

Workplace Safety

The importance of acknowledging hidden injuries

Preventing workplace injuries.

There are many workplace safety injuries that can be easily prevented with the use of common sense and respect for others in the workplace.

Whenever you are introduced into a new workplace, you should be cautious and learn about the potential dangers that surround you. At every new job, especially industrial jobs and trades, your employer should explain to you what their safety protocol is and how you can easily prevent small injuries such as cuts and bruises.



LEARN

1

In a new workplace learn the hidden dangers, look around to acknowledge them and notice where they occur.

PREVENT

2

Once you know the dangers, work hard to prevent hidden injuries using the safety protocols given to you by your employer.

HELP

3

You might be full of information about hidden dangers, but your co-workers might not, help others notice dangers and stay safe.



Mental Injuries

Mental injuries can occur when a worker is exposed to unsafe noise levels, falling equipment, traumatizing events and accidents involving objects landing on heads.



Know your rights!

As an employee at a company, it is your right to learn how to do everything in your job safely. You need to participate and suggest workplace safety meetings and classes.

Hidden injuries

There are injuries sustained by workers everyday that are invisible to the naked eye.

Injuries such as bruises, broken bones and cuts are easy to spot but there are a bundle of injuries that can occur in the workplace that can go unnoticed. Some injuries include mental injuries, occupational diseases and hearing loss.

When workers are exposed to different types of stress, they can also take away unusual and hurtful injuries that may not be seen by others. When workplace stress such as deadlines and responsibilities get a little out of hand, employees can get disappointed in themselves to a point where they get diagnosed with situational depression not allowing them to continue their job.

Exposure.

Exposure is another big factor to the hidden workplace injuries. When members of staff are exposed to hidden dangers such as heat stress, asbestos, pesticides or other chemicals for long periods of time they can induce severe health problems. For example, an employee who works daily in an area contaminated with asbestos, could contract asbestosis. When



the asbestos fibres are consistently being breathed into the lungs, they could cause some life threatening damage to the lungs.

To prevent the majority of those scary health issues regarding asbestos and chemicals, you have to make sure that everything is carefully labeled and most importantly to learn safety procedures and train to stay safe around those harmful objects.

Hearing loss.



Hearing loss is very prominent in the trades, yet by switching subtle things like working stations and purchasing

noise cancelling headphones for your staff can decrease the amount of people that come home from work with major hearing loss. Many people look it over and do not acknowledge the fact that it is a hard yet 15% of people experience some hearing loss in their jobs.

One of the dangerously subtle workplace hazards is viruses and bacteria. Bacteria and viruses cause sicknesses which can use up many sick days. Simple things like washing hands and materials in communal kitchens can kill bacteria and prevent the spread of many sicknesses.

STAY SAFE!!!!