



Health For Life Awareness Package



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Safety Prompts

Symbols are used throughout this module to highlight specific points, particularly those that involve safety. The symbols and their meaning are shown below.



NOTE

This prompt is used when an operation, condition, or information is of sufficient importance to warrant highlighting.



ACTIVITY

This prompt is used when a activity is needed to be completed.

AWARENESS PACKAGE

1. INTRODUCTION

What would happen if you got sick and could no longer work?

How would your family cope without you?



ACTIVITY

Discuss these questions as a group.



1.1. MAJOR HEALTH PROBLEMS

The World Health Organisation has identified the following major health problems currently affecting PNG:

- Malaria
- Tuberculosis (TB)
- Diarrheal diseases (spread by poor hygiene)
- Acute respiratory disease (Flu, Pneumonia, etc.)

The OTML Health Team has also identified the following as major health hazards that can affect workers at OTML:

- Lifestyle Illnesses such as:
 - High blood pressure
 - Coronary Artery Disease
 - Diabetes
 - Obesity
- Fatigue
- HIV / AIDS.



1.2. CONTROLLING MAJOR HEALTH PROBLEMS

Health risk factors can be classified into 2 groups:

- Those that we can't change (age, gender, family history)
- Those that can be treated or modified.

This training will focus on the second group, the things that can be treated or modified.

2. LIFE LONG HEALTH JOURNEY

Think about life-long health as a journey...

Before you can start any journey, there are three things you must do:

- Figure out where you are now
 - Do a health assessment
- Decide where you want to be for the rest of your life
 - Be healthy, happy, spending time with family and friends
 - Living long enough to see your children grow up and become self-reliant
 - See your hard work and sacrifice come into fruition / reality
- Gather the resources that can help you get from where you are to where you want to be, in other words, make lifestyle changes
 - Stop smoking
 - Reduce or stop alcohol
 - Diet control and exercise.

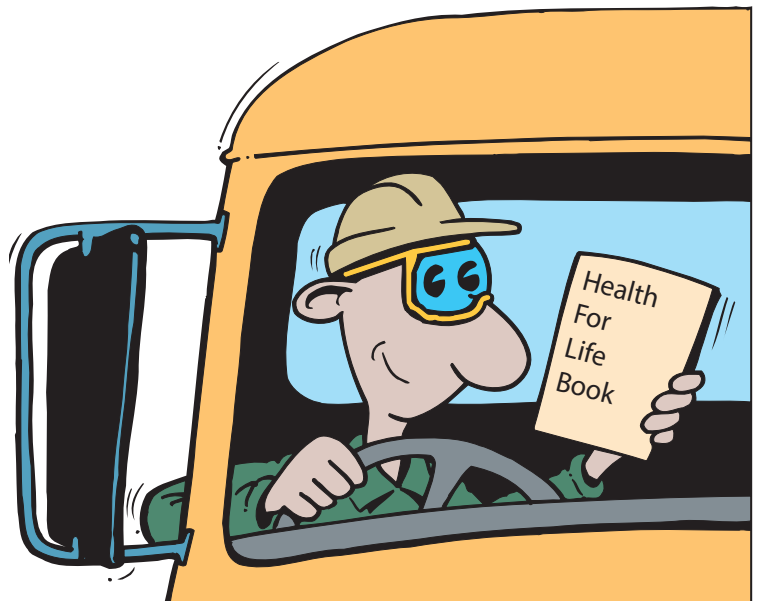


2.1. GET A MAP

The Health for Life Book is part of Ok Tedi's Employee Health and Wellness Program.

It 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.



2.2. TUNE UP

Make sure your vehicle (your body) is tuned up and ready to

- Do a self assessment and / or
- Visit a professional (Doctor, Nurse, Counsellor, etc)

Use the right fuel:

- Plenty of healthy food
- Lots of water
- Limit alcohol (none at work)
- Give up smoking
- No drugs (including Betel Nut)



To keep your vehicle running smoothly, you need:

- Fresh air
- Sleep
- Physical activity and exercise
- Time with friends and family
- Relax

2.3. CHOOSE THE BEST ROUTE

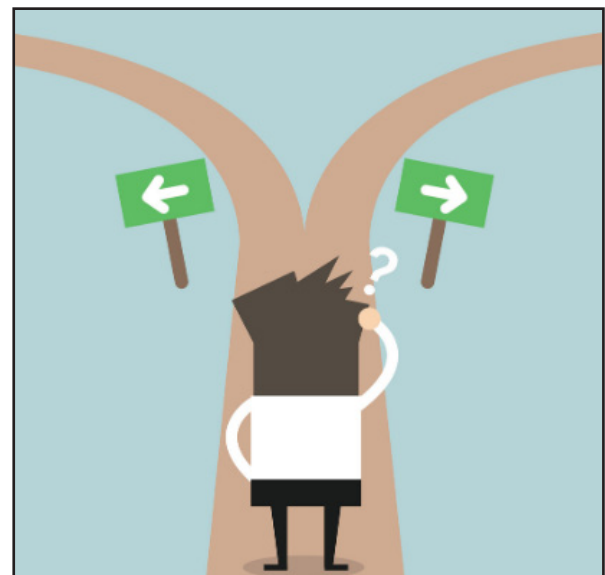
Every person is different.

- Your journey will not be the same as anyone else.
- Although you may go to some of the same places and do some of the same things.

Some of the resources available to help you choose YOUR journey include:

- The Health for Life book
- The OTML Health and Well being brochures and awareness packages.

Resources are available from the OMTL Intranet



2.4. ENJOY THE TRIP

It's not a race to get somewhere!

Your journey is about making healthy choices and changes today and everyday for the rest of your life.

Don't try to change everything at once. Start with one healthy change, then make another, and another.

Choose things you like:

- Find a sport you enjoy.
- Go for a walk with a friend instead of having an after work drink.
- You don't have to go without dessert after dinner, but choose fruit and yoghurt rather than cake and ice-cream.
- Experiment. You might discover new healthy foods or a sport or activity that you've never tried before.



3. RESOURCES

Let's look at some of the Health and Well-being resources that are currently available on the OTML Intranet.

3.1. THE HEALTH FOR LIFE BOOK

The Health for Life book has two sections:

3.1.1. SECTION 1: HEALTH ASSESSMENT

During your health assessment, our health professionals will record your assessment results to give you a snapshot of your current health level, and help you to establish realistic goals to improve your health.

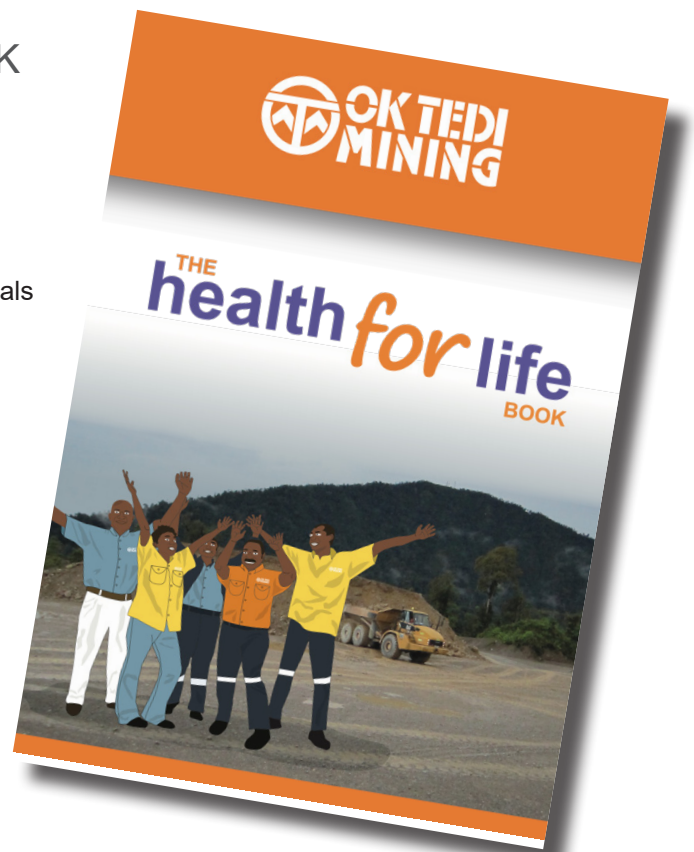
3.1.2. SECTION 2: EDUCATION

This section contains practical information about health issues and risks, and how they can be managed simply by you.



ACTIVITY

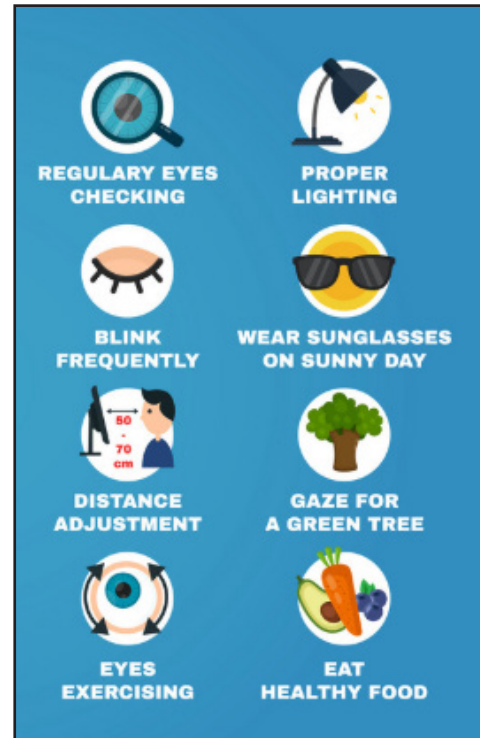
Write your name and complete the self assessment questions in the 'Check 1' column on page 2 of The Health for Life Book.



3.2. EYE HEALTH

The Eye Health brochure has information on:

- Typical Injuries, such as:
 - Chemicals
 - Foreign body in eye
 - Blunt trauma
 - Allergic reaction
 - Eye diseases
 - Computer use disorders.
- Tips for healthy eyes, such as:
 - Keep active
 - Eat fruit and vegetables
 - Eat less fat and fibre
 - Drink plenty of water
 - Quit smoking
 - Wear sunglasses
 - Have regular eye checks
 - Rest your eyes when working on the computer.



ACTIVITY

Complete the 'Check 1' column self assessment questions on page 7 of The Health for Life Book.

3.3. FATIGUE AND WORK

The Fatigue and Work brochure has information on the impacts and signs of fatigue. These can include:

- Increased risk taking
- Forgetfulness
- Poor judgement
- Making mistakes
- Sleepiness
- Giddiness
- Irritability
- Loss of appetite
- Depression
- Digestive problems.

The brochure also has tips for preventing fatigue, such as:

- Eating a healthy diet
- Exercising
- Getting plenty of sleep
- Staying positive
- Not driving when tired
- Avoiding excessive noise when trying to sleep
- Avoiding dim lights, warm temperatures and excessive noise when trying to work
- Varying your tasks at work
- Taking breaks.



ACTIVITY

Complete the 'Check 1' column self assessment questions on pages 8, 9 and 10 of The Health for Life Book.

3.4. HEALTHY MOUTH AND TEETH

Chewing Betel Nut can cause gum disease and mouth ulcers. Bacteria and food can also cause damage to teeth and gums.

The Healthy Mouth and Teeth brochure looks at what causes tooth decay and treatment options.

It is recommended that you brush your teeth at least twice a day for healthy teeth, gums and mouth.



ACTIVITY

Complete the 'Check 1' column self assessment questions on page 11 of The Health for Life Book.

3.5. TUBERCULOSIS

Tuberculosis, or TB, is an infectious disease that is spread when an infected person coughs or sneezes without covering their mouth.

TB is curable as long as it is diagnosed early and the required medication is taken regularly.

Not everyone who has the TB germ will develop the TB disease.

TB can affect nearly all parts of the body.

See your doctor if you have any of the signs or symptoms of TB as listed in the brochure.



ACTIVITY

Turn to page 20 in The Health for Life Book. Is anyone brave enough to set a quit date for smoking?

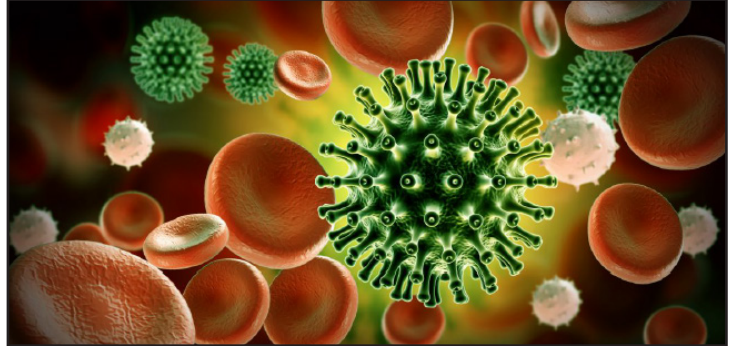
3.6. HIV/AIDS

HIV stands for Human Immunodeficiency Virus. It is a virus that is most commonly spread through sexual activity and sharing needles or syringes. HIV attacks the body's immune system, making it weak and unable to fight off opportunistic infections such as pneumonia or cancers. This condition is called AIDS (Acquired Immune Deficiency Syndrome).

HIV and AIDS is NOT curable. But with treatment people can live for a long time with a good quality of life.

The only way to know for sure if you have HIV is to get tested, so see your doctor.

If you have HIV it is important that you do not pass it on to anyone else.



3.7. MALARIA IDENTIFICATION AND PROTECTION

Malaria is caused by the Plasmodium parasite.

It is transmitted from one person to another by the bite of an infected anopheles mosquito.

Malaria is preventable and curable.

Symptoms include fever and flu-like symptoms, headache, back and joint pain, tiredness, nausea, vomiting and Diarrhea.

Protect yourself from becoming infected covering up with long sleeves, long pants, socks and shoes, applying insect repellent, sleeping under a mosquito net, keeping doors and windows closed, using the air-conditioner, and destroying mosquito breeding sites (stagnant water, such as puddles, containers, old tyres, wheel ruts and puddles).



3.8. FUTURE HEALTH TOPICS

New health and well-being information is being developed all the time. Topics will be uploaded to the OTML Intranet as they are developed. Future topics include:

- High Blood Pressure
- High Cholesterol
- Smoking
- Obesity
- Alcohol
- Nutrition
- Physical Exercise
- Diabetes.

4. SUMMARY

There is not enough time in this training session to go through all the information in The Health for Life Book and the Health and Well-being Brochures available on the OTML Intranet.



ACTIVITY

Take advantage of the resources available and complete your 'Check 1' Health Assessment over the next couple of weeks.

If you have concerns about any aspect of your health and well-being, help is available. Numbers and websites are listed in The Health for Life Book.



NOTE

Life is an opportunity and is lived only once.



Remember, YOUR health is in YOUR hands:

- Eat well
- Move more
- Quit drugs (including alcohol, smoking, betel nut)
- Be happy.

