

EDUCATIONAL SEMINAR

Occupational health & safety

for foreign female workers

PERSONAL AND OCCUPATIONAL HEALTH



HRVATSKI ZAVOD
ZA JAVNO ZDRAVSTVO



HEALTH ISSUES IN WOMEN

- **Heart disease** – leading cause of death in women
- **Obesity** – BMI>30
- **Diabetes** - high blood sugar level
- **Hypertension** - high blood pressure
- **Headaches** – more common in women
- **Stroke** – more common cause of death than in male population
- **Autoimmune diseases** are more common in women
- **Osteoporosis** and **Vitamin D deficiency** – especially after menopause
- **Cancers** – breast cancer, thyroid cancer – more common in women
- **Mental Health** – postpartum depression
 - depression, anxiety and eating disorders are more common in women

RED DRESS DAY

– FIRST FRIDAY IN FEBRUARY
importance of stroke prevention in women



HEALTH ISSUES IN WOMEN

Reproductive & Hormonal Health

- **Menstrual disorders, painful periods, heavy bleeding, irregular cycles**
- **Polycystic Ovary Syndrome (PCOS)** – hormonal imbalance, infertility, weight gain
- **Sexually transmitted infections**
- **Endometriosis** – growth of uterine tissue outside the uterus, causing pain and infertility
- **Pregnancy-related issues** – anemia, gestational diabetes, preeclampsia
- **Menopause & perimenopause** – hot flashes, mood changes, bone loss
- **Cancers of the female reproductive system** – uterine, ovarian



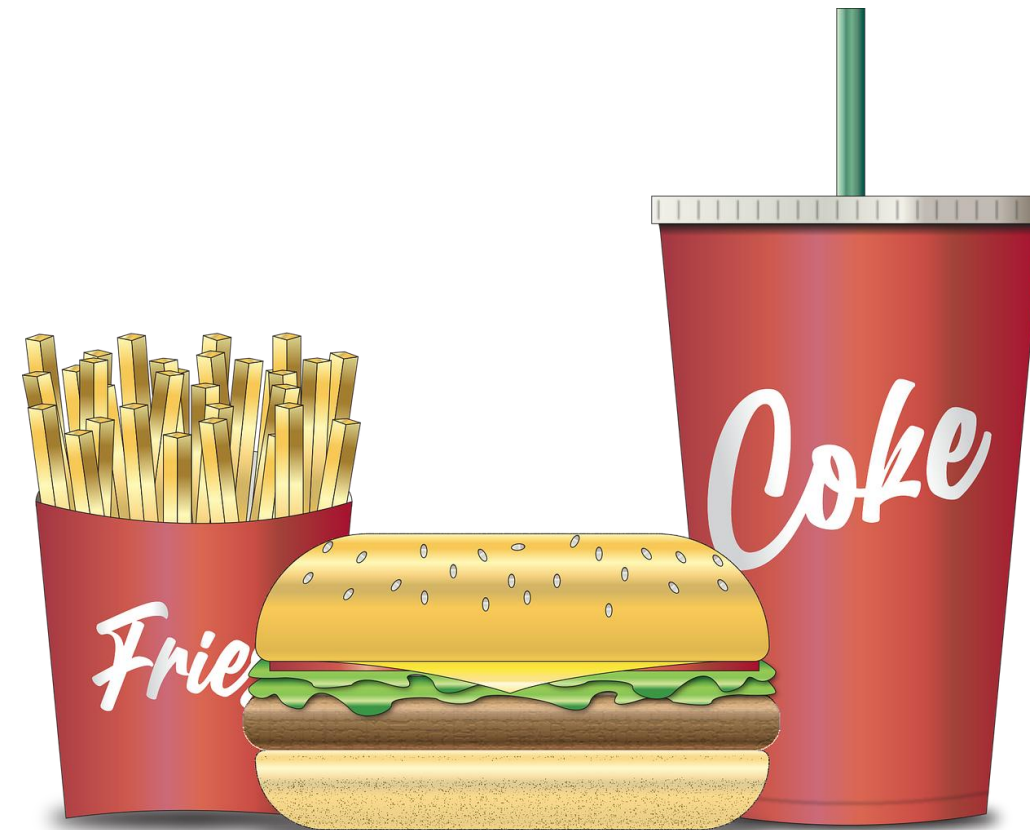


HEALTHY HABITS

- **BALANCED DIET – rich in fibres, vitamins and minerals**
- **REGULAR PHYSICAL EXERCISE**
- **ADEQUATE SLEEP**
- **HOBBIES**
- **SOCIAL INTERACTION – mental health support**

UNHEALTHY HABITS

- SMOKING
- DRINKING ALCOHOL
- ULTRA-PROCESSED FOOD
- TAKING MEDICATION AND SUPPLEMENTS WITHOUT CONSULTING YOUR DOCTOR
- SEDENTARY LIFESTYLE



DISEASE PREVENTION

- **Implementing healthy habits in your lifestyle**
(balanced diet, physical exercise, adequate sleep)
- **Avoiding unhealthy habits**
(smoking, alcohol, ultra-processed food, sedentary lifestyle, taking medications and supplements without medical supervision)
- **Regular health screenings**
(Pap test, mammogram or breast ultrasound, blood pressure, sugar levels, blood lab)



DISEASE PREVENTION

Good hygiene

- **Wash hands regularly with soap and water**
(especially before eating and after using the restroom)
- **Bath or shower regularly** to remove sweat, dirt, and bacteria
- **Brush teeth twice a day** and floss daily
- **Keep nails clean** to avoid germs building up
- **Wear clean clothes** and change underwear daily
- **Wash towels, bedsheets, and clothes regularly**
- **Keep living spaces clean and ventilated**
- **Cover mouth and nose** when coughing or sneezing
- **Dispose of tissues properly**
- **Wash fruits and vegetables** before eating
- **Cook food thoroughly** and store it safely



DISEASE DIAGNOSTICS AND TREATMENT

- **CONTACT YOUR FAMILY DOCTOR, DENTIST OR GYNEACOLOGIST**
- **CALL 194 (112) IF SYMPTOMS ARE SEVERE**

DIAGNOSTICS

- **Medical history** - symptoms, duration, risk factors
- **Physical examination**
- **Laboratory Tests** - Blood tests, Urine and stool tests, Microbiological tests
- **Imaging Studies** – Ultrasound, X-ray, CT, MR
- **Other tests** – histopathology, genetic testing, functional tests (ECG, EEG, pulmonary function tests)
- **Diagnosis**

TREATMENT

- **LIFESTYLE CHANGES**
- **MEDICATIONS**
- **SURGICAL TREATMENT**
- **PHYSICAL THERAPY AND REHABILITATION**
- **OTHER**



HEALTHCARE SYSTEM IN CROATIA



- **CROATIAN HEALTH INSURANCE FUND** - Health insurance in the Republic of Croatia is compulsory, meaning that every citizen of the Republic of Croatia must have a regulated compulsory health insurance
- **HEALTH CENTERS** – family medicine doctors, dentists, gynecologists, pediatricians, occupational and sports medicine specialists, radiology, laboratories
- **HOSPITALS**
- **PRIVATE MEDICAL OFFICES AND MEDICAL CLINICS**
- **SPECIAL INSTITUTES**

OUR HEALTH IS RELATED TO OUR WORK

OUR WORK IS RELATED TO OUR HEALTH

DAILY & WEEKLY REST

- standard full-time workweek is 40 hours, typically spread over 5 days (Monday-Friday) with daily hours around 8 am to 4 pm

WORKING OVERTIME

- allowed up to 60 hours per week and requires extra pay

SICKLEAVE

- paid time off from work for personal illness, injury, medical appointments or caring for sick family members
- requiring a doctors note for absence

HOLIDAY

- paid annual leave (minimum 20 days)
- public holidays



OUR HEALTH IS RELATED TO OUR WORK

OCCUPATIONAL MEDICINE SPECIALIST

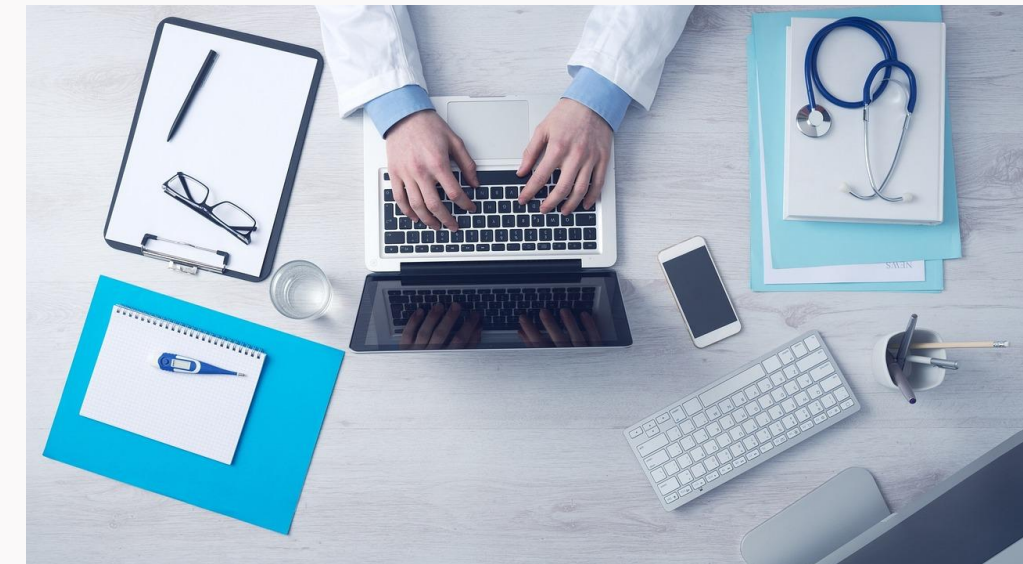
- physician who focuses on the health and safety of workers and the relationship between work, environment, and health
- prevent work-related illnesses
- pre-employment, periodic, and exit medical exams
- advise employers on workplace safety, risk reduction, and compliance

OCCUPATIONAL DISEASES

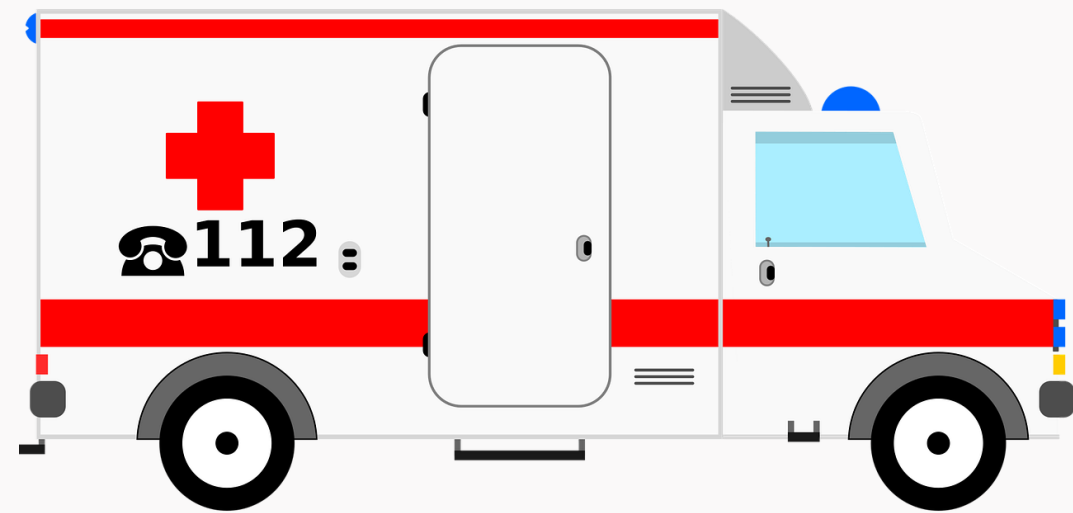
- occur primarily because of exposures or conditions in the workplace
- usually develop over time (not from a single accident)

INJURIES AT WORK

- resulting from an event or exposure in the work environment, occurring during job duties, on company premises, or while traveling for work



IMPORTANT CONTACTS



112 Universal Emergency Number (Police, Fire, Ambulance)

192 Police

193 Fire Brigade

194 Emergency Medical Help

195 Maritime Search & Rescue

1987 Road Assistance (Croatian Automobile Club - HAK)



Thank you

and

take care of yourself and others!