



Lesson One – Introduction to Health and Safety

Aim

- To explain what health and safety is all about
- To raise awareness of the costs and benefits of health and safety standards in the workplace.
- To promote an understanding of major pieces of legislation

Objectives

Students will:

- 1) Know the main costs of poor health and safety standards and the main benefits of good standards both from a personal and a company's' point of view.
- 2) Be able to give examples of common work related accidents/ill health.
- 3) Understand the factors that will affect whether accidents will happen.
- 4) Understand the measures that can be taken to prevent accidents happening.
- 5) Have an understanding of the risk assessment process

Content

Initially for schoolchildren a simple emphasis that health and safety is all about 'accidents' it may be possible with some groups to arrive at this through question and answer.

A good starting point is a discussion of an accident any of the group knows about trying to think about causation factors and who has responsibility within the described scenario. You could use articles from local paper etc.

Why is it that health and safety should be important?

What is the likely effect of a company with poor health and safety standards?

Is there a benefit for a company to promote good health and safety standards?

Examples of benefits and costs are given (*page 2-3 CIEH First Principles*).

Blackboard/Whiteboard/Flipchart – good for recording the worthwhile ideas from students.

Use facts and figures of the HSE to show the scale of the problem in British workplaces.

First step for people to take care of themselves in a workplace is to be able to identify hazards – things that will do harm. Ask students to identify any hazards that they may have come across in workplaces or at home. List the common causes of injury, some are listed in the booklet but there are others such as electricity, vehicles, water (drowning), hot and sharp objects, other people etc. (*Examples page 2 CIEH First Principles*)

Use **worksheet 1.1** (workplace-potential hazards) to identify hazards in a particular environment or for a particular activity. Record results and discuss if necessary.

Use **worksheet 1.2** (hazards-influencing factors) to look for reasons why accidents do happen. Stress that if people are aware of the dangers and they understand why these hazards cause accidents they are in a perfect position to do something to stop it.

Arrange the factors into three areas: Human – Occupational – Environmental. (*Definitions of each are on page 4 CIEH First Principles*).

All reasons for accidents will fall into one of these categories.



This hopefully will lead a situation where you can think about accident prevention – what can/should be done to stop accidents happening. These are classed as precautions or control measures.

The lawnmower man (**worksheet 1.3**) can be used to demonstrate this. It should be fairly straightforward for students to identify hazards in this picture. If they have identified hazards they should be able to give an indication of the injury or ill-health each hazard is likely to cause. The final step is to put in place suitable control measures to cope with the situations. Use (**worksheet 1.4**) to record.

Emphasise the hierarchy of control.

The best form of control measure is one that removes the hazard completely i.e. shooting the dog.

Next best is changing the hazard to make it safer.

Then ensuring workers and hazards are kept separate – this is for when the hazard has to stay as it is in the workplace.

Safe systems of work, training, supervising etc. are seen as worthwhile options but the obvious weak link is that they rely on people doing as they are supposed to.

PPE is at the bottom as it will, never stop an accident merely reduce the effect. Worthwhile but should be a last resort and used only in conjunction with other control measures.

Ask the students to put the identified control measures into categories.

Give an outline to the risk assessment process (*pages 14-16 CIEH First Principles*).

Activity Lesson One

Use **activity worksheet 1**

- Describe an operation being performed in a workplace.
- Identify all the potential hazards in that workplace.
- List the control measures you think are important in preventing accidents from happening.
- Use the information to produce a risk assessment document on the prepared form.
- This can be done from photographs if they are available.

Equipment

- Presentation material
- Flipchart/Board,
- Worksheets 1-4
- Newspaper reports of accidents prosecutions etc.