

### 3. Physical hazards



- Exposure to extreme heat or cold
- Exposure to laser radiation while using a laser machine for engraving inscriptions on gravestones or statues

### 4. Organizational factors



- Back and neck pain
- Musculoskeletal problems.
- Injury to spinal column

### 5. Accidental hazards

- Falling from heights
- Eye injury from penetration of stone splinters into the eyes.
- Fall of objects, work tools, blocks of stones etc.
- Crush injuries due to mechanical equipments (hammer)

### Prevention

1. Use personal protective equipment such as mask, gloves, boots..etc.
2. Get medical advice if any problems occur
3. Use correct techniques for moving and lifting heavy loads.
4. Avoid manual lifting of heavy loads.
5. Drink more water to avoid excessive water loss.
6. Use proper hygienic measures.
7. Proper hand washing
8. Take balance diet.
9. Avoid smoking alcohol.
10. Maintain well in work place/ equipments

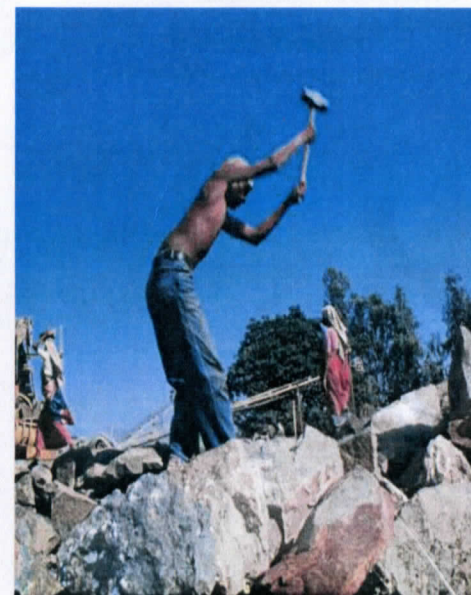


Advised by:  
Dr.P.A.D. Coonghe,  
Department of Community  
& Family Medicine,  
Faculty of Medicine,  
University of Jaffna.

Assisted by:  
A.G.Nimesha Bandara  
(2010/FM/093)

Sponsored by;  
Nalin Quintus & Agra sajeewani  
Bobella quarries

## COMMON HEALTH HAZARDS AMONG WORKERS IN STONE CRUSHERS



Published by:  
Health Education Material Production Unit,  
Department of Community & Family Medicine,  
Faculty of Medicine,  
University of Jaffna,  
October, 2013

## What are the health hazards for stone crushers

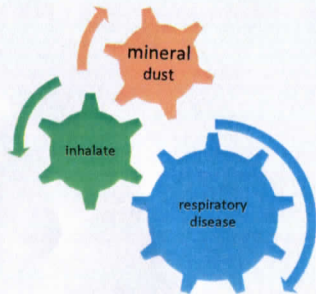
1. Chemical hazards
2. Biological hazards
3. Physical hazards
4. Organizational factors
5. Accidental hazards

### 1. Chemical hazards

- Respiratory diseases
- Skin diseases

- **Respiratory diseases**

Due to, repeated and long-term exposure to certain mineral dust sand silica.



- ❖ Occupational asthma
- ❖ Pneumoconiosis
- ❖ Silicosis
- ❖ Lung cancer
- ❖ Bronchitis

### ➤ Asthma

Asthma is a disease affecting the airways that carry air to and from your lungs.



### Clinical features of Asthma

- Frequent cough at morning and night
- Shortness of breath
- Tiredness
- Wheezing
- Coughing after exercise
- Sneezing, runny nose... ect.
- Sleeping disturbances

### ➤ Silicosis

- A lung disease
- Caused by inhaling of mineral dust continuously (silica).
- Many workers don't have experience with any symptoms for up to 20 years after the initial exposure.
- Not curable

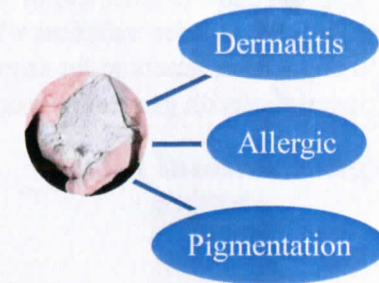


### Clinical features of Silicosis

- ❖ Chest pain
- ❖ Cough with blood
- ❖ Breathing becomes more difficult
- ❖ Tiredness
- ❖ Mental confusion
- ❖ Weight loss

Silicosis can lead to **LUNG CANCER**

- **Skin disease**



### 2. Biological hazards

- Parasitic diseases
  - worm infestation
  - insects bite
- Dehydration
- Poor hygiene
- Malnutrition
- Allergic reactions

