja serta menjejaskan produktiviti organisasi yang terlibat.

Isu yang melibatkan aspek keselamatan dan kesihatan di tempat kerja tidak boleh dipandang ringan oleh semua pihak terutamanya pihak majikan yang merupakan ketua di sesebuah di tempat kerja.

Ia hendaklah diberikan perhatian sewajarnya dan dipandang dengan serius bagi mengelak perkara yang tidak diundang daripada berlaku dalam kalangan pekerja.

DR. MUZAFFAR SYAH MALLOW
Kuala Lumpur

NewsPaper

Cutting

Headline : Periksa 24 tapak projek
Publication : Harian Metro
Date : 21 March 2019
Page : 07

Periksa 24 tapak projek

■ Tinjau keberkesanan langkah pencegahan kontraktor dalam pastikan keselamatan pekerjaan

Nor Farhani Che Ad
am@hmetro.com.my

Sungai Petani

Jabatan Keselamatan dan Kesihatan Pekerjaan (JKKP) Kedah membuat pemeriksaan ke atas 24 tapak pembinaan dalam Operasi Cegah Jatuh dan Runtuh di seluruh negeri itu sejak 4 Mac sehingga semalam.

Pengarahnya, Hairozie Asri berkata, operasi membabit-

kan lima pegawai JKKP itu bagi memastikan tahap pematuhan Akta Kilang dan Jentera 1967 serta Akta Keselamatan dan Kesihatan Pekerjaan 1994.

Ia juga bertujuan meninjau keberkesanan langkah pencegahan oleh pihak kontraktor dalam memastikan keselamatan dan kesihatan pekerjaan di tapak pembinaan.

"Daripada jumlah tapak yang diperiksa, kami mengeluarkan 95 notis larangan serta-merta, 20 surat arahan



HAIROZIE (tengah) melihat ujian suatan ke atas peralatan di tapak pembinaan ketika membuat pemeriksaan mengejut di tapak projek pembinaan perumahan Bukit Banyan, semalam.

dan 11 notis penambahbaikan kepada kontraktor yang terbabit atas pelbagai kesalahan.

"Selain itu, 93 aktiviti kerja dan dua tapak pembinaan disita serta sebahagiannya akan dikenakan tindakan kom-

paun atau pendakwaan," katanya selepas membuat pemeriksaan mengejut di Projek Pembinaan Perumahan Bukit Banyan, semalam.

Hairozie berkata, pihaknya turut merancang mengeluarkan kompaun ke atas 42 kes

dan mendakwa empat kes atas pelbagai kesalahan.

Kebanyakan kesalahan yang sering dikenakan tindakan disebabkan majikan tidak menggajikan pegawai keselamatan dan kesihatan serta penyelia keselamatan

di tapak pembinaan.

Menurutnya, sepanjang 2018, jumlah kemalangan tidak hilang upaya kekal di tapak pembinaan direkodkan sebanyak dua kes, satu kes kejadian berbahaya serta satu kes kemalangan maut.

*Niosh
Malaysia
Cutting
Edge*



Headline : Driven to depression
Publication : New Straits Times
Date : 19 March 2019
Page : 58

Driven to depression

Women who work long hours or weekends may have a higher risk of depression

NEW UK research has found that women who work long hours may have a higher risk of depression, and working weekends may up the risk for both men and women.

Carried out by researchers at University College London, the Department of Research and Policy at Age UK, and Queen Mary University of London, the new study looked at data on 11,215 men and 12,188 women, which included occupational information and depressive symptoms as measured by a validated general health questionnaire.

The researchers also took into account several potentially influential factors, including age, marital status, whether participants had children, their wage and how satisfied they were with it, long-term health conditions, and qualifications.

A standard working week of 35 to 40 hours was used as a reference for categorising working hours into less than 35 hours a week, 41 to 55 hours a week, defined as long working hours, and 55 hours a week or more, defined as extra-long working hours.

INCREASED RISK

The findings, published online in the *Journal of Epidemiology & Community Health*, showed that women who worked extra-long hours of 55 or more hours a week and/or who worked most or every weekend had the worst mental health of all the participants, with significantly more depressive symptoms than women who worked standard hours.

For men, working less or more hours than the standard working week had no effect on the number of depressive symptoms.

However, working weekends was associated with an increased risk of depression in both sexes, men were more likely to experience more depressive symptoms when work conditions were taken into account, while for women, an increase in depressive symptoms was linked with the number of weekends worked.

Generally, older workers, smokers, and those who earned the least and who had the least job control were also more depressed, regardless of sex.

As an observational study, the researchers say that they cannot establish cause and effect. However, they also pointed out that "previous studies have found that once unpaid housework and caring is accounted



Working long hours may increase a woman's risk of depression.

for, women work longer than men, on average, and that this has been linked to poorer physical health."

"Our findings of more depressive symptoms among women working extra-long hours might also be explained by the potential double burden experienced by women when their long hours in paid work are added on their time in domestic labour."

They also noted that women are more likely to work longer hours in male-dominated occupations, and those working weekends are more likely to work in low-paid service sector jobs, adding that "such jobs, when combined with frequent or complex interactions with the public or clients, have been linked to higher levels of depression."

AFP Relaxnews

Newspaper Cutting

