Points to Remember

Occupational Safety and Health Section
Promoting the Attainment and Maintenance of Desirable Standards of Occupational Safety and Health Practice in Barbados

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THE MOST COMMONLY OCCURRING ACCIDENT IN THE WORKPLACE IS THE FALL.

Avoid slips trips and falls:

+ Beware of telephone cables and electrical leads lying across the floor
+ Pick up objects that may cause persons to slip, for example: paper clips, pens, pencils.
+ When retrieving objects from heights, use a step-ladder, not a chair.
+ Routinely inspect chairs for broken springs, loose screws and defective welds.
+ Watch out for recently waxed floors, loose carpeting, floor boards and tiles.

GENERAL SAFETY PRECAUTIONS

General safety precautions can be used in any environment, including the home. Observing these simple precautions can eliminate injury.

+ Store all items so as to prevent obstruction of pathways and items falling from heights.
+ Keep frequently used objects close to hand.
+ Adjust your workstation to you, organise work to prevent strains and sprains.
+ When ascending or descending stairs, use handrails.
+ Clean up spills as soon as possible.
+ Warn others of hazards, for example, use signs to warn of wet floors.
+ Store all chemicals in properly labeled containers.
+ Use chemicals in well-ventilated areas and only as directed by manufacturer.
+ Wear protective equipment appropriate for the task at hand.