



Safety regulations and precautions

Workers operating machines or working with hazardous materials must wear the necessary **personal protective equipment**, which may include goggles or safety glasses, dust masks, work gloves, hard hats, ear plugs, face shields, and work boots.

The following symptoms may indicate the presence of hazardous materials:

- headache;
- vomiting;
- dizziness;
- rash;
- cough;
- sore eyes.

When using **electrical appliances**, workers must make sure that it is dry and clean. Extension cables should be used only as temporary tools and not along walkways and corridors. Besides, workshop electrical equipment should be checked regularly as exposure to moisture, heat, vibration, corrosive chemicals and dust may damage it.

Many workshop accidents occur around **machines with moving parts**. For this reason, it is necessary to wear appropriate clothes when operating this type of machines. No loose sleeves, scarves or jewellery are allowed. Work boots, tight coveralls and gloves are highly recommended.

Finally, another potential risk lies in manual handling, that is any activity which requires a person to use force to lift, lower, push, pull, carry or otherwise move or hold objects. Trolleys or other suitable equipment should be used to move heavy items.



ACTIVITIES

- 1 A worker reports to the safety supervisor the following problems. The supervisor suggests him/her to adopt protective measures. In couples, role-play the conversations.
 - A There is dust in your area and you recently suffer from cough.
 - B Your area is very noisy. The floor beside the door is wet and slippery.
 - C The machine you work on has moving parts.
 - D You work close to the welding section. Your eyes are sometimes sore.
 - E The boxes you have to lift are very heavy and you often suffer from backache.