

# MAJOR HAZARDS

## HEALTH FOR LIFE

### HOW HEALTHY ARE YOU?

**What would happen if you got sick and could no longer work? How would your family cope without you?**

The major health problems currently affecting PNG according to the World Health Organisation are communicable diseases, with malaria, tuberculosis, diarrhoeal diseases, and acute respiratory disease the major causes of serious illness and death.

Ok Tedi's Employee Health and Wellness Program has been designed to help you:

- Assess your own health
- Access professional help when needed
- Make healthy choices that can lead to better health for life.

#### Think of life-long health as a journey.

Figure out where you are now (do a health assessment) and where you want to be for the rest of your life (healthy, happy, spending time with family and friends, living a long life).

Step 1: Get a map (The Health for Life Book)

Step 2: Make sure your vehicle (your body) is tuned up and ready to go.

- Visit a professional (Doctor, Nurse, etc).
- Fuel your vehicle (with the right food, no drugs or alcohol).
- Keep it running smoothly (with physical activity, sleep and relaxation).

Step 3: Choose the best route.

- Every person is different. Your journey will not be the same as anyone else's, although you might go to some of the same places and do some of the same things.

Step 4: Enjoy the trip.

- It's not about racing to get somewhere.
- It's about making healthy choices and changes that you can live with for the rest of your life.

### WHAT ARE THE RISKS?

The following are some of the major health hazards facing OTML workers:

- Malaria
- Tuberculosis (TB)
- Diarrheal diseases (spread by poor hygiene)
- Acute respiratory disease (Flu, Pneumonia, etc.)
- Lifestyle illnesses such as:
  - High blood pressure
  - Coronary artery (heart) disease
  - Diabetes
  - Obesity
- Fatigue
- HIV / Aids
- Alcohol and drugs, including smoking and betel nut.

**NOTE: Research suggests that alcohol is linked to half the cases of violence in PNG.**

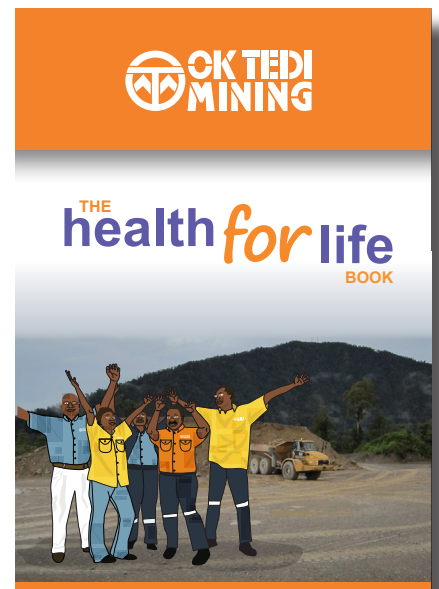
**NOTE: The PNG Medical Society claims that chewing betel nut kills over 2000 people in PNG each year**

#### REMEMBER:

Life is an opportunity and is lived only once.

YOUR HEALTH is in YOUR HANDS:

- EAT WELL
- MOVE MORE
- QUIT DRUGS (including Alcohol, Smoking, Betel Nut)
- BE HAPPY.



### YOUR HEALTH IS IN YOUR HANDS

Clean your teeth 2 times a day

Use condoms EVERY time you have sex, don't share needles

Cover your mouth when you cough or sneeze



Eat well, be active and get plenty of sleep

Cover up and empty water containers where mosquitoes breed

Eye Health

Healthy Mouth and Teeth

Fatigue and Work

HIV/AIDS

Malaria Identification and Protection

Protect your eyes with sunglasses and safety goggles

The Health for Life Book and other health resources are available on the OTML Intranet