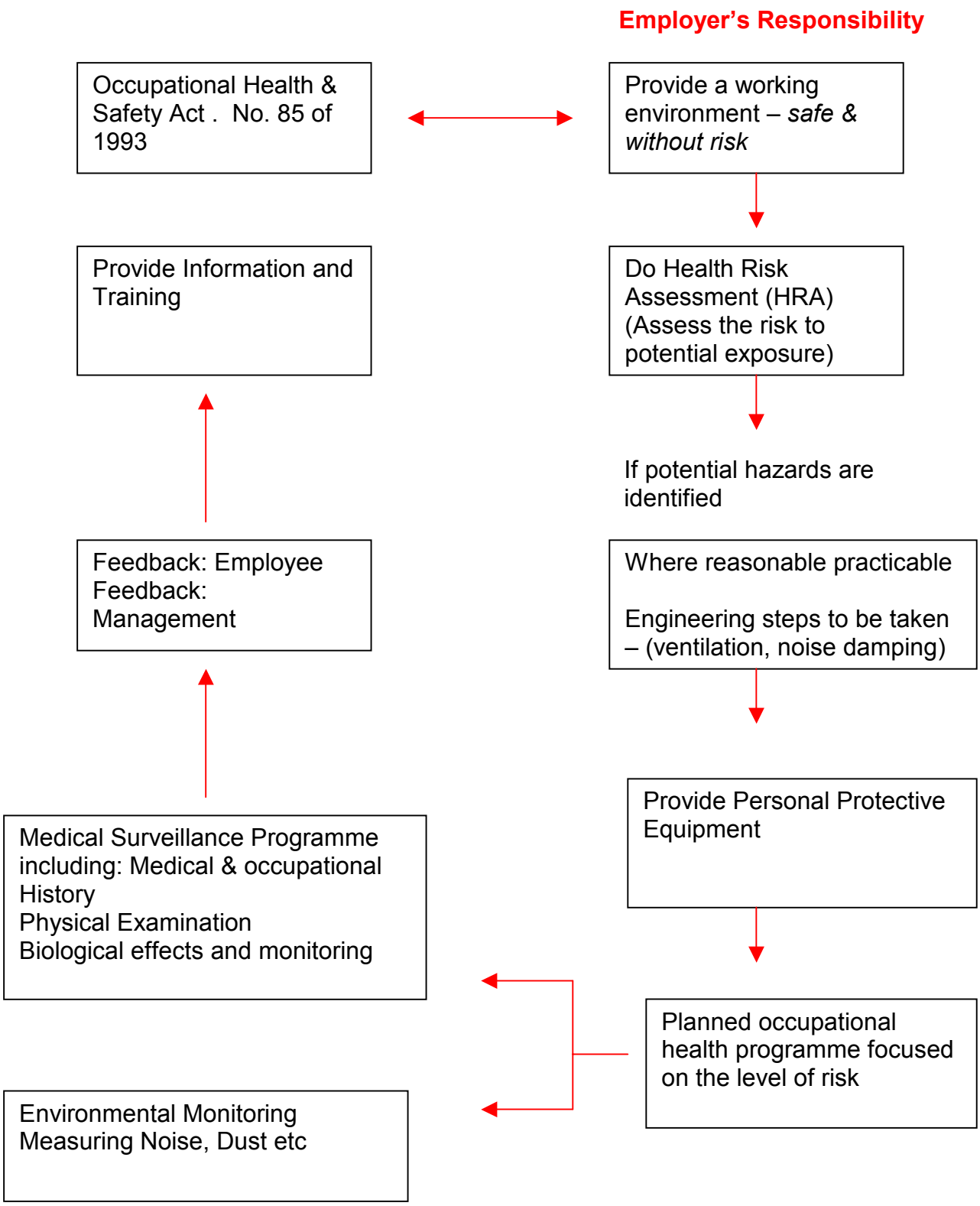Basic Guidelines to ensure Occupational Health Legal Compliance