

# Accident at workplace essay

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Most of the common accidents at work can be prevented provided both employees and employers consider it as their duty to prevent accidents at their work place.

Employers are required to perform risk assessment for probable accidents that could happen and adapt necessary methods to prevent accidents in the health and safety procedures practiced by them. Employees must strictly follow the health and safety measures adapted by their employers and help to avoid accidents at work. Slips, trips and falls are one of the most common accidents at work which can cause minor injuries to serious injuries. The preventive methods suggested to reduce this type of accident includes providing safe flooring design, hiding irregular cables, providing warning signs if some place is temporarily slippery or wet, cleaning the floor regularly and providing sufficient lighting and hand rails wherever applicable. Manual handling of heavy things by lifting, pushing, pulling, carrying or moving can cause accidents where injuries can be sustained is common in work place. The best ways and preventive methods required to reduce this type of accident is as follows.

- o Worker should not be made to handle heavy things to a long distance.

- o Should train the worker with adequate lifting practice.
- o The work should not involve massive reaching upwards, twisting or stooping.
- o Should allow taking sufficient rest periodically.
- o Wherever possible should use goods lift equipments.

Electrical shocks are common accidents at work which can cause electrical burns to electricians and employees who need to operate electrical equipments. Following are the best ways and methods required to prevent electrical shocks.

- o Should ensure that the electrical equipment is well maintained, designed and appropriate for working.
- o Provide safety cutouts in the equipment.
- o Train the staff properly to operate the equipment.

- o Provide warning if there is any electrical danger involved.
- o Persuade safe working practices. Scaffolding accidents are common building work place accidents which can cause injuries to building workers.

To avoid scaffolding accidents the following precautions must be considered.

- o Scaffolding should be constructed properly.
- o Should ensure that the base plates are in place.
- o Slippery planks must be replaced.
- o Should provide sufficient guard railings.
- o Check for missing planks and replace wherever needed.
- o Ensure that the foundation is strong enough.

Apart from the above common accidents there can be some common specific work place accidents which can cause injuries in the respective manner. Some such areas of working are working with dangerous chemicals, with heavy machinery and where fire is involved. These accidents can be prevented provided the respective health and safety measures assigned to their specific work place are followed carefully. Generally most of the common accidents at work can be prevented if you as an employee consider health and safety as your own accountability. The employers by making their work place safe for working by adapting the prescribed safety measures can prevent accidents at work.

Employers must also provide supervision for health and safety where it is needed.