OCCUPATIONAL INJURIES

Common injuries among health workers are slips, trips and falls, road traffic injuries (ambulance crashes, motorbike and bicycle injuries), electric shock, explosions and fire.

Key facts

- Wet floors, spills, and clutter may cause slips, trips and falls.
- Poor vehicle maintenance, inadequate operator training and lack of safety restraint contribute to ambulance crashes.
- Unsafe electric work practices may cause electric shock, electrocutions, fire and explosions.

Preventive measures:

- Slips, trips and falls:
    - Ensure access to and use of slip resistant shoes.
    - Install slip-resistant flooring and increase floor cleaning frequency.
    - Remove trip hazards in workplaces.
    - Ensure safe railings for stairs and heights.
    - Support older workers to participate in falls prevention activities.

- Road traffic injuries:
    - Adopt safe work practices e.g., use of seat belts, prohibiting mobile phone use while driving, wearing helmets when riding motorbikes and bicycles etc.
    - Set speed limits for vehicles according to regulatory requirements.
    - Develop and implement a system for recording and investigating incidents.
    - Employ competent drivers and conduct regular driving competency and medical fitness tests.
    - Maintain vehicles in good condition.
    - Consider good driver access or visibility when purchasing or deploying vehicles.

- Electrical injuries:
    - Train workers on safe use of electrical equipment.
    - Ensure availability of enough sockets to avoid overloading socket outlets.
    - Remove trailing cables that may cause trips or falls.
    - Switch off and unplug appliances before cleaning or adjusting them.
    - Check for signs of dangers from electricity before using electrical equipment.
    - All electrical work should be done by a competent person.
    - Stop using faulty equipment immediately and have it checked by a competent person.
    - Ensure all electrical equipment are suitable for use before using them.
    - Consider using a residual current device (RCD) to reduce the risk of electric shock.

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