The National Institute of Occupational Safety and Health (JNIOSH) is the only comprehensive research institute for occupational safety and health in Japan.

JNIOSH actively conducts scientific researches in order to contribute administrating duties for the government and for workers in industries, for risk reduction of industrial accidents and diseases, promoting workers’ health and creating safer and comfortable work environment.

We publish international and domestic scientific journals, contribute to WHO and developing countries as a WHO Collaborating Center in Occupational Health and promote international collaborative studies on OSH.

Activity 2014-2016 as a WHO-CC:

(1) Development of a toolkit to address fatigue at work and fatigue recovery (Dr. Tomohide Kubo)

- Long hours of work and the corresponding decreased period of rest affect the quality of working life. These conditions are closely related to elevated fatigue and its incomplete recovery.
- In Japan, much attention has been paid to regulate working hours to reduce or avoid excessive fatigue. Good policy making and workplace health management require practical tools for the assessment of work, fatigue/stress, and days off including sleep.
- The objective of this activity is to develop a toolkit to address fatigue at work and fatigue recovery.

(2) Development of toolkit and preventive strategies for occupational heat stroke

- Workers working in the indoor and outdoor environment of the mining and construction sectors are most vulnerable to extreme heat. Working at nuclear power plants also is more likely to cause heat problems by radiation safety equipment.
- We will provide practical prevention techniques and toolkit to avoid heat-related death and illness, which are based on leading scientific evidence.
- In order to be applied in various occupational settings, those techniques and toolkit are practical and simple and can be applied in small and micro enterprises.

(3) Other recent activities: JNIOSH is tackling overwork related disorders (KAROSHI) as new emerging occupational safety and health risks (Fig 3, an analysis results of compensated cases)

Research Center for Overwork-Related Disorders (RECORDS), JNIOSH

Established in November 2014, in response to the Act on Promotion of Preventive Measures against Overwork and other Overwork-related Disorders

- The mission:
  - To conduct biometrical researches on the prevention of health disorders associated with overwork.
  - Our principal aims are:
    - to perform case analysis and root cause analysis
    - to disclose the list of overwork-related disorders
  - Original studies:
    - to examine fatigue and health effects of overwork
    - to find effective countermeasures against handicap deterioration due to overwork (both quantitative [e.g., long work hours] and qualitative [e.g., psychosocial demand] aspects)

JNIOSH is encouraging the research and these practices for emergency OHS risks in the collaboration with WHO-CC in Asia.

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