



Introduction To Occupational Health and Safety

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Agenda

Introduction

Definition and Importance

Basic Terms

Acronyms and
Abbreviations

Summary

Introduction

- Occupational health and safety (OHS) is a cross disciplinary area concerned with protecting the safety, health and welfare of people engaged in work or employment.
- The goals of occupational health and safety programs include to foster a safe and healthy work environment.
- It may also protect co-workers, family members, employers, customers and many others who might be affected by the workplace environment.



Definition:

It is defined as:

Occupational health and safety (OHS) is a practice that deals with the safety, health, welfare and wellbeing of people when they are at work.

Importance:

Occupational Health and Safety is designed to create a safe, healthy work environment. It can generally be considered as two separate entities. Occupational Safety covers the risk factor in your workplace, and potential safety hazards that could possibly cause injury.

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Basic Terms Used

Basic Terminologies

1. Accident: An Unplanned incident resulting in ill-health, injury, death or damage.
2. Code of Practice: These are the rules fixed by regulatory bodies like HSE or trade associations that provide guidance to help work towards compliance with the law.
3. Confined Space: An enclosed area that can cause harm via hazardous substances or conditions in the space.
4. Contaminant: A substance, usually a pollutant, which has been discovered in an area where it does not usually belong.
5. Control Measures: Actions that have been put in place to regulate and reduce the risks associated with the work being carried out.
6. Corrosive: A substance that causes damage through a chemical reaction.
7. Emergency Plan: A plan that has specific instructions to be followed in an emergency. The aim should be to evacuate all people from a dangerous situation or environment.
8. Ergonomic Hazard: Working methods that have the potential to damage the musculoskeletal system, including forceful movements, vibration, extreme temperatures, improper lifting techniques and inappropriate workstations.

1. Fires: All fires are the result of three things - heat, oxygen, and a fuel source. There are 5 different classes of Fire:
 - ✓ Class A - combustible materials
 - ✓ Class B - flammable liquids
 - ✓ Class C - flammable gases
 - ✓ Class D - combustible metals
 - ✓ Class F - cooking oils
 - ✓ Electrical fires - there is no class E. These fires ignite from electrical appliances but once the appliance is removed, the fire changes class
1. Guarding: A device that prohibits access to a hazardous part of a machine or equipment.
2. Hazard: A situation that can cause harm, ill-health, injury or damage to property or the environment.
3. Health Surveillance: A process of observation that involves monitoring any early symptoms of work-related ill-health in employees who may be exposed to certain health risks, such as hazardous chemicals.
4. Incident/ Near Miss: an event not causing harm, but has the potential to cause injury or ill health
5. Material Data Safety Sheet: A document that details information on potentially hazardous substances, along with guidance on how to handle them safely.

1. Occupational Health: Your health in regard to the work activities that you undertake.
2. Permit to Work: Formal, written specifications for controlling risks when carrying out hazardous work, usually for non-routine activities that require special precautions to control the hazards.
3. PPE (Personal Protective Equipment): Equipment that is to be worn or held by someone to protect against health and safety hazards.
4. Risk Assessment: The HSE state that you must make a 'suitable and sufficient assessment' of risks to employees health and safety. This includes risks created because of your work that are going to affect people not in your employment.
5. Risk Management: The process of putting control measures into practice and monitoring the results, with the intention of reducing, or eliminating, the potential risks to health and safety.
6. Self- Assessment: An assessment that an individual carries out on their own work to determine how they are fulfilling their health and safety duties.



ACRONYMS AND ABBREVIATIONS RELATED TO OCCUPATIONAL HEALTH AND SAFETY

AED: Automated External Defibrillator

CoSHH: Control of Substances Hazardous to Health

EHS: Environment, Health and Safety

HAZWOPER: Hazardous Waste Operation and Emergency Response

HVAC: Heating, Ventilation and Air Conditioning

IAQ: Indoor Air Quality

IIRSM: International Institute of Risk and Safety

IOSH: Institution of Occupational Safety and Health

LEL: Low Exposure Limit

MSDS: Material Safety Data Sheet

NFPA: National Fire Protection Association

NIOSH: National Institute of Occupational Safety and Health

NSC: National Safety Council

OHS: Occupational Health and Safety

OSHA: Occupational Safety and Health Administration

PEL: Permissible Exposure Limit

REL: Recommended Exposure Limit

SMS: Safety Management System

SPCC: Spill Prevention, Control and Countermeasures

STEL: Short-Term Exposure Limit

TSCA: Toxic Substance Control Act

WEEL: Workplace Environmental Exposure Limit

Summary

1. Discussed about the definition and purpose of Occupational Health and Safety
2. Basic terms and terminologies discussed which are useful during the course and helps to understand it easily
3. Acronyms and abbreviations commonly used.



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Thank You