



Work Safety and Health Regulations



Learning objectives

- To define the work safety and health requirements
- To name personal protective equipment
- To recognise work safety and health issues
- To use personal protective equipment in an appropriate
- To monitor work processes according to requirements and avoid occupational accidents

Content

- Workplace safety
- Working safely
 - Personal Protective Equipment (PPE)
 - Health and Safety signs
 - Lifting
- European legislation & International Conventions



Workplace Safety

Workplace Safety



What are the main hazards in a specific workplace?

Answer:

A hazard is anything that has the potential to cause injury or illness. Hazards in the workplace can include:

Physical - examples:

- * noise and vibration*
- * temperature and humidity*
- * poor ventilation*
- * poor lighting*
- * untidiness*

Chemical - examples:

- * dangerous goods and chemicals*
- * poor ventilation, which can cause problems with dust, fumes, vapours, gases and liquids.*

Environmental - examples:

- * condition and design of equipment and furniture*
- * occupational overuse injuries such as incorrect lifting.*

Human behaviour - examples:

- * boredom*
- * distraction*
- * interpersonal interactions*
- * aggression*
- * communication problems*

Workplace Safety

Providing and maintaining safe machines and systems of work for supported employees



How can this be achieved in your workplace?

Answer:

If you are working with a group of unexperienced employees, discuss successful strategies or provide some examples of good practices.

Workplace Safety

Organising the safe use of dangerous goods and hazardous chemicals



How can this be achieved in your workplace?

Answer:

If you are working with a group of inexperienced employees, discuss successful strategies or provide some examples of good practices.

Workplace Safety

Controlling hazards



How can this be achieved in your workplace?

Answer:

If you are working with a group of inexperienced employees, discuss successful strategies or provide some examples of good practices.

Workplace Safety

Providing instruction, training and supervision to supported employees



How can this be achieved in your workplace?

Answer:

If you are working with a group of unexperienced employees, discuss successful strategies or provide some examples of good practices.

Either provide the following advice:

***“If you are not sure how to do it,
don’t do it. ASK!”***

Workplace Safety

Monitoring work area and employee health



How can this be achieved in your workplace?

Answer:

If you are working with a group of unexperienced employees, discuss successful strategies or provide some examples of good practices.

Place the appropriate labels or signs





Working Safely



What does working safely mean?



Working Safely

How can we ensure “working safely”?

- To identify and use protective clothing or equipment appropriately
- To carry out safety checks on equipment prior to operation
- To set up and organise the workplace
- To follow safety instructions
- To perform manual handling tasks to recommended safety practice
- To take appropriate action:
 - When they notice something is unsafe at work
 - If the fire alarm goes off
 - To move objects in the workplace.

Personal Protective Equipment (PPE)

What is PPE?

Equipment that will protect the user against health or safety risks at work. It can be safety helmets, gloves, eye protection, high-visibility clothing, safety footwear, safety harnesses etc.



Working Safely



What are hazards?

A hazard is anything that could hurt or make someone sick.



Types of PPE

For eyes

Safety spectacles



Safety goggles



Visor



Face screens



Face shield



Hazards

Chemical or metal splash, dust, projectiles, gas and vapour, radiation

Types of PPE

For head and neck

Safety helmets



Bump cap



Firefighters' helmets



Hazards

Impact from falling or flying objects, risk of head bumping, hair getting tangled in machinery, chemical drips or splash, climate or temperature

Types of PPE

For ears

Earplugs



Earmuffs



Semi-insert/canal caps



Hazards

Noise – a combination of sound level and duration of exposure, very high-level sounds are a hazard even with short duration

Types of PPE

For hands and arms

Gloves



Sleeving



Gloves with a cuff



Gauntlets



Hazards

Abrasion, temperature extremes, cuts and punctures, impact, chemicals, electric shock, radiation, vibration, biological agents and prolonged immersion in water

Types of PPE

For feet and legs

Safety boots



Safety shoes



Mid-sole wellington boots



Hazards

Wet, hot and cold conditions, electrostatic build-up, slipping, cuts and punctures, falling objects, heavy loads, metal and chemical splash, vehicles

Types of PPE

For lungs

Safety masks



Filtering facepieces



Breathing apparatus



Hazards

Oxygen-deficient atmospheres, dusts, gases and vapours

Types of PPE

For whole body

Boiler suits



Conventional or disposable overalls



Aprons



Chemical suits



Hazards

Heat, chemical or metal splash, spray from pressure leaks or spray guns, contaminated dust, impact or penetration, excessive wear or entanglement of own clothing

Health and Safety Signs

There are 5 main categories of signs:

1. Prohibition signs
2. Mandatory signs
3. Warning signs
4. Safety condition signs
5. Fire safety signs

Health and Safety Signs

1. Prohibition signs

Examples



Health and Safety Signs

2. Mandatory signs

Examples



Health and Safety Signs

3. Warning signs

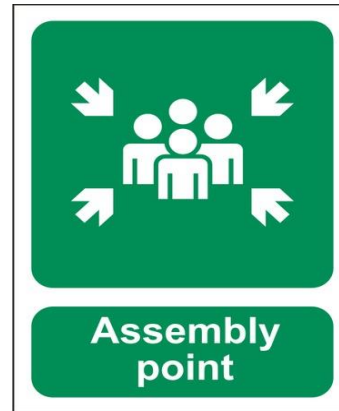
Examples



Health and Safety Signs

4. Safety condition signs

Examples



Health and Safety Signs

5. Fire safety signs

Examples



Health and Safety Signs

Exercise: Match signs with type



Prohibition sign



Mandatory sign



Warning sign



Safety condition sign



Fire safety sign

Health and Safety Signs

Answers:



Prohibition sign



Mandatory sign



Warning sign



Safety condition sign



Fire safety sign

Lifting

- ✓ Principles of safe lifting practices
 - Correct body position during lifting or lowering
- ✓ Lifting equipment



Lifting - Principles of safe lifting practices



How can you lift something properly?

1. Plan the lift

- Unfamiliar loads must be treated with caution.
- Remove any obstructions or tripping hazards from the route
- Plan resting places if the load is to be moved a long distance
- Consider the use of PPE

2. Place the feet apart

- Give a stable base for lifting
- Wear suitable clothes and shoes
- Place one leg forward of the other will help improve balance and control

Lifting - Principles of safe lifting practices



How can you lift something properly?

3. Bend your knees

- Keep your back straight
- Keep your shoulders level

4. Grip the load with your palms, rather than just your fingers

- Keep your arms close to your body to help support the load.

Lifting equipment



Lifting trolleys



Pallet jacks



Forklift

Lifting



Exercise

What things need more than one person to lift them?

Answer:

- Slide the load to the centre of the bench
- Stand side on the bench with the insight foot slightly forward
- Reach over and slide the load, from one edge, then the other, until it is at the edge of the bench
- Slide the load forward until the front edge of the load slightly overhangs the bench
- Grip the load at each corner



Safe work practices and methods

Like all employees, supported employees must use safe work practices and methods.

As support staff, your role is to **assist** supported employees to use safe work practices and methods.



How do you achieve this?

Answer:

Discuss successful strategies or provide some examples of good practices.



European legislation & International Conventions

Directive 89/391/EEC

Aim:

To introduce measures to encourage improvements in the safety and health of workers at work.

Content of Directive:

General principles concerning

- Prevention of occupational risks
- Protection of safety and health
- Elimination of risk and accident factors
- Informing, consultation, balanced participation in accordance with national laws and/ or practices
- Training of workers and their representatives
- General guidelines for the implementation of the said principles

Directive 89/391/EEC

Worker's obligations (*Article 13*)

Workers must in particular, in accordance with their training and the instructions given by their employer:

- Make **correct use** of machinery, apparatus, tools, dangerous substances, transport equipment and other means of production;
- Make **correct use** of the personal protective equipment (PPE) supplied to them and, after use, return it to its proper place;

Directive 89/391/EEC

Worker's obligations (*Article 13 – con't*)

Workers must in particular, in accordance with their training and the instructions given by their employer:

- Refrain from disconnecting, changing or removing arbitrarily safety devices fitted, e.g. to machinery, apparatus, tools, plant and buildings, and use such safety devices correctly;
- Immediately inform the employer and/ or the workers with specific responsibility for the safety and health of workers of any work situation they have reasonable grounds for considering represents a serious and immediate danger to safety and health and of any shortcomings in the protection arrangements;

Directive 89/391/EEC

Worker's obligations (*Article 13 – con't*)

Workers must in particular, in accordance with their training and the instructions given by their employer:

- Cooperate, in accordance with national practice, with the employer and/or workers with specific responsibility for the safety and health of workers, for as long as may be necessary to enable:
 - Any tasks or requirements imposed by the competent authority to protect the safety and health of workers at work to be carried out;
 - The employer to ensure that the working environment and working conditions are safe and pose no risk to safety and health within their field of activity.

Directive 89/391/EEC

Health surveillance (*Article 14*)

1. To ensure that workers receive **health surveillance** appropriate to the health and safety risks they incur at work, measures shall be introduced in accordance with national law and/ or practices.
2. The **measures** referred above shall be such that each worker, if he so wishes, may receive health surveillance at regular intervals.
3. **Health surveillance** may be provided as part of a national health system.

ILO Conventions



International
Labour
Organization

1. **C155** - Occupational Safety and Health Convention, 1981
(entry into force: 11th August 1983)

http://www.ilo.org/dyn/normlex/en/f?p=NORMLEXPUB:12100::NO:12100:P12100_ILO_CODE:C155:NO

2. **P155** - Protocol of 2002 to the Occupational Safety and Health Convention, 1981

http://www.ilo.org/dyn/normlex/en/f?p=NORMLEXPUB:12100::NO:12100:P12100_ILO_CODE:P155:NO

3. **C187** - Promotional framework for occupational safety and health convention (entry into force: 20th February 2009)

http://www.ilo.org/dyn/normlex/en/f?p=NORMLEXPUB:12100::NO:12100:P12100_ILO_CODE:C187:NO