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ASSE India – Newsletter Committee
Sandip Mukherjee

Message from the President's Desk....

May 29, 2017



Dear Colleagues,

As you know, the 4th UN Global Road Safety Week was observed with a lot of enthusiasm at various locations. Indian roads are becoming increasingly risky; there is an increase in traffic density in cities and higher speed on the highways. While several structural steps are required to improve road conditions there is a need to increase awareness to encourage usage of public transport to reduce traffic congestion, speed is perhaps another factor which must be effectively targeted for improvement. "Slow down" was the theme for the Global Road Safety Week this year.

Managing speed, a new report from WHO, suggests that excessive or inappropriate speed contributes to 1 in 3 road traffic fatalities worldwide. Measures to address speed prevent road traffic deaths and injuries, make populations healthier, and cities more sustainable. Around 1.25 million people die every year on the world's roads. Studies indicate that around 40-50% drivers exceed speed limits. Road traffic crashes are estimated to cost countries from 3 to 5% of GDP and push many families to poverty.

Speed management measures include:

- building or modifying roads to include features that calm traffic, such as roundabouts and speed bumps;
- establishing speed limits appropriate to the function of each road;
- enforcing speed limits through the use of manual and automated controls;
- installing in-vehicle technologies in new cars, such as intelligent speed assistance and autonomous emergency braking;
- raising awareness about the dangers of speed.

We all are road users. Let us do our bit to promote road safety on a regular basis, as a life-long campaign for saving precious human lives.

I sincerely thank all ASSE India members for their support and cooperation for the success of 5th ASSE India Chapter Professional Development Conference on 28-29 April 2017 at L&T premises in Powai, Mumbai. A large number of participants and presence of eminent speakers and dignitaries provided an immense opportunity for networking and learning during the event.

With best wishes and warm regards,

Krishna Nirmalya Sen

President, ASSE India Chapter

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Editor's Corner:

Dear Reader,

We are presenting the 39th Issue of ASSE India Chapter Newsletter.

Furnishing herewith a short but firm article on challenges in adopting safety with an organization. The article was published in safebay – a unique initiative from Mr. Bharathi.

While preparing for forthcoming world environment day, I have found an interesting article in The Guardian describing ten reasons on why we need more connect with nature. All nature loving people definitely will enjoy the article.

On 28th and 29th April, ASSE India chapter host Professional Development Conference in collaboration with Maharashtra Chapter. Where dignitaries and students presented technical papers. Several renowned business houses participated. Annual awards (SPY and WISE) also were handed over to the winners. Please find a short report on this conference.

Also the brief on forthcoming important days in health and safety calendar for the month of June is furnished for ready reference along with health tips on occupational cancer. Of-course your favorite quiz section available and is dedicated on World Environment Day.

Do keep on sending interesting articles on OH&S for publication. Happy reading.

Warm Regards to all our Readers,

Sandip Mukherjee,

Chair – Newsletter (ASSE India Chapter)

**CONNECTING
PEOPLE TO NATURE**

Why Safety is a Nonstarter in Many Organization?

Intense changes are taking place in all the parts of the world to design the future of working we want. In a notable step ILO is organizing a Global Dialogue on 6-7th April 2017 in its headquarters through a symposium to discuss various strategies. No doubt that the symposium is likely to present important facts to help us to gain deeper understanding of the changes we are experiencing and in turn will help us to develop "acceptable policy" that can lead us to sustainable future of work .In simple term any policy could be called acceptable if it is "easily implementable with voluntary participation"

But the answer to the burning issue "why safety is a nonstarter" in many industries is lying under this "acceptable policy" in our OSH set up.

Adequate voluntary participation points to "acceptable policy"?

Yes, in my opinion.

If the majority accepts will it be called as "acceptable policy"?

No, in my opinion.

If it meets the statutory requirements will it be called as „acceptable policy?“

No, in my opinion

because the statutory requirements are only minimum to be complied with.

Then where is the answer? If the entire workforce accepts will it be called as "acceptable policy".

Yes.

But this is also dynamic because workforce keep on rethinking based on the work system around them. In order to overcome negative thinking, constant technical involvement of workforce is required in safety management (definitely not in routine safety day, road safety day celebration etc.).

Therefore one of the vital needs is technical involvement of workforce in safety management on real time basis instead of superficial one which we witness in many industries today. The outcome will be that safety will be starting point for all decision making process in the manufacturing which will in turn reduce the production cost and result in quality life.

Source: Safebay. Layout Newsletter (Issue# 6: 4/2017)
safebay@yahoo.com

About safebay.Layout

An E platform for "voluntarily sharing knowledge" on Industrial safety and allied fields on no profit basis. A non-profit initiative by S.Bharathi.

Make it a practice to comply with statutes / regulations / norms / codes / designs /practices and procedures.



Why We Need More Connect With Nature – Environment Opinion

The more high-tech our lives become, the more nature we need

We have a human right to a meaningful connection to nature, and we have the responsibilities that come with that right. Many people today support the notion that every person, especially every young person, has a right to access the internet. How much more should every person have a right to access the natural world, because that connection is part of our humanity?

Humans are hard-wired to love – and need – exposure to the natural world

Researchers have found that regardless of culture people gravitate to images of nature, especially the savannah. Our inborn affiliation for nature may explain why we prefer to live in houses with particular views of the natural world.

We suffer when we withdraw from nature

Australian professor Glenn Albrecht, director of the Institute of Sustainability and Technology Policy at Murdoch University, has coined the term solastalgia. He combined the Latin word solacium (comfort — as in solace) and the Greek root – algia (pain) to form solastalgia, which he defines as "the pain experienced when there is recognition that the place where one resides and that one loves is under immediate assault."

Nature brings our senses alive

Scientists recently found that human have the ability to track by scent alone. Some humans rival bats in echolocation or biosonar abilities. Military studies show that some soldiers in war zones see nuances others miss, and can spot hidden bombs; by and large these individuals tend to be rural or inner city soldiers, who grew up more conscious of their surroundings.

Individuals and businesses can become nature smart

Spending more time outdoors nurtures our “nature neurons” and our natural creativity. For example, at the University of Michigan, researchers demonstrated that, after just an hour interacting with nature, memory performance and attention spans improved by 20%. In workplaces designed with nature in mind, employees are more productive and take less sick time.

Nature heals

Pennsylvania researchers found that patients in rooms with tree views had shorter hospitalizations, less need for pain medications and fewer negative comments in the nurses’ notes, compared to patients with views of brick.

Nature can reduce depression and improve psychological wellbeing

Researchers in Sweden have found joggers who exercise in a natural green setting feel more restored and less anxious, angry, or depressed than people who burn the same amount of calories jogging in a built urban setting.

Nature builds community bonds

Levels of neurochemicals and hormones associated with social bonding are elevated during animal-human interactions. Researchers at the University of Rochester report that exposure to the natural environment leads people to nurture close relationships with fellow human beings, value community, and to be more generous with money.

Nature bonds families and friends

New ways are emerging to make that bond, such as family nature clubs, through which multiple families go hiking, gardening or engage in other outdoor activities together. In the UK, families are forming “green gyms” to bring people of all ages together to do green exercise.

The future is at stake

The natural world’s benefits to our cognition and health will be irrelevant if we continue to destroy the nature around us, but that destruction is assured without a human reconnection to nature.

Source: www.theguardian.com

Report on 5th ASSE India Chapter Professional Development Conference 2016

Compiled By – Mr. K N Sen (President, ASSE India Chapter)

American Society of Safety Engineers (ASSE)-India Chapter organized the 5th ASSE India Chapter Professional Development Conference (PDC) at PGM Lecture Hall, L&T Powai on April 28 - 29, 2017. The theme of the Conference was “**Enhancing EHS Excellence through Global Experience**” There were over hundred participants, including delegates, dignitaries, and distinguished speakers.

This event was aligned with the celebration of “World Day for Safety and Health at Work”, an international event, promoted by International Labor Organization (ILO), Geneva.



The conference was well represented by many reputed organizations including Adani Port & SEZ, AFCONS, AON Global, Blue Star, Bombay Dyeing, CAIRN, DGFASLI, Hindustan Construction, IBM India, JSW Steel, Larsen &



Toubro, L&T Hydrocarbon Engineering, Linde India, Mundra Port, Mudra Solar, NITIE, National Safety Council of India, Nuvoco

Vistas, Praxair India, RIL, RCF, Tata Business Excellence group, Tata Projects, TCS, UIB Insurance, Vodafone etc. It offered great opportunities of learning and interactions to safety and occupational health professionals across the country. The conference was inaugurated by Mr. V B Sant, Director General, National Safety Council, Chief Guest of the event in the presence of Dr R K Elangovan, Dy. Director General, DGFASLI, Guest of Honor and Mr. Krishna Nirmalya Sen, President, ASSE India Chapter.

Participants benefitted from the presentations of the learned speakers from academia and industry who shared their rich experience, recent updates on research as well as good practices coupled with networking possibilities. This would enhance the possibilities of advancing Occupational Safety and Health (OSH) to save lives. This conference served as an important platform and facilitated the participants to gain insights from experts into safety best practices as well as learn about innovative methods, take



away practical, technical knowledge applicable to OSH initiatives. It also extended an enriching experience for the students of Engineering, Management and Ergonomics in a learning atmosphere where global experience and expertise was available.

At the end of the inaugural event, prestigious ASSE India Chapter awards were given away by Mr. V B Sant and Dr

R K Elangovan in presence of Mr. Krishna Nirmalya Sen, President of ASSE India Chapter.

Safety Professional of the year, India Chapter was awarded to **Mr. Amitava Lahiri** and the President's Award to **Mr. Indranil Chakraborty**. Women in Safety Engineering (WISE) awardee was **Ms. Bhumika Tyagi** and President's Award in this sector was given to **Ms Asmita Sen**.



The inaugural session was followed by multiple sessions those included panel discussion on Occupational Safety & Health, Plenary Session on Multi-pronged approach to OSH Excellence, Technological Improvements in Safety and Road Safety & Medical Emergency.

On 2nd Day the Plenary sessions covered Environment Protection and Good OHS Practices. The technical sessions covered Enhancing Professional Competence in OSH, Construction Safety, Safety in Public Places / Safety through Engineering Improvements.

Glimpse of the Event



Important days in Safety, Health and Environmental Calendar of June, 2017

World Environment Day 05 June 2017

World environment day is also known as the Environment Day, Eco Day or short form WED. It has been one of the great annual events for years which is being celebrated worldwide by the people aiming to protect the unique and life nurturing Nature on every 5th June.

WORLD ENVIRONMENT DAY HISTORY

World Environment Day (also called as WED) has been started celebrating as an annual event on every 5th of June since 1973 in order to raise the global awareness about the importance of the healthy and green environment in the human lives, to solve the environmental issues by implementing some positive environmental actions as well as to make aware common

public worldwide that everyone is responsible for saving his environment and not only somebody, government or organizations working for it.

World environment day was first established to be celebrated every year by running some effective campaigns by the United Nations General Assembly and United Nations Environment Program (UNEP) in the conference on Human Environment began from 5th to 16th of June at United Nations in 1972. It was first time celebrated in 1973 with the particular theme "Only one Earth". Since 1974, the celebration campaign of the world environment day is hosted in different cities of the world.

It is a big annual celebration started by the United Nations General Assembly to engage millions of people from different countries across the globe as well as draw attention of political and health organizations to implement some effective actions.

WHY WORLD ENVIRONMENT DAY IS CELEBRATED?

World environment day annual celebration campaign was started to address the huge environmental issues like wastage and losses of food, deforestation, increasing global warming and so many. Every year celebration is planned according to the particular theme and slogan of the year to bring effectiveness in the campaign all through the world.

It is celebrated to successfully get carbon neutrality, focusing on the forest management, reducing greenhouse effects, promoting bio-fuels production by planting on degraded lands, use of hydro-power to enhance electricity production, encourage common public to use solar water heaters, energy production through solar sources, developing new drainage systems, promoting coral reefs and mangroves restoration in order to get prevented from flooding and erosion including other ways of environmental preservation. Some of the objectives of the world environment day campaign are mentioned below:

- It is celebrated to make aware the common public about the environmental issues.
- Encourage common people from different society and communities to actively participate in the celebration as well as become an active agent in developing environmental safety measures.
- Let them know that community people are very essential to inhibit negative changes towards the environmental issues.
- Encourage people to make their nearby surroundings safe and clean to enjoy safer, cleaner and more prosperous future.

WORLD ENVIRONMENT DAY ACTIVITIES

Variety of activities are planned to celebrate this great event in different countries to encourage more people

towards the celebration. Various news channels take part very actively in the celebration to cover the news and distribute messages about the celebration among common public through their news publications to bring effective and positive changes towards the environment to solve all the environmental issues. Some of the national and international level activities include street rallies, tree plantation, garbage recycling, surrounding areas clean-up, parades and so many activities in order to draw people attention towards wide range of environmental issues as well as bring difference.

People of all age groups actively involve during the celebration to save their planet in original form as gifted by the nature. Especially modern day youths hugely take part in the celebration through many activities such as clean up campaigns, art exhibitions, motivating people for tree-planting, dance activities, recycling garbage, film festivals, community events, essays writing, poster competitions, social media campaigns and lot more. Many awareness campaigns are also run at schools, colleges and other educational institutions to motivate students towards their environmental safety. The celebration takes place at national and international level by organizing various activities in the public places to aware common public about the real causes of environment status degradation as well as let them know what steps should be taken to solve such environmental issues.

WORLD ENVIRONMENT DAY THEME

"Connecting People to Nature - in the city and on the land, from the poles to the equator" the theme for World Environment Day 2017, implores us to get outdoors and into nature, to appreciate its beauty and its importance and to take forward the call to protect the Earth that we share. This year's theme invites us to think about how we are part of nature and how intimately we depend on it. It challenges us to find fun and exciting ways to experience and cherish this vital relationship.

Source: www.indiacelebrating.com

World Oceans Day 08 June 2017

World Ocean Day 2017 will be celebrated worldwide by the people on 8th of June, at Thursday.

World Ocean Day History

World Oceans Day was officially established by the United Nations General Assembly in 2008 to be celebrated worldwide on 8th of June annually to resolve the ocean issues and save ocean water. Earlier it was celebrating unofficially every year on 8th of June after the first proposal of it in 1992 by the Canada at "Earth Summit in Rio de Janeiro, Brazil". It has been started celebrating on international level by the collaboration of The Ocean Project and the World Ocean Network.

Why World Ocean Day is Celebrated?

World Oceans Day is celebrated annually aiming to save the oceans and honor the oceans creatures for maintaining the balance of life on the earth. Day to day increasing human populations and modern advanced technologies with various lots of byproducts are the main reasons of ocean spoiling.

Ocean conservation is highlighted through unique themes on annual celebration. People are noticed about all the oceans importance through many activities. People get motivated about saving all the water resources such as rivers, ponds and etc. Some of the objectives are mentioned below:

- To motivate the public to change their attitudes by encouraging them to understand the need and importance of oceans in their daily life.
- To motivate people to learn about important ocean creatures and their role in maintaining the ecosystem cycle.
- To promote the oceans conservation throughout the world by encouraging everyone to become a good caretaker of the oceans and other water resources.

World Ocean Day Activities

Oceans are the essential part of the life on earth and very necessary to maintain the ecosystem balance. Oceans are the key part of the biosphere and most important source of the healthy foods and medicines. World ocean day provides opportunity to all to celebrate at one place, the natural climate, weather, food and oxygen balance with lots of economic, environmental and social benefits. Some of the awareness activities promoting the common public towards the oceans saving are:

- Do your best to protect your water resources.
- Save your ocean by preventing it from pouring any chemical, garbage or other waste products into it.
- Lessens the use of fertilizers and pesticides.
- Use an alternative method of pest control and the proper system of disposal of all the household hazardous wastes.
- Follow all the practices of waste and pollution control.

World Ocean Day Theme

Overall theme for World Oceans Day 2017: **Our Oceans, Our Future**

Source: www.indiacelebrating.com

World Day Against Child Labor 12 June 2017

Every year on June 12 the World Day Against Child Labor is observed to raise awareness of the plight of child laborers world-wide. Hundreds of millions of girls and boys around the world are affected.

Background

Child labor is especially rampant in many developing countries - but even in industrialized nations many children are forced to work. According to UNICEF, children in the United States "are employed in

agriculture, a high proportion of them from immigrant or ethnic-minority families." There have also been a number of incidents of westerns companies exploiting child laborers in developing countries to save production costs.

In 2011, there were an estimated 215 million child laborers in the world - 115 million of which were involved in hazardous work. To combat child labor around the world the International Labor Organization (ILO) initiated the World Day Against Child Labor in 2002.

In conflicts and disasters, protect children from child labor

Globally over 1.5 billion people live in countries that are affected by conflict, violence and fragility. At the same time, around 200 million people are affected by disasters every year. A third of them are children. A significant proportion of the 168 million children engaged in child labor live in areas affected by conflict and disaster. The World Day Against Child Labor this year will focus on the impact of conflicts and disasters on child labor.

Conflicts and disasters have a devastating impact on people's lives. They kill, maim, injure, force people to flee their homes, destroy livelihoods, push people into poverty and starvation and trap people in situations where their basic human rights are violated. Children are often the first to suffer as schools are destroyed and basic services are disrupted. Many children are internally displaced or become refugees in other countries, and are particularly vulnerable to trafficking and child labor. Ultimately, millions of children are pushed into child labor by conflicts and disasters.

As the world strives to achieve the elimination of child labor by 2025, on this World Day Against Child Labor, let's join forces to end child labor in areas affected by conflict and disaster!

Source: www.timeanddate.com

World Blood Donor Day 14th June 2017

World Blood Donor Day 2017 will be celebrated by the people all around the world on 14th of June at, Wednesday.

World Blood Donor Day History

World Blood Donor Day is celebrated every year by the people in many countries around the world on 14th of June. World Blood Donor Day is celebrated every year on the day of birthday anniversary of Karl Landsteiner on 14th of June in 1868. This event celebration was first started in the year 2004 aiming to raise the public awareness about the need for safe blood donation (including its products) voluntarily and unpaid by the healthy person. Blood donors are the key role player at this day as they donate life-saving gifts of blood to the needed person.

It was first initiated and established to be celebrated annually on 14th of June by “the World Health Organization, the International Federation of Red Cross and Red Crescent Societies” in the year 2004. World Blood Donor Day was officially established by the WHO with its 192 Member States in the month of May in 2005 at the 58th World Health Assembly in order to motivate all the countries worldwide to thank the blood donors for their precious step, promote voluntary, safe and unpaid blood donations to ensure the sufficient blood supplies.

Why World Blood Donor Day is Celebrated

World Blood Donor Day is celebrated to fulfill the need of blood transfusion and blood products transfusion to the needed person anywhere in the world. This campaign saves more than millions of lives annually and gives a natural smile on the face of blood receiver. Blood transfusion helps patients suffering from variety of life-threatening health conditions and stimulates them to live longer and quality life. It solves the lots of complex medical and surgical procedures all around the world. This campaign plays a great life-saving role for caring the women during pre and post pregnancy.

Donated blood are used to save lives of severely anemic women, anemic kids, accident victims having excess blood loss, surgical patients, cancerous patients, thalassemia patients, people suffering from the hemophilia, sickle cell anemia, blood disorders, blood clotting disorders and many more.

Some of the objectives of the World Blood Donor Day celebration are mentioned below:

- World Health Organization is aimed to obtain the sufficient blood supplies from the voluntary and unpaid blood donors all over the world by 2020.
- According to the statistics, it has been noted that only 62 countries are getting sufficient blood supplies from the voluntary and unpaid blood donors whereas 40 countries are still dependent for the blood donations on the patient’s family member or paid donors. It is celebrated to motivate voluntary blood donors in rest of the countries worldwide.
- To make the blood donation act a precious gift to the receivers and get new life.
- WHO run this campaign by organizing many activities in all countries highlighting people’s stories who need immediate blood donation to continue their heart beat.
- It is celebrated to say lots of thank to the voluntary and unpaid blood donors all around the world for saving millions of lives.
- It is celebrated to fulfill the 100% voluntary and unpaid blood donation need worldwide.
- It is celebrated to motivate blood donors for safe blood donation for saving the life of mothers and babies (country’s future).

- It is celebrated to reduce the death rates (mortality rate) because of insufficient blood supply. Approximately 800 women are dying off due to malnourish pregnancy, childbirth-related complications, severe bleeding during or after delivery and etc.
- To motivate voluntary blood donors through educational programs and campaigns in order to strengthen the blood transfusion services.

How World Blood Donor Day is Celebrated

Health care organizations like “the World Health Organization, the International Federation of Red Cross and Red Crescent Societies (IFRC), the International Federation of Blood Donor Organizations (IFBDO) and the International Society of Blood Transfusion (ISBT)” work jointly to organize international level programs to promote people globally.

Campaign celebration preparations are carried out by the Council of Europe for many years. The demand of safe blood transfusion is increasing day by day in spite of the blood donation by almost 92 million people every year worldwide. Activities involves organizing commemorative events, meetings, discussion, debates, quiz competitions, publishing relevant stories in newspapers, scientific conferences, publishing articles worldwide, international scientific journals, sports activities and other promotional activities in the public places, schools, colleges, universities and other educational institutions.

Source: www.indiacelebrating.com

World Day to Combat Desertification and Drought 17th June 2017

The United Nations' World Day to Combat Desertification and Drought is annually observed on June 17 to highlight the urgent need to curb the desertification process. It also aims to strengthen the visibility of the dry lands issue on the international environmental agenda.

Background

In December 1994, the United Nations General Assembly declared June 17 the World Day to Combat Desertification and Drought. The assembly acknowledged that desertification and drought were global problems because they affected all regions of the world. The assembly also realized that joint action by the international community was needed to combat desertification and drought, particularly in Africa.

States were invited to devote the World Day to promoting awareness of the need for international cooperation to combat desertification and the effects of drought, and on the implementation of the Convention to Combat Desertification. Since then, country parties to the United Nations Convention to Combat Desertification (UNCCD), non-governmental organizations and other interested stakeholders celebrate this particular day with outreach activities worldwide on June 17 each year.

World Day to Combat Desertification Theme

“Our land. Our home. Our Future,” is the rallying call for this year’s celebration of the World Day to Combat Desertification on 17 June 2017. The slogan draws global attention to the central role productive land can play in turning the growing tide of migrants abandoning unproductive land into communities and nations that are stable, secure and sustainable, into the future.

Source: www.timeanddate.com

International Day for Yoga 21 June 2017

International day of yoga is also called as the world yoga day. United Nations General Assembly has declared 21st of June as an International Yoga Day on 11th of December in 2014. Yoga in India is considered to be around 5,000 year old mental, physical and spiritual practice. Yoga was originated in India in ancient time when people were used of meditation to transform their body and mind. Launching a particular date of practicing yoga all across the world and celebrating as yoga day was initiated by the Indian Prime Minister to the United Nations General Assembly.

Yoga is very necessary and beneficial for all human being if it is practiced by all on daily basis in the early morning. Official name of this day is UN International Yoga Day and also called as Yoga Day. It is a worldwide event celebrated by the people of all countries through practicing yoga, meditation, debates, meetings, discussions, variety of cultural performances, etc.

History of World Yoga Day

Celebrating yoga day all over the world as World Yoga Day or International Day of Yoga on 21st of June every year was declared by the United Nations General Assembly on 11th of December in 2014. The declaration was done after the call by the Indian Prime Minister, Narendra Modi to the United Nations General Assembly on 27th of September in 2014 during his address to the UN General Assembly. He call the United Nations General Assembly for adopting 21st of June as an International Yoga Day to get all the benefits of yoga for the people all around the world.

Narendra Modi has said during his address to the UN General Assembly that “Yoga is an invaluable gift of India’s ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help us deal with climate change. Let us work towards adopting an International Yoga Day.”

The declaration of International Day of Yoga is the great moment for the India in the history. It took less than three months to be declared as the World Yoga Day by

the United Nations General Assembly. Narendra Modi had called for it on 27th of September in 2014 which was finally declared on 11th of December in 2014. It was first ever in the history that the initiative of any country has been proposed and implemented in the UN body within 90 days. This resolution has been adopted under the Global Health and Foreign Policy by the General Assembly in order to provide a holistic approach to the people worldwide for their health and well-being.

In order to create a great level of consciousness and positively changing the lifestyle of worldwide human population Indian PM, Mr. Narendra Modi has put his views for adopting a day especially for yoga while address to the United Nations General Assembly. He asked to the world leaders for adopting international Yoga day to deal with the declining health because of negative climate changes. Especially, he suggested 21st of June for adopting the International Day of Yoga as this day is the longest day in Northern Hemisphere regions as well as of great significance for people in many parts of the world.

World Yoga Day Celebration

The celebration of the event International day of yoga is supported by various global leaders. It is celebrated by the people of more than 170 countries including USA, China, Canada, etc. It is celebrated on international level by organizing the activities like yoga training campus, yoga competitions and so many activities to enhance the awareness about yoga benefits among common public all over the world. It is celebrated to let people know that regular yoga practice lead to the better mental, physical and intellectual health. It positively changes the lifestyle of the people and increase the level of well-being.

All members, observer states, United Nations system organizations, other international organizations, regional organizations, civil society, governmental organizations, non-governmental organizations, and individuals get together to celebrate the International Day of Yoga in suitable manner according to the national priorities to raise the awareness about yoga.

Source: www.indiacelebrating.com

International Day Against Drug Abuse and Illicit Trafficking 26 June 2017

The United Nations’ (UN) International Day Against Drug Abuse and Illicit Trafficking falls on June 26 each year to raise awareness of the major problem that illicit drugs represent to society. This day is supported by individuals, communities and various organizations all over the world.

Background

According to the UNODC, nearly 200 million people are using illicit drugs such as cocaine, cannabis, hallucinogens, opiates and sedative hypnotics worldwide.

In December 1987 the UN General Assembly decided to observe June 26 as the International Day against Drug Abuse and Illicit Trafficking. The UN was determined to help create an international society free of drug abuse. This resolution recommended further action with regard to the report and conclusions of the 1987 International Conference on Drug Abuse and Illicit Trafficking.

Following the resolution, the years 1991 to 2000 were heralded as the “United Nations Decade Against Drug Abuse”. In 1998 the UN General Assembly adopted a political declaration to address the global drug problem. The declaration expresses UN members’ commitment to fighting the problem.

According to United Nations statistics 230 million people worldwide are using drugs. The UN World Drug report 2007, stated that drugs worth around 322 billion US\$ had been traded around the world every year. The theme of this year will be “Listen first”.

'Listen First' is an initiative to increase support for prevention of drug use that is based on science and is thus an effective investment in the well-being of children and youth, their families and their communities. Listening to children and youth is the first step to help them so that they will grow healthy and safe.

Drug abuse is one of the most serious health problems. Besides damaging health, it has several side effects such as economic loss, antisocial behavior such as stealing, violence and crime besides social stigma and overall downfall of the society.

Drug racket operates internationally, but some countries are transshipment points for drug circulation. India possibly because of its strategic location is a victim of drug activities including drug trafficking and local consumption. The Government of India passed a law in 1988 to prevent Illicit Trafficking in Narcotic Drugs and Psychotropic Substances as a measure to curb the drug haul. But still then drug menace continues widely. It is believed that in Punjab about 75% of youth are addicted from one or the other form of drug. The use of drugs appears to be increasing in the metros along-with alcohol use amongst youth and even women population. The influence of Westernization, changing family structure and peer pressure are some of the reasons behind drug abuse.

Aspects Of Health Affected By Drug Abuse

Physical Aspect: Persons who are addicted to drug suffer from ‘withdrawal symptoms’ when they are deprived from drug. Heroin or sedative hypnotic drugs can cause sleepiness and slowed breath, cocaine intoxication can cause rapid heart rate and alcohol consumption leads to tremors and seizures.

Psychological and mental problems: Wild mood swings, depression, anxiety. Loss of interest in routine activity.

Mental illness and their complications such as hallucinations, confusion. Psychological tolerance to the drug's effects creating a desire to do ever-increasing amounts of the drug. Desire to engage in risky behavior.

Social issues: Anti-social activities, stealing, crime, violence, terrorism.

How we prevent our society from Drugs?

Focus on prevention and health promotion: Cultivation of healthy life style through balanced nutrition, exercise, proper rest & recreation, cultivation of creative hobbies, positive thinking and engagement in community activities go a long way in preventing bad habits, whether it is smoking, or alcohol and drug addiction.

The practice of Yoga and meditation are highly beneficial in both preventing drug use or to some extent in rehabilitating people who are drug addicts.

Treatment options

To acknowledge the drug addiction as a problem is first step towards treatment. The next step is to get help. In most parts of the world there are several support groups and professional services available.

Psychotherapy – In this type of therapy there may be face to face or family sessions with a specialist.

That may help in coping with cravings, avoiding the substance, and dealing with possible relapses which are key to effective de addiction programs. If the patient’s family gets involved, there is a better probability of positive outcomes.

Self-help groups - These may help the patient to meet other people with the same problem, which often boosts motivation. Self-help groups can be a useful source of education and information too. Examples include Alcoholics Anonymous and Narcotics Anonymous. For those dependent on nicotine, help may be taken from the doctors to join the group.

Help with withdrawal symptoms – The main aim is usually to get the addictive substance out of the patient’s body as quickly as possible. Sometimes the addict is given gradually reduced dosages (tapering). In some cases a substitute substance is given. Depending on the situation the doctor may recommend treatment either as an outpatient or inpatient.

Source: www.nhp.gov.in

Health Tips



Awareness on Occupational Cancer

What is carcinogen?

A carcinogen is a substance, mixture or agent that can cause cancer or it increases the risk of developing cancer. Known carcinogens include viruses (e.g., Hepatitis B), hormones (e.g., estrogens), chemicals (e.g., benzene), naturally occurring minerals (e.g., asbestos), alcohol, and solar radiation (e.g., ultraviolet radiation).

What is occupational Cancer?

Occupational cancer is cancer that is caused wholly or partly by exposure to a carcinogen at work.

How common is occupational cancer?

Research shows that the amount of cancer related to occupational exposure varies with the type of cancer. The most common types of occupational cancer are lung cancer, bladder cancer and mesothelioma.

Type of Cancer	Related to Occupational Exposure Estimated % (USA)
Lung	6.3-13%
Bladder	3-19%
Mesothelioma	85-90% (men); 23-90% (women*)
Leukemia	0.8-2.8%
Laryngeal	1-20% (men)
Skin Cancer (non-melanoma)	1.5-6% (men)
Sinonasal and nasopharyngeal	31-43% (men)
Kidney	0-2.3%
Liver	0.4-1.1 (vinyl chloride only; men)

* In general, the overall attributable risk for mesothelioma in women is 23%. However, if the woman has had "take-home" exposure to asbestos, the risk may be around 90%. "Take-home" exposure results from asbestos being carried home on contaminated work clothing or other items.

How do we know if an agent can cause cancer?

Scientists identify cancer-causing agents using information from:

- studies that look at the relationship between an exposure and the risk of developing cancer in human populations
- experiments that examine the relationship between an exposure and the risk of developing cancer in laboratory animals
- tests that examine the ability of an agent to cause mutations (genetic changes) in cells, and
- knowledge of chemical structures and the way in which chemicals interact with the body

Scientists generally use information or evidence from all of these sources when determining if an agent can cause cancer.

Are there lists of substances or agents that can cause occupational cancer?

Identifying carcinogens is complicated. Fortunately, there are several organizations that evaluate the available information according to specific criteria.

The most authoritative lists of carcinogens are published by the:

- International Agency for Research on Cancer (IARC), an agency of the World Health Organization. (A list is available at the [IARC Monographs](#) web site)
- American Conference of Governmental Industrial Hygienists (ACGIH), an independent US organization. (Carcinogens identified by ACGIH are listed in ACGIH's TLVs® and BEIs® booklet that is published annually. See the [ACGIH web site](#) for more information)
- US National Toxicology Program (NTP), a US interagency program. (Their [13th Report on Carcinogens](#) is available online)

Their [13th Report on Carcinogens](#) is available online.

Is exposure to specific carcinogen associated with a certain type of cancer?

In many cases, certain types of cancer are associated with specific carcinogens. CCOHS OSH Answers document [Cancer Sites Associated with Occupational Exposures](#) has a list of examples.

Are workplace exposure to carcinogenic agents regulated?

Many countries jurisdictions do regulate workplace exposures to carcinogens. The specific substances regulated and regulatory requirements vary by jurisdiction. Regulations typically specify maximum exposure limits. In some cases, the regulations may require routine monitoring of the workplace, medical surveillance of workers, specific record keeping, etc.

Is it possible to work safely with a carcinogen?

Several countries require that people who work with hazardous products have education and training about the potential hazards of the products and how to work with them safely. Information on the hazard classification and how to work safely with that product is included on the Material Safety Data Sheets/Safety Data Sheets (MSDSs/SDSs).

There are many ways to control the hazards of any substance or agent.

A hazard control program consists of all steps necessary to protect workers from exposure, and the procedures required to monitor worker exposure and their health.

Knowing which control method is best can be a complicated process. It often involves doing a risk assessment to evaluate and prioritize the hazards and risks.

For more information, please see the following documents in OSH Answers:

- [Risk Assessment](#)
- [Hazard Control](#)

The following general advice can help you work safely with a carcinogen:

- Consult the MSDS/SDS for information about the hazards and necessary precautions for the specific carcinogenic product you are using.
- Understand all of the hazards associated with the product, including additional health concerns (e.g., serious short-term health effects or irritation), reactivity and flammability.
- Know how to use the product safely to protect yourself and co-workers.
- Ensure engineering controls (e.g., ventilation) are operating. Closed handling systems may be necessary to prevent the release of the product (dust, mist, vapor, gas) into the workplace.
- Use the smallest quantity possible.
- Follow safe work practices specified by your employer.
- Wear the appropriate personal protective equipment specified for the job. This equipment may include respiratory protection and chemical protective clothing, such as an apron and gloves, made from materials that protect against the chemicals being handled.
- Report ventilation failures, leaks, or spills to your supervisor immediately.
- Understand and practice emergency procedures so that you know what to do in case of a spill or other emergency.

Why is reducing exposure important?

Reducing exposure will reduce your risk of developing cancer from exposure to a carcinogen.

Typically, there are 3 important routes of exposure in a workplace setting — inhalation (breathing in), skin contact and ingestion (swallowing). In addition, there are several factors that can influence how likely a product is to cause a specific effect (e.g., cancer), for example:

- Route of entry into the body (e.g., some carcinogens will only cause cancer if inhaled, but not by skin contact).
- Amount or dose entering the body (in general, a higher exposure increases risk).
- Potency of the carcinogen (some carcinogens cause cancer if there is exposure to even a very small amount, while others may require intense exposure over many years).
- Individual susceptibility (e.g., some people may be more susceptible to developing cancer due to their genetic make-up).

- Personal habits (e.g., smoking acts synergistically with many carcinogens. This action means that if you smoke, your risk of developing cancer following a workplace exposure to a carcinogen is MUCH higher).

When considering if a person may have been exposed to a chemical, or if measures are being taken to reduce exposures currently in the workplace, there are many questions that should be asked. Some include:

- Inhalation (breathing in)
 - Is the work environment dirty?
 - Is respiratory protection worn (respirators)?
 - Is the hazardous agent used in an "open" or "closed" system?
- Skin contact/absorption
 - Is there skin contact?
 - Is personal protective equipment worn (e.g., gloves, aprons)?
 - Is work clothing laundered properly?
 - Are proper hand washing facilities available?
- Ingestion (swallowing)
 - Is eating or smoking allowed in the work area?
 - Is food stored in the work area?

Another important factor is how long and how much a person was exposed to the agent. Duration (how long) of exposure to some agents may be infrequent or only in very small amounts, while others may be used daily or in very large amounts. The number of weeks or years on the job may provide an estimate of the degree of exposure. In general, the higher the exposure (duration and/or amount), the higher the risk of developing a health effect, including cancer.

For more information on how substances enter the body or how they are poisonous, and related topics, please see our other OSH Answer documents:

- [How Workplace Chemicals Enter the Body](#)
- [What Makes Chemicals Poisonous?](#)
- [What is an LD₅₀ and LC₅₀?](#)
- [What are the Effects of Dust on the Lungs?](#)
- [How Do Particulates Enter the Respiratory System?](#)

Where can we get more information?

There are many organizations that can provide assistance for people with cancers. These are just a few that mention occupational cancers specifically.

- [Cancer And the Workplace: An Overview for Workers and Employers](#). Alberta Cancer Foundation
- [Occupational Cancer](#). National Institute for Occupational Safety and Health (NIOSH), USA
- [Occupational Exposure](#). Canadian Cancer Society
- [Carcinogens](#) (Safety and Health Topics). Occupational Safety and Health Administration (OSHA), USA

Source: www.ccohs.ca

HSE Quiz

1. In which year was the first world environment day celebrated?

- | | | | |
|---|------|---|------|
| A | 1973 | B | 1974 |
| C | 1972 | D | 1975 |

2. Which Country is the global host of this year WED (2017)?

- | | | | |
|---|-------------|---|--------|
| A | Mexico | B | Canada |
| C | New Zealand | D | Norway |

3. The world's first commercial tidal power station was installed in 2007, where was it?

- | | | | |
|---|---------|---|-----------|
| A | France | B | Australia |
| C | Ireland | D | Germany |

4. Environmental technology is also known as:

- | | | | |
|---|------------|---|------------------|
| A | Envirotech | B | Greentech |
| C | Cleantech | D | All of the above |

5. Who proposed the GREEN HOUSE EFFECT in 1824?

- | | | | |
|---|------------------|---|----------------|
| A | Svante Arrhenius | B | Joseph Fourier |
| C | Henrik Svensmark | D | James Morrison |

Watch out the next issue for correct answer

Answers from last issue's (April / 2017) Quiz: 1 (A); 2 (D); 3 (C); 4 (B); 5 (C)

You are welcome to send your inputs to: Sandip Mukherjee; e-mail:
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Selected articles shall be published in next publication

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