

5 Tips to Stay Safe in the Workplace

Let's face it: we live in a world in which faster is better. Instant information and multi-tasking rule the roost. While productivity is essential in the workplace, there is a balance we need to strike. Rushing and injuries on-the-job often go hand in hand. The fact is, being in a hurry can pose serious injury risks.

1 - Working with machinery

Operating forklifts and other heavy machinery is a leading cause of injury in the workplace. Often, forklift drivers carry too large of loads, which could prove dangerous. This job is only for workers trained to operate heavy machinery.

2 - Working in confined spaces

Working in cramped spaces, such as attics, can be risky if workers do not wear protective equipment. Only trained workers with proper gear should tackle these jobs.

3 - Working with chemicals

Chemicals can be unstable and may cause explosions, fire, and injuries. Workers who are not trained and certified to deal with chemicals should avoid them. Those who are certified must wear proper gear when handling the chemicals.

4 - Electrical cords

Inappropriate use of electrical or extension cords could cause workers to trip as they move about the workplace. If extension cords must be used, they should be secured in place, so workers do not trip on them.

5 - Clutter

Clutter can be anywhere. Anybody can trip and fall on tools or other materials that are left out of place. Additionally, clutter that blocks the aisles, fire exits, and emergency exits is hazardous. This can be avoided if workers will ensure that their work area is clean and clear of any hazard.

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