



## Occupational Health and Safety

Occupational health and safety (OSH) is super important because it keeps workers safe and healthy at their jobs. It's like a set of rules and practices that help prevent accidents, injuries, and illnesses in the workplace . Think of it as a way to make sure everyone has a safe and healthy environment to work in, no matter what kind of job they have .

Every year, millions of workers get hurt or even die because of unsafe working conditions . That's why OSH is so important. It's not just about protecting workers from obvious dangers like working with heavy machinery or chemicals, but also from things like stress, bad posture, and even violence .

There are many different types of hazards that workers can face, and OSH helps to identify and reduce these risks. For example, physical hazards like exposed wires, slippery floors, or loud noises can cause injuries . Biological hazards like bacteria, viruses, or mold can make people sick . Chemical hazards like cleaning products or pesticides can cause skin irritation, burns, or breathing problems . And ergonomic hazards, like sitting in an uncomfortable chair for long periods, can lead to muscle strain and pain .

To keep workers safe, employers need to provide training, safety equipment, and other resources to help them work safely . They also need to make sure that the workplace is designed to be safe and healthy . This includes things like having good lighting, ventilation, and comfortable workspaces .

OSH is a big deal, and it's something that everyone should be aware of. It's not just about protecting workers, but also about making sure that businesses are productive and efficient . When workers are safe and healthy, they can focus on their jobs and do their best work .

## Reading Summary

- Occupational health and safety (OSH) is important because it keeps workers safe and healthy at their jobs by preventing accidents, injuries, and illnesses.
- OSH protects workers from many types of hazards, including physical, biological, chemical, and ergonomic hazards.
- Employers must provide training, safety equipment, and a safe work environment to protect their employees.

## Vocabulary

Term	Definition	Example Sentence
Occupational (adjective)	Relating to or connected with a person's job or profession.	Occupational health and safety is a crucial aspect of any workplace.
hazards (noun)	A danger or risk.	Construction workers face many hazards, including falling objects and heavy machinery.
biological (adjective)	Relating to living organisms.	Biological hazards, such as bacteria and viruses, can cause illness.
ergonomic (adjective)	Relating to the design and arrangement of workplaces and equipment to minimize physical strain on workers.	Ergonomic chairs are designed to provide support and comfort for long periods of sitting.
ventilation (noun)	The process of providing fresh air to a building or enclosed space.	Good ventilation is essential for removing harmful fumes and gases from the workplace.

## Multiple Choice Questions

Question #1	Question #2	Question #3
What are some examples of physical hazards that can cause injuries in the workplace?	Why is it important for employers to provide training and safety equipment to their workers?	What is the main benefit of having a safe and healthy workplace?
<p>A. Stress, bad posture, and violence</p> <p>B. Exposed wires, slippery floors, and loud noises</p> <p>C. Bacteria, viruses, and mold</p> <p>D. Cleaning products, pesticides, and chemicals</p>	<p>A. To make sure workers are aware of the risks and how to stay safe</p> <p>B. To keep workers busy and entertained</p> <p>C. To make the workplace look more professional</p> <p>D. To reduce the cost of insurance premiums</p>	<p>A. It makes the workplace more fun for everyone</p> <p>B. It helps businesses save money on insurance</p> <p>C. It allows workers to focus on their jobs and be more productive</p> <p>D. It makes the workplace look more appealing to customers</p>

## Short Answer Questions

Question #1	What are some examples of hazards that OSH helps to identify and reduce?
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Question #2	What are some examples of things that employers can do to make sure the workplace is safe and healthy?
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Question #3	Why is occupational health and safety important for businesses?
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### Open Ended Questions

Question #1	Think about the different types of hazards mentioned in the text. Have you ever encountered any of these hazards in your own life, either at home, school, or in your community? Describe the hazard and how it made you feel.
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Question #2

The text emphasizes the importance of employers providing training and safety equipment to keep workers safe. How do you think these safety measures help workers feel more secure and confident in their jobs? Can you think of any examples from your own life where you felt safer because of safety measures in place?

Question #3

The text states that when workers are safe and healthy, they can focus on their jobs and do their best work. How does your own well-being impact your ability to focus and do your best in school? What are some things you can do to ensure your own safety and well-being?