



The stress and underground environment

A. Chama

Occupational Health Department, Etablissement Public de Santé de Proximité d'Es-Sénia, Oran, Algérie (chama_a@yahoo.fr)

Currently, the program of prevention in occupational health needs mainly to identify occupational hazards and strategy of their prevention. Among these risks, the stress represents an important psycho-social hazard in mental health, which unfortunately does not spare no occupation. My Paper attempts to highlight and to develop this hazard in its different aspects even its regulatory side in underground environment as occupational environment. In the interest of better prevention, we consider "the information" about the impact of stress as the second prevention efficient and no expensive to speleologists, hygienists and workers in the underground areas. In this occasion of this event in Vienna, we also highlight the scientific works on the stress of the famous viennese physician and endocrinologist Doctor Hans Selye (1907-1982), nicknamed "the father of stress" and note on relation between biological rhythms in this underground area and psychological troubles (temporal isolation) (Jurgen Aschoff's works and experiences out-of time).