



OCCUPATIONAL HEALTH AND SAFETY STANDARDS

- refers to the legislation, policies, procedures and activities that aim to protect the health, safety and welfare of all people at the workplace

OHS



COMMON OCCUPATIONAL HEALTH AND SAFETY STANDARDS



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



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



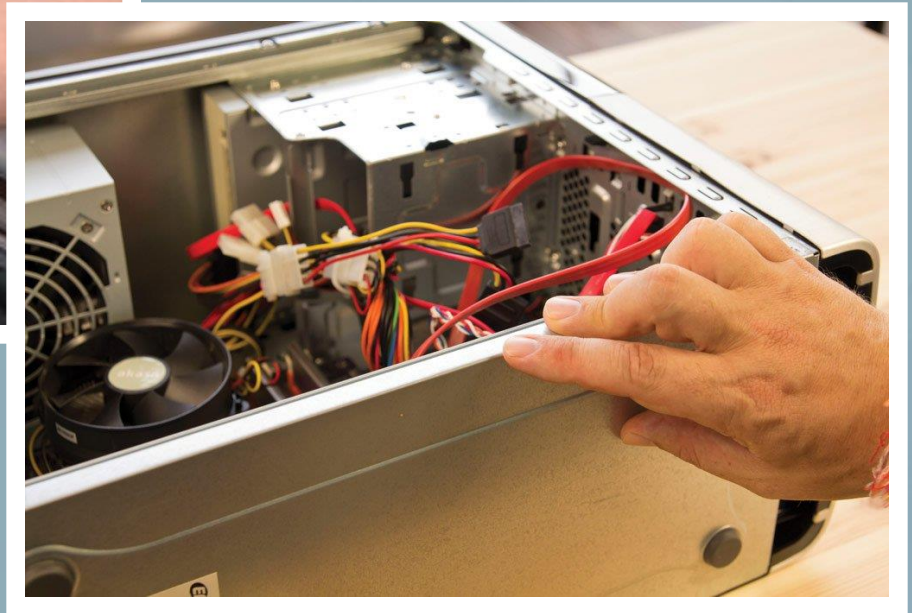
- Take away any liquid near your working area to avoid getting electrocuted or accidentally damaging computer parts.



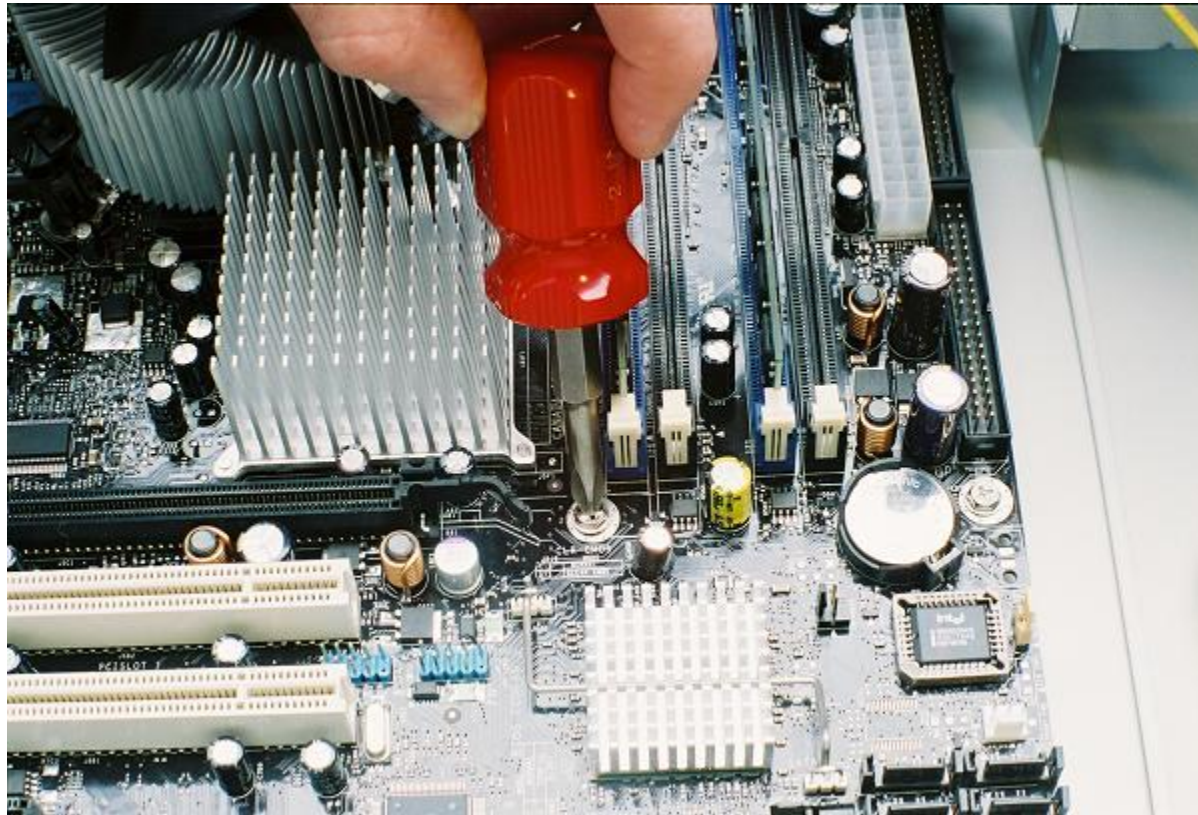
- Be careful with tools that may cause short circuit.



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



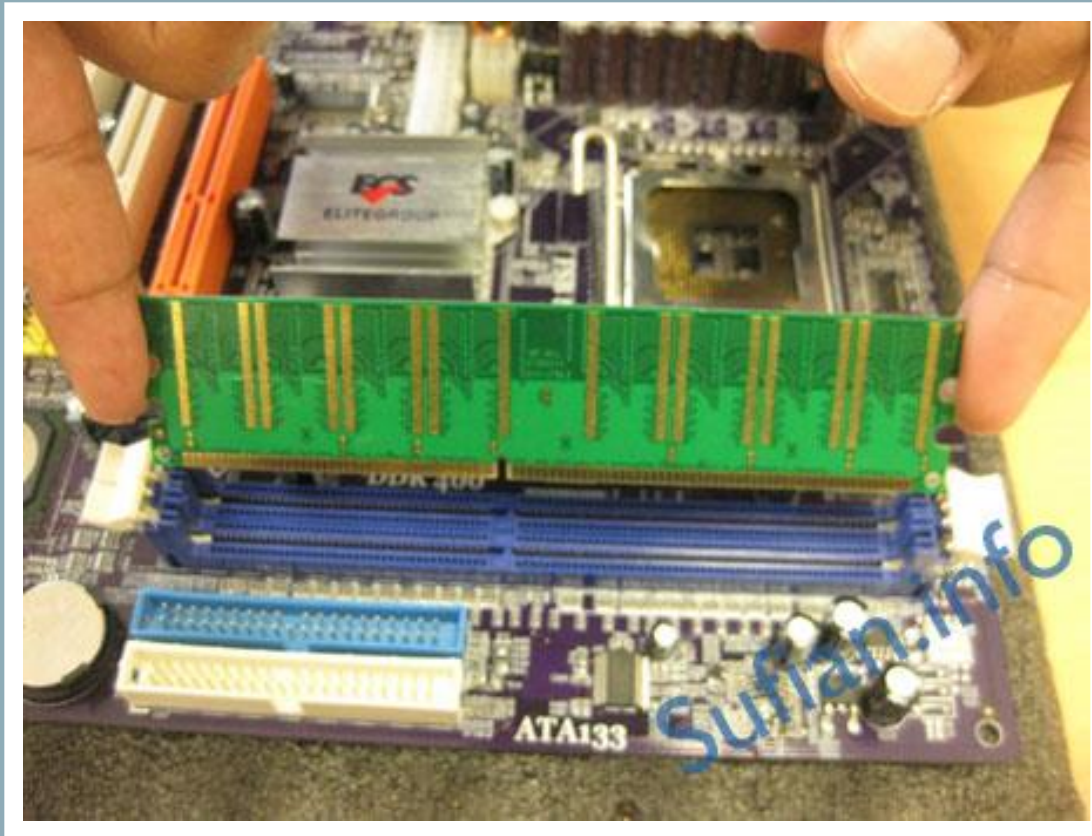
- Do not use excessive force if things don't quite slip into place.



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



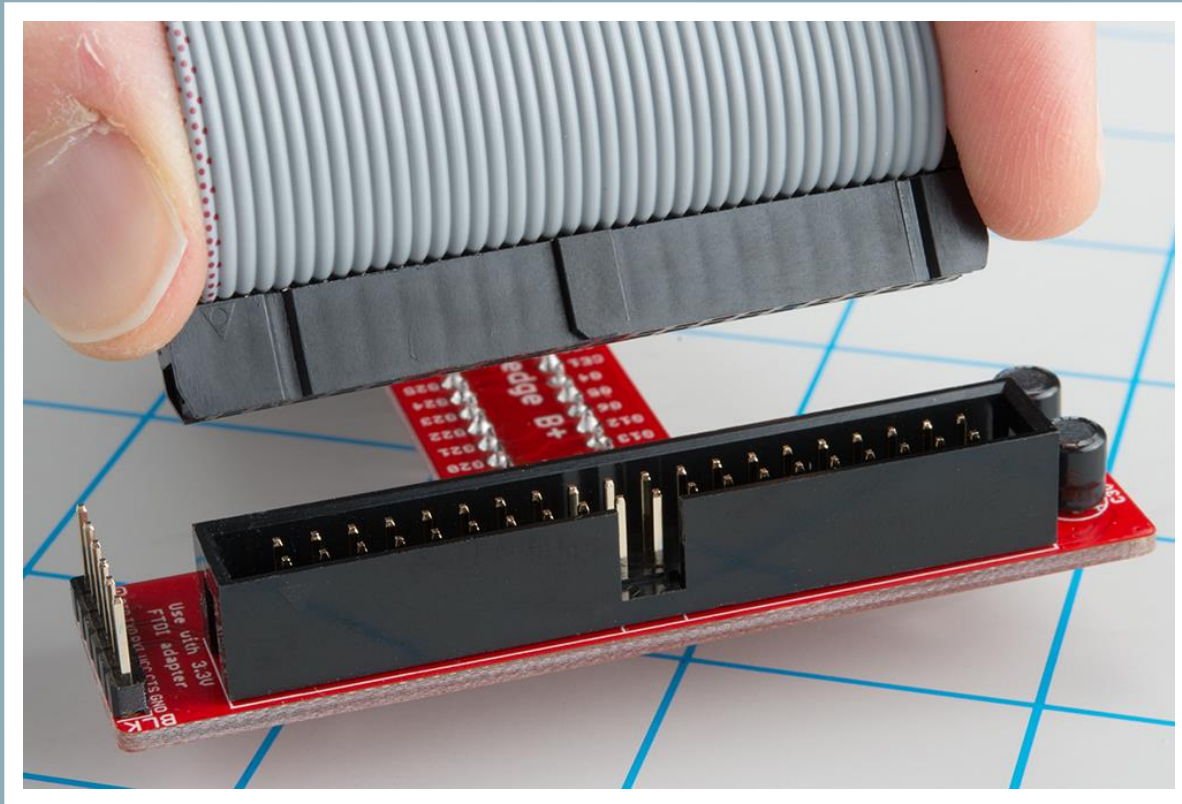
- Hold the components on the edges and do not touch the Integrated Circuit (IC) parts.



- Always wear personal protective equipment (PPE) in accordance with the organization's OHS procedures and practices.



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



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

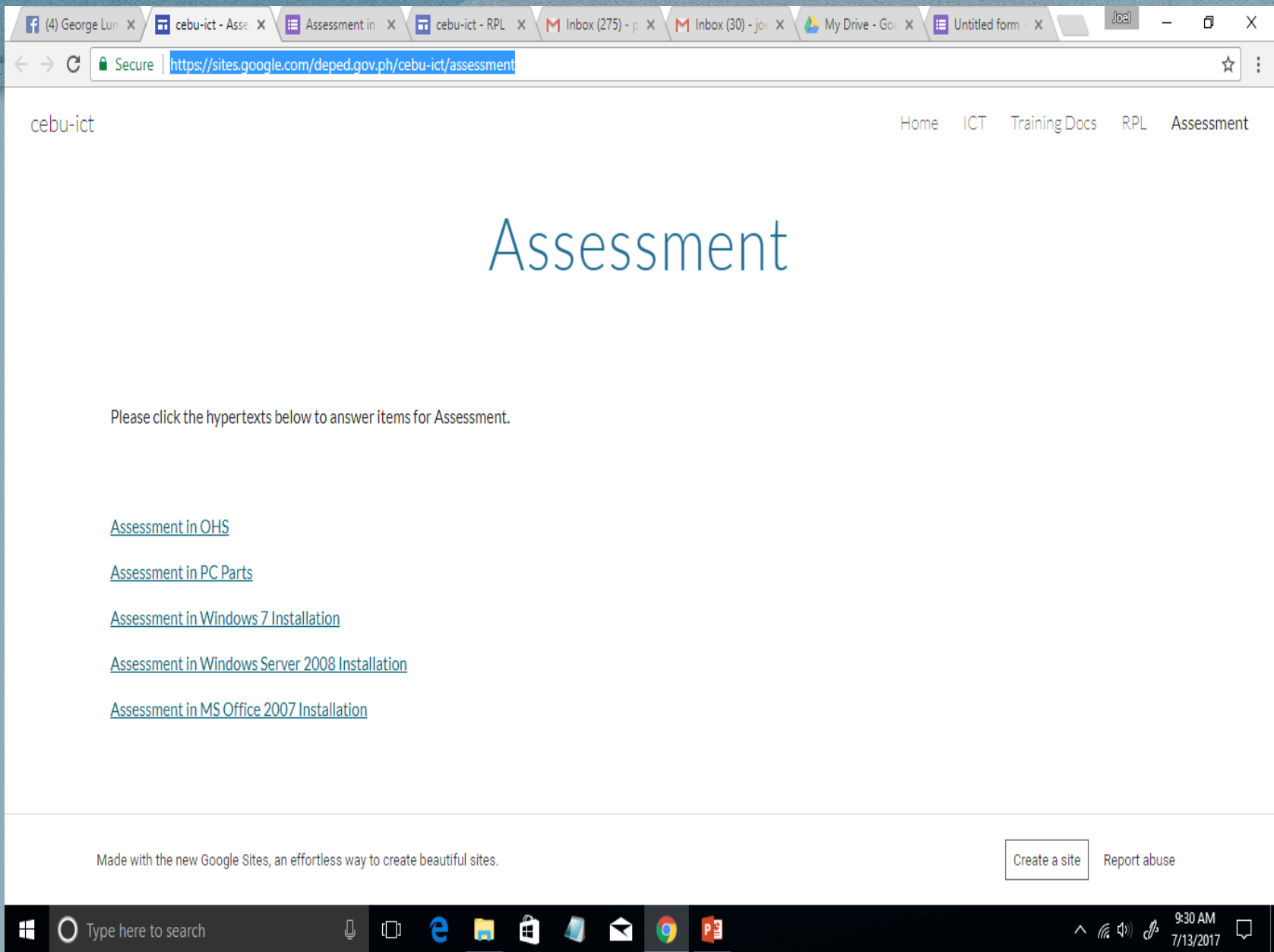


- Use brush, compressed air or blower in cleaning the computer system.



ASSESSMENT

<https://sites.google.com/deped.gov.ph/cebu-ict/assessment>



2024/9/11

- Write **W** if the statement should be observed in the workplace.
- Write **CS** if the statement should be observed in handling computer systems (parts).
- Write **T** if the statement should be observed by the technician.

Direction

1. Contingency measures during workplace accidents, fire and other emergencies are recognized.
2. Hazard/risks in the workplace and their corresponding indicators are identified to minimize or eliminate risk to co-workers, workplace and environment.
3. Clean the area before and after using it to maintain sanitation and prevent accidents.
4. Always power off and unplug the computer before working on it. When making circuit changes, switch off and unplug the power cord from the equipment then discharge the capacitors.
5. Replace only fuses with those proper rating (usually on AVR's).

6. Handle all sensitive components in non-conducting metallic edge.

7. Check all signal pins and alignment to avoid incorrect connection.

8. Be careful with the sharp edges inside the computer case.

9. Do not use excessive force when installing computer components to prevent damage.

10. Do not clean your system with wet clothes or any liquid detergents.

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

12. Personal protective equipment are correctly used in accordance with organization OHS procedures and practices.

13. Always discharge yourself before touching any part of the computer.

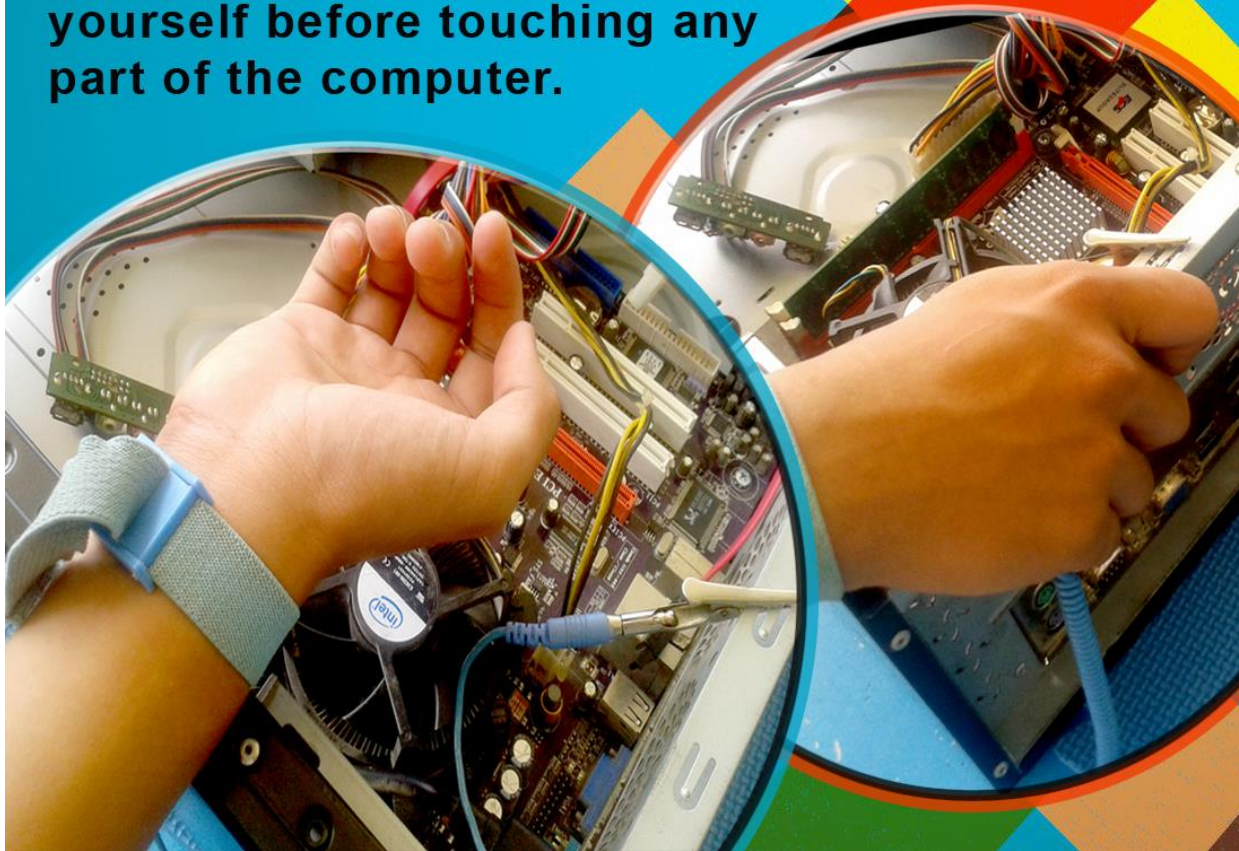
14. Use anti-static devices and rubber footwear to disperse static electricity.

15. Do not eat, drink or smoke when working on your computer.

- In a short bond paper , create an actual graphic representation/signage showing of at least one (1) Occupational Health and Safety Standards in Computer Hardware Servicing.
- Format: Arial, 24 pt (minimum font size)
- Size: 8.5 inches x 11 inches (short bond paper)
- Orientation: Landscape

OUTPUT

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



Sample Output