**FUDJISMA PROJECT**

**A Schedule for the FUDJISMA Project Training Phase 1**

**Theme: How to Grow Your Business in A Challenging Environment**

**A Hand-out on: HEALTH AND HYGIENE IN GOOD BUSINESS CONDUCT**

# Concept of Health, Diseases and other Health-related conditions

## What is Health

According to the World Health Organization (WHO):

“Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”. Within the last few decades, the WHO definition of health has been increasingly amended and supplemented by the fourth dimension – spiritual health.

“The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief, economic or social condition.”

The extension to all peoples of the benefits of medical, psychological and related knowledge is essential to the fullest attainment of health. Governments have a responsibility for the health of their peoples which can be fulfilled only by the provision of adequate health and social measures.

## What is Disease

**Disease** is any harmful deviation from the normal structural or functional state of an organism, generally associated with certain signs and symptoms and differing in nature from physical [injury](https://www.britannica.com/science/wound).

What is a disease? What counts as a disease changes over historical time, partly as a result of increasing expectations of health, partly due to changes in diagnostic ability, but mostly for a mixture of social and economic reasons. We could say a disease occurs when there is absence of health.

Communicable diseases can be transmitted from one person to another while non-communicable diseases cannot. Examples of communicable diseases include Covid-19, HIV, Hepatitis B and C, Influenza, etc. Examples of non-communicable diseases include diabetes, hypertension, stroke, kidney disease, asthma, etc.

## Disability and Health Related Conditions

Studies have shown that individuals with disabilities are more likely than people without disabilities to report ill health. People with disabilities need health care and health programs for the same reasons anyone else does—to stay well, active, and a part of the community. An example if disability and other health-related condition is spinal cord injury, old age, obesity, smoking, limb loss, etc. Mental health is how we think, feel, and act as we cope with life.

## Health Prevention/Promotion

In general, preventive care refers to measures taken to prevent diseases instead of curing or treating the symptoms. The three levels of preventive care are: primary, secondary, and tertiary care. Prevention, as it relates to health, is really about avoiding disease before it starts. It has been defined as the plans for, and the measures taken, to prevent the onset of a disease or other health problem before the occurrence of the undesirable health event.

### Primary Prevention

Primary prevention aims to avoid the development of a disease or disability in healthy individuals. Examples of primary prevention include the use of fluoridated toothpaste, and vaccinations for infectious diseases like tuberculosis, mumps, rubella, and polio, use of seat belts, helmets, use of PPE at work, ensuring clean home and work environments, regular e regular exercise, eating healthy and balanced diets, avoid smoking, unprotected sex etc.

### Secondary Prevention

The focus of secondary prevention is early disease detection, making it possible to prevent the worsening of the disease and the emergence of symptoms, or to minimize complications and limit disabilities before the disease becomes severe. Examples include regular screening for high blood pressure, self-breast examination, suitably modified work so injured or ill workers can return safely to their jobs.

### Tertiary Prevention

The goal of tertiary prevention is to reduce the negative impact of an already-established disease by restoring function and reducing disease-related complications. Tertiary prevention also aims to improve the quality of life for people with disease. Examples are vocational rehabilitation programs to retrain workers for new jobs when they have recovered as much as possible, cardiac or stroke rehabilitation programs, chronic disease management programs (e.g. for diabetes, arthritis, depression, etc.)

### Health Education

**Health Education** can be applied at all three levels of disease prevention and can be of great help in maximizing the gains from preventive behavior**.**

* For example, at the primary prevention level — you could educate people to practice some of the preventive behaviors, such as having a balanced diet so that they can protect themselves from developing diseases in the future.
* At the secondary level, you could educate people to visit their local health center when they experience symptoms of illness, such as fever, so they can get early treatment for their health problems.
* At the tertiary level, you could educate people to take their medication appropriately and find ways of working towards rehabilitation from significant illness or disability.

# Concept of Personal hygiene and Environmental Safety- CORONA

Personal hygiene is how you care for your body. Personal hygiene includes:

* cleaning your body every day
* washing your hands with soap after going to the toilet
* brushing your teeth twice a day
* covering your mouth and nose with a tissue (or your sleeve) when sneezing or coughing
* washing your hands after handling pets and other animals.

## Components of personal hygiene

Body hygiene (skin care)

Oral hygiene (oral care)

Handwashing (hand care)

Face hygiene

Fingernail and toenail hygiene (nail care)

Ear hygiene

Hair hygiene (hair care)

Foot hygiene (foot care)

Armpit and bottom hygiene

Clothes hygiene

Menstrual hygiene (Personal hygiene for women)

N.B. Note that our religion has offered us a way out as virtually all the above components of personal and environmental hygiene are covered by it. Furthermore, the current pandemic of Covid-19 can be prevented to a very large extent by these practices. We see many of the recommendations by government include these practices mentioned above in addition to such measures as social distancing.

## Environmental Safety

The most common definition of environmental safety is practices, policies, and procedures that ensure the safety and well-being of anyone in the immediate area. This can include safety in terms of proper waste disposal, containment and storage of potentially toxic chemicals and much more. Environmental safety focuses on 3 major areas:

* Occupational safety and health
* Environmental control
* Chemical safety

**Occupational safety and health practices**are focused on environmental safety in the workplace, thereby reducing risks to employees in any given workplace. After all, many workplaces have dangerous chemicals, gases/fumes, waste and other potential threats to the health and safety of workers. Example use of PPE at work places, conducive working environments, providing first aid kits etc.

**Environmental control** is concerned with preventing pollution and other threats to the environment and anyone that may be affected by it. For instance, preventing dumping of chemicals into the local ecosystem or ensuring proper management of waste materials.

**Chemical safety**, concerns the safe storage, use, disposal and so on of various chemicals.

Each of these areas is governed by laws at the local, state and federal level, and compliance with those regulations is of vital importance to many businesses.

Although environmental safety makes demands of businesses in terms of expenses incurred due to compliance, but this is mandatory. There are regulatory consequences of noncompliance and negligence, legal liabilities as well as potential hazards in not observing environmental safety practices.

A common example of environmental safety is the oil spillage in the Ogoni land of Nigeria, indiscriminate disposal of (pure water) leathers that block drainages causing pollutions, breeding sites for reptiles, mosquitoes, flooding etc.

Work-related Hazards/Risks and General Work Place Safety and the Use of Personal Protective Equipment (PPE).

Every workplace has hazards. Workplace hazards are any aspect of work that cause health and safety risks and have the potential to harm. As an employer, you have a legal responsibility to look after your employees’ safety and protect them against health and safety hazards at work. Not all hazards are obvious and they will be unique to your workplace. This can make it difficult to immediately identify and protect your employees from them. Some of the most common health risks associated with workplace hazards include: breathing problems; skin irritation; damage to muscles, bones and joints; hearing damage; reduced wellbeing, infections, etc and even death.

The six main categories of hazards are:

* **Biological.** Biological hazards include viruses, bacteria, insects, animals, etc., that can cause adverse health impacts. For example, blood and other bodily fluids, harmful plants, sewage, dust and vermin.
* **Chemical.**Chemical hazards are hazardous substances that can cause harm. These hazards can result in both health and physical impacts, such as skin irritation, respiratory system irritation, blindness, corrosion and explosions.
* **Physical.**Physical hazards are environmental factors that can harm an employee without necessarily touching them, including heights, electricity, fire, confined spaces, extreme temperatures, noise, radiation and pressure.
* **Safety.**These are hazards that create unsafe working conditions. For example, **Unguarded machinery,** exposed wires or a damaged carpet might result in a tripping hazard. *These are sometimes included under the category of physical hazards.*
* **Ergonomic.**Ergonomic hazards are a result of physical factors that can result in musculoskeletal injuries. For example, a poor workstation setup in an office, poor posture and manual handling.
* **Psychosocial.**Psychosocial hazards include those that can have an adverse effect on an employee’s mental health or wellbeing. For example, sexual harassment, victimization, stress and workplace violence.

## How to Manage Hazards in Your Workplace

If you neglect your responsibility to protect your employees, you could face financial and/or custodial penalties. Therefore, it’s vital that you properly manage all your workplace hazards. For example, you should:

* **Carry out an appropriate risk assessment for the nature of the work and hazards.**
* **Introduce appropriate control measures.**
* **Appropriately train all your employees in their duties.**

What is Personal Protective Equipment (PPE)?

Personal protective equipment, commonly referred to as "PPE", is equipment worn to minimize exposure to hazards that cause serious workplace injuries and illnesses.

These injuries and illnesses may result from contact with chemical, radiological, physical, electrical, mechanical, or other workplace hazards. Personal protective equipment may include items such as gloves, safety helmets, safety glasses and shoes, earplugs or muffs, hard hats, respirators, or coveralls, vests and full body suits. Employers are also required to train each worker required to use personal protective equipment to know:

* When it is necessary
* What kind is necessary
* How to properly put it on, adjust, wear and take it off
* The limitations of the equipment
* Proper care, maintenance, useful life, and disposal of the equipment

# General First Aid

**First aid** refers to the emergency or immediate care you should provide when a person is injured or ill until full medical treatment is available. For minor conditions, **first aid** care may be enough. According to Red Cross organization, the following are the essential steps in administering first aid:

## Before administering care to an ill or injured person, check the scene and the person. Size up the scene and form an initial impression.

Pause and look at the scene and the person before responding. Answer the following questions:

- Is the scene safe to enter?

- What happened?

- How many people are involved?

- What is my initial impression about the nature of the person’s illness or injury? Does the person have any life-threatening conditions, such as severe, life-threatening bleeding?

- Is anyone else available to help?

## If the Person is awake and Responsive and there is no severe life-threatening bleeding:

- Obtain consent: Tell the person your name, describe type and level of training, state what you think is wrong and what you plan to do, and ask permission to provide care.

- Tell a bystander to get the AED and first aid kit: Point to a bystander and speak out loud.

- Use appropriate PPE: Put on gloves, if available.

- Interview the person: Uses SAMPLE questions to gather more information about signs and symptoms, allergies, medications, pertinent medical history, last food or drink and events leading up to the incident.

- Conduct a head-to-toe check: Check head and neck, shoulders, chest and abdomen, hips, legs and feet, arms and hands for signs of injury.

## - Provide care consistent with knowledge and training according to the conditions you find.If the Person Appears Unresponsive:

Shout to get the person’s attention, using the person’s name if it is known. If there is no response, tap the person’s shoulder (if the person is an adult or child) or the bottom of the person’s foot (if the person is an infant) and shout again, while checking for normal breathing. Check for Responsiveness and breathing for no more than 5-10 seconds.

## If the person is breathing:

- Send someone to call 911 or the designated emergency number and obtain an AED and first aid kit.

- Proceed with gathering information from bystanders using the SAMPLE questions

- Conduct a head-to-toe check.

- Roll the person onto his or her side into a recovery position if there are no obvious signs of injury.

## If the person is NOT breathing:

- Send someone to call 911 or the designated emergency number and obtain an AED and first aid kit.

- Ensure that the person is face-up on a firm, flat surface such as the floor or ground.

- Begin CPR (starting with compressions) or use an AED if one is immediately available, if you are trained in giving CPR and using an AED.

- Continue administering CPR until the person exhibits signs of life, such as breathing, an AED becomes available, or EMS or trained medical responders arrive on scene.

*Note: End CPR if the scene becomes unsafe or you cannot continue due to exhaustion.*

# Mental Health and Business Debacles

Mental health is a state of well-being in which an individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and is able to make a contribution to his or her community. Mental health is more than the absence of mental disorders. Mental health affects the success of failure of businesses and likewise the success of failure of businesses can adversely affect an individual’s mental health. Its importance should therefore not be underplayed.

Multiple social, psychological, and biological factors determine the level of mental health of a person at any point of time. For example, violence and persistent socio-economic pressures are recognized risks to mental health. The clearest evidence is associated with sexual violence.

Poor mental health is also associated with rapid social change, stressful work conditions, gender discrimination, social exclusion, unhealthy lifestyle, physical ill-health and human rights violations.

Work is one of the major social determinants of health, and it can improve or worsen health by several different mechanisms. Employment provides a source of income and socioeconomic status in the community, and these can improve health. However, work can also adversely affect health if the pay is poor or if it lowers self-esteem. Work adversely affects the health of individuals who are exposed to occupational hazards (physical, chemical, biological, ergonomic, and psychosocial factors) and who have job insecurity or live a sedentary lifestyle.

The importance of mental health to the success or failure of business ventures cannot be over-emphasized. Mental health is a key component of an individuals well being and affects all spheres of life. A mentally sound entrepreneur will be at the top of his game, will be able to think rationally, apply his intellect and wit in ensuring he breaks even in his business.

Mental health can also be adversely affected by the success of failure of a business venture. The mere thought of losing one’s capital and means of livelihood is in itself mentally challenging. The physical stress of running a business can also take its toll on one’s mental health. Many people have developed mental health issues as a result of going bankrupt after a business fails. Many others have committed suicide or are contemplating suicide due to bad debts from monies borrowed form financial institutions. It is therefore very important that we take care of our mental health as much as we take care of our physical health.

As entrepreneurs we therefore need to strike a healthy balance.