

## **Occupational Health and its Role in Controlling WRMSD**

Faculty:

Bishwadeep Paul

Work-related musculoskeletal disorders (WRMSDs) are a major occupational health problem affecting workers' well-being and productivity. According to the World Health Organization (WHO), WRMSDs are one of the most common occupational diseases/morbidities among workers in different sectors in India besides silicosis, chronic obstructive lung diseases, asbestosis, byssinosis, pesticide poisoning, and noise-induced hearing loss.

The burden of WRMSD in India will likely increase with the growth of industrialisation and urbanisation. According to a study by Singh et al., the specific prevalence of MSDs in Indian communities is 20%, and the occupation-based prevalence is 90%. MSDs can lead to loss of working hours, poor quality of life, reduced productivity, and disability. Some of the common risk factors for MSDs include repetitive work, repetitive strain injuries, repetitive motion injuries, cumulative trauma disorders, ageing of the workforce, working with hands above shoulder height or below knee height, carrying heavy loads and operating vibrating tools.

MSDs are preventable and treatable if detected early and managed properly. There is a need for more research, education and intervention programs on the prevention and management of WRMSD among Indian workers. Occupational Health is a vital component of public health and economic development that aims to protect and promote the health and safety of workers. Occupational Health services can help identify and eliminate workplace hazards, provide health surveillance and education for workers, and facilitate early diagnosis and treatment of WRMSD. Occupational Health policies and regulations can also help ensure workers have adequate working conditions, compensation, and social security benefits. Through workplace ergonomics and interventions, Occupational Health practitioners can help reduce the occurrence and severity of WMSDs by improving the fit between the worker and the work environment.

### **About Our Speaker:**

Bishwadeep Paul

Dr (Major) Bishwadeep Paul is the National President of the Indian Association of Occupational Health (2023-25). He is a Senior Director HR–Medical and OH Leader – India, Middle East & Africa, Procter & Gamble.

Dr Paul is an experienced clinician with over 25 years of medical practice in the armed forces, offshore rigs, healthcare settings and industries, with expertise in managing Occupational Health projects nationally and internationally. He is currently the Sub Regional Occupational Health Leader with Procter & Gamble.

He believes in fostering the awareness of Occupational Health as a business-building asset that will improve employee health and well-being, eventually leading to reduced sickness absence, enhanced productivity, shareholders value and business reputation. He actively

associates and contributes to the International Commission on Occupational Health (ICOH) and its Scientific Communities.