

Working conditions and health status at the employees from radio and TV relay stations

**Authors: Eugenia Herlea, Greta Nita, Corina Tania Ferastraeru, Violeta Calota
Bucharest Public Health Institute**

Introduction

Radio and TV stations geographical situations are special. Radio station is situated at nearly 1800 m altitude and TV station at nearly 2500m the access in these areas is difficult, especially when weather conditions are not favourable and the employees are isolated in such moments. That is why work conditions and health status assessment have been imposed with the purpose to establish recommendations for an improvement of work conditions and finding solutions to solve the problems related to health status.

Material and method

Work conditions investigation has supposed to take an “work day photography”, the evaluation of the environmental physical factors (microclimate, lighting, noise and electromagnetic fields). Health status has been investigated by using a general clinic examination (including a professional anamnesis) and heart activity monitored exam at the whole personnel that work in the station.

Results and discussions

Studied group has been formed only by male which provide at that moment the working personnel for a 2 weeks period: at *radio station* – 8 persons, with mainly age group ≥ 50 years (50% from the subjects) and oldies in work 1-5 years (38%); at *TV station* – 12 persons with mainly age group 20 – 29 years (50% from the subjects) and a low oldies in work (1-5 years) at 83% from the subjects. Workers specialist in radio systems activity (the main personnel of the stations) necessitate a low physical solicitation (consume of energy < 120 kcal/h) and a high solicitation nervous and psychic level this characteristics regarding to activity lead to install the strain for different apparatus and systems. The measurement and evaluation of the environmental physical factors: *radio station* – noise was above the maximal admitted limit with 1 dB (A) for working places with high psychosensorial solicitations; regarding to the lighting, the both stations have registered values under the limits that had been recommended. Health status:

Radio station – the morbidity structure on diseases groups has showed the situation on the first position muscle-skeletal disorders and digestive diseases (at 62, 5% from the subjects), on the second place – cardiovascular diseases (50%) and on the third place – respiratory and ORL diseases (both at 37, 5%);

TV station – the morbidity structure on diseases groups has situated on the first place cardiovascular diseases (at 91, 67% from the subjects), on the second place – musculo-skeletal disorders and vegetative syndromes (both at 66, 67%) and on the third place respiratory with metabolism and nutrition diseases (both at 25%).

Conclusions

The morbidity structure that has showed before can be explained through the combined action of different factors: - the specific of the activity: sedentary, strain at the nervous and psychic level; - the location of the stations: isolation and high altitude without the possibility of the direct and permanent access especially when the climate is not favourable that imposed: work organization in 2 shifts (2 weeks which), the style and type of the feeding (improper); increasing the work related stress; - non-professional life: alimentation, sedentary, stress.

Recommendations:

- Solving the mentioned problems regarding to environmental physical factors using technical and work organization adequate measures.
- Arranging a space type “gym”.

Information of the authorized and responsible structures to find solutions to construct a permanent and safe access way at the stations to fight against isolations that characterized work conditions of the personnel.