

Occupational Health and Safety

Department of Manpower & Employment -May, 2022

What is OSH?



Occupational Safety and Health (OSH) deals with all aspects of health and safety in the workplace and has a strong focus on primary prevention of hazards. Its goal is to prevent accidents and harm to people from work-related activities.

Why Occupational Health and Safety is Important?

- Reduced risk of accidents or injuries by identifying and mitigating hazards
- Improved efficiency and productivity due to fewer employees missing work from illness or injury
- Improved employee relations and morale (a safer work environment is a less stressful work environment)
- Reduced costs associated with accidents or injuries (health care and rehabilitative costs, losses in productivity, impact on employees' well-being)
- Lower insurance premiums resulting from fewer workplace incidents and workers' compensation claims

There are several types of hazards employees may be exposed to depending on their industry

- Physical hazards
- Biological hazards
- Chemical hazards
- Ergonomic hazards
- Psychological hazards

How to Promote Occupational Health and Safety in Your Workplace?

1. Make sure that your OHS policies comply with all federal and/or state laws and regulations
2. Ensure that your staff is properly trained on all machinery and equipment
3. Keep Safety Data Sheets (SDS or MSDS) for all chemical products in use at your workplace
4. Have all necessary Personal Protective Equipment (PPE) such as hard hats, eye protection, and respirators readily available to all employees
5. Use tools and other equipment correctly

Source: <https://www.occmedpartners.com/blog/the-importance-of-occupational-health-safety>