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| **Hazard** | **Risk(cause)** | **Harm (CONSEQUENCE)** | **Preventive measures** |
| Small office | Hitting object from the office like tables | Bruise and small injuries | Change location of office, rearrangement of office, make rotatory schedule so there is no that much stuff on the office |
| Office floor | Slip | Falling, small injuries, bruise, sprains and strains | Change the office floor, put a carpet |
| No window | Lack of sun, light insufficiency | Suffocation, burden, eye damage, dizziness, vitamin deficiency, headache | Install windows in the office, change office to a place with windows, change the illumination to a better one |
| No ventilation | Exhaustion, appearance of allergies, headaches, eye burning | Dizziness, allergies, fungus appearance, illness, lower performance | Mount a new ventilation, use a ventilation substitute like a ventilator |
| Cold in office | Cold body | Lack of concentration, work performance is lower, lowered mental and physical capacity | Portable radiator, a ventilation system that has heat incrusted |
| Photocopier that does loud noise | Loosing concentration | Miscommunication, lack of focus, headache | Change photocopier, change the photocopier from place |
| Not adjustable chair | Falling, incommodity, back pain | Back pain, incommodity, lack of focus, lack of commodity, damage at falling, lowered performance, wrist pain | Investing in a new chair that is adjustable, |
| Many hours in front of the computer | Screen and chair | Dizziness, wrist injuries, back pain, dry eyes | More breaks in work day |
| No fire extinguisher | Expansion of fire | Destruction of the whole office and even death | Buying fire extinguisher |
| Bathroom dirty | Slip, vomit symptoms, not going to pee | Vomiting, stomach ache, dizziness | Clean the bathroom more often, after using the bathroom clean personally |
| Stressful schedule (barely have breaks) | Pressure, incommodity, work overload | Anxiety, depression, less focus | Have more breaks but shorter, longer breaks |
| High workload | Work overload, pressure | Anxiety, depression, less focus, lower performance in work | Give work in waves (when finished one project give another), structure the work, schedule the work, hire an extra worker |
| Strict orders | Work overload, pressure | Pressure, anxiety, mental over load, less focus | Having reunions and talk about what should be done |
| No recognition for work performance | Sadness, social pressure, constant un approval of work | Depression, anxiety, pressure, less self-esteem | Do weekly achievements, make reunions and u have to say good things about your work colleagues |
| Isolation at teamwork | No listening, | Reduced performance, depression, sadness, loose of self esteem | Make group activities, brainstorming but making it inclusive |