

TOP 12 WORKPLACE SAFETY REQUIREMENTS EVERY EMPLOYEE SHOULD BE AWARE OF

Workplace safety cannot exist on best practice guidelines and policies alone. A safe working environment is based on how well the people, in both management and on the workplace floor, adhere to -- and communicate about -- safety standards.

The foundation of any successful workplace safety effort is one that encourages employees to identify unsafe behaviors and opportunities for improvement while also making well-informed safety decisions during daily routine tasks.

Here's the ***Top 12 Workplace Safety Requirements Every Employee Should Be Aware Of*** to help you inform your own workers and create a workplace safety environment based on shared responsibility:

1) Be Aware Of Your Surroundings

This step requires knowing the particular hazards of your job or workplace. Once you've learned these risks, you are able to keep clear of potential hazardous areas, and potential hazardous situations. Also, always be alert of machinery.

2) Know and Fully Understand Your Roll In Emergency Situation

The management should ensure that each employee has been explained his / her roll in case of emergency situation. Regular practice drills may be carried out to test whether each employee has performed his /her assigned rule in the correct way.

3) Keep Correct Posture To Protect Your Back

If you work at a desk, keep your shoulders in line with your hips to avoid back problems. If you're picking things up, use correct form so your back doesn't get hurt. Avoid stooping and twisting. If possible, always use ergonomic designed furniture and safety equipment so everything you need is within easy reach.

4) Take Regular Breaks

So many work-related injuries and illnesses occur because a worker is tired, burned out and not alert to their surroundings. Taking regular breaks helps you stay fresh on the job. One trick to staying alert is to schedule the most difficult tasks when your concentration is best, like first thing in the morning.

5) Use Tools And Machines Properly

Take the proper precautions when using tools, and never take shortcuts. Taking shortcuts is one of the leading cause of workplace injury. It's a huge safety risk to use scaffolding as a ladder or one tool in place of another for a specific job. Using tools the right way greatly reduces the chance of workplace injury.

6) Keep Emergency Exits Easily Accessible

In case of an emergency, you'll need quick, easy access to the exits. It's also recommended to keep clear access to equipment shutoffs in case you need to quickly stop them from functioning.

7) Report Unsafe Conditions To Your Supervisor

Your supervisor needs to be informed about any workplace safety hazards or risks. They are legally obligated to ensure their employees have a safe working environment and will take care of the unsafe conditions and make them safe for you and your coworkers.

8) Use Mechanical Aids Whenever Possible

Instead of attempting to carry or lift something that's really heavy in an attempt to save a sliver of time during your workday, take the extra minute to use a wheelbarrow, conveyor belt, crank or forklift. Too many injury risks are involved with trying to lift something that weighs too much.

9) Stay Sober

Around three percent of workplace fatalities occur due to alcohol and drugs. When a worker's ability to exercise judgment, coordination, motor control, concentration or alertness is compromised, this leads to any number of risks for workplace injury and fatalities.

10) Reduce Workplace Stress

Stress can lead to depression and concentration problems. Common causes of workplace stress include long hours, heavy workload, job insecurity and conflicts with coworkers or managers. Take your concerns about workplace stress to your supervisor to see how they might help you address them.

11) Wear The Correct Safety Equipment

If you're not wearing the correct safety equipment for a task, you may get injured. Depending on the job, equipment like earplugs, earmuffs, hard hats, safety goggles, gloves or a full-face mask greatly reduce the risk of workplace injury.

12) Participate In The Safety Meetings Called By The Management

Take active interest in the safety meetings. Do not hesitate or be afraid to raise matters of your safety in these meetings.

It's up to facility managers and business owners to get their employees onboard with workplace safety efforts, encouraging them to become active members in the process. Share with them the workplace injury statistics and the inherent risks their job presents to them on a daily basis. Provide incentives that reward them for exemplifying great workplace safety behavior. These simple initiatives really do make all of the difference.

Readers may please note that D. L. Shah Trust brings out two e-journals on a fortnightly basis. These are mailed to those persons or institutions who are desirous of receiving them:

These two e-journals are:

- 1. Safety Info**
- 2. Quality Info**

If you or your friends or colleagues wish to receive these journals, you may send us an email requesting for the same. There is no charge for these journals. Our e-mail address is:

dlshahtrust@yahoo.co.in or haritaneja@hotmail.com or dlshahtrust@gmail.com

You can also access these journals on our website: www.dlshahtrust.org

<p>Published by : D. L. Shah Trust, Bell Building, 2nd Floor, Sir P. M. Road Mumbai 400001 email: dlshahtrust@yahoo.co.in Ph: 022-2283 8890 Subscription: Free on request (soft copy only)</p>	<p>Edited by : Hari K Taneja, Trustee, D. L. Shah Trust email: dlshahtrust@gmail.com TeleFax:022-230 9609 Phone: 022-2309 6529 Subscription: Free on request (soft copy only)</p>
--	---