

**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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**OCCUPATIONAL SAFETY AND HEALTH SECTION**

Improving Health and Safety at Work

*Points to Remember*



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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.