

Occupational Health for Butchers



 **Labour Department**
Occupational Safety and Health Branch



 **OCCUPATIONAL SAFETY & HEALTH COUNCIL**

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Occupational Safety and Health Branch,
Labour Department

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This booklet is issued free of charge and can be obtained from offices of the Occupational Safety and Health Branch of the Labour Department. It can also be downloaded from website of the Labour Department at http://www.labour.gov.hk/eng/public/content2_9.htm. For enquiries about addresses and telephone numbers of the offices, please call 2559 2297.

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Occupational Health for Butchers

Introduction

In Hong Kong, a few thousand butchers work every day in wet and small meat stalls for prolonged periods of time, cutting up meat and hanging it in the stalls for sale. They may thus sustain various occupational health problems.

The occupational health problems encountered by butchers can generally be divided into the following three categories:

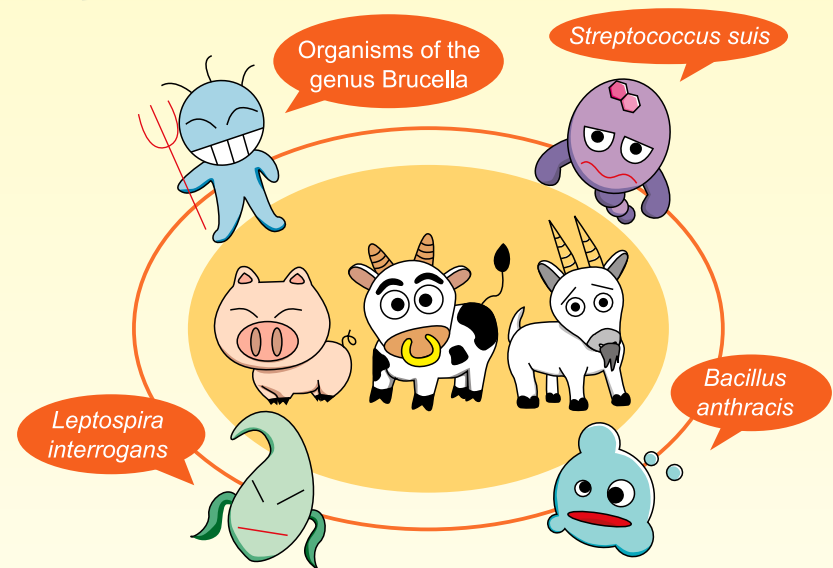
- (1) Diseases caused by biological hazards
- (2) Musculoskeletal disorders
- (3) Occupational injuries

The objective of this booklet is to increase butchers' awareness of the above health problems and give recommendations on some specific preventive measures.

(A) Diseases caused by biological hazards

1 Occupational Infections

Causative organisms:



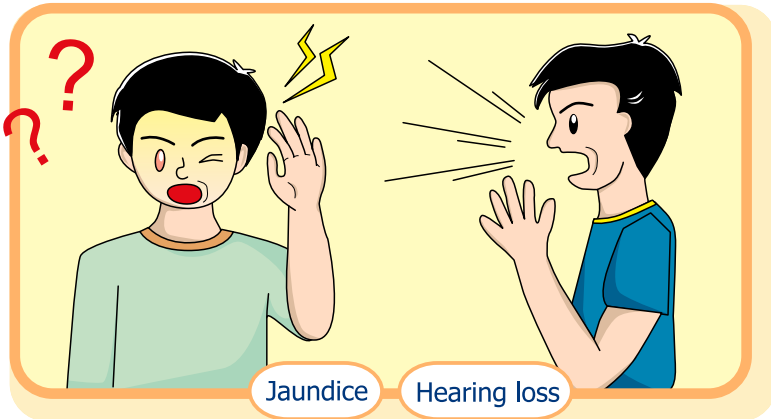
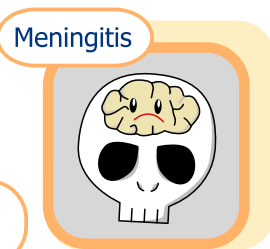
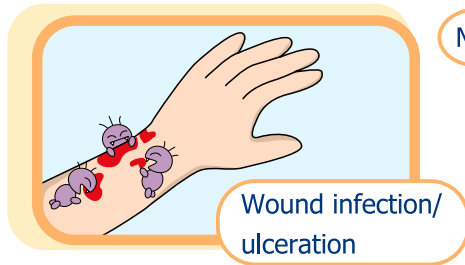
Common mode of transmission:



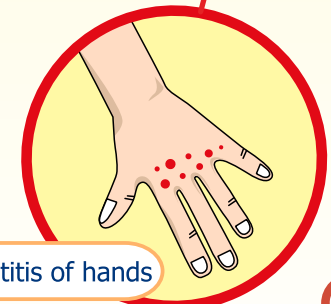
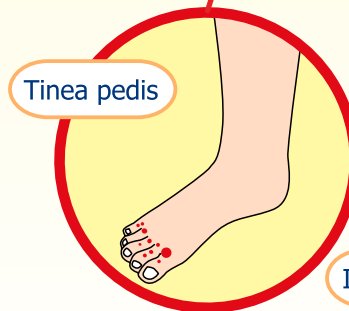
Symptoms:



Complications:

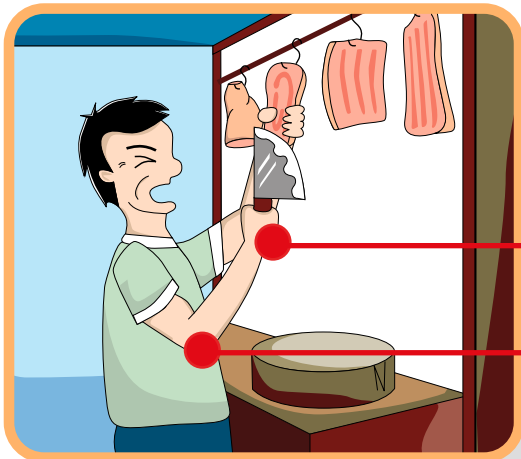


2 Infective Dermatitis



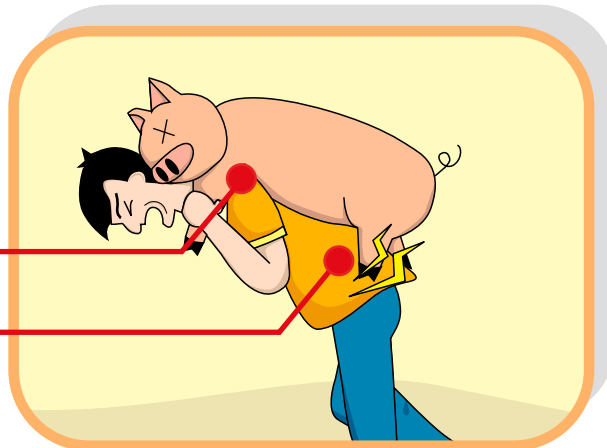
B. Musculoskeletal Disorders

1 Occupational diseases



Tenosynovitis of hand or forearm (including tennis elbow)

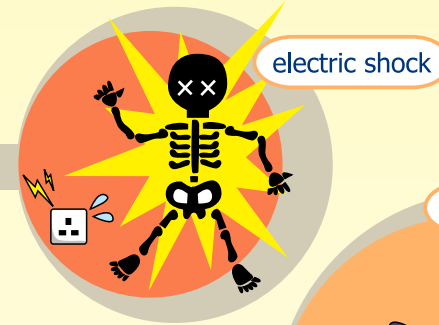
2 Shoulder and Back pain



Shoulder pain

Back pain

C. Occupational Injuries



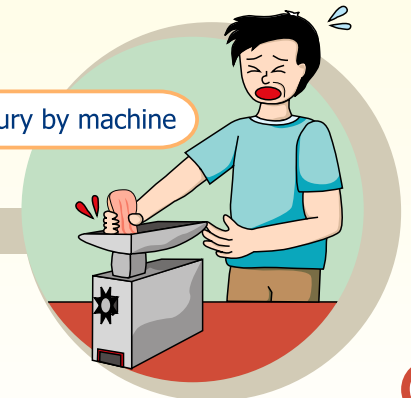
electric shock



slip and fall



injury by sharp object



injury by machine

Preventive Measures

1. Personal Hygiene



Clean and bandage any wound properly and wear gloves when handling raw meat



Do not smoke

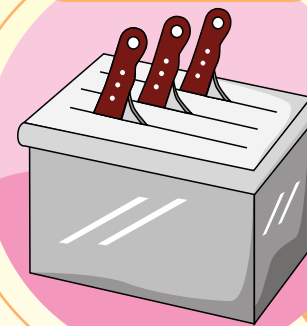


Keep skin clean and dry

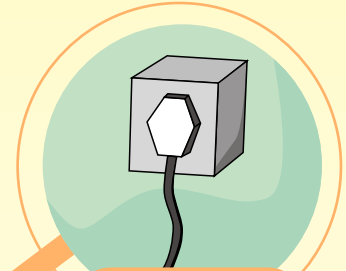


Wear appropriate personal protective equipment. e.g. cut-proof gloves

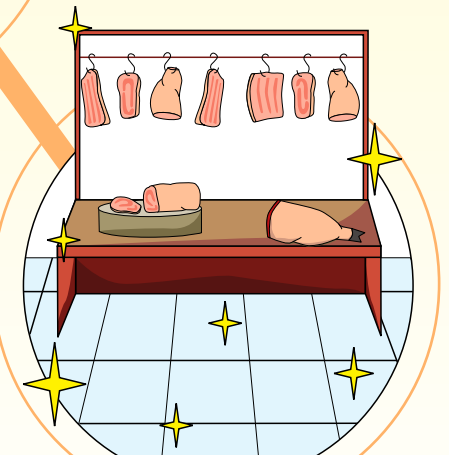
2. Good Housekeeping



Put knife in knife-rest properly after use



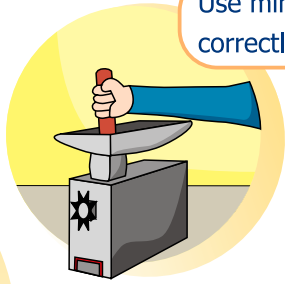
Pay attention to electricity safety



Keep the floor clean and dry

3. Good Work Practice

Use mincing machine correctly



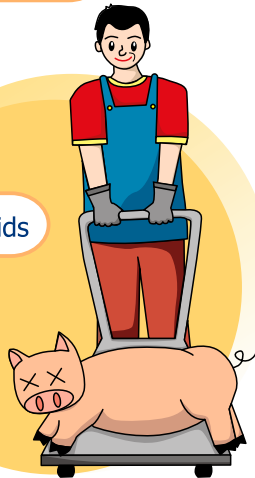
Regular rest breaks



Proper use of mechanical aids

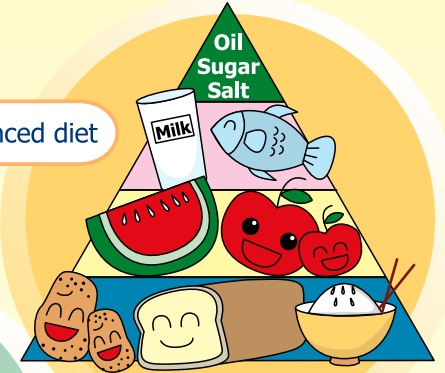


Use of team lifting approach



4. Healthy Lifestyle

Maintain a balanced diet



Avoid smoking and alcohol abuse



Do exercises regularly



Get adequate sleep



Enquiry Service

For enquiries on this booklet or advice on occupational health and hygiene matters, please contact the Occupational Safety and Health Branch of the Labour Department through:

Telephone : 2852 4041

Fax : 2581 2049

E-mail : enquiry@labour.gov.hk

Information on the services offered by the Labour Department and on major labour legislation can also be found by visiting our website <http://www.labour.gov.hk>.

Information on the services offered by the Occupational Safety & Health Council can be obtained through hotline : 2739 9000.

Occupational Safety and Health Complaint Hotline:

If you have any complaints about unsafe workplaces and practices, please call the Labour Department's occupational safety and health complaint hotline at 2542 2172.