Health & Safety



HEALTH AND SAFETY TRAINING

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Health & Safety Officer

TRAINING OBJECTIVES

- The core objectives of this training is to prevent workplace injuries , illness and fatalities by identifying hazards, managing risks and fostering a safe culture.

Key objectives of Health and Safety

- To ensure physical and mental wellbeing of all employees
- To prevent accident and diseases
- To improve productivity and efficiency
- Foster a culture of safety
- To ensure legal compliance

CONTEXT

- Introduction……
- Health and Safety ……
- Identification of hazards ……
- Roles and Responsibilities ……
- Conclusion ……

INTRODUCTION

International Labor Organization (ILO) estimates > 2.3 million fatalities every year due to occupational accidents and work-related diseases.

It is also estimated that > 337 million workers sustain injuries and >160 million cases of work-related diseases.

Many accidents at work go unreported and most occupational diseases go undiagnosed, (Formal and informal sector) – there is gross under-reporting.

The cost to workers and their families is also countless.

WHAT IS HEALTH AND SAFETY?

According to the **ILO and WHO,** it is**:**

- the promotion and maintenance of the highest degree of physical, mental and social well-being of **all** workers;
- the prevention of adverse effects on health caused by the working conditions;
- the protection of workers from health risks at work;
- the placing and maintenance of workers in occupational environments adapted to his/her physical and mental needs; and the adaptation of work to humans.

BENEFITS OF HEALTH & SAFETY

- Enhance Higher productivity
- Increase efficiency and quality
- Reduced medical and insurance costs
- Improved company reputation

WHAT ARE HAZARDS OR HAZARDOUS

According to the **Canadian Center for Occupational Health and Safety** hazard is defined as follows;

- A hazard is any source of potential damage, harm or adverse health effects on something or someone.
- Basically, a hazard is the potential for harm or an adverse effect (for example, to people health effects, to organizations as property or equipment losses, or to the environment).

IDENTIFYING HAZARDS

Hazards may include but not limited to these in FOCOS

- Biological hazards
- Fire hazards
- Radiation hazards
- Noise and vibrations
- Waste hazards
- Ergonomic

BIOLOGICAL HAZARDS /BIOHAZARD

Biohazards are hazards caused organisms or products of organisms that present a risk to the health of living organisms, primarily humans. This include a sample of a microorganism, virus or toxin that can adversely affect human health

Examples: **Bacteria, Viruses, Fungi, Parasites**



How to control biohazards :

- The use of PPE(Personal Protective Equipment's) such as gloves, gowns, and eye and face protection at all times .

RADIATION HAZARDS

Radiation hazards are unneeded energy in the form of electro-magnetic waves that present harm to humans.

Things to avoid:

- High exposure to electro magnetic wave
- Entering radiation rooms when authorized
- Do not enter X-ray and MRI room with any metal components.

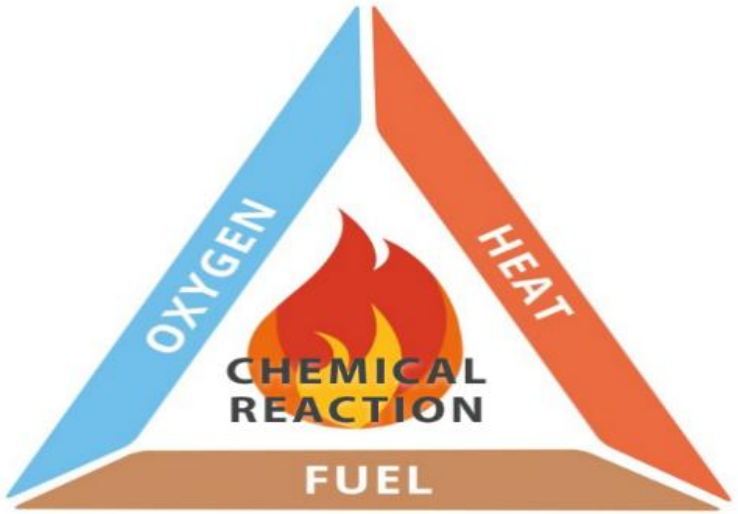


FIRE HAZARDS

Fire hazards are hazards cause by combination of oxygen, heat and fuel that present a risk to our patients, staffs and visitors.

These hazards are cause by:

- Poor Electrical connections
- Flammable materials
- Leaking Gases
- Malfunction Equipment's



FIRE PROCEDURES

If you discover a fire, use the R.A.C.E

- **R= Rescue** patients/ persons in immediate danger if it is safe to do so.
- A= **Activate the Alarm** by alerting the fire response team or calling telephone operator, 192
- **C= Contain** fire & smoke by closing all doors/windows and exit .
- **E= Extinguish** fire, if safe to do

P.A.S.S:

- **P =** pull the pin from the squeezer of the extinguisher
- **A =** aim the nozzle at the base of the fire
- **S** = squeeze the handle to release the contents of the extinguisher
- **S =** sweep to spread the contents in a horizontal fashion

R.A.C.E





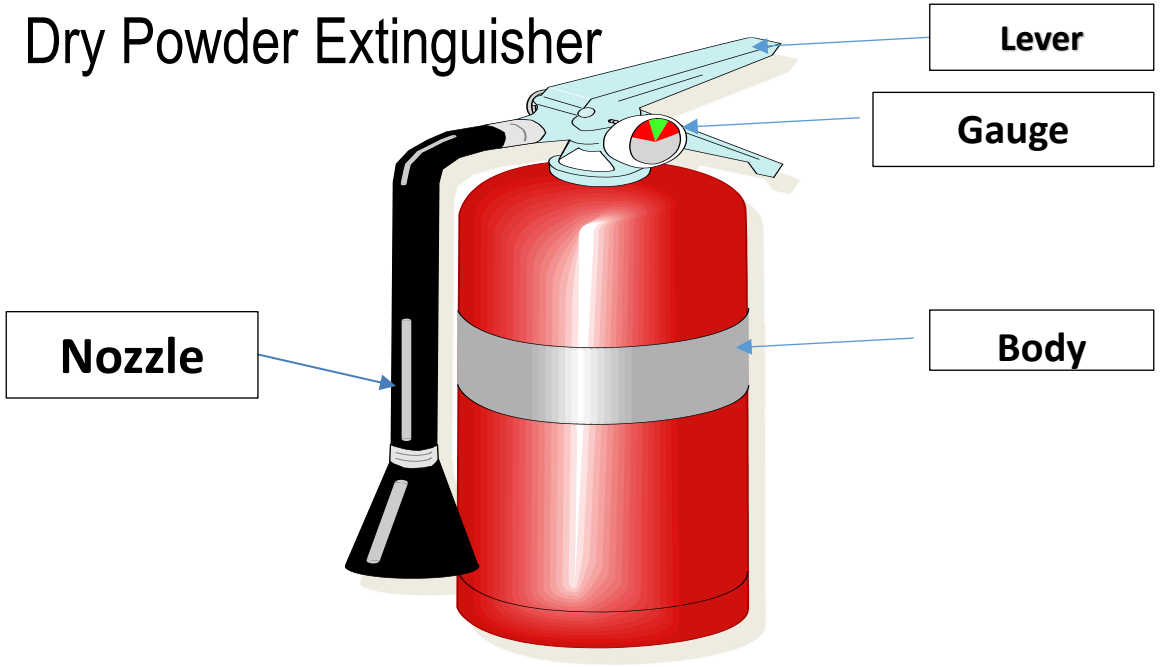




TYPES OF EXTINGUISHERS

There are **two** types of extinguisher:

- Dry Powder Extinguisher



Suitable for Class A, B, C, D & E TYPE fires (Wood, paper, cloth, gasoline, paints, grease, electrical and flammable gasses)

2. Typical CO2 Type B.C. Fire Extinguisher: Suitable for flammable liquid e.g. Gasoline, paints, grease & electrical types)

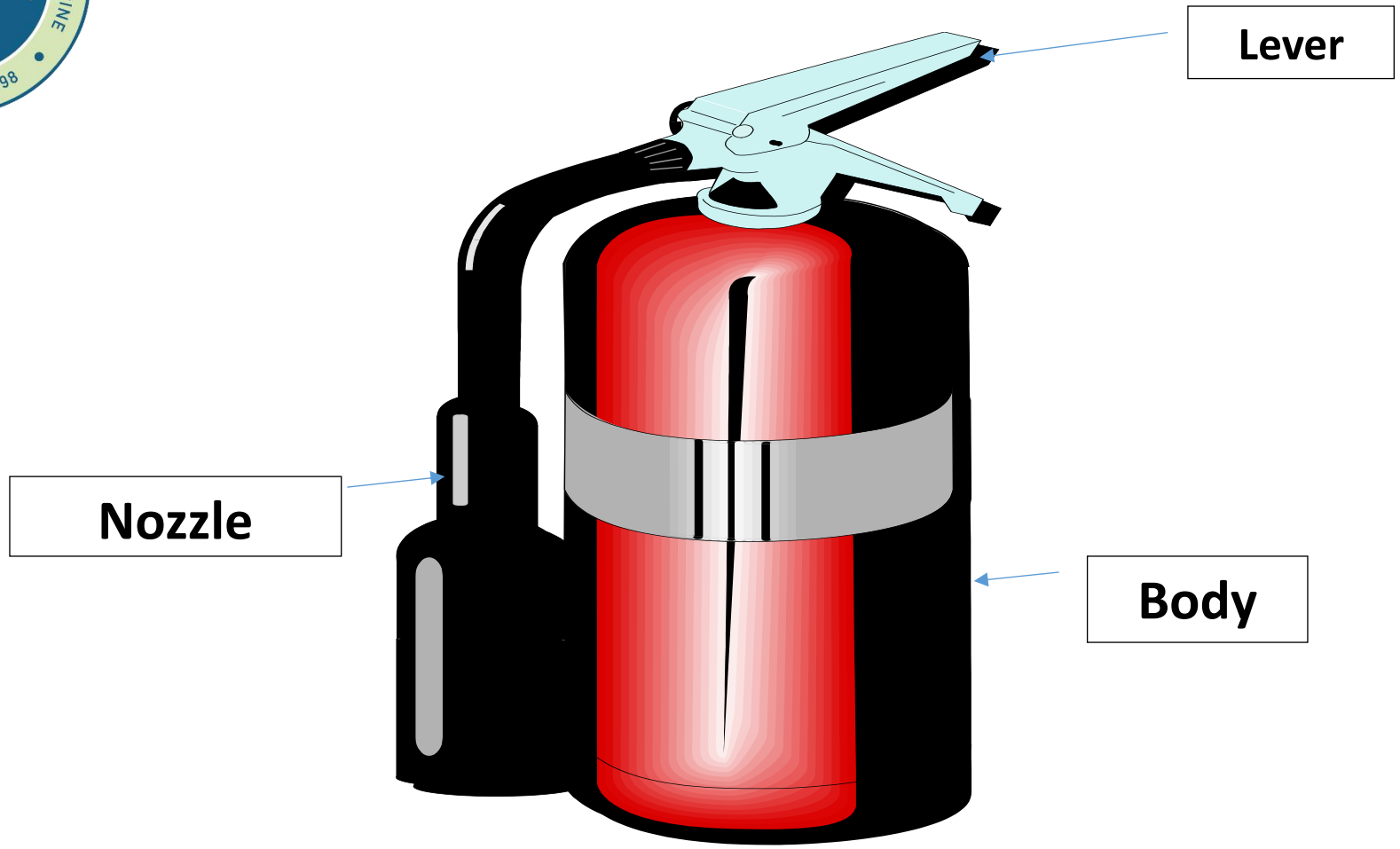
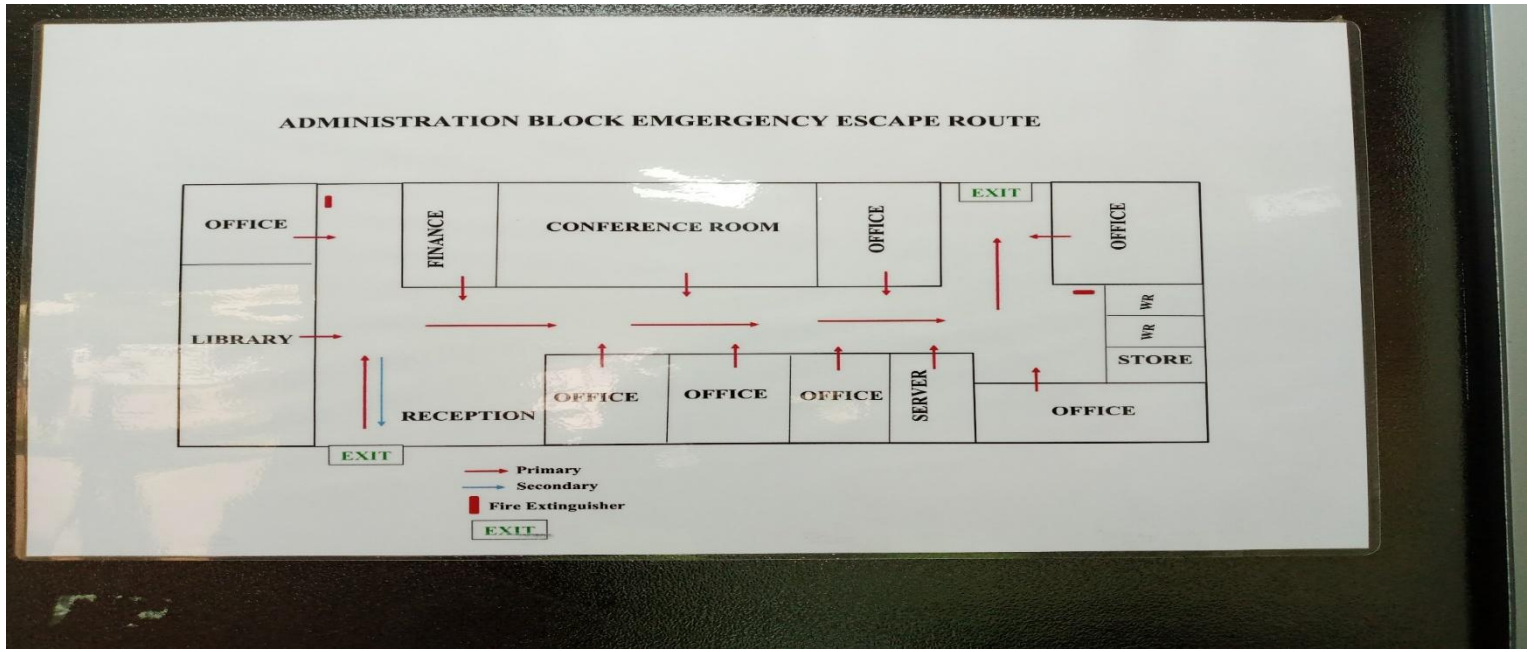


Fig.5: CO2 extinguisher. The special black flat nozzle is the identification of CO2

EMERGENCY ESCAPE ROUTE

Emergency escape route are critical for saving lives , ensuring swift evacuation and preventing injuries during disasters like fire by providing clear unobstructed path to safety.

NB: Exit to the **Emergency Assembly Point only**.





CONTROLLING FIRE HAZARDS

- Turn off all electrical switches when not in use
- Do not overload the extensions board at workstations
- Report damage electrical equipment to health and safety officer or the facility and safety unit
- Read instructions on all electrical gadgets before using them.



ELECTRICAL HAZARD

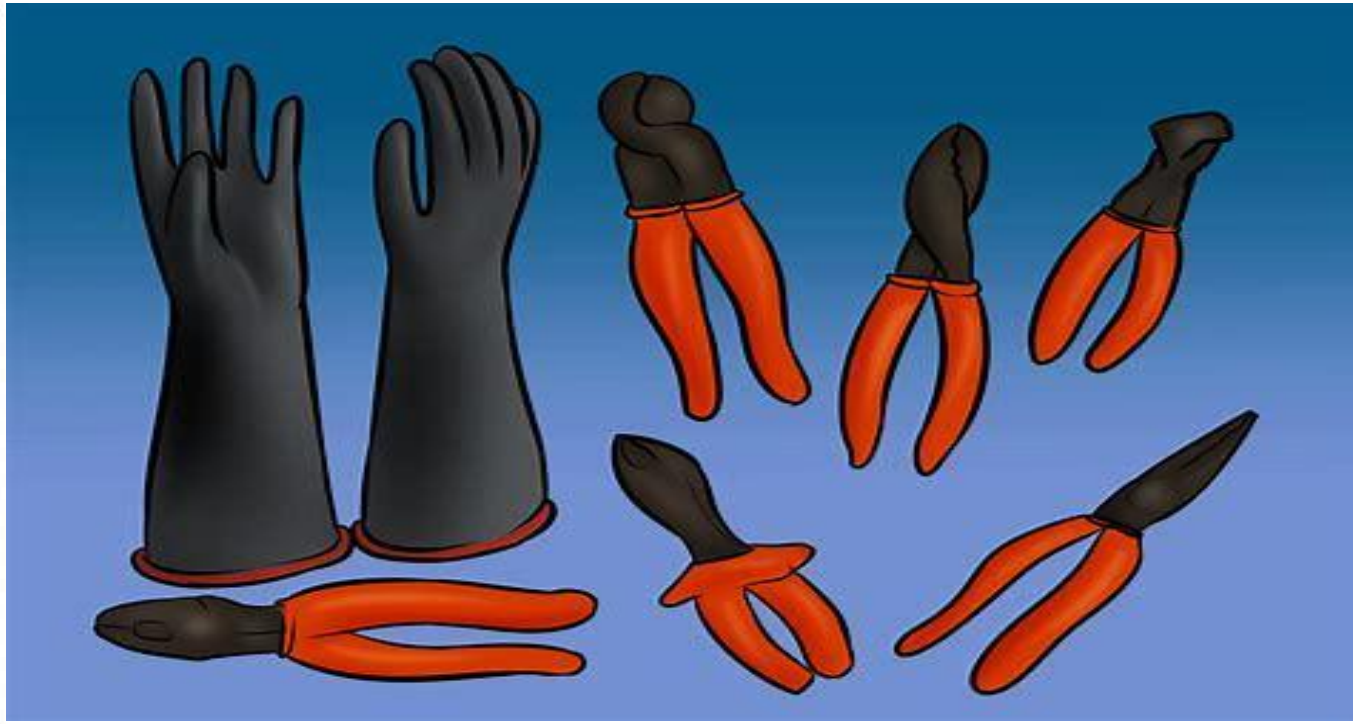
What are electrical hazards?

These are hazards caused by the exposure to the permissible limit of electrons within a live wire which causes death and burns.

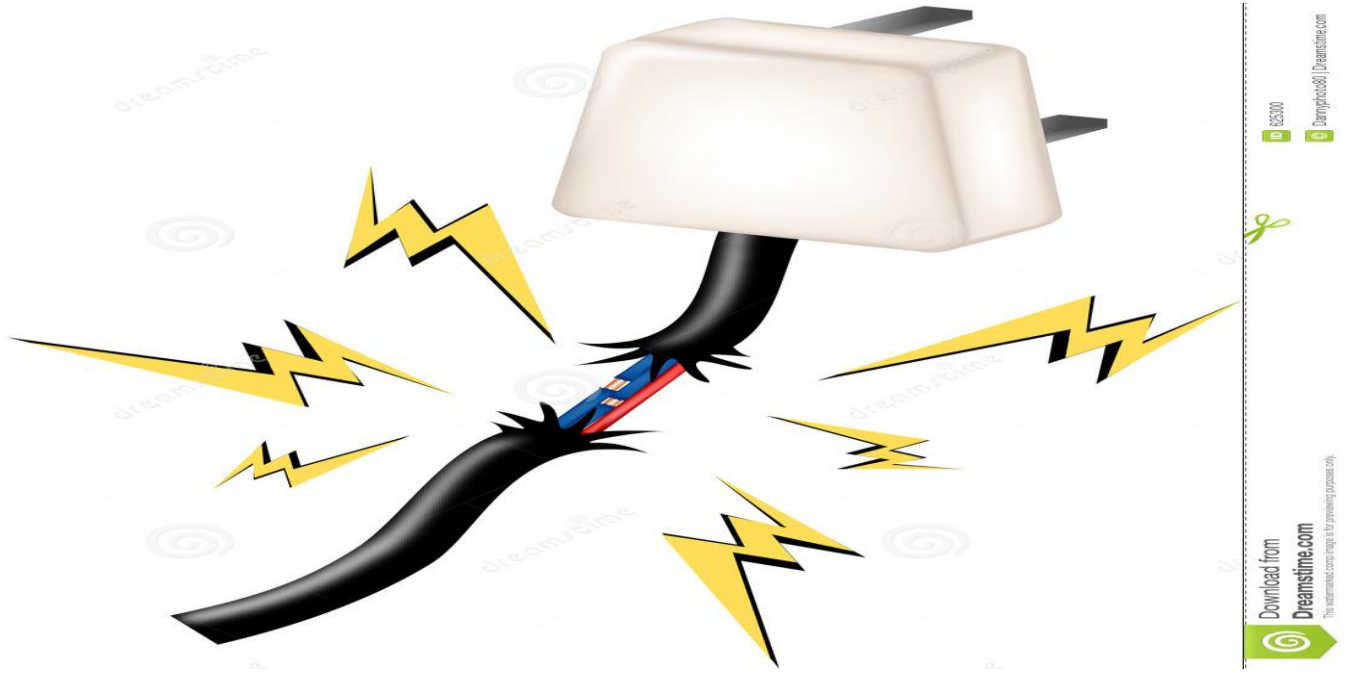
These hazards are caused by:

- Expose live wires
- Using uninsulated materials
- Improper disconnecting of plugs from sockets
- Over loading sockets and extension boards


PLUG into SAFETY
DON'T
YANK CORDS FROM OUTLETS.




PELIGRO
DANGER
SIEMENS
Handyman


Download from
Dreamstime.com

FLAMMABLES CHEMICALS CONTROLS

Things to do to control flammable chemicals:

- Read flammable signatures on materials and within FOCOS surroundings
- Do not expose flammables chemicals to fire.
- Report incidents to facility and safety department



NOISE HAZARDS

Noise hazards are unwanted sounds leading to harmful health effects.

- Do not make any unwanted sound within FOCOS.



MATERIAL SAFETY DATA SHEET (MSDS)

- Are documents that list information relating to occupational safety and health for the use of various chemicals and equipment.
- This information includes, instructions on the chemical compounds, chemical mixtures, potential hazards associated with the chemical/equipment, along with spill-handling procedures and the safe use of the chemical/equipment.

ERGONOMIC HAZARDS

An ergonomic hazard is a physical factor in the work environment that can cause musculoskeletal injuries (MSI) strain or pain to the body's muscles , nerves or tendons.

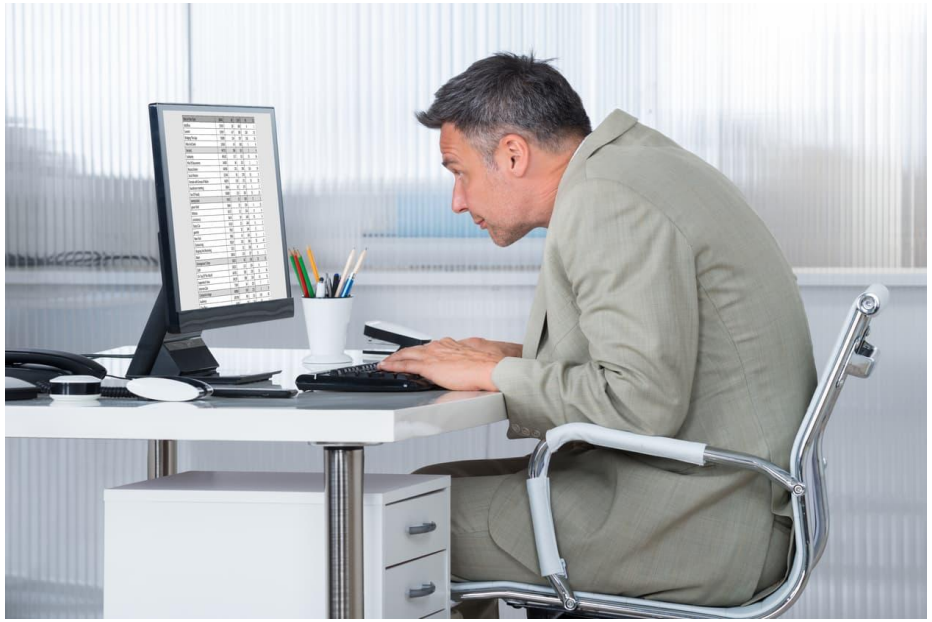
Sources:

- Badly designed machinery, mechanical devices and tools;
- Improper seating and workstation design;
- Poorly designed work practices, and awkward postures;
- Repetitive motions; and
- Workers having to contend with heavy weights, and high forces.

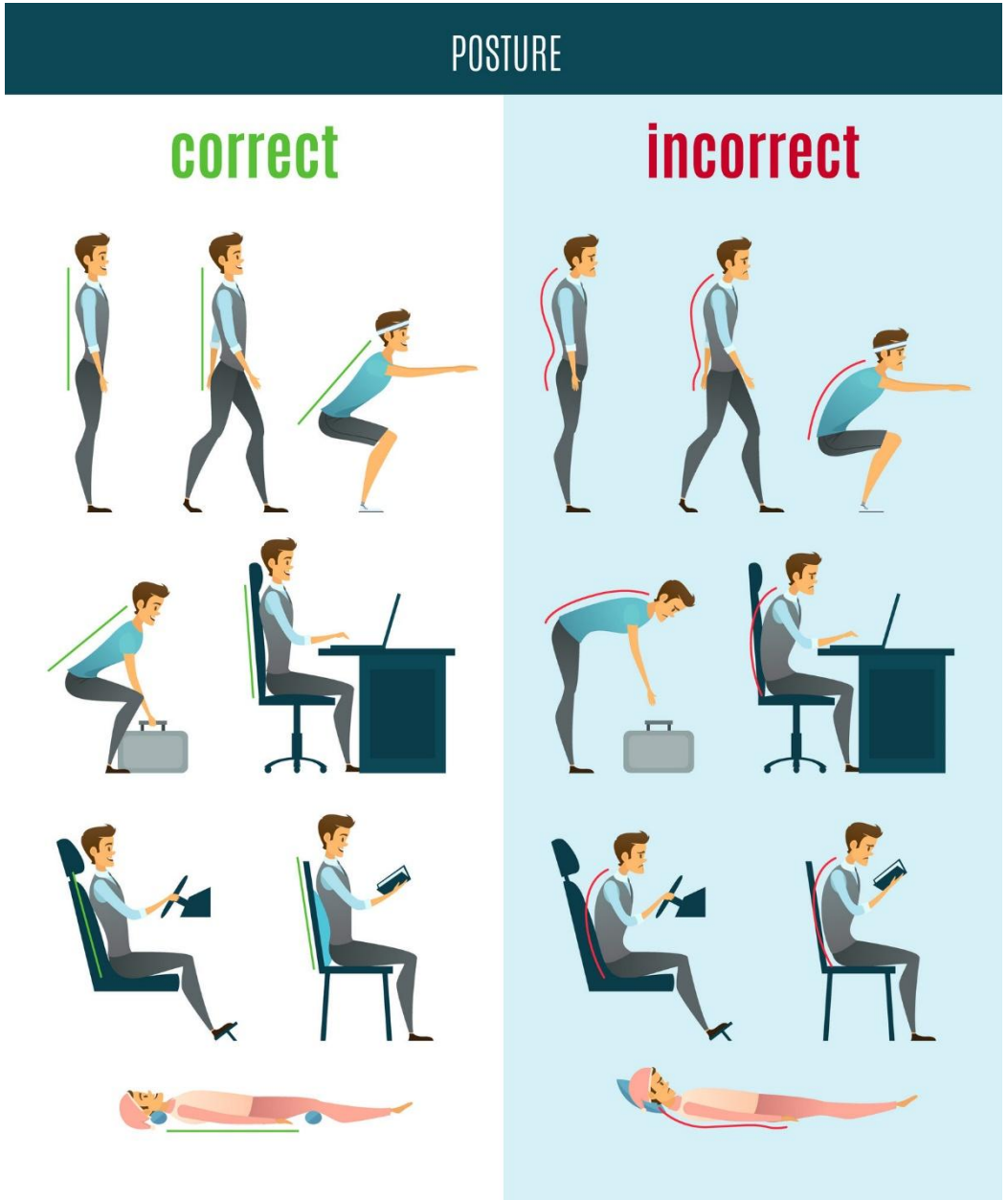
Effects:

- Fatigue;
- Repetitive Strain Injuries (RSI)
- Musculoskeletal Disorders (MSD)
- Back problems especially of the lower back

ERGONOMIC HAZARDS



Poor Seating posture



EMERGENCY COLOR CODES

Emergency Color Codes are used in hospitals worldwide to alert staff to various emergency situations in order not to create fear and panic within patient and visitors.

TYPE OF EMERGENCY	COLOR CODE	
Fire	Red	
External disaster	Orange	
Bomb threat	Black	
HAZMAT spill	Yellow	
Cardiac arrest	Blue	
Missing child	Pink	
Missing Patient	Grey	
Violent patient / visitor	White	

ROLE AND RESPONSIBILITIES

- Read and comply with all risk assessments findings and safe systems of work
- Report any incident, accident, untoward occurrence, near miss, security concern, confidentiality breach, or potential risk which has or may lead to injury or damage.
- Report any defect in machinery or equipment to their manager or supervisor
- Use equipment correctly, including the completion of pre use checks, and not interfere with safety mechanisms, guards or anything provided for the safety of staff and others
- Correctly wear, maintain and store any PPE provided ,Undertake instruction or safety training as required by FOCOS

CONCLUSION

We Believe

Workplace accidents, illness and incidents

are **preventable**

provided that

Health and Safety

is **Managed**

Thank you