



Book Review 'Occupational Health in Optometry' (Spanish Version)



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Mini Review

Written by Ingrid Astrid Jiménez Barbosa, occupational health is defined as a branch of public health aimed at promoting and maintaining, to the greatest extent possible, the physical, mental and social well-being of workers, protecting them in the workplace from all agents harmful to health. The purpose of occupational health is then to adapt work to man, and each man to his activity. Therefore, in the field of occupational health, activities aimed at preventing damage to both company operations and the environment, and activities related to the promotion of health and the prevention of the disease in place of work, without stopping the education of personnel in everything related to occupational health, the training for the use of machines, the comprehension of manuals for handling them, and the manuals of functions. In addition, in coordination with the Occupational Risk Manager (ARP), activities related to the rehabilitation of workers who have suffered accidents or work-related illnesses are carried out, placing them in places commensurate with their physical capabilities, and facilitating the assistance to their employees. medical controls. All these activities must be adequately controlled, using indicators for their correct evaluation.

The concept of occupational health has evolved over time. In the primitive community, during the Paleolithic and Neolithic periods, when the development of man in nature began to take place, one can already speak of occupational health, as man began to develop the first instruments of work, and, in speaking of these, health started to charge great importance. Later the man went from nomad to sedentary, and from hunter to collector and farmer; for that reason he was subject and depended on nature, of which he kept what he considered useful and discarded what caused him harm. At this time it was

"materialistic" and considered the fall of a tree or the attack of an animal as an accident at work, and the illness as something caused by strange forces, or by punishment of the gods. In these stages of history, men grouped together to survive and form communities that, when developed, marked social differences. At that time dominated the shaman (sorcerer), who used his "powers" to obtain profitable crops and good food for his group. He differed physically from the rest of his community, especially the women, because his body was more robust and strong, had no bone fractures, and his index of the disease was lower than the rest of the population. Towards the year 4000 BC in Egypt, different treatment and protection began to be given to each activity carried out, such as warriors, embalmers and weapons manufacturers, who at that time were important people for the development of their society. In Mesopotamia, in the year 2000 BC, it was stipulated in the Hammurabi Code - one of the first sets of laws that have been found - to protect the health of artisans and craftsmen compensation for work accidents.

In Greece, in the year 1000 BC, special treatment was established for those who exercised the trade of shoemakers and potters, since they were considered high risk in their work. In Rome, in the 10th century BC, artisan schools were set up, so that they could count on mutual help in case of illnesses or accidents. In the Middle Ages appeared scholars in the field of occupational health as Ellen Bog (1473), who advanced an investigation on the vapors that were dangerous for the health of the workers; George Agricola (1556), who dealt with the problems of mine workers, and Bernardino Ramazzini (1700), who wrote the treatise *De Morbis Artificum Diatribas*, a complete document on occupational diseases, which earned him the title of father of Occupational Health.



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