

Assignment: Health and Safety in the Workplace

Assignment: Watch safety video at link provided below. Read the passage below and article at the website provided and take quiz called “Health and Safety in the Workplace” on Quiz Star.

Video: <http://www.cdc.gov/niosh/talkingsafety/video.html>

Article: <https://safetylinelneworker.com/blog/workplace-hazards/>

Hazard by definition is anything that has potential to harm the health and safety of a person.
Workplace hazards

Employers have a responsibility to protect workers against health and safety hazards at work. Workers have the right to know about potential hazards and to refuse work that they believe is dangerous. Workers also have a responsibility to work safely with hazardous materials.

Health and safety hazards exist in every workplace. Some are easily identified and corrected, while others create extremely dangerous situations that could be a threat to your life or long-term health. The best way to protect yourself is to learn to recognize and prevent hazards in your workplace.

There are four main types of workplace hazards:

Physical hazards are the most common hazards and are present in most workplaces at some time. Examples include: frayed electrical cords, unguarded machinery, exposed moving parts, constant loud noise, vibrations, working from ladders, scaffolding or heights, spills, tripping hazards.

Ergonomic hazards occur when the type of work you do, your body position and/or your working conditions put a strain on your body. They are difficult to identify because you don’t immediately recognize the harm they are doing to your health. Examples include: poor lighting, improperly adjusted workstations and chairs, frequent lifting, repetitive or awkward movements.

Chemical hazards are present when you are exposed to any chemical preparation (solid, liquid or gas) in the workplace. Examples include: cleaning products and solvents, vapors and fumes, carbon monoxide or other gases, gasoline or other flammable materials.

Biological hazards come from working with people, animals or infectious plant material. Examples include: blood or other bodily fluids, bacteria and viruses, insect bites, animal and bird droppings.

Examples of things that may cause a hazard:

- Removing or disabling guards or safety devices on machinery or equipment
- Using hands instead of tools or push sticks
- Using defective tools or equipment
- Using machinery without proper authority or training
- Operating at unsafe speeds or outside safety practices
- Failing to use personal protective equipment

Effective ways to prevent workplace hazards:

- Listen to concerns of workers and supervisors

- Gaining further information about your job and duties
- Practice good safety skills
- Determine underlying causes of hazards
- Identify existing hazards or potential hazards

*Remember to complete your Weekly Work Time Sheet for the week. All boxes must be filled out to receive full credit. Once completed scan and email to me or take a picture of it with your cell phone and text it to me.

Information used from:

<http://www.takeonestep.org/Pages/yoursafety/safenotsorry/workplacehazards.aspx>