

Table 1 Hazards commonly found in the workplace

<i>Hazard</i>	<i>Causes of accidents</i>	<i>Examples of injury requiring first aid</i>
Chemicals	Exposure during handling; spillages; splashing; leaks	Poisoning, loss of consciousness, burns, eye injuries
Electricity	Failure to securely isolate electrical systems and equipment during work on them; poorly maintained electrical equipment; contact with overhead power lines, underground power cables or mains electricity supplies; using unsuitable electrical equipment in explosive atmospheres	Electric shock, burns
Machinery	Loose hair or clothing becoming tangled in machinery; being hit by moving parts or material thrown from machinery; contact with sharp edges	Crush injuries, amputations, fractures, lacerations, eye injuries
Manual handling	Repetitive and/or heavy lifting, bending and twisting; exerting too much force; handling bulky or unstable loads; handling in uncomfortable working positions	Fractures, lacerations, sprains and strains
Slip and trip hazards	Uneven floors; trailing cables; obstructions; slippery surfaces due to spillages; worn carpets and mats	Fractures, lacerations, sprains and strains
Work at height	Overreaching or overbalancing when using ladders; falling off or through a roof	Head injury, loss of consciousness, spinal injury, fractures, sprains and strains
Workplace transport	Hit by, hit against or falling from a vehicle; being hit by part of a load falling from a vehicle; being injured as a result of a vehicle collapse or overturn	Crush injuries, head injury, fractures, sprains and strains