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ASSP India – Newsletter Committee

Sandip Mukherjee

Message from the President's Desk....

September 29, 2018

Dear colleagues,

Greetings!

We just celebrated Engineers' Day in various parts of India on 15th September. This observance, in a way encourages engineers to strengthen their efforts and enhance their contributions for overall benefit of the society. It also makes me to ponder on the importance and effectiveness of "engineering control" and highlight take this the necessity of taking it forward at all workplaces for effective handling of hazards to minimize occupational risks.

We need to keep our efforts on for improving and sustaining the engineering control measures for overall improvement of safety standard at work.

I urge all my co-professionals to keep focus on these dimensions while undertaking risk control and risk reduction exercises.

Festive season is already setting in. Like previous years, let us engage with the communities and propagate principals of prevention to avoid accident and injury. Let all of us take few basic precautions including fire prevention and enjoy the festivals.

I take this opportunity to convey my greetings and best wishes to you and your family for a very good time ahead.

With best wishes and warm regards,

Dr. Krishna Nirmalya Sen,

President

ASSP India Chapter



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Editor's Corner:

Dear Reader,

We are presenting the 55th Issue of ASSP India Chapter Newsletter.

Recently a major earth quake followed by Tsunami hit the coastal area of Indonesia. Several precious lives and property of billions of dollars have been lost due to this natural disaster. At around 15 years back similar disaster hit our east coast of mainland and Andaman & Nicobar Island. Deadly destruction of that Tsunami is still alive in our memory. Natural calamity cannot be avoided, however with awareness and timely response in these emergency situation may eliminate the loss to a great extent. Hence we have thought to present an article on Tsunami awareness.

Health is wealth. Physical issues are easier to detect and common problems are now a days easily can be handled with several modern treatments. In present social and professional world, mental illness is a bigger challenge. Mental health is a level of psychological well-being or an absence of mental illness. It is the "psychological state of someone who is functioning at a satisfactory level of emotional and behavioral adjustment". It is most important for all of us to be absolutely fit psychologically. Herewith furnishing a good article on mental health under health tips section.

Also the brief on forthcoming important days in health and safety calendar for the month of October is furnished for ready reference along with your favorite quiz at the end of the newsletter.

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

Warm Regards and best wishes to all our Readers for forthcoming Navratri and Dussehra festival,
Sandip Mukherjee,
Chair – Newsletter (ASSP India Chapter)

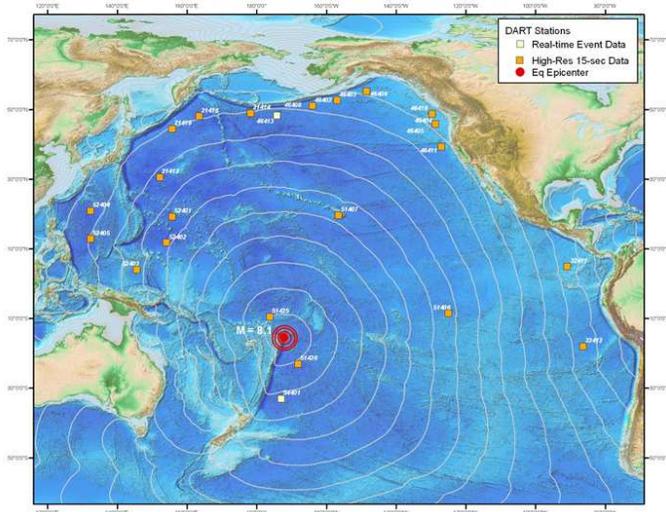
Tsunami Awareness

Indonesian city Palu hit by tsunami after powerful earthquake

Sep 28, 2018, 20:30 PM IST

JAKARTA: The Indonesian city of Palu was slammed by waves from a tsunami set off by a powerful earthquake that rippled across the region, the country's disaster agency said on Friday.

"A tsunami has happened in Palu," Rahmat Triyono, head of the agency's earthquake and tsunami division, said referring to the city of 350,000 nearly 80 kilometres (50 miles) from the earthquake's epicentre.



The huge tremor destroyed buildings and sent panicked residents fleeing into the streets.

More than 6 feet high Tsunami waves hit shoreline of Palu city and several buildings collapsed, the Strait Times said.

Meanwhile, a spokesman for Indonesia's geophysics agency said that a powerful Sulawesi earthquake caused a tsunami, apparently after the agency lifted a tsunami warning.

Hary Tirta Djatmiko confirmed that a tsunami occurred.

He said the agency was still collecting information and would release it after confirming its accuracy.

Indonesian TV showed a smartphone video of a powerful wave hitting the provincial capital, Palu, with people screaming and running in fear.

Source: www.zeenews.india.com

What is Tsunami?

It can be many miles long, from 1 to 100 feet high, traveling at 400 miles per hour. This ocean monster is known as a tsunami and it can wreak havoc on coastal populations and landscapes.

A tsunami is a series of ocean waves caused by any large and sudden disturbance of the sea surface. Tsunamis can be generated by landslides, volcanic eruptions, or even meteorite impacts in the ocean. But they are most often caused by an earthquake where there's a sudden displacement of the ocean floor.

When that happens, there's a transfer of energy from the seafloor to the ocean, causing waves on the surface to radiate outward in all directions. In deep waters, these waves may not even be detectable. But when the tsunami enters shallower waters, the wave speed slows and its height increases. The water along the coast may recede noticeably. A large wall of turbulent water, called a "bore," may also form.

When the tsunami hits, it may come ashore like a fast rising flood and strike with devastating force. The series of waves may continue for hours. The first one may not be the last or the largest. For your safety, know the potential warning signs of an incoming tsunami: a strong earthquake that causes difficulty standing; a rapid rise or fall of the water along the coast; a loud ocean roar.

When you're in a coastal area, it's important to keep alert for messages from local officials, such as lifeguards, police, The Tsunami Warning Centers and Local Radio Station.

If you find yourself in a location of a tsunami strike, here's what you need to do to stay safe: keep calm; walk or run to higher ground, 100 feet above sea level or 1 mile inland; do not drive – keep roads open for emergency vehicles; if you cannot move to higher ground, use the stairs to get to the third floor or higher in a sturdy building; follow all instructions from local officials, and stay out of coastal areas until authorities issue an "all clear."

Tsunamis can strike any coastline in the world, and can affect locations thousands of miles away from where they formed. They may be uncommon, but the devastation they cause makes them a deadly force in nature.

Fast Facts

The DART program is a real-time monitoring system that provides data for forecasting tsunamis. A buoy and ocean floor sensor measures the height of the surface above the seafloor, water pressure, and seismic activity. The buoy can send an alert if it detects possible tsunami-like activity.

Tsunami (soo-NAH-mee) is a Japanese word meaning harbor wave.

Approximately every 15 years a destructive, ocean-wide tsunami occurs.

A tsunami can travel around 40 mph in 100 feet of water and as fast as 475 mph in 15,000 feet of water.

If you are under a Tsunami warning:

- First, protect yourself from an Earthquake. **Drop, Cover, then Hold On.**
- Get to high ground as far inland as possible.
- Be alert to signs of a tsunami, such as a sudden rise or draining of ocean waters.
- Listen to emergency information and alerts.
- Evacuate: **DO NOT** wait! Leave as soon as you see any natural signs of a tsunami or receive an official tsunami warning.
- If you are in a boat, go out to sea.

How to stay safe when a Tsunami threatens:

Prepare NOW

- If you live near, or regularly visit a coastal area, learn about the risk of tsunami in the area. Some at-risk areas have plan with evacuation zones and routes. If you are a visitor, may enquire about that plan.
- Learn the signs of a potential tsunami, such as an earthquake, a loud roar from the ocean, or unusual ocean behavior, such as a sudden rise or wall of water or sudden draining of water showing the ocean floor.
- Know and practice community evacuation plans and map out your routes from home, work, and play. Pick shelters 100 feet or more above sea level, or at least one mile inland.
- Create a family emergency communication plan that has an out-of-state contact. Plan where to meet if you get separated.
- Follow the community's warning system or Emergency Alert System (EAS) from local authority and / or local radio station.
- Consider earthquake insurance and a flood insurance policy. Standard homeowner's insurance sometime does not cover flood or earthquake damage.

Survive DURING

- If you are in a tsunami area and there is an earthquake, then first protect yourself from the earthquake. Drop, Cover, and Hold On. Drop to your hands and knees. Cover your head and neck with your arms. Hold on to any sturdy furniture until the shaking stops. Crawl only if you can reach better cover, but do not go through an area with more debris.
- When the shaking stops, if there are natural signs or official warnings of a tsunami, then move immediately to a safe place as high and as far inland as possible. Listen to the authorities, but do not wait for tsunami warnings and evacuation orders.
- If you are outside of the tsunami hazard zone and receive a warning, then stay where you are unless officials tell you otherwise.
- Leave immediately if you are told to do so.
- If you are in the water, then grab onto something that floats, such as a raft, tree trunk, or door.
- If you are in a boat, then face the direction of the waves and head out to sea. If you are in a harbor, then go inland.

Be Safe AFTER

- Listen to local alerts and authorities for information on areas to avoid and shelter locations.
- Avoid wading in floodwater, which can contain dangerous debris. Water may be deeper than it appears.
- Be aware of the risk of electrocution. Underground or downed power lines can electrically charge water. Do not touch electrical equipment if it is wet or if you are standing in water.
- Stay away from damaged buildings, roads, and bridges.

- Document property damage with photographs. Conduct an inventory and contact your insurance company for assistance.
- Save phone calls for emergencies. Phone systems are often down or busy after a disaster. Use text messages or social media to communicate with family and friends.



Source: <https://www.oceantoday.noaa.gov/>
<https://www.ready.gov/tsunamis>

Important days in Safety, Health and Environmental Calendar of October, 2018

International Day of Older Persons 01 Oct 2018

On 14 December 1990, the United Nations General Assembly (by [resolution 45/106](#)) designated 1 October the International Day of Older Persons.

This was preceded by initiatives such as the Vienna International Plan of Action on Ageing – which was adopted by the 1982 World Assembly on Ageing – and endorsed later that year by the UN General Assembly.

In 1991, the General Assembly (by [resolution 46/91](#)) adopted the United Nations Principles for Older Persons.

In 2002, the Second World Assembly on Ageing adopted the [Madrid International Plan of Action on Ageing](#), to respond to the opportunities and challenges of population ageing in the 21st century and to promote the development of a society for all ages.

Almost 700 million people are now over the age of 60. By 2050, 2 billion people, over 20 per cent of the world's population, will be 60 or older. The increase in the number of older people will be the greatest and the most rapid in the developing world, with Asia as the region with the largest number of older persons, and Africa facing the largest proportionate growth. With this in mind, enhanced attention to the particular needs and challenges faced by many older people is clearly required. Just as important, however, is the essential contribution the majority of older men and women can continue to make to the functioning of society if adequate

guarantees are in place. Human rights lie at the core of all efforts in this regard.

Living up to the Secretary-General's guiding principle of "Leaving No-One Behind" necessitates the understanding that demography matters for sustainable development and that population dynamics will shape the key developmental challenges that the world is confronting in the 21st century. If our ambition is to "Build the Future We Want", we must address the population over 60 which is expected to reach 1.4 billion by 2030.

The theme of the 2018 commemoration is "[Celebrating Older Human Rights Champions](#)".

Source: <https://www.un.org>

World Habitat Day 01 October 2018

The United Nations has designated the **first Monday of October of every year as World Habitat Day.**

The theme for World Habitat Day 1 October 2018 is *Municipal Solid Waste Management*

The purpose of World Habitat Day is to reflect on the state of our towns and cities, and on the basic right of all to adequate shelter. It is also intended to remind the world that we all have the power and the responsibility to shape the future of our cities and towns.

World Habitat Day was established in 1985 by the United Nations General Assembly through Resolution 40/202, and was first celebrated in 1986.

Each year, World Habitat Day takes on a new theme to bring attention to UN-Habitat's mandate to promote sustainable development policies that ensure adequate shelter for all. This World Habitat Day will focus on promoting all levels of government and all relevant stakeholders to reflect on how to implement concrete initiatives to ensure adequate and affordable housing in the context of the implementation of the New Urban Agenda at all levels, as well as the achievement of the Sustainable Development Goals.

Source: <https://unhabitat.org>

International Day of Non-Violence 02 October 2018

The International Day of Non-Violence is marked on 2 October, the birthday of Mahatma Gandhi, leader of the Indian independence movement and pioneer of the philosophy and strategy of non-violence.

According to General Assembly resolution [A/RES/61/271](#) of 15 June 2007, which established the commemoration, the International Day is an occasion to "disseminate the message of non-violence, including through education and public awareness". The resolution reaffirms "the universal relevance of the principle of non-violence" and the desire "to secure a culture of peace, tolerance, understanding and non-violence".

Introducing the resolution in the General Assembly on behalf of 140 co-sponsors, India's Minister of State for External Affairs, Mr. Anand Sharma, said that the wide and diverse

sponsorship of the resolution was a reflection of the universal respect for Mahatma Gandhi and of the enduring relevance of his philosophy. Quoting the late leader's own words, he said: "Non-violence is the greatest force at the disposal of mankind. It is mightier than the mightiest weapon of destruction devised by the ingenuity of man".

The Life and Leadership of Mahatma Gandhi

Gandhi, who helped lead India to independence, has been the inspiration for non-violent movements for civil rights and social change across the world. Throughout his life, Gandhi remained committed to his belief in non-violence even under oppressive conditions and in the face of seemingly insurmountable challenges.

The theory behind his actions, which included encouraging massive civil disobedience to British law as with the historic Salt March of 1930, was that "just means lead to just ends"; that is, it is irrational to try to use violence to achieve a peaceful society. He believed that Indians must not use violence or hatred in their fight for freedom from colonialism.



Source: <https://www.un.org>

World Mental Health Day 10 October 2018

YOUNG PEOPLE AND MENTAL HEALTH IN A CHANGING WORLD

Adolescence and the early years of adulthood are a time of life when many changes occur, for example changing schools, leaving home, and starting university or a new job. For many, these are exciting times. They can also be times of stress and apprehension however. In some cases, if not recognized and managed, these feelings can lead to mental illness. The expanding use of online technologies, while undoubtedly bringing many benefits, can also bring additional pressures, as connectivity to virtual networks at any time of the day and night grows. Many adolescents are also living in areas affected by humanitarian emergencies such as conflicts, natural disasters and epidemics. Young people living in situations such as these are particularly vulnerable to mental distress and illness.

Half of all mental illness begins by the age of 14

Half of all mental illness begins by the age of 14, but most cases go undetected and untreated. In terms of the burden of the disease among adolescents, depression is the third leading cause. Suicide is the second leading cause of death among 15-29-year-olds. Harmful use of alcohol and illicit drugs among adolescents is a major issue in many countries and can lead to risky behaviours such as unsafe

sex or dangerous driving. Eating disorders are also of concern.

Growing recognition of the importance of building mental resilience

Fortunately, there is a growing recognition of the importance of helping young people build mental resilience, from the earliest ages, in order to cope with the challenges of today's world. Evidence is growing that promoting and protecting adolescent health brings benefits not just to adolescents' health, both in the short- and the long-term, but also to economies and society, with healthy young adults able to make greater contributions to the workforce, their families and communities and society as a whole.

Prevention begins with better understanding

Much can be done to help build mental resilience from an early age to help prevent mental distress and illness among adolescents and young adults, and to manage and recover from mental illness. Prevention begins with being aware of and understanding the early warning signs and symptoms of mental illness. Parents and teachers can help build life skills of children and adolescents to help them cope with everyday challenges at home and at school. Psychosocial support can be provided in schools and other community settings and of course training for health workers to enable them to detect and manage mental health disorders can be put in place, improved or expanded.

Investment by governments and the involvement of the social, health and education sectors in comprehensive, integrated, evidence-based programs for the mental health of young people is essential. This investment should be linked to programs to raise awareness among adolescents and young adults of ways to look after their mental health and to help peers, parents and teachers know how to support their friends, children and students. This is the focus for this year's World Mental Health Day.

Source: www.who.int

International Day of Girl Child 11 October 2018

The International Day of the Girl Child is celebrated annually on 11th October. The main aims of the day are to promote girl's empowerment and fulfilment of their human rights while also highlighting the challenges that girls all over the world face.

Each year's **International Day of the Girl** has its own theme, past themes have included EmPower Girls: Before, During and After Crisis (2017) and Girls Progress = Goals Progress: What Counts For Girls (2016)

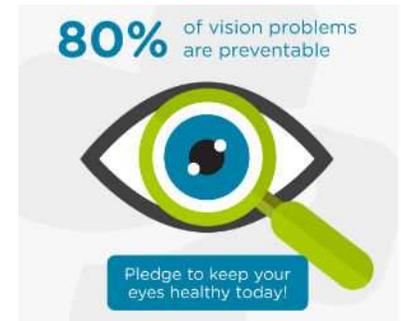
Launched in 2012 by the United Nations general assembly, amongst the issues focused on by the **International Day of the Girl Child** are education, equality, child marriage, access to services regarding puberty and sexual health and addressing issues around gender-based violence.

The Day of The Girl Summit, held at United Nations headquarters every year aims to bring together organisations that serve girls to further the advancement of their human rights. All over the world, there are marches and special events such as concerts and sporting events to mark the occasion. In a global 'takeover' girls get the chance to take over key roles in business, politics and sport for the day and stories are shared on social media with the hashtags **#girlstakeover #dayofthegirl** and **#girlhero!**

Source: <https://www.awarenessdays.com>

World Sight Day 11 October 2018

This year, World Sight Day is to be held on Thursday 11th October 2018. This annual event, which is always held on the second Thursday of October, is aiming to draw attention to a range of issues surrounding blindness and visual impairment. It is seen as one of the most important communication and advocacy events on the eye health calendar.



Initially started by the Lions Club International Foundation as part of the Sight First campaign in the year 2000, World Sight Day is now coordinated by the International Agency for the Prevention of Blindness (IAPB) under the VISION 2020 global initiative which aims to promote "a world in which nobody is needlessly visually impaired".

The main aims of World Sight Day include:

- To Raise public awareness of issues surrounding blindness and visual impairment.
- To influence Governments, and in particular Health Ministers to participate in and donate funds to blindness prevention programs.
- To educate about blindness prevention.
- To generate support for Vision 2020 program and activities.

Across the world, events include seminars, donation drives rallies and online events. There is also an annual World Sight Day photography competition which is open to photographers both amateur and professional, anywhere in the world.

Source: <https://www.awarenessdays.com>

International Day of Disaster Reduction 13 October 2018

The International Day for Disaster Reduction was started in 1989, after a call by the United Nations General Assembly for a day to promote a global culture of risk-awareness and disaster reduction. Held every 13 October, the day celebrates how people and communities around the world are reducing their exposure to disasters and raising awareness about the importance of reining in the risks that they face.

Theme: Reducing Disaster Economic Losses

The 2018 theme continues as part of the "Sendai Seven" campaign, centered on the seven targets of the Sendai Framework. This year focuses on Target C of the Sendai Framework, reducing disaster economic losses in relation to global GDP by 2030.

2016 saw the launch of the "Sendai Seven" campaign by UNISDR, centered on the seven targets of the Sendai Framework, the first of which is reducing disaster mortality. The campaign sought to create a wave of awareness about actions taken to reduce mortality around the world. Last year's target focused on prevention, protection and reducing the number of people affected by disasters. The Sendai Seven Campaign is an opportunity for all, including governments, local governments, community groups, civil society organizations, the private sector, international organizations and the UN family, to promote best practices at the international, regional and national level across all sectors, to reduce disaster risk and disaster losses.

Source: <https://www.un.org>

International Day of Eradication of Poverty 17 October 2018



INTERNATIONAL
DAY for the
ERADICATION
of POVERTY
17 OCTOBER



Theme: "Coming together with those furthest behind to build an inclusive world of universal respect for human rights and dignity"

This year marks the 70th anniversary of the proclamation of the Universal Declaration of Human Rights. It is important to recall the fundamental connection between extreme poverty and human rights, and that people living in poverty are disproportionately affected by many human rights violations.

Joseph Wresinski was one of the first persons to highlight this direct link between human rights and extreme poverty. In February 1987, he appealed to the Human Rights Commission to examine the question of extreme poverty and human rights and eloquently captured the nexus between human rights and extreme poverty with his profound observation: "*Wherever men and women are condemned to live in extreme poverty, human rights are violated. To come together to ensure that these rights be respected is our solemn duty.*"

Government policies alone cannot create the social inclusion that is fundamental to reaching those left furthest behind and overcoming poverty in all its dimensions. The commemoration of October 17 each year, when people living in poverty take the floor and share their experiences, demonstrates how we can achieve greater social inclusion by enabling people from all walks of life to come together to respect the human rights and dignity of people living in poverty. It underscores the

importance of reaching out to people living in poverty and building an alliance around their priorities with citizens from all backgrounds to end extreme poverty. It recognizes the important mutual roles and relationships we have with each other based on our common and equal dignity.

The persistence of poverty, including extreme poverty, is a major concern for the United Nations and, at its 72nd session, the General Assembly launched the Third United Nations Decade for the Eradication of Poverty (2018–2027), under the theme "Accelerating global actions for a world without poverty". It is important that the Third Decade's inter-agency, system-wide plan of action to coordinate the poverty eradication efforts of the United Nations system includes an effective partnership with people living with poverty.

The International Day for the Eradication of Poverty can strongly complement such initiatives because it aims to ensure that the active participation of people living in extreme poverty and those furthest behind is a driving force in all efforts made to overcome poverty, including in the design and implementation of programs and policies which affect them. Only by creating and nurturing a genuine partnership with people living with poverty will it be possible to build an inclusive world where all people can enjoy their full human rights and lead lives with dignity.

Source: <https://www.un.org>

I missed that..... I repent



Bhaskar Chakraborty

HSE Manager (Para-xylene 4 & Gasification -SEZ & DTA)
RPMG, Jamnagar

Perhaps that day I could have saved a life,
Had I possess a feel, a desire and a vibe!

I didn't try – perhaps, I didn't care,
I passed-out aside, without a pause over there.

I knew, the fellow was trained and he did same task before,
I thought his injury as minor and thereby I thought to ignore

Severity didn't seem that bad (to me), my sense of "duty of care" was dead,
His taking 'chance' proved him false & he found everything red.

Today I feel – I let him die,
Why I failed to share him a lesson, why I felt shy!

Now when I see his wife & child,
Tears roll my cheeks down & stress no more remain mild.

I start feeling guilty, it's difficult to bear
It's a terrific pain, who is now going to hear!

I am now determined to never miss a chance,
Alerting everyone, finding risk at once.

If I see others, taking any risk
I shall intervene, spontaneous & brisk

Perhaps that day I could have saved a life,
Had I understood risk of contact with "apple & a knife".

Health Tips



MENTAL HEALTH

Mental health refers to our cognitive, behavioral, and emotional wellbeing - it is all about how we think, feel, and behave. The term 'mental health' is sometimes used to mean an absence of a mental disorder.

Mental health can affect daily life, relationships, and even physical health. Mental health also includes a person's ability to enjoy life - to attain a balance between life activities and efforts to achieve psychological resilience.

In this article, we will explain what is meant by the terms "mental health" and "mental illness." We will also describe the most common types of mental disorder and how they are treated. The article will also cover some early signs of mental health problems.

DEFINITION

According to the [WHO](#) (World Health Organization), mental health is:

"... a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community."

The WHO stresses that mental health "is not just the absence of mental disorder."

RISK FACTORS

Experts say we all have the potential to develop mental health problems, no matter how old we are, whether we are male or female, rich or poor, or which ethnic group we belong to.

Almost [1 in 5 Americans](#) experiences mental health problems each year (18.5 percent). In the United States, in 2015, an estimated [9.8 million adults](#) (over 18) had a serious mental disorder. That equates to 4.8 percent of all American adults.

A large proportion of the people who have a mental disorder have more than one.

In the U.S. and much of the developed world, mental disorders are [one of the leading causes](#) of disability.

COMMON DISORDERS

The most common types of mental illness are [anxiety](#) disorders, mood disorders, and [schizophrenia](#) disorders; below we explain each in turn:

Anxiety Disorders

Anxiety disorders are the most common types of mental illness.

The individual has a severe fear or anxiety, which is linked to certain objects or situations. Most people with an anxiety disorder will try to avoid exposure to whatever triggers their anxiety.

Examples of anxiety disorders include:

Panic disorder - the person experiences sudden paralyzing terror or a sense of imminent disaster.

Phobias - these may include simple [phobias](#) (a disproportionate fear of objects), social phobias (fear of being subject to the judgment of others), and [agoraphobia](#) (dread of situations where getting away or breaking free may be difficult). We really do not know how many phobias there are - there could be thousands of types.

Obsessive-compulsive disorder (OCD) - the person has obsessions and compulsions. In other words, constant stressful thoughts (obsessions), and a powerful urge to perform repetitive acts, such as hand washing (compulsion).

Post-traumatic stress disorder (PTSD) - this can occur after somebody has been through a traumatic event - something horrible or frightening that they experienced or witnessed. During this type of event, the person thinks that their life or other people's lives are in danger. They may feel afraid or feel that they have no control over what is happening.

Mood disorders

These are also known as affective disorders or depressive disorders. Patients with these conditions have significant changes in mood, generally involving either mania (elation) or [depression](#). Examples of mood disorders include:

Major depression - the individual is no longer interested in and does not enjoy activities and events that they previously liked. There are extreme or prolonged periods of sadness.

Bipolar disorder - previously known as manic-depressive illness, or manic depression. The individual switches from episodes of euphoria (mania) to depression (despair).

Persistent depressive disorder - previously known as dysthymia, this is mild chronic (long term) depression. The patient has similar symptoms to major depression but to a lesser extent.

SAD (seasonal affective disorder) - a type of major depression that is triggered by lack of daylight. It is most common in countries far from the equator during late autumn, winter, and early spring.

Schizophrenia disorders

Whether or not schizophrenia is a single disorder or a group of related illnesses has yet to be fully determined. It is a highly

complex condition. Schizophrenia normally begins between the ages of 15 and 25. The individual has thoughts that appear fragmented; they also find it hard to process information.

Schizophrenia has negative and positive symptoms. Positive symptoms include delusions, thought disorders, and hallucinations. Negative symptoms include withdrawal, lack of motivation, and a flat or inappropriate mood. (See the article "[What is schizophrenia](#)" for further detail).

EARLY SIGNS

It is not possible to reliably tell whether someone is developing a mental health problem; however, if certain signs appear in a short space of time, it may offer clues:

- Withdrawing from people or activities they would normally enjoy.
- Sleeping or eating too much or too little.
- Feeling as if nothing matters.
- Consistently low energy.
- Using drugs more than normal (including alcohol and nicotine).
- Displaying uncharacteristic emotions.
- Confusion.
- Not being able to complete standard tasks, such as getting to work or cooking a meal.
- Persistent thoughts or memories that reappear regularly.
- Thinking of harming one's self or others.
- Hearing voices.
- Delusions.

TREATMENT

There are various ways people with mental health problems might receive treatment. It is important to know that what works for one person may not work for another; this is especially the case with mental health.

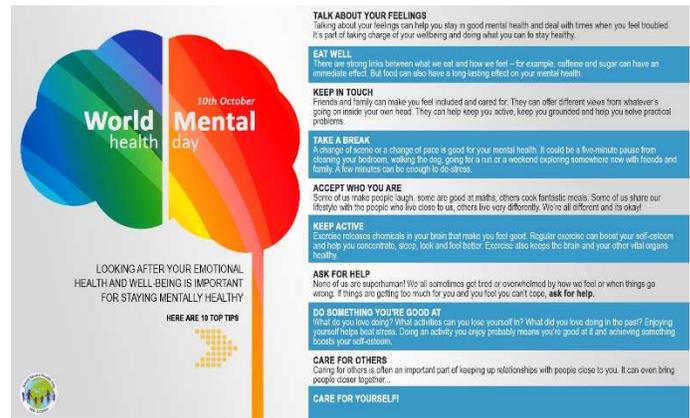
Some strategies or treatments are more successful when combined with others. A patient with a chronic mental disorder may choose different options at different stages in their life. The majority of experts say that a well-informed patient is probably the best judge of what treatment suits them best.

Treatments can include:

Psychotherapy (talking therapies) - this is a psychological approach to treating mental illness. [Cognitive behavioral therapy](#) (CBT), exposure therapy, and dialectical behavior therapy are examples.

Medication - although it cannot cure mental disorders, some medications can improve symptoms.

Self-help - including lifestyle changes such as reducing alcohol intake, sleeping more, and eating well.



Source: <https://www.medicalnewstoday.com>

Selected portion from “American Society of Safety Professionals brand guidelines – For Developing Communications” 2017 Personality Traits

Overview

Our personality traits define who we are and how we act as an organization. Much like human personality traits, they express the core values and characteristics of our brand. Use these traits to guide the tonal expression of our brand both internally and externally.

Informative

Sharing knowledge is at the heart of what we do—through symposiums, networking events, continuing education offerings, our professional journal and more.

Connected

With more than 37,000 members in 80 countries around the world, we connect safety and health professionals to a vast community of peers, resources and opportunities.

Established

Since 1911, we have been the most respected advocate for safety and health professionals, working hard to advance the profession and the individuals who choose it.

Passionate

Our members are dedicated to making the world a safer and healthier place. We share their dedication and are passionate about helping them achieve their goals.



AMERICAN SOCIETY OF
SAFETY PROFESSIONALS

HSE Quiz

1. The most common cause of indoor air quality problems is:

- A Offgassing from building material and furnishing B Cigarette smoking
C Poor ventilation D Volatile chemicals

2. What is the control terminology in common use for preventing the transmission of blood borne pathogen?

- A Universal precautions B HIV precautions
C AIDS quarantine D HBV protection

3. Why should acetylene cylinders be stored in an upright position?

- A In order for acetylene to work properly B To prevent liquid acetone from escaping
C For proper securing D Both B & C

4. An inductive risk analysis technique that explores different responses to lines of assurance, is called:

- A Bow-tie analysis B Event tree analysis
C Fault tree analysis D Logic analysis

5. Source of Ozone include all except:

- A Computer monitor B Ultraviolet quartz lamp
C Electric arc welding D Office photocopying machine

Watch out the next issue for correct answer

Answers from last issue's (August / 2018) Quiz: 1 (B); 2 (D); 3 (A); 4 (C); 5 (A)

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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