



Nagarjuna Public School, Nanded

Session 11: Protect Health and Safety at work

1. What is Hazard?

Ans: A hazard is any source of potential damage, harm or adverse health effects of the people at workplace. Hazard is a potential source of harm to the health of the worker or employee.

2. Example of Hazards?

Ans: Workplace hazards can come from a wide range of sources. General examples include any substance, material, process, practice, etc. that has the ability to cause harm or adverse health effect to a person or property.

Workplace Hazard	Example of Hazard	Example of Harm Caused
Thing	Knife, Blade	Cut
Substance	Benzene	Leukaemia
Source of Energy	Electricity	Shock, electrocution
Condition	Wet floor	Slips, falls
Process	Welding	Metal fume fever
Behaviour	Bullying	Anxiety, fear, depression

3. Write different types of Hazards?

Ans: Biological Hazards, Chemical Hazards, Ergonomic Hazards, Physical Hazards, Psychosocial Hazards, Safety Hazards

4. What is Biological Hazards?

Ans: Caused by bacteria, viruses, insects, plants, birds, animals, and humans, etc. It includes exposure to harm or disease associated with working with animals, people, or infectious plant materials. Workplaces like schools, day care, colleges, hospitals, laboratories, or various outdoor establishments are more exposed to such type of biological hazards.

5. What is Chemical Hazards?

Ans: It depends on the physical, chemical and toxic properties of the chemical in any form (solid, liquid or gaseous). This type of hazards can cause skin irritation, illness or breathing problems.

6. What is ergonomic Hazards?

Ans: Caused by repetitive movements, improper set up of workstation, etc. It normally occurs when the type of work, body posture and working conditions put a strain on your body.

7. What is Physical Hazards?

Ans: Physical hazards can be any factors within the environment that can harm the body without necessarily touching it. It can be caused by radiation (microwave, radio wave), pressure extremes (high pressure or vacuum), constant loud noise, high exposure to sunlight/ultraviolet rays, temperature extremes (hot and cold), etc.

8. What is Psychosocial Hazards?

Ans: Caused by stress, violence, etc. at workplace. This type of hazard can be caused by unwanted stress of work completion on time, quarrelling, violence or fights with colleagues, lack of control and respect, etc.

9. What is Safety Hazards?

Ans: Safety Hazards are caused by unsafe working conditions that can result in injury, illness, and death. Safety hazards are the most common workplace hazards. It is caused by

- Slipping hazards
- Tripping hazards
- Inappropriate machine guarding and equipment malfunctions

10. What is general Evacuation procedure during hazard?

Ans: By identifying hazards at your workplace, you will be better prepared to control or eliminate them and prevent accidents, injuries, property damage.

The following points must be kept in mind:

1. First aid boxes at various places in the office.
2. Trained first aiders - on all floors of a building.
3. Knowledge of the nearest casualty department or local hospital.
4. Access to call for an ambulance.

11. Write any 10 precautions that are to be taken of at the workplace.

- Ans:
- 1) Clean and organize your workspace.
 - 2) Ensure a clear and easy route to emergency exits and equipment.
 - 3) Be alert and awake on the job.
 - 4) Be attentive at all times to your work surroundings.
 - 5) Never take risks when it comes to safety.
 - 6) Obey safety signs, stickers, and tags.
 - 7) Take short breaks when you keep up a repetitive motion for a long period of time, and sit, stand, or walk with good posture.
 - 8) Report serious injuries immediately to a supervisor and get emergency assistance.
 - 9) Keep things in perspective. Hazards may be limitless, so focus on the most likely risks first.
 - 10) Take responsibility and clean up if you made a mess.

12. You should maintain a healthy lifestyle to survive and sustain in the workplace? Why?

Ans: Healthy Lifestyle leads to a healthy being. A healthy living has a lasting impact on an individual which ultimately yields a healthy environment at home as well as at work place. a happy and healthy worker will always perform best to his ability.
So healthy lifestyle helps to keep and improve people's health and well being.

13. What are the factors includes a healthy lifestyles?

Ans: **A healthy lifestyle includes :**

- healthy eating habits
- physical activities
- stress management
- healthy mind
- sound sleep
- goal setting

14. Explain any two ways through which one can maintain a healthy body at workplace?

Ans: **1. Watch your steps**

- Actively engage and promote physical activities: walking, using stairs, taking active breaks and movements throughout the day.
- Encourage staff to join sports events, use the fitness centre, or participate in exercise sessions provided by the organization.
- Conduct daily active and happy breaks at the workplace.
- Promote at least 30-45 minutes of daily exercise.
- Offer ways to do monthly self-assessment of physical activity level.

2. Watch your stress level

- Introduce stress consultation and counseling services for staff.
- Create a physical space for reflection and thinking.
- Promote de-stressing (relaxation) exercise e.g. yoga, deep breathing, meditation, etc.