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SAFETY MANUAL

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FOR THE REPUBLIC OF THE PHILIPPINES

Philippines Embassy to start issuing Philippine Passports with 10-Year Validity effective 1 January 2018

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Embassy of the Philippines
1000 17th Street, N.W.
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Department Order No. 198, s. 2018

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Irr of ra 11058 pdf. Irr of ra 11058 department order. What is ra 11058 all about.

Rheumatoid arthritis (RA) is an autoimmune and inflammatory disease that mainly affects the body's joints, according to the Centers for Disease Control and Prevention (CDC). The condition, per the CDC, commonly affects the joints in the hands, wrists, and knees—and occurs when the lining of those joints becomes inflamed, damaging the joint tissue. That damage can eventually lead to long-lasting or chronic pain, unsteadiness, and deformity. The symptoms of RA—which can include pain, stiffness, tenderness, and swelling—can go through phases where they're worse (known as a flare) and better (known as remission). But some symptoms of RA can mimic those of other conditions—here's what to look out for, and how to know if it's due to RA or something else. It's possible to think you have an injury—such as a sprained ankle that doesn't seem to heal—when the symptoms are actually due to RA. This is a more common sign in younger people, said Lisa A. Mandl, MD, MPH, assistant attending rheumatologist at Hospital for Special Surgery in New York City. One day a patient is playing soccer and the next day her knee is swollen, explained Dr. Mandl. "I have seen people who have had two arthroscopic surgeries and extensive physical therapy in their knee and they have rheumatoid arthritis." Pain or inflammation is the forefoot is another sign of rheumatoid arthritis. In fact, a 2012 study published in The Open Rheumatology Journal concluded that foot symptoms were seen frequently in RA and noted an unmet need for foot care in patients suffering from the chronic disease. Women often stop wearing heels and head to a podiatrist due to the pain. Some people with RA may also develop pain in the heel because of plantar fasciitis, a common foot disorder caused by swelling of the tissue at the bottom of the foot, near the heel, according to the National Library of Medicine. One sign of rheumatoid arthritis is carpal tunnel syndrome, which is marked by tingling in the wrist and hands. The sensation is similar to the feeling you get when you hit your funny bone, said Dr. Mandl. This happens because the swelling in the arm compresses the nerves going into the hands. The sensation is often worse at night. If you go to a healthcare provider with these symptoms and don't have (or tell them about) other RA symptoms, you may be diagnosed with only carpal tunnel syndrome. People with RA are also at risk for Sjogrens syndrome, an autoimmune disorder that can cause dryness of the eyes, mouth, nose, throat, or skin due to inflammation that stops glands from releasing moisture, said Dr. Mandl. This can happen even in the early stages of RA, but it's unlikely to be the only symptom. Most people with dry eyes head to an eye doctor to find out the cause, but Dr. Mandl recommended telling your healthcare provider—even an eye doctor or other specialist—about additional symptoms you're having in any part of the body. One of the most predominant symptoms of rheumatoid arthritis is aching in the joints, says the CDC. People often think their pain is due to overexertion or osteoarthritis, the type of arthritis common in old age. This aches can also be misdiagnosed as fibromyalgia or chronic fatigue syndrome (fatigue is another symptom of RA). RA joint pain is not fleeting; it usually lasts longer than a week but can last for days or months, according to the Arthritis Foundation. It can also be symmetrical, meaning both hands, feet, knees, or ankles will be affected at the same time. Another characteristic of rheumatoid arthritis is stiffness in the joints in the morning, says the Arthritis Foundation. Again, this is also a common problem in osteoarthritis, which can cause pain after long periods of inactivity, like sleeping. The difference between the two is that osteoarthritis pain usually subsides in about a half hour. Stiffness from rheumatoid arthritis will last much longer, possibly for a good chunk of the day. The right kind of exercise can help alleviate stiffness for people with RA and osteoarthritis pain. People with RA can sometimes experience locked joints, particularly in the knees and elbows. This happens because there's so much swelling of the tendons around the joint, the joint cannot bend. It can lead to cysts behind the knee that can puff out and inhibit motion. The symptom can be mistaken for a meniscus tear, a knee joint injury that's common in sports, according to Johns Hopkins Medicine, which can also lead to cysts. Another sign of rheumatoid arthritis are firm lumps that grow under the skin near the affected joints. They often appear at the back of the elbows, and sometimes people get them in the eyes. They're more common in people who have advanced rheumatoid arthritis, but occasionally show up earlier, said Dr. Mandl. The nodules can at times mimic gout, another form of arthritis. To get our top stories delivered to your inbox, sign up for the Healthy Living newsletter Thanks for your feedback! Ra 8048 as Ammended Ra 10593 Irr Ra 8048 as Ammended Ra 10593 Irr RRR RA 8556 Financing Company Act (Amending RA 5980) RA 9516 IRR on Controlled Chemicals IRR of Foreign Investment Act Reinforcing Occupational Safety and Health Standards in Philippine Workplaces through RA 11058 Safe work procedures ensure better productivity as well as job security, and these are needed now more than ever in the midst of the Coronavirus Disease 2019 (COVID-19) pandemic. The health and safety of workers in the Philippines are promoted and protected by Republic Act No. 11058 or an "An Act Strengthening Compliance with Occupational Safety and Health (OSH) Standards and Providing Penalties for Violations Thereof." It was signed into law by President Rodrigo Duterte in August 2018. The Department of Labor and Employment (DOLE) released the Implementing Rules and Regulations (IRR) in December 2018 upon the approval of Labor Secretary Silvestre H. Bello III. The OSH Law provides that each Filipino worker is protected against injury, sickness or death through safe and healthful working conditions and that employers must promote strict but dynamic, inclusive, and gender-sensitive measures in the formulation and implementation of policies and programs related to occupational safety and health. It applies to all establishments, projects, sites, including Philippine Economic Zone Authority (PEZA) establishments, and all other workplaces. The exposure to safety and health hazards is the basis for having High Risk Establishments, Medium Risk Establishments, and Low Risk Establishments. All covered workplaces must have an Occupational Safety Health (OSH) Program that is approved by the DOLE. The OSH Program must have the following: Statement of commitment to comply with OSH requirements; General safety and health, including a drug-free workplace; Human Immunodeficiency Virus (HIV) and Acquired Immune Deficiency Syndrome (AIDS)/tuberculosis/hepatitis prevention control; Company or project details; Composition and duties of the safety and health committee; Occupational Safety and health personnel and facilities; Safety and health promotion, training and education; Conduct of toolbox meetings; Accident/incident/illness investigation, recording and reporting; Provision and use of personal protective equipment (PPE); Provision of safety signage; Dust control and management, and regulations on activities such as building of temporary structures, and lifting and operation of electrical, mechanical, communications systems and other equipment; Provision of workers' welfare facilities; Emergency preparedness and response plan; Waste management system; and Prohibited acts and penalties for violations. Each workplace must have an OSH Committee to oversee the overall management of the OSH Program. An OSH Officer must be present in a workplace at all times to ensure the enforcement of the OSH Program. The DOLE requires all safety and health personnel to undergo mandatory training on basic OSH for safety officers. It also requires all workers to undergo the mandatory 8-hour safety and health seminar that must have a joint employer-employee orientation. Meanwhile, the OSH Law outlines the duties of employers, contractors, subcontractors, and those who manage, control, or supervise work; Furnish the workers a place of employment free from hazardous conditions that are causing or are likely to cause death, illness or physical harm to the workers; Give complete job safety instructions or orientation to all the workers especially to those entering the job for the first time, including those relating to familiarization with their work environment; Inform the workers of the hazards associated with their work health risks involved or to which they are exposed to, preventive measures to eliminate or minimize the risks, and steps to be taken in cases of emergency; Use only approved devices and equipment for the workplace; Comply with OSH standards including training medical examination and where necessary, provision of protective and safety devices such as personal protective equipment (PPE) and machine guards; Allow workers and their safety and health representatives to participate actively in the process of organizing, planning, implementing and evaluating the safety and health program to improve safety and health in the workplace; and Provide, where necessary, for measures to deal with emergencies and accidents including first-aid arrangements. Workers also have duties such as following the OSH standards, using the PPEs and other safety devices, and reporting work hazards to the supervisor. The following rights of workers are indicated in the OSH Law: Workers' Right to Know. - The right to safety and health at work shall be guaranteed. All workers shall be appropriately informed by the employer about all types of hazards in the workplace, and provided access to training and education on chemical safety, electrical safety mechanical safety, and ergonomical safety. Workers' Right to Refuse Unsafe Work. - The worker has the right of refusal to work without threat or reprisal from the employer if, as determined by the DOLE, an imminent danger situation exists in the workplace that may result in illness, injury, or death, and corrective actions to eliminate the danger have not been undertaken by the employer. Workers' Right to Report Accidents. - Workers and their representatives shall have the right to report accidents, dangerous occurrences, and hazards to the employer, to the DOLE, and other concerned government agencies exercising jurisdiction as the competent authority in the specific industry or economic activity. Workers' Right to Personal Protective Equipment (PPE). - Every employer, contractor or subcontractor, if any, shall provide his workers, free of charge, protective equipment for their eyes, face, hands and feet, and free, and lifeline, safety belt or harness, gas or dust respirators or masks, protective shields whenever necessary by reason of the hazardous work process or environment. The Labor Secretary and his authorized representatives have the authority to enforce the OSH Law in all establishments and conduct inspections, investigations, and annual spot audits. Employers who violate the OSH Law may be fined PHP 100,000 per day of non-compliance. The collected fines will be used for the conduct of OSH training sessions, education, and other programs. For further reference, click Republic Act No. 11058 for the full text and DOLE Department Order No. 198 for its Implementing Rules and Regulations. CLICK HERE TO VIEW AND DOWNLOAD THE OSH LAW (RA11058)

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