



## Student worksheet: The Occupational Health of Santa Claus

### Part 1: speaking

Discuss questions 1 and 2 with your partner or group.

1. What kind of work does Santa Claus do?
2. What occupational health issues could he face?

### Part 2: vocabulary

A. You're going to read an article about occupational health. Before you read, look at the words and practise saying them. The stressed syllables are in bold.

**ad**verse work con**di**tions

con**fi**ned **sp**aces

electronic health **re**cord

ergo**no**mic **as**essment

heat acclimatisa**ti**on

heat stress

ob**se**ssive comp**u**lsive disorder

occupational **haz**ards

ol**fa**ctory **or**gan

re**so**urce-poor

**st**igma

su**cc**ession **pl**anning

tempo**r**al transition

**va**scularised

B. Match the words from A with the definitions.

1. adverse work conditions	a) inability to control internal body temperature
2. confined spaces	b) changes from one time to another, e.g. during shifts
3. electronic health record	c) mental health condition leading to repetitive movements
4. ergonomic assessment	d) disapproval of a person because of perceived characteristics
5. heat acclimatisation	e) describes the development of extended blood vessels
6. heat stress	f) describes the sense of smell
7. obsessive compulsive disorder	g) place with limited room for entry and exit
8. occupational hazards	h) planning for replacement of leadership
9. olfactory	i) adjustment to a warm climate
10. resource-poor	j) poor workplace environment
11. stigma	k) evaluation of effects of posture and movement on workers
12. succession planning	l) lacking in funds
13. temporal transition	m) digital storage of health information
14. vascularised	n) dangers that are found in the workplace



### Part 3: reading

A. Click the link to read the text. Then do the activity.

#### [The occupational health of Santa Claus](#)

B. Read the interventions and put them into the correct group.

- a) assess cognitive skills and explore reasons for excessive checking
- b) suggest melatonin supplements for jetlag
- c) discuss retirement plans and handover of duties
- d) minimise snacking
- e) evaluate effectiveness of Rudolph's nose as a light source
- f) set up electronic health record for medical treatment overseas
- g) reduce cardiovascular risk factors
- h) avoid entry to houses through confined spaces
- i) supply ergonomic equipment to prevent workplace injuries
- j) assess height differences in equipment used by Santa and his elves
- k) explore thermoregulated Santa suit to manage changes in temperature
- l) avoid driving sleigh under the influence of alcohol
- m) initiate workplace health promotion program
- n) reduce work stress by reorganising tasks
- o) set up wellness discussion about concerns regarding tracking by outside agents
- p) consider heat acclimatisation well before Christmas deliveries

Sleigh safety	Disrupted health/shift work	Work schedules and travel

Heat stress	Planning for the older worker	Mental health	Workplace ergonomics