

# Activity Sheet 1.2

## Work-related fatalities, injuries and ill health

### Timing 5 minutes

Using the lists of types of accident and ill health provided below, select what you think are the top three causes of work-related fatalities, major injuries, and injuries resulting in absence from work for more than three days.

What do you think are the top three types of work-related ill health resulting in absence from work?

Try to estimate how many people might be affected each year and, in the case of work-related ill health, how many working days might be lost overall.

#### Types of accident

1. Contact with electricity
2. Injured by animal
3. Struck by moving object (including flying/falling object)
4. Struck by moving vehicle
5. Fall from height
6. Exposure to an explosion
7. Exposure to fire
8. Contact with moving machinery
9. Injured while handling, lifting or carrying

10. Exposure to or contact with harmful substance
11. Drowning or asphyxiation
12. Strike against something fixed or stationary
13. Slip, trip or fall (on the level)
14. Acts of violence
15. Trapped by something collapsing or overturning

#### Types of ill health

1. Hearing loss/deafness
2. Musculoskeletal disorders – bad backs, muscle strains etc.
3. Vibration illness/damage, e.g. vibration white finger
4. Skin disease, e.g. dermatitis (inflammation, redness, scabs and breaking of the skin)
5. Stress – anxiety and depression
6. Poisoning
7. Diseases
8. Cancer
9. Lung and breathing/respiratory conditions

#### Top three causes of work-related fatalities (each year in the UK)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

How many workers are killed at work each year?

\_\_\_\_\_

#### Top three causes of major injuries at work

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

How many workers suffer major injuries at work each year?

\_\_\_\_\_

#### Top three causes of workers being absent from work for three days or more due to any injury

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

How many workers are absent for three or more days due to an injury each year?

\_\_\_\_\_

#### Top three types of work-related ill health

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

How many working days are lost each year due to work-related ill health?

\_\_\_\_\_

# Activity Sheet 3.1

## Work-related health problems

### Timing 8 minutes

For each work-related health problem, identify the type of work to which it might be linked.

Which two work-related health problems do you think are the most common?

#### Common work-related health problems

Musculoskeletal disorders

Breathing and lung problems

Hearing problems

Stress, depression and anxiety

Skin problems

#### Type of work

#### Two most common work-related health problems:

1.

2.

# Activity Sheet 3.2

## Hierarchy of control

### Timing 4 minutes

In preventing and controlling occupational health hazards, there is an order known as the hierarchy of control.

From the list below, put the controls in order 1–10 from the most effective to the least effective in preventing occupational health hazards.

Training	1.
Personal protective equipment	2.
Enclosure – provide physical barrier around hazard	3.
Good housekeeping	4.
Elimination – remove the hazard	5.
Exposure time reduced – restrict contact time	6.
Isolation – move hazard to another area	7.
Local ventilation then general ventilation	8.
Welfare facilities	9.
Substitution – provide a safer alternative	10.

# Activity Sheet 4.1

## Defining an accident

### Timing 3 minutes

What is an accident? Make a note of some key ideas associated with the word 'accident', then write a definition.

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**Key ideas associated with the word 'accident':**

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**An accident is:**

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# Activity Sheet 4.4

Electric shock

Timing 4 minutes

What should you do if you come across someone who has had an electric shock?

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Make a note of two things you must NOT do (for your own safety):

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# Activity Sheet 7.1

## Risk assessment

### Timing 4 minutes

Think of three different examples of hazards that exist at work. For each, consider:

- the chance of the hazard causing harm
- the degree of harm
- how many people might be affected.

Estimate the risk on a scale of 1 (very low) to 5 (very high) for each of the three dimensions.

Multiply the scores to arrive at a risk rating (1–125).

Type of hazard	Chance of harm	Degree of harm	No. of people affected	Risk rating (1–125)



# Activity Sheet 11.3

## Use of ladders

### Timing 5 minutes

Look at the photo of bad practice in the use of ladders.

#### Group 1:

What factors should you consider when approaching a particular job that involves working at height?

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#### Group 2:

What rules for using ladders should you follow so as to prevent injury, particularly when working on them?

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# Activity Sheet 12.2

## Fork-lift trucks

### Timing 5 minutes

What are the main hazards associated with the use of fork-lift trucks?

**Main hazards:**

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Which factors contribute to fork-lift truck accidents?

**Contributory factors:**

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