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# What is Barotrauma?

## Description

**Barotrauma** is a medical condition that occurs when sudden changes in barometric (air) or water pressure damage your body. It can affect various parts of the body, including the ears, sinuses, and lungs.

## Types of Barotrauma

1. **Ear Barotrauma:** This type affects your middle ears. It can happen during scuba diving or flying in an airplane. Symptoms may include a feeling of fullness in the ears and trouble hearing.
2. **Sinus Barotrauma:** Sudden or extreme changes in air or water pressure may put pressure on your sinuses, causing pain.
3. **Pulmonary Barotrauma:** This type affects the lungs and can be a serious medical issue.

## Causes of Barotrauma

Barotrauma happens when outside air or water pressure changes faster than your body can safely adapt. This can occur during activities like flying in an airplane, scuba diving, or during uncontrolled decompression of a pressure vessel.

## Barotrauma in the Workplace

In certain occupations, such as aviation, diving, and working in pressure-controlled environments, the risk of barotrauma is significantly higher. Workers in these fields are often exposed to rapid changes in air or water pressure, which can lead to various types of barotrauma. Employers and employees in these industries should be aware of the risks and symptoms of barotrauma and take necessary precautions to prevent it.

## Preventing Barotrauma

While most barotrauma conditions aren't serious and their symptoms go away without treatment, some instances may be life-threatening and require immediate medical attention. Therefore, it's important to understand the risks associated with activities that can cause barotrauma and take necessary precautions.

## CATEGORY

1. Health

## POST TAG

1. Barotrauma
2. Dust
3. Health
4. Occupational Illness and Disease

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5. Personal Protective Equipment (PPE)

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