

Avoid Death at Workplaces

(PREVENTION OF ACCIDENTS IN WORKPLACES)



Prof. E.A. Akinade

AVOID DEATH AT WORKPLACES
(Prevention of Workplace Accidents)

BY

PROF. E. A. AKINADE

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DEDICATION

This book is dedicated to Oluwafifehanmi Arike AKNADE who was born while I was writing this book.

PREFACE

The author wrote this book with the knowledge that many workers sustain minor, major and fatal injuries in numerous workplaces across the world. The intension of the author was to write a book that will help readers to avoid or prevent accidents, injuries and even death in workplaces anywhere in the world.

The book discusses concisely and authoritatively the topics such as: quotations and concepts about workplace accidents and safety. Others are causes, types, effects of workplace accidents and safety. In addition, it treats roles of employers and employees in preventing death or injuries in workplaces. It provides appropriate safety measures in the use of equipment and personal protective gears as well as safety guidelines about prevention of fire hazards and lifting heavy objects.

SAFETY QUOTES IN YOUR WORKPLACE

- *Always think, believe and remember that you must be safety conscious in your workplace.*
- *Avoid or stop workplace accidents by all means else they will stop you from working or being alive.*
- *Beware of wet or slippery floors because of falls, slips, trips, fractures and even death.*
- *Carefulness at work costs you nothing but guarantees you safety and your life.*
- *Keep deliberately safe.*
- *Make safety your first thought—not your afterthought!*
- *Never take risks when it comes to safety.*
- *Never take shortcuts.*
- *Obey safety signs, stickers, and tags.*
- *Prevention is better, safer, surer and cheaper than cure.*
- *Protect your head and limbs (legs and hands); you need them to work and collect your salary and to ensure that you are not laid off or rendered redundant.*
- *Your safety is your personal responsibility*

CHAPTER ONE

CONCEPT OF WORKPLACE SAFETY

Safety refers to the control of foreseeable or likely hazards in order to achieve an acceptable level of risk. We may also view it as condition of being protected from harm or danger. Safety encompasses environmental, physical, health, biological, and cyber safety in workplaces. Safety signs include prohibition, warning, mandatory and emergency.

Workplace includes anywhere one works for his daily pay. It may be on the soil, under the ground, on water (sailing, rowing of commercial boats, and inside water (fishing, scooping sand) as well as in the air (on skyscrapers and in airplanes). It may be in urban areas (e.g. in factories, hospitals, markets, offices and schools) or in rural areas (e.g. in the farms, bush, forest or villages). The risks involved varies in severity from one workplace to another. This is irrespective of the type or size of the workplace.

Safety in workplace also involves the three “Es” of workplace. These are Education, Evaluation and Enforcement. Safety involves measures and practices to protect employees from harm, ensuring a secure and healthy working environment.

Evaluation:

Safety also evaluating conditions of everything and everybody in the workplace. This includes the employees, equipment, machines and emergency exits. Evaluation includes the meticulous survey of each workplace. Create a full-scale risk assessment of the workplace. This is to help you generate huge awareness of probable risks and injuries of workers; identify, reduce and control health and safety risks. If you are in doubt ask questions from your colleagues and supervisors for clarity.

Education:

To strengthen safety, give your employees adequate information with particular reference to common and probable hazards in the work-place. Ensure there is scheduled training and retraining of all cadres of workers. You need to employ simple and clear language to communicate all information to your workers. You may send the senior employees to undergo relevant training in health and safety. Such officers would come back to serve as trainers of the other employees.

You may also hire relevant safety experts to update your staff with current safety practices. Engage with your workforce by asking them about hazardous activities, dangerous or careless workers; or substances, or processes that they encounter during their work. Discuss periodically ways to eliminate or reduce hazards.

Enforcement or accountability:

Enforcement involves ensuring staff abide by stipulated safety regulations, following all relevant guidelines and regularly reminding employees to engage in practices of lessons they gain from safety education.

Workplace hazards and safety:

This phrase refers to the condition of work environment of employees and it is concerned with eliminating injuries, and workplace hazards. Workplace hazards can occur in diverse ways. These may include equipment, dangerous materials, unsafe working conditions and poor work habits of personnel. These may lead to accidents that may damage any part of the musculo-skeletal areas of the body (the limbs, vertebral column, head, ligaments, tendons and muscles).

CHAPTER TWO

IMPORTANCE OF WORKPLACE SAFETY

It is essential for everyone in a workplace or an establishment to feel safe. This is necessary so that workers can have little or no feeling of sustaining injuries, or have fear of becoming sick or even die while they are at work.

For this reason, it is important to put up bold safety signs in conspicuous places in every workplace. In addition, we should direct the attention of workers to them constantly through various methods.

Effects of workplace safety

It is important to ensure that there is safety in workplaces. Good level of workplace safety can lead to significant multifaceted effects. Some of the effects include:

- Attraction of more workers
- Boosting morale of workers
- Boosting the productivity of workers
- Enhancement and protection of workplace.
- Enhancement of the reputation of the workplace.
- Ensuring significant reductions in workers' compensation claims
- Guaranteeing of a happy and healthy workforce.
- Improvement of compliance with labour laws and regulations
- Increase in level of resilience among workers
- Increase in profits of the establishment.

- Increment in job performance
- Increment in job satisfaction
- Keeping workers safe.
- Making it easy for workers to concentrate on their schedules.
- Making workers proud of their places of work.
- Preventing workplace injuries and fatalities
- Protecting human limbs and lives
- Reduction of workplace stress.
- Rise in retention of workers
- Serving as morale booster of workers

A workplace that is deemed risky or one that lacks key elements of safety may correspondingly lead to, among workers,

- anxiety,
- depression,
- diminishing morale
- fear,
- inability to meet targets
- increased absenteeism.
- job insecurity and
- less dedication and commitment
- loss of income
- rapid staff turn-over and eventual fold-up.
- stress,

CHAPTER THREE

CAUSES OF WORKPLACE ACCIDENTS

There are numerous causes of workplace accidents. They may be due to man, machine or a combination of the two. Accidents can happen right from the gate to the interior of the workplace. Accidents may range from minor, to serious and extensive or major injuries such as head injuries, fractures, long-term musculoskeletal problems or incapacitation or death.

Examples of common causes of such accidents include, in alphabetical order:

- Acts of workplace violence
- Being struck by rolling or flying objects
- Chronic Stress
- Collision at doors or gates (especially during rush periods)
- Dehydration
- Equipment (machinery or tools) accidents
- Equipment malfunctions
- Exposure to hazardous (e.g. chemical) substances
- Falls from heights
- Fatigue
- Fires and explosions
- Inappropriate handling of tools and equipment.
- Lack of communication
- Lack of concentration or presence of mental distractions
- Lack of (or inadequate) training at a particular job
- Lifting heavy objects inappropriately

- Loose wires on the floor (or hanging somewhere)
- Moving object hitting a worker
- Not following workplace safety guidelines
- Not wearing personal protective equipment
- Obstruction in walkways
- Overexertion
- Overconfidence
- Poor housekeeping
- Poor lighting
- Poor or lack of preparation or training
- Repetitive motion
- Slips
- Trips
- Using shortcuts
- Vehicle-related accidents in factories
- Vibration injuries
- Wet or uneven floor



A worker falling off an electric pole

From the list above, we can see that there are several causes of accidents in workplaces. We can control the causes of accidents by putting in place the opposite of the above factors. We can achieve this partly by reducing human error and improving safety protocols. Give workers time to rest (such as reasonable meal break, days off or even vacation).

CHAPTER FOUR

TYPES OF WORKPLACE HAZARDS

Several types of safety hazards exist nearly in all workplaces. Many of them may lead to death. Others may lead to less severe harm. We should try to reduce their occurrences and impact. One way of achieving this is to be able to know their types and examples.

We can group them as biological, ergonomic, physical, chemical, environmental, occupational, cyber hazards, work organisation, and interpersonal or psycho-social types. Find below some examples of each group.



A lady working safely on electric pole, well kitted.

Safety hazards:

Safety hazards are sometimes confused with physical hazards. However, they refer to things that create an unsafe working

environment, especially for construction workers and those who work machines.

Examples of safety hazard include, a damaged handrail, a leak causing a slippery floor, a ladder in an unusual place, operating dangerous machinery or equipment (some workers have their limbs amputated by factory machines). Construction workers (such as bricklayers, painters and carpenters) may fall from heights or receive deep and sharp nail punctures. Some workers have fallen from great heights and died while on duty.

Physical / environmental hazards:

Physical hazards are environmental factors that can cause you physical harm without visibly touching you. Examples include extreme weather temperature (heat and cold) conditions, heights, dangerous level of vibration, constant high level of noise (that often causes tinnitus, hearing loss or other hearing issue), gases under pressure, electricity, prolonged exposure to sunlight and ultra violet radiation, pressure and confined spaces.

Ergonomic hazards.

Ergonomic hazards refer to physical factors that may gradually cause strain or injury to one's muscular and skeletal systems. They may have disabling impacts on workers. They often arise as a result of repetitive activities, prolonged use of poorly designed or poor setup of workstation, poor manual handling techniques,

sitting with poor or awkward posture (such as those who work on computer all day). Others are work stress, long term exposure to excessively vibrating tools, lifting objects incorrectly, using too much force and direct pressure.

To avoid ergonomic hazards, practise good posture when you sit or lift heavy objects. Use ergonomic desks and keyboards to avoid straining your wrists and arms. Sit up straight, keep your shoulders in line with your hips and lift with your legs when you are moving objects. Poor posture can cause strain on your back, neck and shoulders. These can lead to serious injury.

Biological hazards (biohazards). These are hazards caused by viruses, bacteria, fungi, insect bites, and animals' wastes. All these are present in diverse workplaces.

Workers who work whether inside or outside buildings can be exposed to dangerous substances and diseases. For instance, those who work in health-related establishments (hospitals and medical laboratories), are prone to catch some infections from contaminated blood and other body fluids. They may catch blood-borne diseases such as HIV, hepatitis B and C and malaria. Nurses and medical laboratory scientists may get wounds from injections, ampoules/sharps and needle-sticks.

Chemical hazards:

Chemical hazards are harmful substances that occur when people are exposed to harmful chemicals. These may be liquid, solid or gases. They can cause both health and physical harm problems on our skin and respiratory system, irritation, burns, blindness, carcinogenicity, flammability and corrosion.

Examples of the causes of chemical hazards include dangerous liquids (acids, solvents and paints), fumes, vapours, gas (e.g. Carbon monoxide, hydrogen sulphide, acetylene and propane) chemicals, solvents and flammable materials such as (petrol, kerosene and explosive chemicals and gases and pesticides.

Interpersonal/psychosocial hazards:

Interpersonal hazards are caused by humans to their colleagues. They include those that can affect the workers' mental health and physical and social well-being. Examples include; violence by coworkers during fights or quarrels, victimisation, bullying, discrimination, stigmatisation, deliberate work overload or underload in workplaces and sexual harassment.

Occupational hazards

Occupational hazards are harm, risks and injuries that happen to workers when they work in specific occupations. All the types described above are occupational hazards. For instance, they are predominant in factories and hospitals, where burns, scalds, cuts and fractures are common, and in industries such as construction and utilities where the risk of a slip, trip or fall is very high

Cyber security (Information technology security or electronic information security):

Cyber hazards are diverse attacks on our electronic information system. Its opposite is cyber security. Cyber security refers to the provision of safety in the form of protecting electronic information systems such as computers, files, data, networks, and programmes from malicious online attacks. These attacks may lead to huge mental, financial and even physical harm or injuries to persons or establishments. Maintenance of cyber security should be made a part of workplace culture.

CHAPTER FIVE

WORKPLACE SAFETY TIPS:

It is crucial for all those who are in any workplace to know and practise several safety or survival tips. It is vital for everyone in a workplace to recognise that your safety is your primary personal responsibility.

All vehicles entering a workplace should be searched properly, physically (especially the boot) and electronically (e.g. using metal detectors). Let all visitors report and register at the reception office for proper documentation of those who come in and go out of each workplace. Visitors should be given guidance about safety in the workplace. No children or unauthorized persons should enter prohibited areas.

Once you are in a workplace, adhere to the following safety tips. They are arranged, for convenience, in an alphabetical order:

- Avoid taking shortcuts
- Be observant about your surroundings
- Beware of all old and new safety procedures.
- Declutter workplace and keep your workplace tidy.
- Follow safety guidelines
- Keep emergency exits free
- Practise good posture when sitting, standing or lifting heavy objects
- Prioritise ergonomics

- Report any hazardous conditions
- Report any unsafe conditions and developments.
- Stay hydrated.
- Take regular breaks, to allow your body to rest.
- Train employees well and continuously
- Understand safety procedures
- Understand workplace safety culture and risks
- Use work tools, equipment and machinery properly
- Wear all necessary protective gear such as such as gloves, safety helmets and reflective dress, protective breathing mask, eye protector, non-slip foot-wears, and fire-retardant clothing, body clothing.

In addition, we need to recognise and obey all safety colours and signs in any workplace. The colours include red, green, yellow, purple, blue and orange. They are for safe conditions, prohibition, mandatory, warning and fire equipment signs. They often direct our attention to our safety and health needs. For instance,

BLUE and circular shape means a mandatory warning. It is used to indicate out-of-use equipment.

GREEN and square shape often suggests safe conditions such as emergency exits or FIRST AID points.

ORANGE indicates a dangerous part of machines or energised equipment which may cause terrible or even fatal injuries to

employees. These may include crushing or cutting off limbs of workers.

PURPLE (with a combination of yellow) is used for indicating radiation hazards.

RED indicates warning about danger or prohibition. It often indicates where fire protection equipment is. It may appear as a circle with diagonal shape.

YELLOW and black lettering warn us to watch out for a probable physical danger ahead. It means caution.

CHAPTER SIX

SAFETY ROLES OF WORKPLACE STAFF MEMBERS.

Employers, employees and visitors to workplaces have key complimentary and joint roles to play in ensuring safety in workplaces. To ensure workplace safety, all employers and employees (personnel) must always:

- ask for guidance or assistance any time you are confused or in doubt of how to conduct a task. You may ask an expert or a more experienced colleague or your supervisor.
- ascertain that railings are properly secure, solid, fixed (not shaking) before you use them-to prevent a nasty fall.
- avoid loafing or procrastination at work, doing this may lead to workplace interpersonal violence.
- be aware of your surroundings. Label or and report potential or actual hazardous areas and materials with appropriate signs.
- avoid shortcuts. This is because specific guidelines exist to keep workers safe.
- clean up any mess/slippery substance or water leak on the floor e.g. in the toilet immediately without waiting for someone else to do it. You may be saving someone from a bad fall, fracture or death.

- follow closely the correct laid down instructions, rules and procedures when using any tool or machine.
- If you must climb to perform any task, find a secure or steady or proper/industrial ladder. Avoid improvising climbing with the use of poor substitutes such as makeshift ladders, shelves, storage units, empty drums, chairs, stools or boxes.
- Keep your workplace clean and clear from clutter that may make you fall over scattered objects and thereby sustain injury.
- know a safe emergency exit, and go through it when it is necessary. Its passage must be free of obstructions.
- know where the First Aid Kit and officer are and use them promptly when it is necessary.
- let your colleague or supervisor know any imminent risks without delay.
- mind everything, every equipment, everybody, your work and environment at all times. Know the emergency procedures in the event of any hazard such as a fire or flood or a falling building.
- render First Aid to whoever sustains injury (if you know how to do so) and guide your colleague to where he can receive further and more adequate treatment.

- report any unsafe condition you are aware of promptly. Fix any unsafe conditions that you notice and as fast as you can. Call the attention of your supervisor to what is beyond your ability right away.
- take occasional or regulated breaks after you have worked for a considerable length of time e.g. from your computer screen. Stand up, walk some distance or take fresh air. The break will revitalise you and make you more focused and have a higher level of concentration.
- use only tools, machine, equipment and machinery that you are properly trained or certified to use. Doing all these will help prevent needless injury or even death.

CHAPTER SEVEN

TEAM EFFORTS IN KEEPING THE WORKPLACE SAFE

Safety in workplaces requires is team effort. In some establishments, specific departments and personnel are in charge. These include staff of Human Resources; Security Department, Safety and Health Departments and Fire Department. Also, Management staff and supervisors or any designated personnel are involved in ensuring that the workplace is kept safe.

It is the responsibility of owners of workplaces to make their staff aware of all or any new safety procedures. However, everyone should imbibe the fact that your workplace safety is your personal responsibility. If you do this, everyone and the workplace becomes safe.

ROLE OF EMPLOYERS

If you are self-employed, you need to provide safety against job hazards in your workplace. If you are an employer, provide an extra layer of safety for your employees or customers. You need to involve your customers and employees in your safety planning and day-to-day safety operations.

The most junior employees or even occasional customers may contribute vital and useful safety ideas that may not occur to you. Therefore, consider and appreciate their insights and contribution.

Training: You need to emphasise training and retraining of your staff. Always give clear and detailed communication in the workplace. Host regular safety training for all categories of workers. You may bring in experts to do the training. You may also send some senior members of your staff to attend relevant training on workplace safety. These people would come back to deliver training to other categories of employees. Organising such workplace safety training would help all categories of employees to reduce or eliminate injuries and illnesses or even prevent death from occurring in the workplace.

Educate everyone in the workplace about the safety requirements and consider posting a list of bold workplace safety tips at strategic points in the workplace. Workers especially those who work in factories should undergo mock or occasional Emergency Safety Drills.

Communication: Use all means of communication to inform all employees. These may include public address system, print and electronic methods. You can communicate to the employees via departmental Whatsapp groups, email messages, occasional one-on-one or departmental chats on safety, staff meeting and other relevant methods.

Give safety orientation to fresh and reorientation to stale employees. The use of posters and other forms of visual messages could be helpful. Use the languages the workers are comfortable

with. This should include the local languages that they can read and understand.

Always keep the communication lines open with your co-workers, employers, or employees in order to promote and maintain a safe environment. Be quick to alert others of any (new or old) hazards that you perceive. It is essential to make safety a regular priority. Conduct *safety audits*.

Encourage all employees to be situationally sensitive to and report anything or anyone who may pose a danger to the staff and equipment. Workers should report any negative development to superiors, colleagues and subordinates. For the safety of all, do not support or keep away any negative or dangerous plans any employee (especially during industrial crisis) may be planning from appropriate authority.

Taking the steps below would reduce death or other forms of harm. Keep all workplace facility and equipment in good condition. For instance, keeping expired fire extinguishers or defective Fire Fighting Vehicles or those without water or firefighting equipment is equivalent to not having them. Provide proper safety equipment and Personal Protection Equipment (PPE). This includes finding the status of all staff, equipment and surroundings. Remove all dangerous, inadequate or defective elements.

CHAPTER EIGHT

SAFETY GUIDELINES IN LIFTING WEIGHTY OBJECTS IN WORKPLACES

We can encounter, in workplaces, different objects with different weights that we may have to move from one height or place to another. We must be careful how we lift the objects. Do the following and you would be free from several ergonomic hazards.

- Avoid bending forward while lifting any heavy load e.g. bag of cement or foodstuffs.
- Avoid putting the stress on your back and ensure that your back is straight.
- Consider a back support if the work is weighty or you have a delicate back.
- Don't bend at the middle but bend the feet.
- Don't just grab any load and try to lift it. Start with a weight you can lift comfortably.
- If you cannot lift or carry a heavy load, request for assistance.
- Keep your load close to your body so that you will experience less strain.
- Lift all weighty load with your knee.
- To lift a heavy load, or test its heaviness, use one hand or leg to push it forward a bit. This may give you an idea of the weight of the load.

- The first step to lift a heavy load is to check it visually.
- This exercise will suggest to you how much energy you may need to lift the load.
- To lift a heavy load safely, be systematic, careful, and intentional. Start to lift it gradually with your two hands-not one hand.
- You need to support this effort by putting the stress on your legs by bending it.

CHAPTER NINE

HOW TO ENSURE SAFETY IN THE USE OF TOOLS AND MACHINERY



Fire extinguisher for small fires

Many workplaces use tools and machinery. Some of these tools may cause accidents, some of which may lead to debilitating impairment or even death. To avoid these, we should put into practice the following suggestions.

- Always ensure that the operator of a machine sees you; do not stay behind someone or something that may cover you.
- Always approach from a safe distance, all moving machines or vehicles from all directions.
- Always read labels and instructions alerting you to potential dangers and hazards in the use of all equipment or chemicals.

- Always use the appropriate tool for a particular task. This is to avoid getting hurt or damaging the equipment.
- Clean your tools and keep them in good working order after every use. You may need to dry some or grease others.
- Communicate your location to your supervisors and colleagues. This is to help others know your whereabouts in the workplace or factory.
- Do perform only tasks you are trained for and which you are capable of working with safely.
- Dress appropriately and compactly. Serious or fatal accidents have occurred wearing inappropriate dresses at work. Avoid wearing flowing, loose, or hanging clothes and accessories (ties, earrings, bracelets or loose sleeves). Such dresses may easily get caught up in moving parts of active machines.
- If something is wrong, stop the machine immediately and get assistance.
- Never insert fingers or any other objects that do not belong into moving machinery. This can result into damage of person or equipment.
- Never leave equipment running unattended.
- Never remove safety guards that are in place to protect you and the surrounding area.

- Never walk in front of any moving equipment such as forklift, tractor, or any other heavy machine. This is to prevent you from being trampled upon mistakenly.
- Obey all operating instructions.
- Organise your tools carefully. This is to prevent you or someone from being hit by a misplaced object.
- Turn off machines and equipment after use. Only then should you consider cleaning, un-jamming, oiling, adjusting, or moving them.
- Unless it is your job, never tamper with electric controls, cords, switches, or other such hazardous items.

CHAPTER TEN

SAFETY ABOUT FIRE HAZARDS

All employees should know the whereabouts of fire extinguishers. The fire extinguishers must be available, active and readily attainable. Employers should come up with a fire emergency strategy and ensure that everyone knows and understands it.

Fire hazards can occur through several ways. These include smoking in unauthorized places, flammable vapours, careless use of matches, fire lighter, electric sparks and electric outage. They can cause various degrees of hazards such as slight burn, conflagration and even death.

To forestall fire hazards in workplace we should practise the following.

- Give all workers sufficient orientation about fire hazards and explain the role each person should play in case any fire accident occurs.
- Install fire alarm systems in the workplace. Sensitise the workers on how the alarm sounds and works. Train workers how to alert others in case there is fire outbreak in any part of the workplace. Let them know the various classes of fire and what feeds the fire.

- Let there be cross or good ventilation. This can reduce the toxins, fumes and chemicals in the air, and thus to eliminate highly flammable vapours.
- No employee should fight a grease fire with water. This is because water will splash the oil and spread the flames.
- Periodically, practise fire drills.
- Provide a designated safe place for workers to gather, in case there is fire outbreak.
- There must be a list of boldly written numbers of fire stations to call in case there is an outbreak of fire. Place this list in conspicuous places.
- There must be free passage for firefighting vehicles to reach such spots.
- Train them to call for more professional help. Let the professional fire fighters fight the big fires (infernos).
- Train workers how to use the various types of fire extinguishers to fight small fires or when the fire is just starting.

CHAPTER ELEVEN

SAFETY IN THE USE OF PERSONAL PROTECTION EQUIPMENT (PPE) FOR ALL WORKERS

Personal Protection Equipment (PPE) are safety gears designed to guard the head, eyes, limbs and other parts of the body against hazards of workers and visitors to any workplace. Wearing the PPEs often reduce hazards or even fatality in workplaces. Therefore, it is important to provide or replace them as soon the need arises. Workers should always wear the necessary protective equipment that is intended for their tasks.

Examples of appropriate safety gear in your workplace include a reflective gear, fire-retardant or protective clothing; industrial workwear or something as simple as nonslip shoes. Others are seat belts, hand gloves, face mask, safety glasses or goggles, headgear, and/or footgear, safety harnesses and hard hat especially for those who work in factories.

Employers must make it obligatory for their employees to gear up correctly any time they are at their workplaces with appropriate protective equipment that is designed for their particular schedule of duty. They should pull all these off before leaving the workplace for their homes. They should be kept in special places for their safe keeping.

Workers should always wear appropriate non-slip footwear or boots or shoes corresponding to their jobs. Doing so would minimise their falling or slipping. This should be a must if their workspace involves slippery surfaces such as kitchens, spas and swimming pools or if they are lifting heavy objects.

Workers such as those in the field of medicine (doctors, nurses, medical laboratory scientists) should wear lab coats and gloves to prevent contacting infection especially, if they are handling sharp objects (e.g. needles) or toxic or corrosive substances such as acids.

Safety harnesses should be used by those who need to climb outside-stairs or high-rise places, especially where there is risk of falling. Those who would need it include those who climb electric pole, firefighters or those who work on external walls of tall buildings such as masons, bricklayers, and painters.

Those who work or walk in places where they can come in contact with poor ventilation, flying particles, debris or dust, or if you have to deal with toxic or dangerous chemicals or fumes as in paint and cement factories, must always wear breathing masks. This would help reduce risks of respiratory problems.

In addition, workers should wear adequate personal protective equipment for reduction of noise such as ear plugs/muffs. All motorised vehicles (trucks, buses, cars and) drivers must wear

seat belts while they are on duty. Wear safety glasses if your work will pose a hazard to your eyes, this is especially necessary for welders. Wearing a hard hat will protect you if there's a risk of falling objects.

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***SOME OF THE BOOKS WRITTEN BY THE
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- ❖ Psychology of Human Learning-2002
- ❖ Modern Concise Dictionary of Guidance and Counselling-2001.
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- ❖ Educational Measurement and Evaluation- 1991
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- ❖ Nelson Biology for Senior Secondary School 2-1988
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- ❖ MacMillan Matriculation Biology Examination-1988.

ABOUT THE BOOK

This book has compact but comprehensive chapters. The author wrote the chapters in simple and easy-to-follow style. It authoritatively explains contemporary ways of identifying and reducing different types of accidents in various workplaces. It asserts that all aspects of the workplace are potential sources of dangers, injuries, accidents and even death. The philosophy behind this publication is early detection and prevention are preferable, better, safer and surer than cure.

You will find in this book a careful treatment of topics such as concept and importance of workplace safety; causes and types of workplace accidents and the recommended safety tips; roles of employers and employees in maintaining safety in workplaces. Others are safety guidelines in lifting heavy objects, use of machines and tools, safety about fire hazards and the use of personal Protective Equipment (PPE). The book is for the guidance and protection of all employers, employees and visitors to any workplace.

ABOUT THE AUTHOR



Prof. E. A. Akinade statutorily retired as a renowned Professor of Counselling Psychology, of Lagos State University (LASU), in 2012. He is a Member of Nigerian Academy of Education, Fellow of Counselling Association of Nigeria, Fellow of Association of Professional

Counsellors, Fellow of Nigerian Association of Pastoral Counsellors, A Jerusalem Pilgrim, Justice of the Peace and Master of eBook Creation (with Distinction). He has lectured in the University of Ibadan, Lagos State University, Tai Solarin University of Education, Ijebu Ode (all in Nigeria); University of Botswana, Gaborone, Botswana and University of Education, Winneba, Ghana.

He is very safety conscious. He emphasised safety consciousness everywhere he had worked. He is a widely-travelled person across the country and the world. He has published dozens of paperback books and four electronic books; *Do-it-yourself with ease-e book publishing (soft and hard copies)*, *Comprehensive Domestic Accidents (soft and hard copies)*. *AVOID DEATH AT WORKPLACE* is his latest eBook.