



Macro Aspect of Quality of Life Can Be Affected by Occupational Accidents, a Macro Vision for Managers

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Dear Editor,

The quality of life includes physical and mental health, as well as family and social relationships, which are strongly affected by industrial accidents. Many workers experience occupational accidents during their working lives, some of which can lead to partial or total disability. Accidents can affect workers' willingness to return to work and the quality of their work life. One of the important things that managers should pay attention to is paying special attention to the rehabilitation of accident victims [1].

The main aim of this article is to investigate the impact of industrial accidents on the quality of life of affected individuals. Additionally, it aims to highlight the importance of rehabilitation and support for accident victims to facilitate their return to work and pre-accident life, as well as to emphasize the significance of managing a safe

work environment to improve the health and quality of life of employees and their families.

It is noteworthy that most of the physical and mental health of the accident victims do not return to the pre-accident condition even after the completion of the treatment. This can cause a reduction in the labour force and economic losses. Therefore, in the workplace, there should be a vision of empowering workers to return to work after completing medical care and helping them to return to their pre-accident life. Not returning to work can cause social isolation and increased feelings of worthlessness. Of course, returning to work is influenced by various epidemiological factors such as gender, age, severity of injury, occupation, and work experience. But managers can be significantly effective in formulating and implementing return to work (RTW) programs in workplaces.

The life of an occupationally injured worker cannot be rebuilt simply by returning to work. Workers who return to work after receiving medical care tend to have strong support from managers in the workplace [1].

Fear of re-accident and injury is one of the important factors that cause delays in returning to work. Therefore, managers should not only pay attention to the physical condition of the victims but also their mental condition can be of special importance. They are worried about the accident again, and if they return to work with this mental condition, this fear will be not only for them but also for their colleagues. On the other hand, if they do not return to the workplace, it will be a source of danger for the accident. When they return to work, they are in an unpleasant state of mind because their relationships with their colleagues have been cut off, and they feel unproductive, affecting their health and quality of life. Their family and the person are in a vicious circle. One study showed that more than five years after a moderate to severe injury, patients' quality of life was significantly affected, leading to significant socioeconomic consequences [2]. The report of an experimental study with healthy people showed that the fear of injury is high; monetary rewards reduce this fear, so with increased motivation, it becomes easier for the injured to attend the workplace [3].

Another dimension of occupational accidents is the unemployment and financial poverty of the victim workers. Unemployment caused by the accident affects not only the quality of working life but also the quality of life of these people's family members. In many cases, the person who suffers an accident is dependent on the help of family members even to perform daily tasks, or if the accident leads to permanent disability, the situation becomes more difficult. Also, the disability of the head of the family affects the economic situation, which can affect the academic success, social relations, and entertainment of the family members. One study found that injured workers became poorer 6 years after an occupational injury due to reduced wages [4].

Studies have shown that medical services, professional rehabilitation programs and social support are effective factors in improving the quality of life after an industrial accident. The results of a study showed that major depression and post-traumatic stress disorder were relatively common. Also, the duration of hospitalization, impressive physical appearance, frequent occupational injuries, unemployment, and

the number of quits were among the aggravating factors reducing the quality of life in these occupational injuries. Depression caused by occupational accidents can reappear and can cause psychiatric disorders [5].

Based on the above, it is reasonable for employers to emphasize and focus on having a safe work environment to preserve human capital and continuously improve the system. Regardless of the type of consequences of accidents, the occurrence of each accident causes some damage to the system.

The point that should be highlighted is that, in the work environment, many risk factors can affect the health and quality of life of employees and their families [6]. The occurrence of an accident cannot only be caused temporary or permanent disability of the head of the family but can also affect the entertainment, education, eating habits, and well-being of the whole family by the economic status. So, the responsibility of managers in assessment and control for creating a safe environment is very important.

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