

Occupational Health and Safety

COMPUTER SYSTEM SERVICING NC II



Occupational Health and Safety

OHS or Occupational Health and Safety refers to the legislation, policies, procedures and activities that aim to protect the health, safety and welfare of all people at the workplace.



Occupational health and safety is a discipline with a broad scope involving many specialized fields. In its broadest sense, it should aim at:

1. the promotion and maintenance of the highest degree of physical, mental and social well-being of workers in all occupations;
2. the prevention among workers of adverse effects on health caused by their working conditions;
3. the protection of workers in their employment from risks resulting from factors adverse to health;
4. the placing and maintenance of workers in an occupational environment adapted to physical and mental needs;
5. the adaptation of work to humans.

12 OHS Procedures for Computer System Servicing NC II



**HEALTH+
SAFETY
AT WORK**

The logo consists of the words "HEALTH", "SAFETY", and "AT WORK" stacked vertically in a bold, sans-serif font. The word "HEALTH" is in black, followed by a teal plus sign. "SAFETY" is in black, and "AT WORK" is in black, with "AT" in teal.

1. Do not work alone
so that there's
someone who can
take care of you in
case of emergency.





2. Always power off the computer and unplug the computer before working on it.

3. Take away any liquid near your working area to avoid getting electrocuted or accidentally damaging computer parts.





4. Be careful with tools that may cause short circuit.

5. Always ground or discharge yourself before touching any part of the computer.

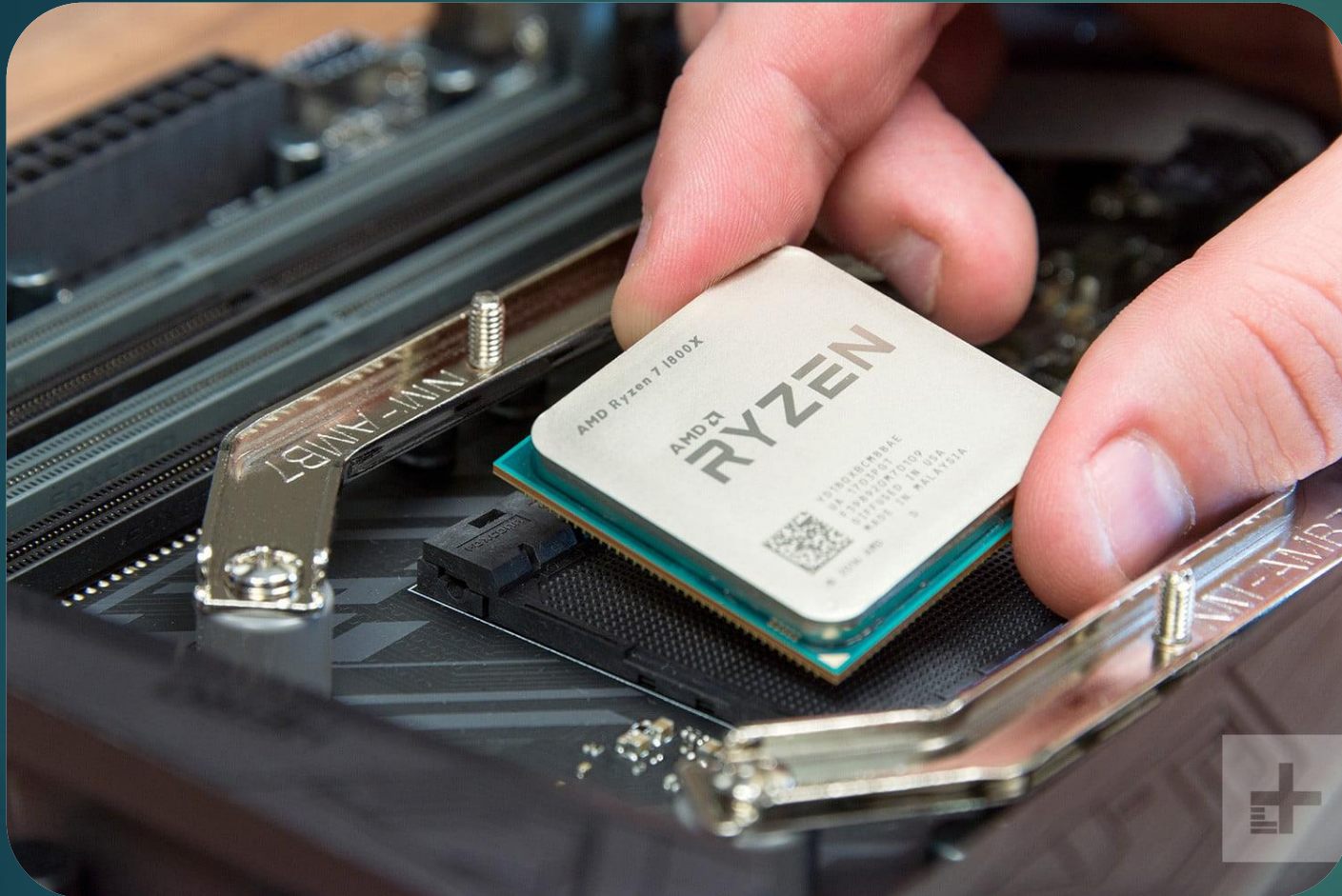


6. Do not use excessive force if things don't quite slip into place.



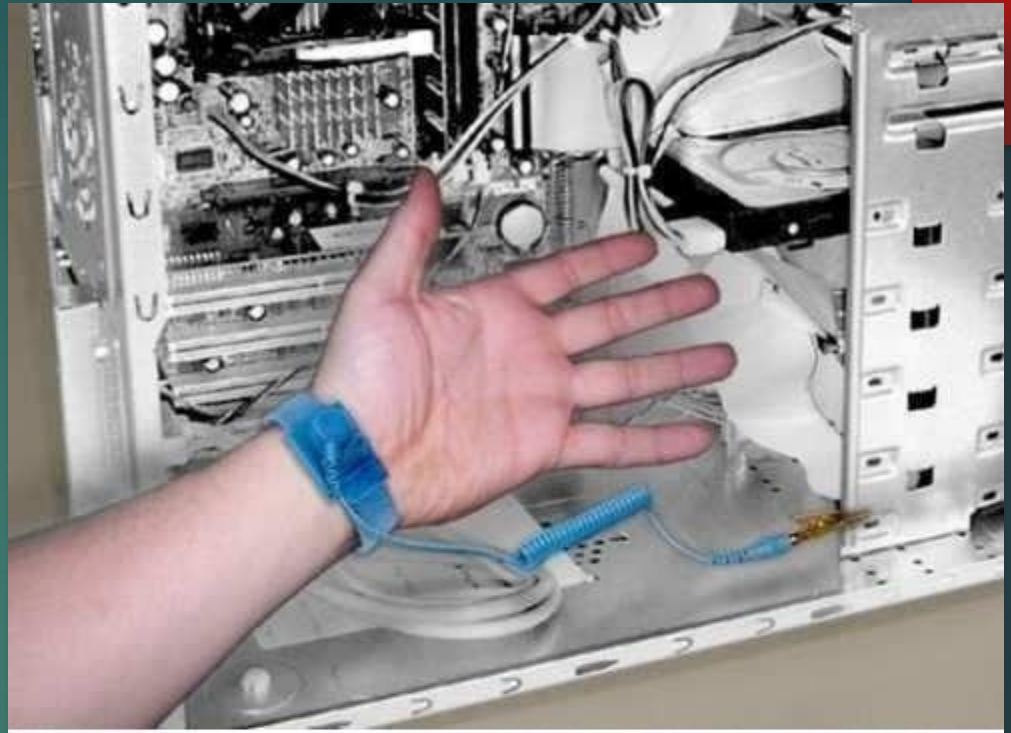


7. Clean the area before and after using it to maintain sanitation and prevent accidents.

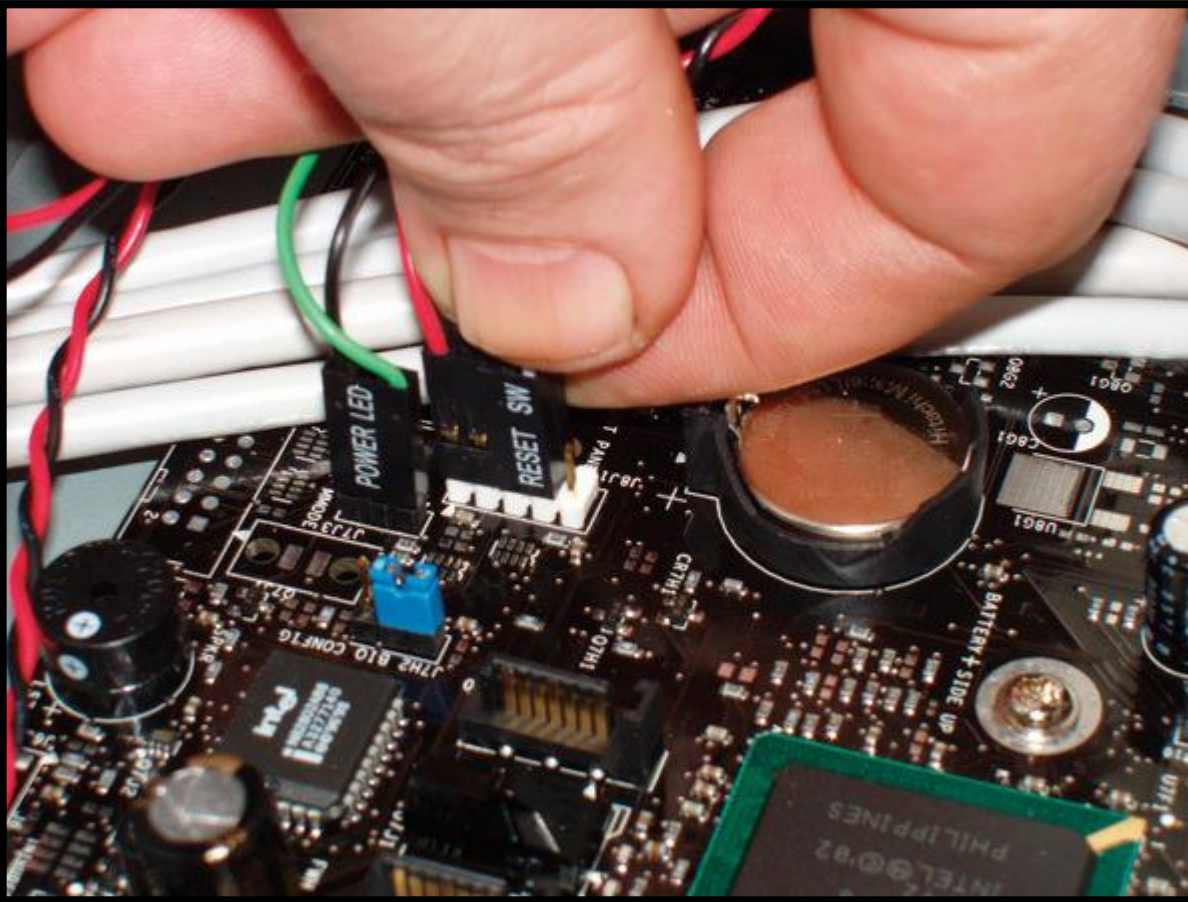


8. Hold the components on the edges and do not touch the Integrated Circuit (IC) parts.

9. Always wear Personal Protective Equipment (PPE) in accordance with the organization's OHS procedures and practices.



10. Make sure that the pins are properly aligned when connecting a cable connector.



11. Contingency measures during workplace accidents, fire and other emergencies are recognized.





12. Use brush, compressed air or blower in cleaning the computer system.

but always remember the most important rule:

