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National Institute Of Occupational Safety And Health

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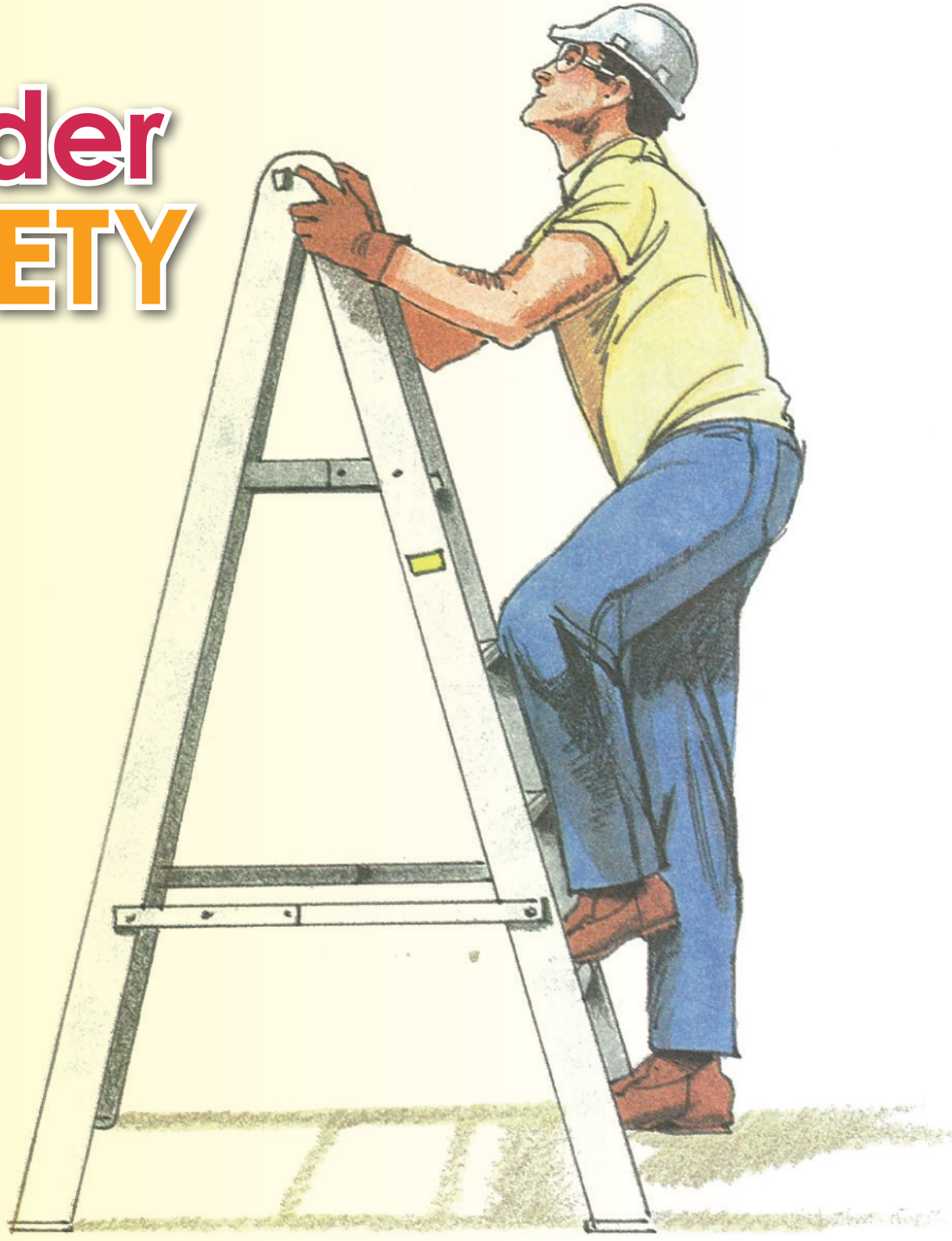
Your OSH preferred partners

Ladder SAFETY



LADDER SAFETY

What Kind of Ladder?

Workers use ladders for many kinds of work and in many locations. Construction sites, stockrooms, sheet metal work, repair work, home maintenance.

Different jobs require different ladders. You can choose:

- Stepladders
- Straight ladders
- Extension ladders
- Sectional ladders
- Trestle ladders
- Stockroom ladders
- Tubular metal ladders

Picking the Right One

To make sure the ladder you choose is right for your work, ask yourself:

- Do you read and follow the manufacturer's instructions posted on the ladder?
- Are you trained and authorized to use ladders safely?
  Is the ladder strong enough to support you as well as the equipment you need? Check the capacity of the ladder you intend to use:
  - Light Duty (type III) ladders, 200 pounds maximum
  - Medium Duty (Type II) ladders, 200 to 225 pounds
  - Heavy Duty (type I) ladders, 225 to 250 pounds
  - Extra Heavy Duty (type IA) ladders, 250 to 300 pounds
- Is the ladder long enough so you can work safely, without standing on the top step or stretching beyond a safe distance?
- Is the ladder positioned so you don't have to reach out for more than an arm's length? If you have to reach a greater distance, it may be necessary to move the ladder.
- Do you always hold on to the ladder with one hand?
- Can you fasten the ladder to a support with ropes or wires if needed?
- Does the ladder have the right feet for the surface on which it will stand?

Ladders and Electric Safety

Remember that metal can conduct electricity to your body. Choose a wooden or plastic ladder if you must work near electrical sources.

Is it Safe?

Checking the Ladder

Ladders that are damaged or worn are dangerous. Before you use any ladder, check it out.

- Are the steps firmly anchored to the side rails?
- Are the steps covered with a slip-resistant substance?
- Are the steps and other surfaces free of oil, grease, paint,water and dust?
- Are the rungs, rails, braces, ropes, uprights or siderails loose or damaged?
- Are there any loose or missing hinges, screws, nails, nuts or bolts?
- Are there any sharp corners or rough edges that could cause scratches or cuts?
- Are there knots or decayed areas on a wooden ladder? Has it been painted? Faint can conceal serious defects in the wood. Use a wood preservative or clear finish to protect the wood.
- If the ladder has been dropped, have you checked it thoroughly before you use it again?
- Are defective ladders tagged and removed from use until they can be repaired or discarded?

Extension Ladders

- Are the ropes worn or broken?
- Are the extension locks in good shape?

Fixed Ladders

- Are there any loose or missing cleats?
- Does the cage have parts that are damaged or corroded?
- Is the anchoring loose or broken?
- Have the fixed rungs on brick or concrete walls been damaged?
- Is the area around the base free of clutter?

Using It Right

Even the best ladder isn't safe unless you're trained and authorized to use ladders safely. This includes instruction in how to carry it right, set it up correctly and climb safely.

Carrying Ladders

- Ladders should be carried horizontally, rather than vertically.
- The ground around the ladder base should be free of debris.
- The area above the ladder should be free of hazards.
- If you're carrying a ladder by yourself, make sure you can lift the ladder easily. Use one hand to grasp the rail of the ladder at its midpoint. Carry it horizontally and walk with the front of the ladder slightly higher than the back.
- If the ladder is too long or too heavy to carry alone, get help. Carry the ladder with one person positioned on either end.

Moving Ladders

- Sometimes a ladder must be moved after it has been positioned vertically. If so, it should be taken down and set up in the new location.
- Once it's in a vertical position, a ladder can be moved horizontally only if, the ladder is lightweight and under 8 feet tall, the lower and upper supports are sound, and the move is done slowly.

Ladder Set Up

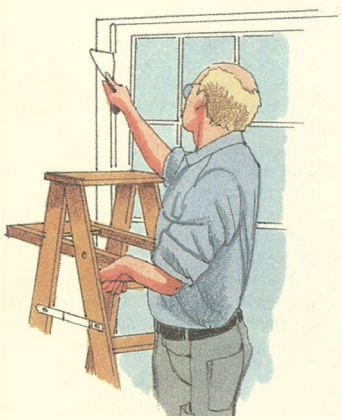
- Watch for overhead obstructions and power lines.
- Use a guard or barricade when you have to use a ladder in a traffic area. Lock or block any doors nearby, especially those that open toward you.
- Keep the area around the ladder base free of clutter.
- Rest the ladder base on a solid, level surface.
- Use a large board to level the surface and to keep the ladder from sinking into soft ground.
- Make sure the ladder is about 1 foot away from the vertical support for every 4 feet of ladder height between the base support and the top support. This will produce an angle of about 75 degrees.
- When you use a ladder to reach a roof or platform, make sure the ladder extends at least 3 feet beyond the roof edge or support point.
- To keep a straight ladder from shifting, tie it as close to the upper support point as you can.
- When you use a stepladder, make sure it's fully open and the spreader is locked.
- Never use a ladder outside during strong winds.

The Careful Climb

Climbing safely is a combination of careful preparation and sound safety practices.

Getting Ready

- Carry small tools in a tool belt. Use a handline to raise and lower large or heavy tools.
- Remove oil, grease and other slippery substances from your hands, shoes and ladder rungs before you climb.
- Anyone who is ill or using alcohol or other drugs should never climb a ladder.
- Some people have an intense and unrelenting fear of heights and ladders. They should never be encouraged or forced to climb ladders.



Making the Climb

- Face the ladder and hold on securely.
- As you climb, try to keep either two hands and one foot or one hand and two feet in contact with the ladder.
- Never reach or lean too far to the side. Maintain your balance by keeping your body between the siderails.
- Don't try to shift the position of the ladder while you're on it.
- Hold on to the ladder with one hand. If you need to work with both hands, lock one leg around a rung. Or use a safety belt.
- On a straight ladder, don't climb higher than the third rung from the top.
- On a stepladder, don't climb higher than the second rung from the top.
- Rest whenever your arms get tired. And rest whenever you get disoriented by overhead work.
- If you get dizzy or panicked, drape your arms over a rung. Rest your head against another rung or against a side rail. Wait until the feeling passes. Climb down slowly.
- Only one person should be on a portable ladder at any time.
- Don't leave an erected ladder unattended. It can be dangerous to small children. It's also an open invitation to burglars.

Care and Storage

- Read and follow the manufacturer's instructions on the ladder.
- Store the ladder in a dry place.
- Rest the ladder on support racks so it hangs straight and level. The support racks should be spaced about 6 feet apart to make sure the ladder hangs straight.

Ladder safety tips

Whenever you use a ladder as part of your work, keep these pointers in mind.

- Pick the right ladder for the job. Choose a wooden or plastic ladder if you must work near electrical sources.
- Check the ladder from top to bottom to make sure it's safe and secure.
- Put the ladder on a firm, solid surface.
- Put the ladder at the proper angle.
- Stay inside the siderails as you work. Never lean out or lean back at an angle.

Remember

A ladder can help make your work easier and faster. Use good safety practices around any ladder. Your safety and your life depend on it.

Source info: ***National Safety Council Handbook***

NEWS HEADLINE

Bantu promosi isu nahas industri: NIOSH

Kuala Lumpur: Institut Keselamatan dan Kesihatan Pekerjaan Negara (NIOSH) menyarankan Kementerian Kewangan supaya mempertimbang secara serius cadangannya bagi membantu industri dan majikan mempromosi isu keselamatan dan kesihatan pekerjaan bagi mengurangkan lagi kemalangan di tempat kerja serta ketika berulang alik ke tempat kerja dalam pembentangan Bajet 2015.

Pengerusi NIOSH, Tan Sri Lee Lam Thye, berkata, ia boleh dilakukan dengan menawarkan rebat cukai bagi peralatan perlindungan peribadi (PPE) yang diimport bagi mengurangkan kos majikan dan boleh disediakan kepada pekerja mereka.

Lee Lam Thye

PPE direka untuk melindungi pekerja daripada kecederaan di tempat kerja atau penyakit yang berpunca akibat terdedah kepada bahan kimia, radiologi, fizikal, elektrikal, mekanikal atau bahaya lain.

Lam Thye berkata, Akta Keselamatan dan Kesihatan Pekerjaan (OSHA) 1994 mengkehendaki penggunaan PPE bagi mengurangkan pendedahan pekerja terhadap bahaya di tempat kerja.

Tiga mayat ditimbus batu ditemui

KUANTAN – Mayat kesemua tiga warga asing yang maut selepas ditimbus runtuhan batu kuari di Felda Batu Sagu 4, dekat sini petang kelmarin akhirnya berjaya dikeluarkan semalam.

Mayat mangsa pertama, Rudi Hartono, 30, berjaya dikeluarkan pada pukul 7.44 malam kelmarin, mangsa kedua, Than Naing Soe, 25, pada pukul 9.20 malam kelmarin manakala mangsa ketiga, Cecep Ribuyanto, 22, pula berjaya dikeluarkan pada pukul 1 pagi semalam.

Ribuyanto dan Hartono merupakan warga Indonesia manakala Naing Soe warga Myanmar.

Ketua Polis Daerah Kuantan, Asisten Komisioner Abdul Aziz Salleh berkata, berdasarkan siasatan awal, kejadian tersebut merupakan satu kemalangan.

"Tiada sebarang letupan dilaporkan sewaktu runtuhan tersebut berlaku, ia mungkin terjadi akibat struktur batu pada bukit tersebut yang tidak stabil.

"Mayat ketiga-tiga mangsa dihantar ke Hospital Tengku Ampuan Afzan untuk dibedah siasat dan pihak polis telah menghubungi pihak kedutaan untuk urusan penghantaran pulang kesemuanya," katanya ketika dihubungi *Kosmo!* di sini semalam.

Sementara itu, Timbalan Pengarah Jabatan Bomba dan Penyelamat negeri, Morni Mamat berkata, seramai 31 anggota bomba dan sebuah jentera dikerahkan ke lokasi kejadian untuk melakukan operasi menyelamat yang turut dibantu 10 anggota Jabatan Pertahanan Awam Malaysia dan 14 anggota polis.

DI kuari inilah tiga warga asing maut selepas tertimbus runtuhan batu di Felda Batu Sagu 4, Kuantan, Pahang kelmarin.

Dua pekerja kuari maut tertimbus

KUANTAN – Dua pekerja warga asing maut manakala seorang lagi tertimbus dalam kejadian runtuhan batu kuari di Bukit Sagu 4 dekat Panching di sini kira-kira pukul 5 petang semalam.

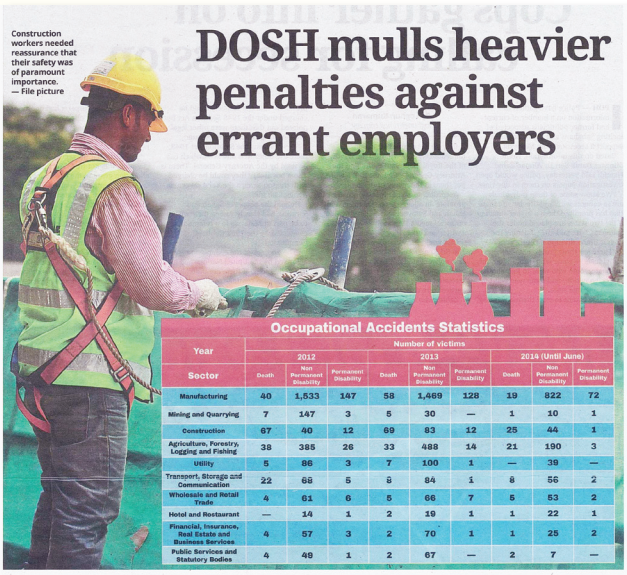
Mayat warga Indonesia, Rudi Hartono, 30, berjaya dikeluarkan anggota penyelamat pada pukul 7 malam manakala warga Myanmar, Tang Yang Siew, 25, pula pukul 9.20 malam.

Ketua Polis Daerah [illegible] Asisten Komisioner Abdul [illegible] seorang lagi

KERATAN *Kosmo!* semalam.

BANTU PROMOSI ISU NAHAS INDUSTRI: NIOSH
Publication: Berita Harian
Date of Publication: 8 Sept 2014
Page number: 18

TIGA MAYAT DITIMBUS BATU DITEMUI
Publication: Kosmo
Date of Publication: 10 Sept 2014
Page number: 10



Construction workers needed reassurance that their safety was of paramount importance. — File picture

DOSH mulls heavier penalties against errant employers

Occupational Accidents Statistics

Year	Number of victims								
	2012			2013			2014 (Until June)		
Sector	Death	Non Permanent Disability	Permanent Disability	Death	Non Permanent Disability	Permanent Disability	Death	Non Permanent Disability	Permanent Disability
Manufacturing	40	1,533	147	58	1,469	128	19	822	72
Mining and Quarrying	7	147	3	5	30	—	1	10	1
Construction	67	40	12	69	83	12	25	44	1
Agriculture, Forestry, Logging and Fishing	38	385	26	33	488	14	21	190	3
Utility	5	86	3	7	100	1	—	39	—
Transport, Storage and Communication	22	68	5	8	84	1	8	56	2
Wholesale and Retail Trade	4	61	6	5	66	7	5	53	2
Hotel and Restaurant	—	14	1	2	19	1	1	22	1
Financial, Insurance, Real Estate and Business Services	4	57	3	2	70	1	1	25	2
Public Services and Statutory Bodies	4	49	1	2	67	—	2	7	—

By Vanessa Ee-Lyn Gomes and Noramalina Alias
mnnews@mmail.com.my

PETALING JAYA — The Occupational Safety and Health Department (DOSH) is reviewing fines imposed on negligent employers.

The department's Selangor director, Zahrim Osman, said the Occupational Safety and Health Act (OSHA) currently imposed a maximum fine of RM50,000 on employers convicted of ignoring safety rules and regulations, but acknowledged that there had been concern the amount was too low.

"Many parties have complained about the fine being too low because it could be a matter of life and death, and lots of lives have been lost," he said.

He was was commenting on a call made by the Malaysian Trades Union Congress (MTUC) to impose heavier penalties on employers who were found negligent over their workers' safety.

Seventy-three cases have been taken to court from January to August, compared to 62 for the whole of last year.

Malay Mail reported yesterday DOSH was continuing its investigations into the incident at an MRT project work site in Kota Damansara on August 18 that killed three Bangladeshi workers.

DOSH director-general Mohtar Musri said the investigations were similar to those being conducted by Mass Rapid Transit Corporation Sdn Bhd (MRT Corp) and MMC Gamuda KVMRT (PDP) Sdn Bhd.

He said MRT Corp, its project development partner and contractors had set up guidelines but lacked execution onsite.

MRT Corp had revealed in a statement that the viaduct deck span, weighing 350 tonnes, had toppled because of the absence of shims to support the structure as it was resting on temporary jacks.

MRT Corp chief executive officer Datuk Wira Azhar Abdul Hamid said action could only be taken by the government following the investigations by DOSH.

He said MRT Corp would also be taking action against those responsible by removing them from the project, blacklisting contractors and consultants from future projects, reviewing work process flows, and reviewing the effectiveness of the safety, health and environment enforcement unit.

National Consumer Complaints Centre director Mohd Yusof Abdul Rahman said the call by MTUC was welcomed as employers should put their workers' as their main priority.

"They need to make sure that working environments are safe and those who failed to ensure this are penalised," he said.

Those with high-risk jobs, such as construction workers, needed particular attention as they dealt with danger on a daily basis.

They needed reassurance that their safety was of paramount importance.

Mohd Yusof said companies needed to show their seriousness about safety rules and regulations and also get their employees to cooperate.

"Although the workers themselves may take the rules lightly, the responsibility still falls on the employer," he said.

Federation of Malaysian Consumers Associations president Datuk Paul Selvaraj said there needed to be extensive education on safety regulations for both workers and employers.

"Both parties need to understand the working risks but if there is negligence on the employer's end, then severe action has to be taken," he said.

DOSH MULLS HEAVIER PENALTIES AGAINST ERRANT EMPLOYERS
Publication: Sunday Mail
Date of Publication: 21 Sept 2014
Page number: 11

NIOSH bantu wujud sekolah selamat

Kota Kinabalu: Institut Keselamatan dan Kesihatan Pekerjaan Negara (NIOSH) membantu Kementerian Pendidikan mewujudkan sekolah selamat untuk belajar dan bekerja, melalui penganjuran program keselamatan dan kesihatan pekerjaan (OSH).

Pengerusinya, Tan Sri Lee Lam Thye berkata, sehingga kini pihaknya sudah melaksanakan program perintis di lebih 10 sekolah seluruh negara melalui penajaan sektor korporat.

Katanya, kebelakangan ini negara digemparkan dengan kes seperti struktur bangunan runtuh, kipas siling dan tiang gol yang jatuh serta kemalangan di tandas sekolah membabitkan guru, pelajar dan kakitangan.

"Sekolah perlu dianggap sebagai tempat kerja dan bukan hanya untuk belajar. Oleh itu, aspek keselamatan dan kesihatan amat penting diamalkan.

"Program OSH menjadikan sekolah sebagai tempat kerja selamat, berpandukan Akta Keselamatan dan Kesihatan Pekerjaan (OSHA) 1994," katanya menerusi kenyataan, di sini, semalam.

Sementara itu, Lam Thye berkata, Lembaga Keselamatan Belanda (OVV) wajar diberikan pujian di atas komitmen dan kredibilitinya menyediakan laporan awal tragedi MH17

NIOSH BANTU WUJUD SEKOLAH SELAMAT
Publication: Berita Harian
Date of Publication: 11 Sept 2014
Page number: 19

Kemalangan sifar di kem PLKN seluruh negara - Hadi

KUALA LUMPUR 22 Sept. - Program Latihan Khidmat Negara (PLKN) berjaya mencatat kemalangan sifar dalam kes-kes yang melibatkan aktiviti latihan pelatih sejak dimulakan pada 2004 lalu.

Ketua Pengarah Jabatan Latihan Khidmat Negara (JLKN), Datuk Abdul Hadi Awang Kechil berkata, pihaknya sentiasa menitikberatkan soal kesihatan dan keselamatan pelatih sepanjang menjalani latihan di 81 kem PLKN seluruh negara.

"Perkara yang melibatkan soal kesihatan dan keselamatan jurulatih dan pelatih menjadi keutamaan kami terutama ketika mereka menjalani aktiviti luar yang melibatkan penggunaan pelbagai peralatan.

"Hasil daripada pemantauan berterusan yang dilakukan oleh jurulatih dan pihak pengurusan, kem PLKN berjaya mencatat kemalangan sifar dalam aktiviti latihan. Terbaru, kita menggunakan khidmat Institut Keselamatan dan Kesihatan Pekerjaan Kebangsaan (NIOSH) dalam bentuk bantuan nasihat dan soal keselamatan," katanya di sini hari ini.

Beliau berkata demikian dalam sidang akhbar selepas Majlis Menandatangani Perjanjian Bersama Antara JLKN dan Niosh serta Pelancaran Dasar Keselamatan dan Kesihatan Pekerjaan JLKN dan Buku Panduan Keselamatan dan Kesihatan Pekerjaan di Kem-kem PLKN yang turut dihadiri Pengarah Eksekutif Niosh, Ir. Rosli Hussin.

ABDUL Hadi Awang Kechil (kiri) menandatangani perjanjian bersama Rosli Hussin dalam Majlis Menandatangani Perjanjian Antara JLKN-NIOSH serta Pelancaran Dasar Keselamatan dan Kesihatan di Bangunan Zetro di Kuala Lumpur, semalam. - UTUSAN/RUSHDI SALLEH

Dalam perjanjian itu, JLKN dan Niosh melaksanakan beberapa aktiviti bagi tiga tahun akan datang termasuk membantu pengurusan JLKN menerusi kaedah pemindahan kepakaran dalam membangunkan Sistem Pengurusan Keselamatan dan Kesihatan Pekerjaan (SPKKP) yang sistematik dan pembangunan dokumentasi serta pemeriksaan prasarana latihan fizikal di semua kem PLKN.

Menurut Abdul Hadi, dasar keselamatan serta kesihatan pekerjaan dilancarkan perlu dipatuhi oleh setiap jurulatih dan kakitangan JLKN bagi memastikan setiap individu yang masuk ke dalam kem PLKN mendapat jaminan keselamatan.

KEMALANGAN SIFAR DI KEM PLKN SELURUH NEGARA - HADI
Publication: Utusan Malaysia
Date of Publication: 23 Sep 2014
Page number: 14

KESELAMATAN BURUH TERANCAM
Publication: Kosmo
Date of Publication: 3 Sept 2014
Page number: 19

Lebih 300,000 pekerja binaan di negara ini masih tidak memiliki kad hijau CIDB

Keselamatan buruh terancam

Oleh KHAIRI MOHAMAD
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KUALA LUMPUR – Keselamatan lebih 300,000 pekerja binaan di negara ini terancam apabila mereka dikategorikan sebagai tidak mahir dan terlatih untuk bekerja di kawasan pembinaan.

Ini kerana mereka didapati tidak memiliki kad pendaftaran pekerja terlatih yang dikeluarkan oleh Lembaga Pembangunan Industri Pembinaan Malaysia (CIDB) atau lebih dikenali sebagai kad hijau.

Pengurus Besar Kanan Sektor Pembangunan CIDB, Ir. Ahmad Asri Abdul Hamid berkata, kegagalan mereka untuk mendapatkan kad kelayakan itu bukan sahaja satu kesalahan, malah mengancam keselamatan awam.

Menurutnya, kad perakuan tersebut menjadi satu jaminan bahawa mereka boleh bekerja di sektor pembinaan dan layak melakukan kerja-kerja berkaitan berdasarkan bidang kepakaran seperti tertera pada kad tersebut.

"Kita mempunyai sejuta pekerja di sektor binaan di negara ini, walaupun jumlah 300,000 pekerja yang tidak memiliki pengesahan tersebut nampak tidak begitu serius, namun ia sebenarnya membimbangkan.

"Saya kesal dengan sikap beberapa kontraktor yang enggan mematuhi syarat berkenaan walaupun menyedari bahaya menggaji pekerja yang tidak memiliki kad perakuan itu," katanya di sini baru-baru ini.

Ahmad Asri memberitahu, kontraktor yang didapati menggaji pekerja yang tidak memiliki kad hijau boleh dikenakan tindakan tegas termasuk pembatalan sijil pendaftaran kontraktor.

Katanya, pemaju juga sepatutnya memastikan pekerja binaan memiliki kad tersebut bagi menjamin keselamatan di tapak-tapak pembinaan.

"Sektor pembinaan yang paling banyak mengambil pekerja asing kerana kos yang jauh lebih rendah, namun pemilikan kad ini adalah penting untuk mengurangkan kemalangan di tapak pembinaan," ujarnya.

KEGAGALAN pekerja binaan untuk mendapatkan kad pendaftaran pekerja terlatih yang dikeluarkan oleh CIDB bukan sahaja satu kesalahan tetapi juga boleh mengancam keselamatan awam. – Gambar hiasan

INFO Kad pendaftaran pekerja terlatih CIDB

- Program melibatkan pendaftaran dan pengiktirafan pekerja binaan.
- Pembayaran minimum RM50 untuk memiliki kad.
- Kursus selama satu hari.
- Diuji bagi mengenal pasti kebolehan dan kepakaran.
- Dilengkapi perlindungan insurans selama 24 jam.

Contoh kad pendaftaran CIDB

WORKPLACE SAFETY

Strive for accident-free workplace environment

OCCUPATIONAL Safety and Health (OSH) or safety at the workplace, must never be taken for granted.

The recent fatal accidents involving MRT construction sites as well as other workplace accidents over the years clearly shows that more needs to be done to promote and implement good OSH practices in the country.

Although Malaysia's industrial accident rate has been reduced to 36 per cent over the past 10 years (2003-2013), the remaining challenge would be to build and foster an OSH culture in this country and strive for an accident-free workplace environment.

The latest statistics from the Human Resources Ministry indicate that the industrial accident rate had fallen from 5.84 cases for every 1,000 workers in 2004 to 3.28 cases last year. The reduction is a reflection of the commitment and joint efforts by the Government, employers and employees.

The biggest challenge that remains is not only to further reduce the accident rate in the days ahead but also to make OSH a culture and a way of life in contributing towards an accident-free work environment.

It is the responsibility of employers and managements to ensure that safety is a culture at their organisation and not just a priority.

There is an urgent need to translate OSH knowledge into behaviour and practical application. OSH sloganeering is not the answer. We must avoid a situation where, behind all the OSH banners and signages, the workplace hazards are not addressed and controlled.

In this connection, innovation and innovative practices play a crucial role in improving the OSH landscape and shaping Occupational Safety and Health Management Systems (OSHMS) for the future. Dedicated professionals need to work tirelessly to formulate better safety and health policies, and implement effective systems with the objective of achieving "zero accident" at the workplace.

If we want better outcomes for our systems, and ensure their efficiency and effectiveness, we need to encourage innovation of not just the products, services and processes but also the system itself.

The quest for OSH sustainability is already starting to transform the competitive landscape, which will compel companies to change the way they think about safety and health at the workplace. The key challenge is to enhance the safety, health and well-being of our workforce by introducing innovative measures, particularly at the workplace.

Establishing a safe and healthy work environment requires fundamental changes in the way work is designed and personnel are deployed, and how the very culture of the organisation understands and acts on safety.

These changes require leadership capable of transforming not just a physical environment but also the beliefs and practices of those who create the risk and those who work with the risk.

Managements who are responsible for the safety and health at the workplace can change the attitude of safety and health of their employees by ensuring an annual budget for safety training, and education to help prevent work-related accidents and diseases among the workforce. Accidents do not just happen, they are preventable.

In this time of global competition and sweeping change, it is not enough for companies to make safety a priority. Priorities change but cultures stand the test of time. Safety must be a culture and a core value at the workplace. And certainly managing occupational safety and health ensures business competitiveness.

The Global Trend in OSH is towards a more integrated prevention concept. OSH is now regarded as a societal responsibility and countries are required to have a blueprint for building an accident prevention culture with a framework for national and international prevention strategies.

Observations and evidence have shown that an increase in productivity and an improvement in workplace environment were the results of good safety and health work practices and the adoption of a work safety culture.

Tan Sri Lee Lam Thye, chairman, National Institute of Occupational Safety and Health, Kuala Lumpur

STRIVE FOR ACCIDENT-FREE WORKPLACE ENVIRONMENT
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Journal of Occupational Safety and Health

MANUAL WORK AND LUNG CANCER RISK IN HIGH-RISK POPULATIONS

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Bandar Baru Bangi, Selangor

Abstract

Manual work is associated with increased lung cancer risk possibly because of increased exposure to occupational and other carcinogens, reduced use of health care services and/or a less healthy lifestyle. The aim of this study was to examine whether the association between manual work and lung cancer risk has changed over time. Three separate retrospective studies were carried out over a 10-year period (1996-1997, 1998-2000 and 2003-2005) in patients attending a bronchoscopy clinic to investigate lung cancer risk in an area of Manchester characterised by high deprivation and unemployment. Cases (n=321) were patients newly diagnosed with a tumour of the lung, trachea or bronchus and controls (n=542) were patients free of tumours at the time of, and prior to, examination. Patients were interviewed using the same structured questionnaire for associations between risk factors and lung cancer examined. The study population in all three studies was similar with little difference in smoking history. In each study smoking was associated with lung cancer risk. Lung cancer risk was higher in manual workers (compared to managers and other professionals) in the first (OR 2.50, 95% CI 1.20 – 5.05) and second study (OR 2.73, 95% CI 0.97 – 7.70) but not the third (OR 0.97, 95% CI 0.58 – 1.61). However, the summary odds ratio (meta-OR) for lung cancer in manual worker was 1.81 (95% 1.75 – 1.87) after controlling for sex, age and smoking. This study suggested that even after taking into account known occupational and environmental causes of cancer, there was a residual cancer risk associated with manual work, high risk working populations of lung cancer. However this appears to have attenuated recently for as yet unknown reasons.

Keywords: Occupational exposure; manual work; lung cancer risk

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