

SAFETY HAZARDS: These are the most common and will be present in most workplaces at one time or another. They include unsafe conditions that can cause injury, illness and death.

Safety Hazards include:

- Spills on floors or tripping hazards, such as blocked aisles or cords running across the floor
- Working from heights, including ladders, scaffolds, roofs, or any raised work area
- Unguarded machinery and moving machinery parts; guards removed or moving parts that a worker can accidentally touch
- Electrical hazards like frayed cords, missing ground pins, improper wiring
- Confined spaces
- Machinery-related hazards (lockout/tagout, boiler safety, forklifts, etc.)

BIOLOGICAL HAZARDS: Associated with working with animals, people, or infectious plant materials. Work in schools, day care facilities, colleges and universities, hospitals, laboratories, emergency response, nursing homes, outdoor occupations, etc. may expose you to biological hazards.

Types of things you may be exposed to include:

- Blood and other body fluids
- Fungi/mold
- Bacteria and viruses
- Plants
- Insect bites
- Animal and bird droppings

PHYSICAL HAZARDS: Are factors within the environment that can harm the body without necessarily touching it.

Physical Hazards include:

- Radiation: including ionizing, non-ionizing (EMF's, microwaves, radiowaves, etc.)
- High exposure to sunlight/ultraviolet rays
- Temperature extremes – hot and cold
- Constant loud noise

ERGONOMIC HAZARDS: Occur when the type of work, body positions and working conditions put strain on your body. They are the hardest to spot since you don't always immediately notice the strain on your body or the harm that these hazards pose. Short-term exposure may result in "sore muscles" the next day or in the days following exposure, but long-term exposure can result in serious long-term illnesses.

Ergonomic Hazards include:

- Improperly adjusted workstations and chairs
- Frequent lifting
- Poor posture
- Awkward movements, especially if they are repetitive
- Repeating the same movements over and over
- Having to use too much force, especially if you have to do it frequently
- Vibration

CHEMICAL HAZARDS: Are present when a worker is exposed to any chemical preparation in the workplace in any form (solid, liquid or gas). Some are safer than others, but to some workers who are more sensitive to chemicals, even common solutions can cause illness, skin irritation, or breathing problems.

Beware of:

- Liquids like cleaning products, paints, acids, solvents – ESPECIALLY if chemicals are in an unlabeled container!
- Vapors and fumes that come from welding or exposure to solvents
- Gases like acetylene, propane, carbon monoxide and helium
- Flammable materials like gasoline, solvents, and explosive chemicals.
- Pesticides

WORK ORGANIZATION HAZARDS:

Hazards or stressors that cause stress (short-term effects) and strain (long-term effects). These are the hazards associated with workplace issues such as workload, lack of control and/or respect, etc.

Examples of work organization hazards include:

- Workload demands
- Workplace violence
- Intensity and/or pace
- Respect (or lack of)
- Flexibility
- Control or say about things
- Social support/relations
- Sexual harassment

**CHEMICAL &
DUST HAZARDS**

(cleaning products, pesticides,
asbestos, etc.)

**BIOLOGICAL
HAZARDS**

(mold, insects/pests,
communicable diseases, etc.)

**ERGONOMIC
HAZARDS**

(repetition, lifting, awkward
postures, etc.)

**WORK
ORGANIZATION
HAZARDS**

Things that cause STRESS!)

**SAFETY
HAZARDS**

(slips, trips and falls, faulty
equipment, etc.)

**PHYSICAL
HAZARDS**

(noise, temperature extremes,
radiation, etc.)