

OSHMed Health Magazine

by



STYE: HOW IT ARISES AND DISAPPEARS AGAIN

ADDITIONAL:

FIRST AID - FOREIGN BODY IN THE EYE • A COMPREHENSIVE EXPLORATION OF THE ROLE SAFETY PLAYS IN MANUFACTURING AND INDUSTRIAL ORGANIZATIONS • FUN TIME - JOKE OF THE WEEK

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POWERED BY:



Stye: How it arises and disappears again

A Stye can occur when bacteria get to the eyelids and cause an infection. This is shown by a purulent, painful swelling.

What is a stye?

When a Stye occurs, known medically as hordeolum, the sebaceous and sweat glands in the eyes become inflamed. A common cause of this is an infection with the bacteria *Staphylococcus aureus*. These pathogens can get from the skin into the eyes, for example when you rub your eyes.



A Stye is usually harmless and disappears on its own after a short time. However, if the inflammation spreads, it can spread to the conjunctiva, the eye and the orbit. A hailstone sometimes forms from a Stye that has not completely healed.

Depending on whether the inflammation occurs on the inside of the eyelid or on the edge of the eyelid, it is referred to as an internal or external Stye.

What can cause a stye?

People with weak immune systems are more susceptible to eyelid inflammation. For example, diabetes or skin diseases such as rosacea or seborrheic eczema can promote Styes.

Poor hygiene also promotes the development of a Stye. It can easily happen, especially with children, that they touch their eyes with dirty fingers. Washing your hands is therefore important to prevent this. You should also always insert and remove contact lenses with clean fingers. If you wear eye make-up, it is advisable to remove it before going to bed and not to share utensils such as eyeliner or eye shadow with others. It is also advisable not to reuse expired make-up products.

If you often have to deal with eyelid inflammation or get several Styes at the same time, you should see a doctor.

How long does it take for a Stye to go away?

A Stye typically develops within a day or overnight. It usually heals on its own within one to two weeks. It is important to leave the eye alone as much as possible during this time, as constant touching disrupts healing. Above all, do not try to open the Stye yourself, otherwise the infection may spread to the eye.

How do you recognize a stye?

A stye results in an inflammatory red lump that resembles a pimple and is



usually swollen and painful. The lump is filled with pus, causing an uncomfortable feeling of tightness. Sometimes the eyes also water. If the stye is on the inside of the eyelid, the eye may become so swollen that it limits vision.

Attention: If the stye does not go away on its own within two weeks or if the symptoms worsen, you should definitely seek medical help.

How can a stye be treated?

The type of treatment depends on whether the stye occurs on the edge or on the inside of the eyelid. Since an internal stye, for example, can spread more quickly towards the conjunctiva or eye socket, different measures are necessary than with an external stye.

Important: Do not try to open the stye yourself using pressure or sharp objects. This can worsen the symptoms and delay healing. Anyone who wears contact lenses should avoid them until the inflammation has completely healed. It is best to speak to your doctor before reinserting your contact lenses.

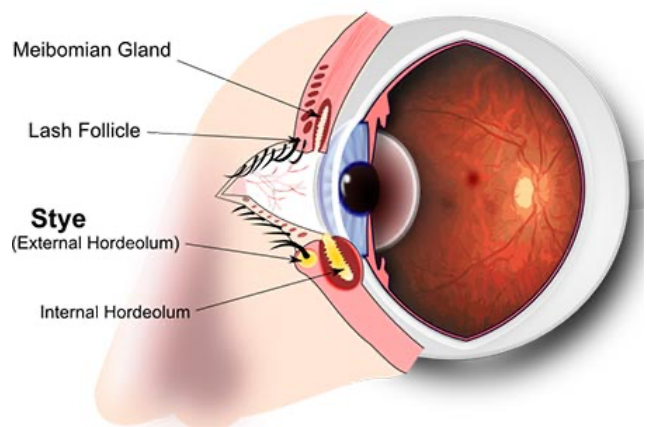
Treatment of styes on the edge of the eyelid

External styes usually burst open on their own after a while: the accumulated pus flows away, the inflammation recedes and heals. The following home remedies can help to speed up healing:

dry heat: If you have a red light lamp, you can irradiate the stye three times a day for about ten minutes with your eyes closed. It is also possible to apply a dry, warm gel pad four times a day. The heat allows the stye to open earlier and the pus to drain more quickly. However, moist and warm pads are not suitable. The moisture softens the skin and allows bacteria to spread more easily.

Eyelid edge hygiene: It makes sense to clean the eyelid edge of the affected eye from the outside in with a fresh tissue and clean water about three to four times a day.

If such self-help measures are not sufficient, the ophthalmologist can prescribe an ointment or eye drops containing antibiotics.



Treatment of styes on the inside of the eyelids

In order to avoid consequential damage caused by an internal stye, antibiotics in tablet form may be necessary in addition to antibiotic drops or ointments. If the pus does not drain on its own and the pressure pain in the inflamed eyelid



increases, the ophthalmologist must open the styte under local anesthesia.

Is a styte contagious?

A styte is caused by an infection with bacteria. Anyone who touches the inflamed eyelid or rubs the eye and does not wash their hands afterwards can transfer the pathogens to surfaces such as doorknobs or towels. If other people come into contact with it and then touch it, they can become infected with the bacteria and also develop a styte.

Since children often find it difficult not to rub their eyes, the risk of infection is quite high. It is therefore advisable not to send children with a styte to daycare or school in the acute phase to protect others. If the child receives antibiotics, he

or she is no longer contagious two days after starting therapy.

Important NOTE

This article contains general advice only and should not be used for self-diagnosis or treatment. It cannot replace medical advice. Please understand that we do not answer individual questions.



6 Ways to Treat a Styte

1. Wear your glasses (not contacts)
2. Stop wearing eye makeup
3. Wash your hands before and after touching the styte
4. Clean your eyelids
5. Apply a warm compress
6. Massage the area

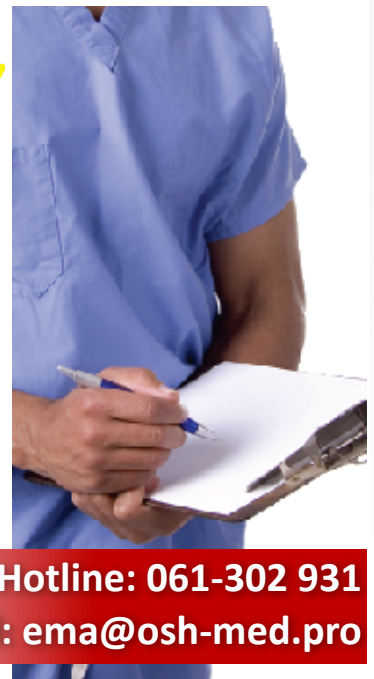
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Foreign body in the eye

You can usually remove harmless, small foreign objects – such as an eyelash – yourself. However, sometimes quick help from an ophthalmologist is required.

If it is not already flushed out of the eye through tears, you can remove a harmless, small foreign body floating on the surface of the eye, such as a tiny insect, a speck of dust or an eyelash, yourself.

If the foreign body is hidden under the lower eyelid, in most cases you will need a helper. While you look up, the helper pulls down the lower eyelid and dabs the inside of the eyelid towards the root of the nose with a fresh (paper) handkerchief or a cotton swab.

If there is a foreign body under the upper eyelid, look down, carefully fold the upper eyelid outwards and also dab the foreign body out towards the nose.

If you cannot get rid of the foreign body or if the symptoms persist for a longer period of time, you should consult an ophthalmologist.

Important: If there are splinters of glass, metal or wood particles or generally a larger or sharp-edged foreign body, or if the foreign body is stuck directly in the eye, you should under no circumstances try to remove the foreign body!

Get yourself taken to an ophthalmologist or an eye clinic immediately. If in doubt,

contact the emergency services. Don't rub your eyes. A helper should carefully cover both the affected and the healthy eye loosely with a cloth that is as germ-free as possible.

If the eye is burned, for example by quicklime or cleaning agents, you should rinse the eye thoroughly, ideally with running water from the tap - but if necessary also with clear, still water from a bottle. You should be transported to the nearest ophthalmological facility as quickly as possible by the rescue service (Emergency Call, dial 9112).

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A Comprehensive Exploration of the Role Safety Plays in Manufacturing and Industrial Organizations

Despite advancements, workplace safety remains secondary in many firms, highlighting the need for a cultural shift and dedicated roles to prioritize it based on historical and research insights.

The realm of workplace safety has undergone significant transformations since governments worldwide began taking worker and occupational health seriously in the 1970s. Despite these advancements, many manufacturing and industrial organizations still relegate safety to a secondary status, often adding it as an afterthought to a manager's list of responsibilities. In this comprehensive exploration, let's delve into the historical context and current practices.



This will include emphasizing a cultural shift towards prioritizing safety within organizations, highlighting the crucial necessity for a dedicated safety role from

the upper echelons to the grassroots level of organizations. Drawing on third-party research and insights from workplace safety reports, the aim is to spotlight the critical importance of making safety a proactive and integral part of organizational processes.

Historical Perspective

To understand the contemporary challenges surrounding workplace safety, it's essential to acknowledge the historical context. Governments around the world only began prioritizing worker and occupational health in the 1970s, marking a significant shift in attitudes towards employee welfare. Examining safety's journey, it becomes evident that its position within organizations has not evolved at the same pace as technological and industrial advancements.

At the onset of the safety revolution, the focus was primarily on complying with basic safety regulations. Fast forward to the present, and safety has become a multifaceted concept, encompassing not only compliance but also a proactive approach to prevent accidents and injuries. However, the implementation of safety measures is often an afterthought in the innovation and implementation process, leading to potentially avoidable incidents and injuries.

Drawing from third-party research, workplace safety reports illustrate the consequences of neglecting safety



measures and highlight the correlation between proactive safety processes and accident prevention. Safety, despite its undeniable importance, still struggles to secure a primary seat at the corporate table.

Flipping the Safety Paradigm

Traditionally, safety considerations come into play towards the end of the innovation and implementation processes. This reactive approach leaves organizations vulnerable to inherent risks that could have been mitigated with a proactive stance. By integrating safety considerations at the onset of discussions, companies can ensure that their processes are not only innovative and efficient but also safe from the outset.

This shift in approach requires a cultural change within organizations. Safety should not be viewed as an additional step but as an integral aspect of business operations. Workplace safety reports emphasize the need for a cultural transformation, where safety is considered a priority at every stage of the decision-making process. The proactive integration of safety practices leads to a reduction in accidents and injuries, contributing to a safer and more productive workplace.

Higher Education's Role

Recognizing the growing importance of safety in the workplace, higher education institutions are expanding safety

programs to meet the demand for qualified safety professionals. Training Institutes, Colleges and universities, including OSH-Med international, offer specialized courses in safety and occupational health. This influx of educated safety professionals represents a new generation equipped with the knowledge and skills to drive change within the manufacturing and industrial sectors.

These programs not only educate individuals on safety regulations but also instill a proactive mindset, emphasizing the importance of preventing accidents rather than merely responding to them. The graduates from these programs play a pivotal role in reshaping safety practices within organizations, contributing to the establishment of a safety-conscious culture from the ground up.



Introducing a 'Safety Champion' in the Workplace

While some large corporations have the luxury of chief safety officers, not every company can afford such a dedicated role. However, every organization can





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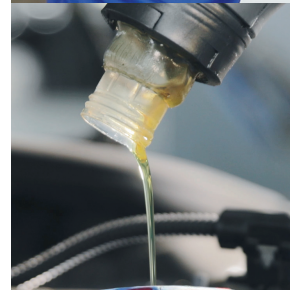
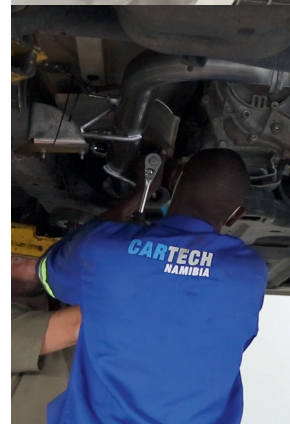
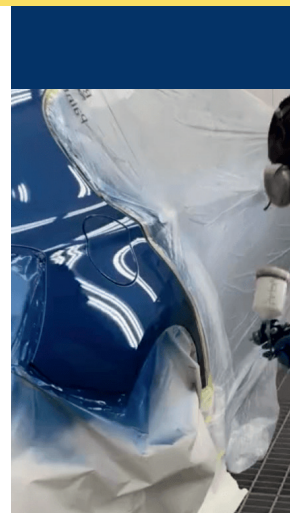
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take steps to ensure that safety remains a priority at all levels. This includes the establishment of a safety committee composed of key ambassadors within the organization.

These safety champions can play a crucial role in disseminating regular communications on various health and safety topics. This decentralized approach ensures that safety information reaches every corner of the organization, fostering awareness and accountability. By appointing safety ambassadors, organizations create a network of individuals who actively contribute to promoting a culture of safety, even in the absence of a dedicated safety officer.



Leadership's Evolution in Safety

The concept of safety within manufacturing and industrial workplaces has evolved significantly from a leadership standpoint. Initially seen as a mere compliance requirement, safety has now emerged as a strategic imperative for organizational success. However, there is still a considerable gap between acknowledging the importance of safety

and implementing effective safety practices.

Leaders must reevaluate how safety is currently handled within their organizations. This involves scrutinizing existing processes, identifying potential hazards and implementing tangible solutions to create safer job sites. Workplace safety reports and third-party research underscore the importance of recognizing and mitigating factors such as repetitive or sustained motion that can lead to injuries.

To take safety more seriously, leaders must foster a cultural shift within their organizations. Safety should not be focused on compliance but as a catalyst for efficiency and employee well-being. Implementing safety measures from the outset can prevent not only accidents but also long-term health issues, creating a more sustainable and secure work environment.

Creating a Safety Culture

The transformation of safety from a reactive to a proactive approach necessitates a cultural change within organizations. Safety should be an integral part of daily operations, discussions and strategic planning, rather than an afterthought. This cultural shift requires commitment from leadership, active participation from employees and the integration of safety into every aspect of the business.



The workplace safety report data emphasizes the significance of embedding safety practices into the organizational culture. Metrics measuring safety and performance can be instrumental in setting tangible goals for improvement. Wearable technology provides a tangible solution by offering insights into how movements affect workers. This technology generates concrete data metrics on issues like musculoskeletal disorders (MSD), enabling proactive intervention before health concerns escalate.

Towards a Secure Future

Understanding the crucial role of safety within manufacturing and industrial organizations, certain limitations may hinder the establishment of a dedicated safety position. Thus, it becomes essential to prioritize a top-down approach to safety, ensuring that the responsibility for cultivating a safety culture starts from leadership and extends throughout the organization. The historical context, current challenges and potential solutions outlined in this comprehensive exploration highlight the urgency of making safety a proactive and integral part of organizational processes.

Moving forward, safety should hold a prominent seat at the corporate table, guiding strategic planning and fostering a safer, healthier and more productive working environment. The prevention of accidents through strategic planning can save companies time and money while

simultaneously creating a better working environment for employees. Metrics measuring safety and performance should be used to set tangible goals. Wearable technology provides an avenue for uncovering concrete insights about the risk profile of workers, allowing the prevention of injuries before they occur.

The road ahead involves not just acknowledging the importance of safety but actively integrating it into conversations surrounding operations, innovation and decision-making. Safety should be an inherent part of the organizational DNA, contributing to a workplace culture where the well-being of employees is prioritized at every step. In this way, safety becomes not just a compliance requirement but a strategic advantage that ensures the long-term success and sustainability of manufacturing and industrial organizations.

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