

# EHS Newsletter

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For Success



## Occupational health & Industrial Hygiene

Industrial hygiene is the science of safeguarding and bolstering people's safety and health in their communities and workplaces, per the ABIH. Physical, biological, chemical, and ergonomic factors in people's workplaces, homes, or other settings can all be risks to safety and health. Industrial hygienists focus on the anticipation, identification, assessment, and control of these hazards – preserving wellness.

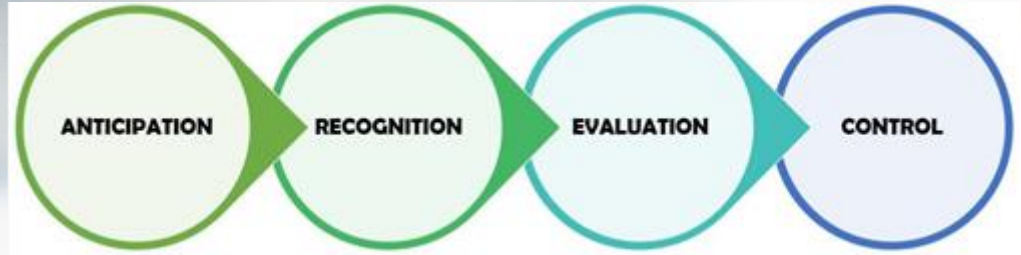
Industrial hygiene is about maintaining cleanliness while removing toxicity from work environments using control methods to mitigate health impacts from hazards. In contrast, occupational health studies hazards in terms of their health impacts; striving to prevent workplace illnesses, occupational health focuses on the consequences of hazard exposure. Regardless of this technical distinction, the terms are often used interchangeably.

## Significance

Industrial hygiene is important because it applies science to workplace health and safety problem-solving while unifying all personnel and management through a shared goal. By helping you reduce risks within your workplace, this field helps you avoid the negative impacts of injuries and illnesses, including losses of time and money. Your end result is a more productive climate with higher morale.

## Industrial Hygiene Assessment

An industrial hygiene assessment is just that, an information-gathering process checking how well your space meets industrial hygiene standards. It gives you an idea of where there might be issues to address. Through this assessment, also called a worksite analysis, the inspector or consultant evaluates, analyzes, and studies how worksite risks impact health. The process involves the detection and measurement of hazards throughout all of an organization's operations and roles. After the assessment, the industrial hygienist provides the company with suggested steps to correct any hazards.



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**Chemical hazards** — Chemicals could be consumed, absorbed through the skin, or inhaled. Vapors, fumes, dust, mists, liquids, gases, and solids are all forms these hazards can take.

**Biological hazards** — Medical, laboratory, food processing, and food service staff are particularly at risk for exposure. Entering the body through breaks in the skin or directly, these potential infection sources include fungi, viruses, and bacteria.

**Physical hazards** — Temperature, vibration, illumination, noise, and electromagnetic radiation are key concerns in this category. Shielding is particularly important in guarding against radiation.

**Ergonomic hazards** — Ergonomics is the science dedicated to optimizing system performance and human wellness by understanding how humans interact with their environment. Heavy lifting, repetitive motion, eye strain, and excessive

vibration/noise are example risks in this category.

Do you need to ensure your workers are protected through an industrial hygiene assessment? At EHSAS, our first step is to evaluate your business needs and develop a customized program.

*Contact us today to discuss your options and schedule your EHS progresses today.*

**EHS ALLIANCE**

Types of hazards categorization by Industrial hygiene

There are five categories of hazards to address, per OSHA:

**Air contaminants** — Fibers, aerosols, mists, fumes, and dust are all particulate air contaminants. You also may have issues with vapors (as when solvents or paint are used) or gases (such as carbon monoxide from vehicles).

