

# Health and Safety Hazards at the Workplace: An Overview

This slideshow is intended to support safe and healthy workplaces in Nova Scotia.

It is an information and awareness resource that links to the Nova Scotia Occupational Health and Safety Division, the Workers' Compensation Board of Nova Scotia, and the Canadian Centre for Occupational Health and Safety websites. Hyperlinks to these sites are in blue and underlined.

This slideshow may be downloaded and used to help begin the conversation about workplace health, safety and injury prevention.

# Welcome!

Being aware of and understanding workplace health and safety hazards helps us to keep ourselves and others safer at work. This includes:

- Understanding what hazards are
- Thinking about how hazards may hurt us
- Being aware of what contributes to hazards
- Understanding that managing risk and managing hazards goes together.

A hazard is any source of potential damage, harm or adverse health effects on something or someone under certain conditions at work. A hazard can cause harm to people and to organizations.

*Canadian Centre for Occupational Health and Safety, 2016*

Health hazards may endanger a workers' physical health and are:

- Chemical
- Physical
- Ergonomic
- Biological

Safety hazards may cause physical injury or property damage and include:

- Machinery
- Energy
- Material handling
- Work practices

Hazards also influenced by contributing factors:

**P**eople: actions taken/not taken

**E**quipment: state/maintenance/proper/improper

**M**aterials: state/maintenance/proper/improper

**E**nvironment: state/condition

**P**rocess: proper/improper/followed/not followed

**PEMEP**

# Hazards' level of harm is influenced by risk:

Risk is the *chance or probability* that a person will be harmed ...if exposed to a hazard. It may also apply to situations with property or equipment loss.

*Canadian Centre for Occupational Health and Safety, 2016*

## Levels of Risk are:

- Duration of exposure
- Type of exposure
- Effect of exposure
- Severity of exposure
- Likelihood of harm

# What can this look like at work?

Workplace hazards	Task where hazard is commonly present	Potential for harm
Chemical		
Physical		
Ergonomic		
Biological		
Machinery		
Energy		
Material Handling		
Work Practices		

# What can this look like at work?

<b>Workplace hazards</b>	<b>Task where hazard is commonly present</b>	<b>Potential for harm</b>
Chemical	Disinfecting a work surface	
Physical	Using a leaf blower	
Ergonomic	Sitting and typing	
Biological	Cleaning animal cages	
Machinery	Using a pallet jack	
Energy	Wiring an electrical panel	
Material Handling	Moving bales of insulation	
Work Practices	Working in private homes	



# What can this look like at work?

Workplace hazards	Task where hazard is commonly present	Potential for harm
Chemical	Disinfecting a work surface	<a href="#"><u>Damage to skin on hands</u></a>
Physical	Using a leaf blower	<a href="#"><u>Hearing damage</u></a>
Ergonomic	Sitting and typing	<a href="#"><u>Muscle and bone damage</u></a>
Biological	Cleaning animal cages	<a href="#"><u>Infections and illnesses</u></a>
Machinery	Using a pallet jack	<a href="#"><u>Impact injury to feet and ankles</u></a>
Energy	Wiring an electrical panel	<a href="#"><u>Electrical shocks and burns</u></a>
Material Handling	Moving bales of insulation	<a href="#"><u>Trips and falls to hard surfaces</u></a>
Work Practices	Working in private homes	<a href="#"><u>Actions of clients</u></a>

Good awareness and understanding of workplace health and safety hazards needs us to be:

- understanding of what hazards are
- thinking about how hazards may hurt us
- aware of what contributes to hazards, and
- understanding that managing risk and managing hazards goes together.

To learn more about hazards and workplace health and safety law, please visit:

[Nova Scotia LAE Safety Branch and OHS Division](#)

[NS OHS Act and Regulations](#)

[Government of Canada](#)  
Employment & Social Development (ESDC)

# What's next?

What changes could be made in your workplace with this information?

If you'd like more information about workplace health and safety please view our other injury prevention resources or email [info@wcb.gov.ns.ca](mailto:info@wcb.gov.ns.ca).

# References and Resources:

WCB Nova Scotia : [www.worksafeforlife.ca](http://www.worksafeforlife.ca)

WCB Nova Scotia: [www.wcb.ns.ca](http://www.wcb.ns.ca)

Call toll-free Halifax 1-800-870-3331 and Sydney 1-800-880-0003

[Small Business Safety Toolkit](#)

[Small Business Safety Toolkit Cost Calculator](#)

NS LAE - Safety Branch: OHS Division:  
[www.novascotia.ca/lae/healthandsafety](http://www.novascotia.ca/lae/healthandsafety)

View OHS News: [www.gov.ns.ca/lae/healthandsafety/ohsnews.asp](http://www.gov.ns.ca/lae/healthandsafety/ohsnews.asp)

Email: [ohsdivision@gov.ns.ca](mailto:ohsdivision@gov.ns.ca)

Call toll-free: Nova Scotia 1-800-952-2687 and 902-424-5400

Canadian Centre Occupational Health & Safety: Nova Scotia E-Learning:  
[http://www.ccohs.ca/catalog/courses\\_list\\_nova.php](http://www.ccohs.ca/catalog/courses_list_nova.php)