

Time	Lesson Plan	Trg Aid		
	<u>OCCUPATIONAL HEALTH &amp; SAFETY ENVMT (OHSE)</u>			
<u>Introduction</u>				
1. Occupational health and safety envmt (OHSE) was enacted to help all employers and their workers decrease job accidents, injuries, medical illnesses and death. This act was called Occupational Safety and Health Act. It was created by the Occupational Safety and Health Admin with the mission for national compliance for occupational health and safety jobs for both employers and employees. This very important act aims to help companies and businesses in protecting their workers and reduce the no of workplace injuries, medical illnesses and death.				
2. Org of all kinds are increasingly concerned with achieving and demonstrating sound <b>Occupational Health and Safety (OH&amp;S)</b> performance by controlling their OH&S risks, consistent with their OH&S policy and objectives. Organizations have undertaken OH&S 'reviews' or 'audits' to assess their OH&S performance. On their own, however, these "reviews" and "audits" may not be sufficient to provide an org with the assurance that its performance not only meets, but will continue to meet, its legal and policy requirements. To be effective, they need to be conducted within a structured mgmt sys that is integrated within the org.				
3. The OHSAS (Occupational Health and Safety Assessment Series) covering CH&S management are intended to provide organizations with the elements of an eff OH&S management sys that can be integrated with other mgmt req and help org achieve OH&S and eco obj. The overall aim of this OHSAS Std is to sp and promote good OH&S prac. in ba with soc o-eco needs. It should be noted that many of the reqs can be addsd concurrently or revisited at any time.				
<u>Seq</u>				
4. Seq is fol:-				
<ul style="list-style-type: none"> <li>a. National / Int'l OHSE Stds</li> <li>b. CLS &amp; OGEME Vision on OHSE</li> <li>c. OHSE Policy</li> <li>d. Type of Hazards</li> <li>e. OHSE Implementation</li> </ul>				

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	<b>National / int'l OHSE stds</b>	
5	Occupational Health and Safety Environment (OHSE) has attained massive attn all around the world in all secs incl mil outfits during last couple of decades to ensure healthy and safe environment	
6	OHSAS 18001-2007 occupational health and safety mgmt sys.	
7	CLS Sectt Occupational Health Safety and Envmt Guidelines 2015.	
	<b>CLS vision on OHSEs</b>	
8	Army being a premier org needs to have a deliberate sys of OHSE in place. Given the enormity of environmental and occupational health and safety challenges and the benefits associated with it (Healthy & Safe Envmt), the need to have formal OHSE procedures and implementation is more urgent than ever before.	
	<b>DGEME vision on OHSE</b>	
9.	DGEME desires that all Wksps should dev their own OHSE SOPs / Procedures, impart trg to emps, implement OHSE procedures in accordance with National / Int'l stds with spec emphasis to environmental con measures and waste mgt sys.	
	<b>OHSE POLICY</b>	
	<b>Purpose</b>	
10.	To establish, implement and maintain procedure for identification of OH&S hazards, perform Risk Assessment (RA) and determines appropriate risk control measures	
11.	This procedure would also determine what other measures shall be followed to proactively control hazards and associated risks in EME setups.	
	<b>Scope</b>	
12	The procedure is applicable to all shops, areas, processes, activities, products, services and employees, contractor worker (s), visitors in the Jurisdiction in EME setups.	
13	Enables an Org to con factors which could affect health & safety of Indls & reduce adverse envmt impacts.	

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	<p>14. Process of hazard identification is as -</p> <ul style="list-style-type: none"> <li>a Ident of hazard</li> <li>b Risk Assessment</li> <li>c Control risk</li> <li>d Risk Mgmt</li> <li>e Incident investigation</li> <li>f Record Keeping</li> </ul> <p>15. <u>Types of Hazards.</u> Fol are the reasons/ types of hazards -</p> <ul style="list-style-type: none"> <li>a Electric hazard</li> <li>b Oil and Lub Hazard</li> <li>c Waste drain sys</li> <li>d Sand blast</li> <li>e Roof seepage</li> <li>f Trip/ slip due to slippage</li> <li>g Transformers</li> <li>h Fine dust</li> <li>i Hy lift hazard</li> <li>j Baggage fall hazard</li> <li>k Noise</li> <li>l Boiler hazard</li> <li>m Welding hazard</li> <li>n Ergonomic Hazard</li> <li>o Oxidation Hazard</li> <li>p Casting Hazard</li> </ul>							
	<table border="1"> <thead> <tr> <th>Physical Hazards</th> <th>Biological Hazards</th> </tr> </thead> <tbody> <tr> <td>Slip and fall due to spillages</td> <td> <p>Trip and fall due to uneven surfaces, scattered materials and tools</p> <p><b>Biological agents and pathogens:</b> such as bacteria or viruses, fungi which can entre to body through;</p> <ul style="list-style-type: none"> <li>▪ Inhalation</li> <li>▪ Injection through puncture of skin.</li> <li>▪ Transmitted via contact, including by</li> </ul> </td></tr> <tr> <td>Fall of person on same level due to health reason, imbalance</td> <td>Flying objects ejected from machine such as meta' sharps while grinding</td></tr> </tbody> </table>	Physical Hazards	Biological Hazards	Slip and fall due to spillages	<p>Trip and fall due to uneven surfaces, scattered materials and tools</p> <p><b>Biological agents and pathogens:</b> such as bacteria or viruses, fungi which can entre to body through;</p> <ul style="list-style-type: none"> <li>▪ Inhalation</li> <li>▪ Injection through puncture of skin.</li> <li>▪ Transmitted via contact, including by</li> </ul>	Fall of person on same level due to health reason, imbalance	Flying objects ejected from machine such as meta' sharps while grinding	
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		<ul style="list-style-type: none"> <li>• body fluids</li> <li>• Ingested (e.g. via contaminated food or drinks)</li> <li>• Absorption through skin</li> </ul>
Working at height : Fall from height due to unprotected edges, poor access equipment or method	Working at height : Falling objects from height due to unprotected edges, poor stacking, instability	<b>Chemical Hazards</b>
Manual Handling: manual lifting of heavy objects	Ergonomics due to poor posture, repetition of task, poor design of workstation	Various substances at work: such as Silica, Chrome, Kerosene, diesel, petrol, sulphuric acid, lead, paints, solvents etc. which are present in the form of dust, mist, fumes, vapors, gas, liquid etc. Can enter into the body through Inhalation, ingestion, injection, absorption and direct contact.
Mechanical Hazards: Entanglement, Trapping, Impact, Contact, Crushing, Ejection, burns and other hazards arising from the machinery or equipment.	Fire and explosions: Due to hot work, smoking, electrical spark and presence of flammable substances, linked to the nature and quantity of flammable materials	<b>Psychosocial Hazards</b> (due to poor involvement of workers in decision making, class and status differences)
Electrical Hazards: Electrical burn, Shock, Arc, Fire and	Radiation Hazards: Ionizing radiation such as X-rays  Non ionizing	Stress which can be Behavioral  Psychological, Emotional

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	<b>Explosion due to poor or over-coded electrical circuits or wiring</b>	<b>Radiation:</b> Ultra Violet rays, Laser, infra-red, Radio Frequency, Microwaves from medical and security equipment.	
	<b>Noise and Vibration:</b> From engines, grinding and drill machines, air compressors, generators, work equipment	<b>Stored energy:</b> stored pressure, pressed springs which can be released quickly and cause physical harm to the body (linked to the amount of potential energy)	Bullying or intimidation by peers, supervisors  Aggression by peers, seniors or fellow workers
	<b>Violence at workplace:</b> leading to physical harm and mental stress	<b>Extreme Heat/Cold:</b> Unsuitable thermal environment, which can lead to heat stress, exhaustion, dehydration, stroke, hyperthermia, drought etc.	Lack of communication or management control

## 16      OHSE Committee



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	17 <b>Hazard Ident and Risk Assessment.</b> Hazard is an any type of source, situation, or act with a potential for harm, may vary in d.f gps / type of work.	
	<b>OHSE Implementation – Best practices</b>	
	18 Designated Smoking areas aval as per OSHE SOP	
	19. Fire Fighting	
	<ul style="list-style-type: none"> <li>a. 2 x TFC w th acv eqpt aval</li> <li>b. Emergency response team (shift vise aval / round the clock)</li> <li>c. Bulk qty of fire &amp; safety eqpt aval</li> <li>d Walkie / talkies &amp; radio sets to be req</li> </ul>	
	20 <b>Pers Protective Eqpt (PPE)</b>	
	<ul style="list-style-type: none"> <li>a. Mandatory PPEs: Safety helmet, safety shoes, safety goggles &amp; close dress (Pant shirt/ cover all etc)</li> <li>b Job specific PPEs spec defined</li> <li>c Safety harness during work at height</li> <li>d Welding gloves / welding hood / apron etc</li> </ul>	
	21 <b>Sign Posting.</b> All signs are displayed at visible/ required loc as per std req	
	22 <b>Emergency Exists</b>	
	<ul style="list-style-type: none"> <li>a. Emergency exit Ident and demarcated in each sec</li> <li>b. Emergency assy areas are defined &amp; comm to all</li> <li>c. Emergency Siren are installed in areas so as to cover entire wkspl</li> </ul>	