

EDITORIAL

Enhancing Occupational Safety and Health for Traffic Police Officers: A Call for Action

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INTRODUCTION

In keeping up the safety of the road as well as administering the traffic regulations, traffic police officers are the responsible person to make it happen. Their line of work, however, does expose them to many kinds of occupational safety and health (OSH) risks. Hence, addressing these issues and placing a high priority on the welfare of traffic police officers is undeniably important. This editorial goal is to emphasize the issues encountered by traffic police officers and suggest appropriate measures to improve their OSH.

OCCUPATIONAL HAZARDS AND HEALTH RISKS

Several studies have highlighted the occupational hazards that traffic police officers have to deal with. Exposure to air pollution while they are on duty is a very serious concern; because traffic police officers perform duties in high levels of vehicle emissions and ambient pollutants which cause the occurrence of respiratory illnesses. The necessity of having an effective measure to reduce exposure was highlighted in research by Putri et al. (1) that showed a direct correlation between air pollution and the respiratory health of traffic police officers.

Traffic police officers are also susceptible to having musculoskeletal disorders (MSDs) as a prevalent health risk. The occurrence of chronic pain and MSDs among them can result from prolonged standing and repetitive motion, such as directing traffic. A study by Athirah Diyana et al. (2) discovered that traffic police officers have a high prevalence of MSDs specifically in the lower back, shoulders, and neck regions. To reduce the risk of MSDs, suggestions such as ergonomic interventions and regular exercise programs should have been made.

Psychological health in traffic police officers is equally important. Due to their nature of work, they are frequently exposed to stressful conditions that lead to burnout, anxiety, and post-traumatic stress disorder

(PTSD). The psychological challenges that traffic police officers have been brought to light by previous studies, which also emphasized the necessity of having supportive measures, such as counselling services and stress management programs (3-4).

PROMOTING OCCUPATIONAL SAFETY AND HEALTH

A variety of approaches is required to address the OSH concerns among traffic police officers. Several approaches that can be implemented are as follows:

1. **Training and Education:** Including thorough OSH modules to improve traffic police officers' training programmes. Topics such as pollution awareness, ergonomic practices, stress management, and mental health support should be covered.
2. **Personal Protective Equipment (PPE):** Providing traffic police officers with the proper PPE, such as masks, gloves, and high-visibility clothing, to reduce the effects of air pollution and protect against physical hazards.
3. **Environmental Interventions:** Increasing green spaces, employing effective traffic management strategies, and promoting the use of electric vehicles are among the actions that can be taken to improve the air quality in places where traffic police officers are stationed.
4. **Workstation Ergonomics:** Easing access to ergonomic equipments and facilities among traffic police officers, such as adjustable chairs, standing platforms, and regular breaks to reduce the risk of MSDs.
5. **Psychological Support:** Establishing counselling programs, peer support networks, and regular psychological evaluations as part of mental health support services that are especially suited for traffic police officers.
6. **Collaborations and Research:** Promoting collaboration between academic institutions, government agencies, and traffic police departments to carry out further research on OSH issues specific to traffic police officers. This will assist in developing evidence-based interventions and policies.

CONCLUSION

To ensure the well-being and effectiveness of their essential work, traffic police officers' occupational safety and health should be a top priority concern. By addressing the issues of air pollution exposure, musculoskeletal disorders, and psychological health, we can make the workplace a safer and healthier working environment for traffic police officers. To protect the health and well-being of these dedicated workers, policymakers, traffic police departments, and relevant stakeholders must collaborate intensively and put preventive measures into force.

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