

# Because what you don't know CAN hurt you

**Hazards are anything with the potential to harm you.  
And EVERY workplace has them!**

➤ **Hazards can be related to:**

- A **necessary part** of the workplace, like hot oil in a food truck
- An **unexpected situation**, like a wind storm
- Simple **carelessness**, like a cluttered workspace

➤ **Hazards can be a result of:**

- Equipment - like conveyor belts, blades, mobile equipment, etc.
- Materials - like glass, asbestos, toxic gases, etc.
- Processes - like climbing, lifting, carrying, etc.
- People - because of inexperience, lack of training, impairment, etc.
- Environment - like extreme weather, excessive noise, poor lighting, etc.

➤ **Your employer must take EVERY REASONABLE PRECAUTION to protect your health and safety. That includes:**

- Identifying all possible hazards
- Making workers familiar with hazards and the harm they could cause
- Establishing safe work procedures and ensuring workers follow them

➤ **What can YOU do to protect yourself from hazards?**

- Use safety devices and follow safe work procedures
- Wear personal protective equipment (PPE) required for the task
- Learn about hazards of all types, and look for them everywhere
- Refuse to do tasks which you believe might cause you harm



# Types of Hazards

<b>Physical</b>	<p>Elements in your environment that could cause physical injury.</p> <p><b>Examples:</b> sun, extreme heat, extreme cold, noise, vibration, electricity, etc.</p>
<b>Chemical</b>	<p>Chemical products ingested or inhaled</p> <p><b>Examples:</b> cleaners, stripping agents, pesticides, paints, finishes, glues, drugs, alcohol, etc.</p>
<b>Biological</b>	<p>Biological factors</p> <p><b>Examples:</b> viruses, bacteria, germs, poisonous plants, mould, etc.</p>
<b>Ergonomic</b>	<p>Tasks requiring excessive exertion or repetitive motion</p> <p><b>Examples:</b> heavy lifting, standing for long periods of time, awkward work stations, etc.</p>
<b>Safety</b>	<p>Conditions resulting from carelessness</p> <p><b>Examples:</b> untidy work stations, water on the floor, trip hazards, impairment of workers, etc.</p>
<b>Psychological</b>	<p>Conditions that lead to psychological stress and injury</p> <p><b>Examples:</b> harassment, trauma, extreme pressure and deadlines</p>

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