

International Hazard Datasheet on Occupation

Cricket Player

What is a Hazard Datasheet on Occupation?

This datasheet is one of the international Datasheets on Occupations. It is intended for those professionally concerned with health and safety at work: occupational physicians and nurses, safety engineers, hygienists, education and information specialists, inspectors, employers' representatives, workers' representatives, safety officers and other competent persons.

This datasheet list, in a standard format, different hazards to which Cricket Players may be exposed in the course of their normal work. This datasheet is a source of information rather than advice. With the knowledge of what cause injuries and diseases, is easier to design and implement suitable measures towards prevention.

Who is a cricket player?

Cricketer is a sports player that performs either solely or in combination: overhead bowling of ball, batting, wicket keeping and out-fielding; the game consists of two teams of 11 players.

What is dangerous about this job?

- Cricket players when bowling at faster speeds (greater than 80 mph) and repetitively (hours in a game) over many years, may have injuries to shoulders, elbows and/or lower body.
- Cricket players during bowling, battling or playing in the outfield may suffer impact injuries from the hard ball used, thus causing bone fractures, eye injuries, and possible head injuries.
- Cricket players are often exposed to physical hazards such as heat, ultraviolet radiation from playing in the sunlight and stadium noise.

Hazards related to this job

Accident Hazards 	Acute musculoskeletal strains or sprains caused by twisting, repetitive playing at high levels, especially at the professional level.	1 2
	Boney injuries caused by hard ball hitting the face or extremities.	3
	Head trauma and eye injuries from flying ball going at high speed.	4
	Falls from fielding or in attempt to out the other player.	1
Physical Hazards 	Exposure to ultraviolet light may cause various levels of sunburns and increase risk of skin cancer.	5
	Exposure to excess heat during game play or practice sessions may lead to heat related injuries.	6
	Exposure to excessive noise (> 90 dBA), esp. during game plays in the stadium.	7
Chemical Hazards 	None	
Biological Hazards 	Tinea cruris infection: Jock itch due to improper hygiene practices and unclean facilities.	8
	Tinea pedis infections: Foot fungus from improper hygiene and unclean facilities .	8
Ergonomic, Psychosocial and Organizational Factors 	Acute musculoskeletal injuries (lower back strains, ligamentous and/or tendinous sprains) caused by physical overexertion and incorrect combination of weight and posture during fast bowling.	1
	Cumulative trauma disorders, including arthritis caused by long-time repetitive work.	1
	Psychological stress when working under intense pressure to perform at their best to win games.	9
	Hazards related to violence, alcohol abuse, drug abuse, prostitution, etc. given celebrity status of professional sports players.	9

Preventive measures

1	Frequent stretching before game to decrease muscle injuries in the form of strains; also frequent agility, core strengthening and other muscle strengthening exercises.
2	Wear shoes designed for cricket.
3	Wear protective elbow and knee pads.
4	Wear a protective helmet, mouth and face guards if you are the batsman or behind the batsman, playing catcher.
5	Wear adequate clothing including hat and head-gear for protection in adverse weather (i.e. excess sunlight); wear sunscreen with adequate UV protection .
6	Drink water before, during and after play to stay hydrated.
7	Wear proper personal ear protection as needed (i.e. ear plug).
8	Clean facilities with proper disinfectant products and encourage good hygiene in locker rooms, communal showers, etc.
9	Psychological counseling and education on stress management.

Specialized Information

Synonyms	Cricket player. Cricketer
Definitions and/or description	Professional Cricketer has to be adept at sharing responsibilities and working constructively with others on the team. He/she should demonstrate a keen sense of personal responsibility as part of being a professional athlete. Articulate in conveying ideas within a group, with the experience of giving and receiving feedback. Very disciplined and self-motivated individual, with the capacity to set and achieve goals, professionally to be the best player one can be. A cricketer should have Interest in differing cultures, through games that are played in many countries. He/she should also attend all possible team practices and other designated team events.
Related and specific occupations	Baseball player, softball player
Tasks	Winning the match; running; bowling; batting; fielding (catching and throwing the ball to decrease runs or out the opponent); catching the ball; tagging the wicket to out the opponent;
Primary equipment used	Cricket ball (hard, weighing 163 g), cricket bat (made of wood), wickets (3 wooden spikes/stumps), gloves for the catcher behind the wicket, helmet
Workplaces where the occupation is common	Neighborhood parks, school's out-door field facility, professional stadiums
References	- Jubilee Sports Physiotherapy. (2013). Avoid being bowled over: Prevention of five common cricket injuries. [Internet] Retrieved from: http://jubileesportsphysio.com.au/dealing-injuries/avoid-being-bowled-over-prevention-of-five-common-cricket-injuries - Bruno PJ, Huie PA, Gordon S, Norman W. (2011). Professional sports. [Internet] Retrieved from ILO: http://www.ilo.org/oshenc/part-xvii/entertainment-and-the-arts/entertainment/item/803-professional-sports - Finch CF, Elliot BC, Mcgrath AC. (1999). Measures to prevent cricket injuries: An overview. Sports Medicine; 28(4): 263-272. - Sports Injury Bulletin. (2013). Cricket Injuries. [Internet] Retrieved from: http://www.sportsinjurybulletin.com/archive/cricket-injuries.html - Sports Injury Clinic. (2013). Sports Injuries. [Internet] Retrieved from: http://www.sportsinjuryclinic.net/sport-injuries - Stretch RA. (2003). Cricket injuries: a longitudinal study of the nature of injuries to South African cricketers. British Journal of Sports Medicine; 37(3): 250-253.