

International Hazard Datasheet on Occupation

Professional Association Football (Soccer) 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 lists, in a standard format, different hazards to which a professional association football (soccer) player 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 causes injuries and diseases, is easier to design and implement suitable measures towards prevention.






Who is a professional association football (soccer) player?

A professional association football (soccer) player is someone who plays association football for a living, often as their full-time occupation. Association football leagues are found all over the world, and usually structured at various levels based on player skill. Many amateur, youth, university and intramural teams are found as well.

What is dangerous about this job?

- Professional association football players may be injured in the course of the game, often in their lower bodies as part of tackles.
- Footballers may also sustain upper body or head injuries, especially with headers or challenges in the air.
- Footballers are also exposed to physical hazards such as noise during games, excessive heat and/or cold, and excessive sun exposure.
- Footballers are exposed to biological hazards such as infections due to travel and close quarters. MRSA is a growing concern in sports locker rooms throughout the world.

Hazards related to this job

Accidental Hazards 	Joint injuries, especially at the knee and ankle, often due to tackles from opposing players.	1 2
	Fractures, primarily in the lower body, also resulting from tackles and other trauma sustained during the game.	1 2
	Concussions and head trauma from heading the ball and mid-air collisions.	3
	Cuts and scrapes from opposing players, cleats, and friction from the pitch.	1 4
Physical Hazards 	Noise-induced hearing loss from prolonged periods in loud stadiums and other crowded venues.	5
	Dehydration, heat exhaustion or heat stroke from extended periods in hot weather.	6
	Exposure to significant UV radiation from being out in the sun during games and practice.	7
	Exposure to ionizing radiation from frequent air travel.	8
	Exposure to extreme cold from extended periods in cold weather.	9
Chemical Hazards 	Irritation of the eyes, nose, and throat due to fireworks and smoke bombs from the crowd.	10
	Exposure to fertilizers or pesticides from the pitch. Exposure to chemicals used in manufacturing of artificial turf.	11
Biological Hazards 	Infections due to the exposure to urine, feces, or other body fluids from the crowd.	10
	Airborne infections due to close quarters with other players (locker rooms, hotel rooms, airplanes).	12 13
	Fungal and bacterial skin infections due to trauma or friction, i.e. athlete's foot, jock itch, boils.	4 12
Ergonomic, Psychosocial and Organizational Factors 	Mental stress and burnout stemming from intense pressure to perform well and limited time for personal relationships.	14
	Stress and burnout from physically exhausting games and training, media engagements, and frequent travel.	15

Preventive measures

1	Wear proper equipment and padding, such as shin guards, ankle stabilizers, and boots.
2	Perform stretches and other training exercises to prevent musculoskeletal injury.
3	Consider use of helmets and other protective headgear to prevent concussions.
4	Maintain infection precautions and sterile procedures when treating injuries.
5	Consider earplugs or other noise protection.
6	Hydrate aggressively throughout matches and practice, especially in warmer weather.
7	Wear UVA and UVB protective sunscreen in sunny weather. Consider shaded benches and other sideline areas.
8	Consider ground travel when appropriate. Wear UVA and UVB protective sunscreen in sunny weather. Consider shaded benches and other sideline areas.
9	Maintain heated benches and sidelines areas. Consider full-length kits and thermal undergarments.
10	Ban hazardous chemicals, fluids and weapons from crowd use.
11	Use organically maintained natural grass lawns when possible.
12	Maintain proper sanitation of all stadium facilities.
13	Maintain preventative medical care for all athletes and staff, including routine vaccinations.
14	Confer with team counselor/psychologist if available.
15	Exercise strategies to cope with jetlag and frequent air travel.

Specialized Information

Synonyms	Soccer player; football player; association football player
Definitions and/or description	One who plays the sport of association football or soccer for financial compensation, especially as a full-time profession.
Related and specific occupations	Athletes; American Football Player; Lacrosse Player; Field Hockey Player; Beach Football Player; Beach Soccer Player; Rugby Player; Australian Rules Football Player; Indoor Soccer Player; Futsal Player
Tasks	Kicking; Scoring; Heading; Playing; Goalkeeping; Goaltending; Tackling; Dribbling; Passing
Primary equipment used	Football; Soccer ball; Cleats/boots; Kit; Uniform
Workplaces where the occupation is common	Stadiums; Fields (natural or artificial turf); Beaches; Indoors
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