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.

Source: