

**LETICIA SALES DE OLIVEIRA**  
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**SAFETY IN WORKPLACE**  
**-RCM 263-**

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## Safety in Workplace

Everybody deserves a safe workplace. Security to be prosecuting tasks is primary when choosing a job or when offering a job to someone, that is why OSHA covers it with a list of laws that must be follow in order to achieve a safe work place that will guarantee people to be productive and avoid the company to spend lots of money in doctors, also do not making the company looks dangerous to new employees. And even the economic factor is important, managers should not communicate their employees about that, because even that it matters, another factor that matters is life and happiness inside the workplace: no company should be sad inside, does not matter which one or what they do or sell, no company should hurt or depress their employees, companies should always be focusing on quality of life and happiness for the ones inside it, because those two factors will also make the employees motivate and, then, productive, also as loyal and will help the business to always grow more and more.

**(Benefits)**

According to OSHA laws to improve security inside the workplace it is needed to provide the employees **training, outreach, education and assistance**. Also providing **regulations on walking/working surfaces, emergency evacuations plans (in case of fire or any other hazardous exposure that may happen in specific industries), occupational noise exposure, hazardous handling of material, protective equipment (to protect eyes, respiratory system, mouth, face, hands...), sanitation, first-aid supplies, standards for power tools as electrical requirements and standards, commercial diving operation requirements, material safety data sheets**. Also is a big deal, according to OSHA laws, to record incidents. It does not imply that the company or the employee will be blame on the accident, but it is crucial to have the register of incidence rates.

Other concerns about health at work are linked to **stress** and diseases caused by work, like **Cumulative Trauma Disorders** and the effects computer monitors (and similar terminals) can bring, like **vision problems**. There is also **people sensitive to fragrances and certain chemicals** and that is why workplace should be free of those, always smelling neutral and not exposing employees to annoying conditions. To avoid stress, companies should work to keep their employees in a good health stress level, that would be the concept of the Eustress, a kind of the stress that is positive because it brings people up, keeping them focus on what to do, motivating them and not bringing their down with the idea that they have too much to do and their work is impossible. To offer this, a company should hire the certain number of professionals with the needed level of quality for each office they are hiring, and managers should be watching their employees to not overload them. To avoid Trauma Disorders, companies should provide the best physical scenario to employees and give them breaks to stretch and relax their muscles, even announcing this on posters and communicating breaks on speakers (if

that is the case), but they must always guarantee to the employee that he/she is free to take a break wherever they feel they need it. **(Challenges)**

Another point that is important during work is the human interaction. No one should feel intimidated by their co-workers because **bullying** should not happen. It must be prevented with strong reinforcements of zero tolerance and even announced in posters around work place so people know they must not do it and they can complain if this happens to them. Bullying can be considered a lot of attitudes, but mostly making someone else uncomfortable is the premiss of it. That is why inside workplace people should be always respectful and have the knowledge that even if they are friends with other colleagues, they should always act professional to keep the ambient professional and things working the way they should. **(Challenges)**

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### Workplace Safety Poster

## Tendinitis

It's better to take a break from work than  
feeling work is breaking you apart

