

## ONLINE EDUCATIONAL RESOURCES REGARDING THE PREVENTION OF OCCUPATIONAL DISEASES

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### ABSTRACT

The article presents informative and educational resources that deal with the occupational diseases and their prevention. Such documents can be downloaded for free from the internet and consist of *text, images, quizzes, videos and educational stories in comic book format*. They may be of interest for the general reader, as well as for teachers that can use them with the method felt as most appropriate.

A few documents presented at the beginning of this article provide an overview on the *history of occupational medicine*.

The article presents documents that deal with stress, often consequent to the organization of the work, and related occupational diseases including in particular the *cardiovascular* ones.

Occupational exposure to chemicals is linked to higher risk of *cancer*. Documents quoted in this article discuss the exposure of workers and provide comments on the factors involved in the risk of cancer, thus helping to understand how it can be prevented in the workplace.

Several documents deal with *musculoskeletal disorders*, exposures that cause them, exercises and correct position of the body in the workplace that may help in their prevention. The documents also mention the importance of variations and rotations in repetitive tasks that cause musculoskeletal disorders.

*Respiratory and skin diseases*, and their prevention, are also analyzed in several documents presented in the article.

*Particular situations, such as child labour and electrical and electronic waste recycling are also discussed.*

*The prevention of occupational diseases is less expensive and more effective than treatment and rehabilitation.*

**KEYWORDS:** Occupational Diseases, Prevention, Educational Resources, Cardiovascular, Cancer, Musculoskeletal Disorders