

سلامتك وصحتك في العمل :  
مجموعة وحدات تدريبية

مكتب أنشطة العمال  
مكتب العمل الدولي



سلامة وصحة  
النساء والأطفال

وزارة الصحة  
دمشق











**Your Health and Safety at Work:  
A Collection of Modules**

**HEALTH AND SAFETY  
FOR WOMEN AND CHILDREN**

:

**Health and safety for women and children. Your  
health and safety at work: A collection of modules.**

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(Bureau for Worker's Activities )

(International Association for

Labour Legislation)

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Ellen Roskam

- -

Alan Le Serve

Giuseppe Querenghi

Director

ILO Bureau For Workers' Activities

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## شكر

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Service Employees International Union (Washington, D.C.); International Metalworkers' Federation (Asia Monitor Resource Center, Hong Kong); Defence for Children International, Geneva; the World Health Organization; and UNICEF.

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Health and safety manual, Service Employees International Union (Washington, D.C., 1987).

Health hazards in the electronics industry, International Metalworkers' Federation (Asia Monitor Resource Center, Hong Kong, 1985).

Child labour: a threat to health and development, edited by P.M. Shah, Defence for Children International (Geneva, 1985).

Children at work : Special health risks, Report of a WHO Study Group (WHO Technical Report Series No.756) , (WHO, Geneva, 1987).

Child labour: Law and practice, Conditions of Work Digest (ILO, Geneva, 1991), Volume 10 , Number 1.

Reaching children and women of the urban poor (UNICEF, New York, 1984), Occasional Paper Series, No 3.

International Programme on the Elimination of Child Labour, (ILO, Geneva).

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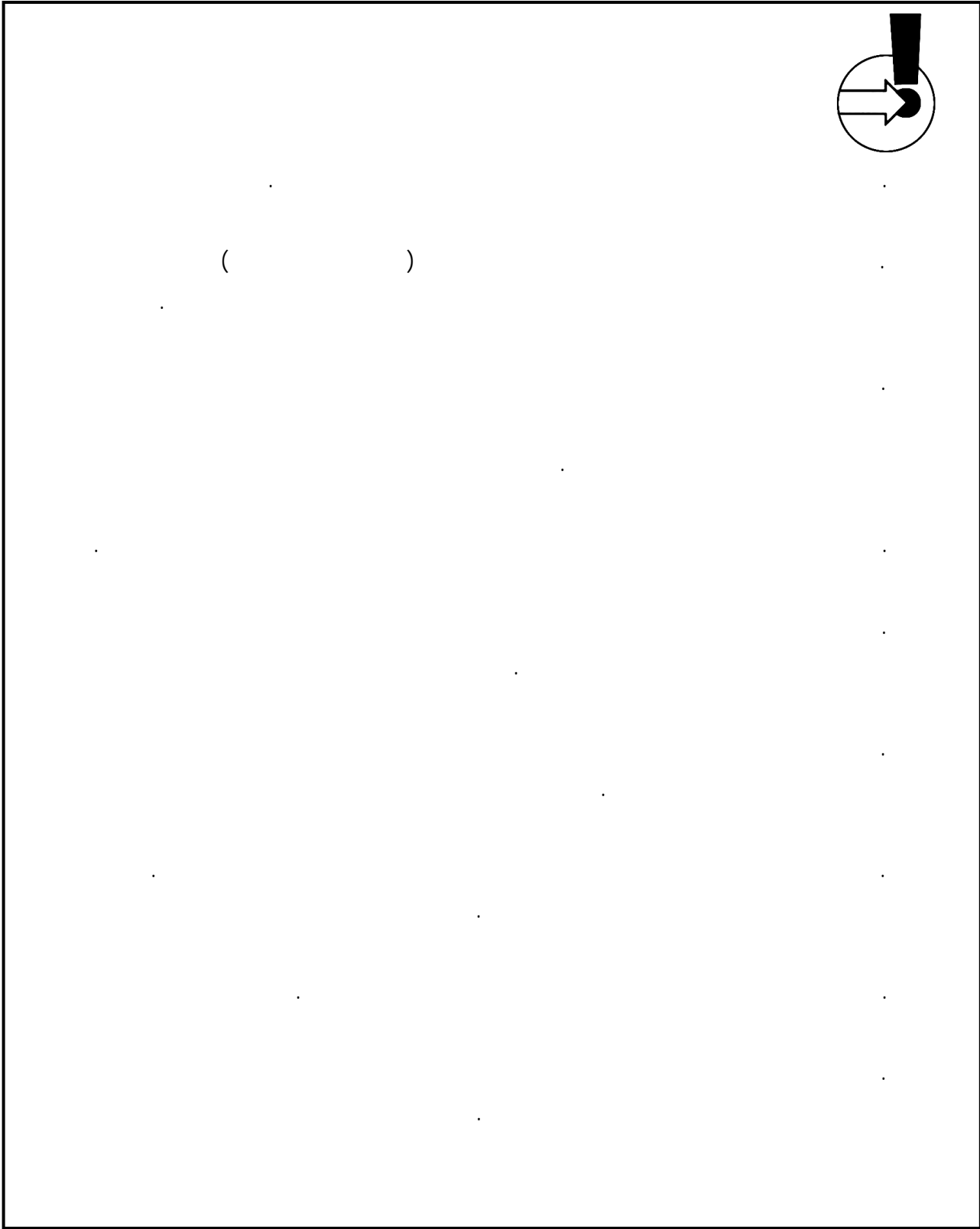
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منذ أن بدأت العمل هنا ، وأنا  
أشعر بكثير من الشدة (التوتر)  
وقد أصبحت الدورة الشهرية  
لدي غير منتظمة .

يشكو زوجي من أنني نادراً ما أشعر  
بالرغبة بممارسة الحب . هل يمكن  
أن يكون ذلك بسبب المواد الكيميائية  
المستعملة في العمل ؟



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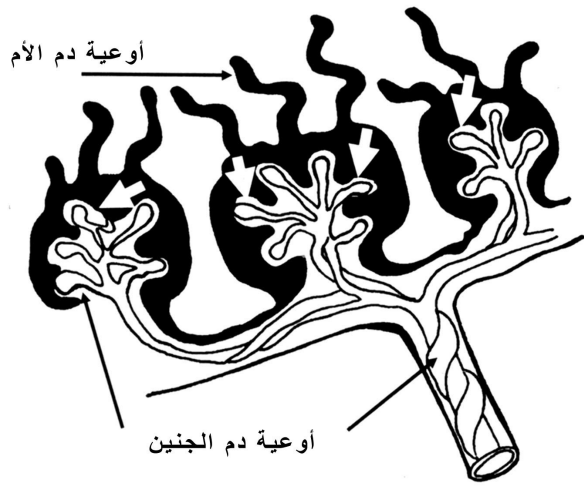
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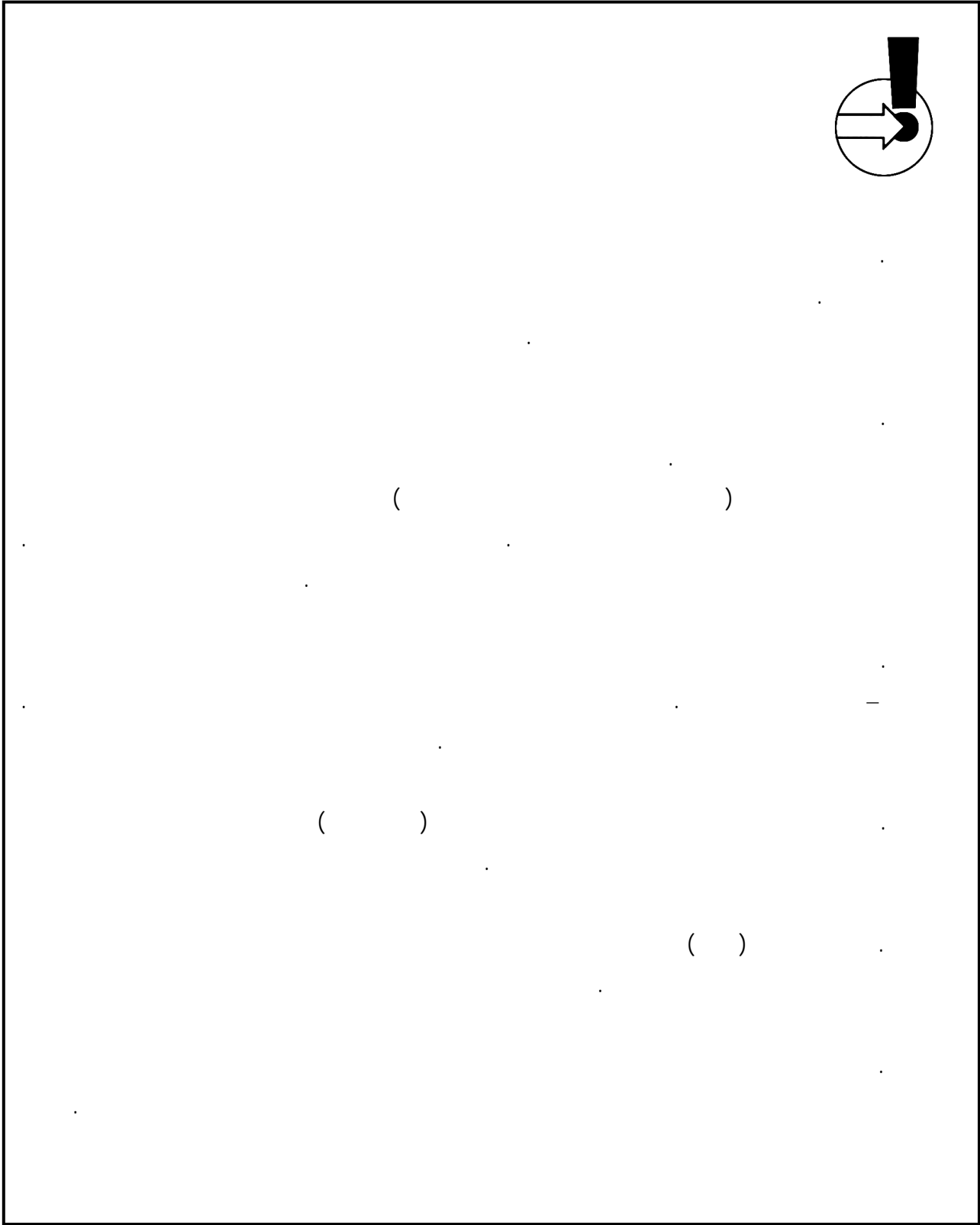
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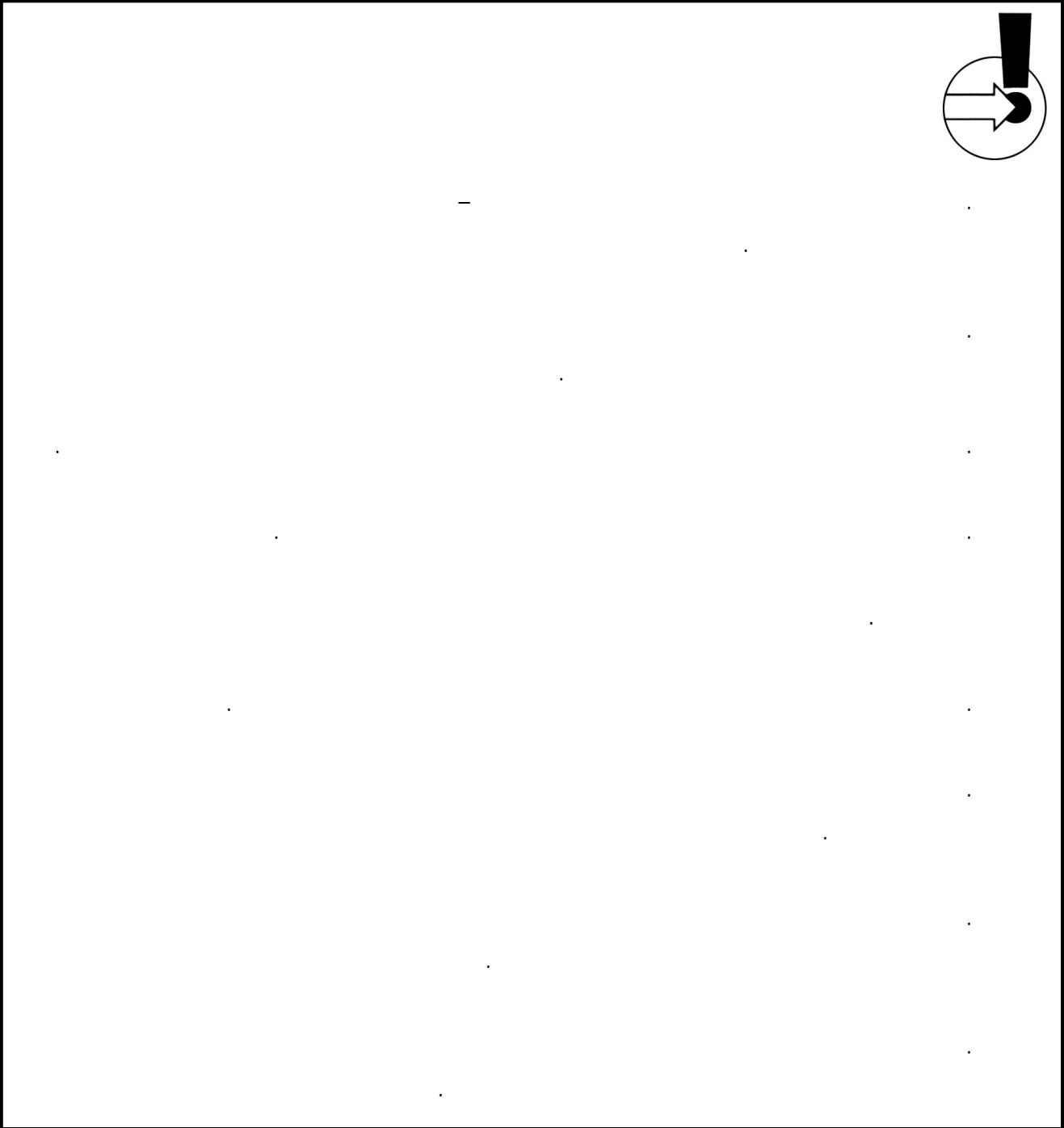
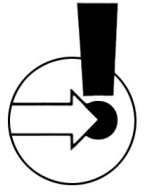
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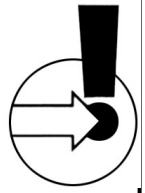
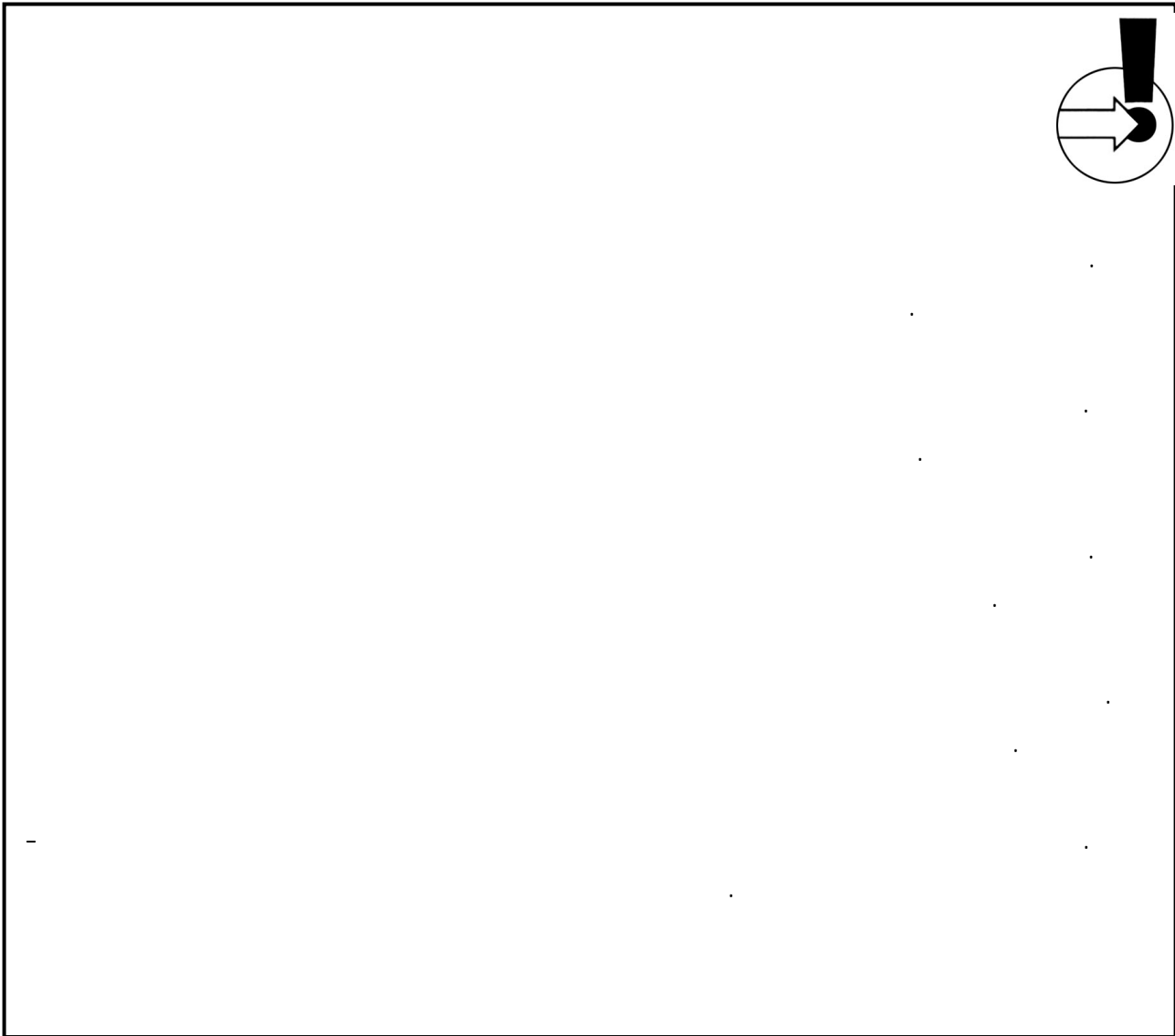
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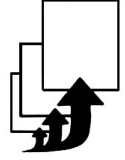
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Health hazards in the electronics industry, International Metalworkers' Federation (Asia Monitor Resource Center, Hong Kong, 1985).



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DNA : gene ( )

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: mutagen

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: **mutation**

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: **ova**

: **sperm**

: **teratogen**



Chemical hazards to human reproduction, Washington DC, Council on Environmental Quality (US Government), Jan. 1981.

Dapson, et al: "Effect of methyl chloroform on cardiovascular development in rats", in Teratology, Vol.29, NO.2, Apr.1984, p.25A.

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Guidelines on pregnancy and work, Publications No.78-118, Cincinnati, Ohio (National Institute for Occupational Safety and Health , US Department of Health and Human Services, 1978).

PHASE: Factsheet No.2: "Reproductive hazards in the electronics industry ", (Project on Health and Safety in Electronics, Santa Clara, California,1979).

Plunkett, E.R., et al: Occupational diseases: A syllabus of signs and symptoms, (Barrett Co., Stamford Connecticut, 1977).

Stellman, j .: the effects of toxic agents on reproduction ", in Occupational Health and Safety, April,1979.

(The above sources are cited in: Health hazards in the electronics industry, International Metalworkers' Federation, Asia Monitor Resource Center, Hong Kong, 1985.)

The Asia Monitor Resource Center

		Acrylonitrile
	( )	Antimony
	( )	Arsenic
		Benzene
		Cadmium
		Carbon dioxide
/	/	Carbon disulfide
		Carbon monoxide
		Carbon tetrachloride
		Cellosolve
		Chlorinated
/		Hydrocarbons
	( )	(several kinds)

		Chlorobenzene
		Chloroform
		Diglycidylether
		Dimethylformamide
		Epichlorohydrin
		Ethylene diamine
		tetraacetic acide
/	/	Ethylene dibromide
		Ethylene dichloride
		Ethylene oxide
		Ethylidene chloride
		Freon 31
	(	) chlorofluoromethane
		Lead
		Lithium
		Manganeze
/	/	Mercury
		Methyl ethyl ketone
		Methyl methacrylate
		Methylene chloride
		Nickel
/	/	Nitrous oxides

	Perochloroethylene
	Phosphorus
	Polychlorinated biphenyls
	Selenium
	Tellurium
	Toluene
	1,1,1trichloroethane
/	Trichloroethylene
	Vinyl chloride
	xylene
	Zinc chloride
	Radiation
	Rotating shifts

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Health hazards in the electronics industry, International Metalworkers' Federation (Asia Monitor Resource Centre, Hong Kong, 1985).

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	Acrylonitrile
( )	Antimony
( )	Aromatic amines (dyes)
( )	Arsenic (and compounds)
	Arsine
	Asbestos
	Benzene
	Bensidine
	Benzyl chloride
( )	Beryllium (and compounds)
( )	Bis (chloromethyl) ether
	Boric acid
( )	Cadmium (and compounds)
	Carbon tetrachloride
	Chlorinated diphenyls
	Chlorinated hydrocarbones
	Chloroform
	Chlorotoluene
	Chromates
	Chromic acid
( )	Chromium (and compounds)
	Cobalt
	Dichlorobenzene
	3,3'- dichlorobenzidine (and salts)
( )	a,a-dichloromethyl ether
-	Diepoxy butane

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		Diethyl amine
		Diglycidyl ether
		Diglycidyl ether of bisphenol A
	-	1,4-dioxane
		Diphenyls
		Epichlorohydrin
		Ethyl acrylate
	*	Ethyl alcohol*
		Ethylene dibromide
		Ethylene dichloride
		Ethylene imine
		Ethylene oxide
	( )	Fiberglass (crystalline)
		Formaldehyde
**		Gold
	***	Isopropyl alcohol***
	( )	Lead (and compounds)
		Maleic anhydride
		Manganese
		Methyl methacrylate
		Moca
		Molybdenum trioxide
	( )	Nickel (and compounds)
		Perchloroethylene
		Phenol
**		Platinum
		Polychlorinated biphenyls
	( )	Polymers (plastics):
		Polyethylene
		Polystyrene
		Polytetrafluoroethylene
		Polyurethane
	( )	Polyvinyl chloride (dust)
		Propyl alcohol

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	:	Radiation:
		Microwaves
		Radioisotopes
		Ultraviolet light
		X- rays
	( )	Selenium(and compounds)
**	( )	Silica; quartz (crystalline)
**		Silver
		Styrene
		Styrene oxide
		Tetrafluoroethylene
		Titanium dioxide
		1,1,1 trichloroethane
		Trichloroethylene
		Triethylene glycol
		diglycidyl ether
		Vinyl chloride
		Vinyl cyclohexen dioxide
		Zinc chloride

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Child labour: law and practice, conditions of Work Digest (Geneva, ILO) , 1991  
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## سلامة وصحة النساء والأطفال

### وحدات تدريبية أخرى في هذه المجموعة :

Instructors' guide to the modules  
Introduction to occupational health and safety  
Your body at work  
Controlling hazards  
Noise at work  
Legislation and enforcement  
Chemicals in the workplace  
Aids and the workplace  
Ergonomics  
Using health and safety committees at work  
Male and female reproductive health hazards in the workplace

تم انتقاء مواضيع هذه المجموعة ، بالتشاور مع اتحادات العمال في بلدان مختلفة ، وذلك لأن المسائل المطروحة في هذه الوحدات التدريبية ، هي موضع اهتمام في الكثير من أمكنة العمل . لقد صُمِّمَت الوحدات التدريبية لتوفر التدريب لجميع ممثلي السلامة والصحة ؛ أو أعضاء لجان السلامة والصحة ؛ أو مشرفي الخطوط ؛ أو كبار العمال ؛ أو العمال العاديين . كذلك أيضاً ؛ إنها موجهة للاستعمال من قبل المدربين كمتقفي العمال ؛ وممثلي السلامة والصحة ؛ وممثلي اتحادات العمال في المصانع ؛ وجميع العمال الذين يرغبون في الحصول على المعلومات في شأن السلامة والصحة ويريدون نقل تلك المعلومات إلى العمال الآخرين .

أما تنظيم الدورات ، فيمكن أن يتم باستعمال ، إما وحدة تدريبية واحدة ، أو عدد منها ، أو جميعها . يعتمد الأسلوب التدريسي ، على المبدأ الرئيسي لتعليم الوحدات لأن المواد يمكن أن تُكَيَّف وفقاً للزمن والظروف المتاحة .