Prevention Methods:

1- Keep workers with heart disease away from cold areas.

2- Give workers warm fluids to raise their body temperature.

3- Wear protective clothing against cold.

4- Move the injured person to a warm location and administer first aid.

3- Atmospheric pressure:

- It refers to the change in pressure exerted on the human body as a result of being in a certain atmosphere or performing certain activities, such as working inside tunnels, diving, or flying.

Work in which workers are exposed to pressure differences when ascending to the upper atmosphere inside aircraft.

1- When digging trenches and tunnels to great depths.

2- When diving to great depths.

Preventive methods:

Reducing the effects of pressure by gradually ascending the worker from trenches and tunnels to pressurized rooms. The worker remains there for longer periods of time as the pressure decreases until it reaches normal atmospheric pressure.

4-Humidity:

Humidity can be a key factor in some industries, such as spinning and weaving, and it can also result from certain industrial processes, such as dyeing and tanning, where fluids abound. Excessive humidity can cause respiratory and rheumatic diseases and nervous pain, both as a result of increased atmospheric humidity and from wet skin or clothing.

Prevention Methods:

1. Regarding atmospheric humidity, ensure that its level in the atmosphere does not exceed the limits required by the industry.
2. Regarding moisture arising from pollen, it can be eliminated by disposing of liquids. Its harm can also be reduced by providing workers with impermeable clothing, such as gloves, clothing, and rubber shoes.
3. Adequate ventilation must be provided within workplaces, whether natural or artificial

5- Ventilation:

1- Adequate ventilation must be provided within workplaces, whether natural or artificial.

6- Radiation:

A type of energy (thermal, light, electrical, or nuclear).

1- Thermal radiation: Emitted by the sun, fire, and molten metals, it causes eye damage and damage to the eye's crystals, causing them to darken and obstruct vision.

2- Ultraviolet radiation, also known as ultraviolet radiation, emitted by the sun and some electric lamps. It has a disinfecting effect and is used in industry to sterilize water and preserved food.

3- Nuclear radiation: There are three types that vary in their penetration power into the human body. They cause severe inflammation of the hands and fingers, erode nails, bones, and joints, and lead to a decrease in red and white blood cells. It may also lead to bone marrow over-production of white blood cells, to the point where it is considered leukemia.

Prevention Methods:

1. Monthly medical examinations for workers exposed to this radiation.

2. Storage, transportation, and operation of radioactive materials must be carried out within the framework of specific safety regulations.

3. Educating workers about the dangers of radiation, how to protect themselves from it, and the proper use of personal protective equipment.

Requirements for Protecting Workers from the Harmful Effects of Physical (Natural) Hazards

1. Occupational safety and health measures must be provided in the workplace to ensure the protection of workers from natural hazards. These are all factors that affect the safety and health of workers as a result of exposure to hazardous factors or natural harm, such as heat, humidity, ventilation, lighting, noise, vibrations, radiation, and changes in atmospheric pressure. These must be within the permissible limits specified in the attached tables.

2. Devices for measuring natural hazards in the work environment must be provided, depending on the type of activity being carried out. The necessary periodic measurements must be conducted, recorded, and compared periodically to ensure they are within permissible limits.

3. A preliminary medical examination must be conducted on every worker assigned to a job that exposes them to natural hazards to detect any apparent or latent medical conditions that severely affect the worker when exposed to the type of hazard. The results of the medical examination must be kept in the worker's file and compared with the results of subsequent medical examinations.

4. Periodic medical examinations must be conducted on workers exposed to natural hazards to detect any occupational diseases early on as a result of exposure and to ensure the worker's continued medical fitness for work.

5. Personal protective equipment (PPE) must be provided to workers exposed to natural hazards that is appropriate to the nature of the work they perform and that meets specifications.

6. Workers must be educated about the hazards present in the work environment and how to prevent them.

7. Avoid high temperatures in the workplace. The temperature must be appropriate to the nature of the work and the amount of effort expended, as measured by a black-tipped thermometer.

8. Relative humidity in the workplace must not exceed 80%.

9. When workers are exposed to low temperatures, such as when working in refrigerators or outdoors in cold areas, personal protective equipment must be used to cover all parts of the body, and appropriate heating must be provided.

10. Ventilation within workplaces, whether natural or artificial, must be adequate and appropriate. Precautions must be taken to protect workers whose work requires exposure to high or low atmospheric pressure.

11. Lighting, whether natural or artificial, must be appropriate for the nature of the work performed. Safe lighting levels must be used in the attached table.

12. Precautions must be taken to prevent or reduce noise and vibrations that pose a risk to workers' health, so that the intensity of the noise and the duration of exposure do not exceed the levels shown in the attached table.

13. Precautions must be taken to protect workers from the risks of radioactive materials and ionizing radiation. Measures of ionizing radiation, such as sensitive films, must be provided. Safe lighting levels must be used in the attached table.