

WORK PLACE – HEALTH AND SAFETY

I. Warm up. Evocation. Task: remember the types of health hazards, match them with their components.

1. Physical hazards	a. Inappropriate pay, discrimination, harassment, production pressure, boredom and shift work.
2. Chemical hazards	b. Infections from air conditioning, bacteria, viruses, unsanitary conditions and plants.
3. Biological hazards	c. You eat well, exercise, sleep well and do not have too many pressures in your social and home life.
4. Organizational hazards	d. Things such as solvents, fumes, liquids, smoke, pesticides and resins.
5. Stress	e. Noise, lighting, radiation, heat and cold, vibration, dust, use of poorly designed or adjusted equipment, and ventilation.

II. Realization. Reading Comprehension. **At automobile services shop.**

1. Task: increase your vocabulary, make up collocations or sentences.

confined areas	[kən'faɪnd], <i>n.</i> – is a space with limited entry and not suitable for human.	
slip	[slip], <i>v.</i> – to move with a smoothing sliding motion.	
overexertion	[əuvərɪg'ə:fən], <i>n.</i> – use of physical or mental energy; hard work.	
sprain	[sprein], <i>n.</i> – damage to one or more ligaments in a joint, often caused by trauma.	
apprentice	[ə'prentis], <i>n.</i> – someone who work for a skilled person for a particular period.	
strain	['streɪn], <i>n.</i> – an injury to a muscle caused by using that part too much.	
shower facilities	<i>n.</i> – communal toilet and shower located near the room.	
locker room	<i>n.</i> – a room for changing cloths.	

2. Task: read the text; translate the 3rd and the 4th extracts.



At most shops the work environment is well-lighted and properly ventilated. However some shops are drafty and noisy. Moreover, on a hot summer or frigid winter day shop temperatures are not always ideal.

Some shops that specialize in oil changes and lubrication use an arrangement commonly called a pit. Customers drive their vehicles into the shop. The mechanic then enters the pit to perform the work. Pit areas are typically not well-ventilated and can be hot during summer months. The very nature of the work also means that mechanics can seldom

avoid handling greasy and dirty parts.

According to the latest Statistics, the rate of illnesses and **injuries** is higher for mechanics than the national average rate. Part of the risk comes from lifting heavy tools, equipment or parts. Other injuries, such as small burns, bruises or cuts, are caused from contact with hot or sharp parts, the need to reach into **confined areas** or having a **tool slip** under pressure. **Strains** and **sprains** were also common and were typically caused by **overexertion**.

Technicians may work as a team or be assisted by an **apprentice** or helper when doing heavy work, such as removing engines and transmissions. Many employers provide uniforms, **locker rooms**, and **shower facilities**.

Most automotive service technicians and mechanics work a standard 40 hour week. Some may work evenings and weekends to satisfy customer service needs.

3. Task: answer the questions according to the text.

1. How can you describe work environment of service technicians?
2. Why do mechanics and service technicians receive injuries at their workplace?
3. What do employers provide for them?

4. Task: fill in the text with the words from the box; consult Essential vocabulary given below.

arc	safe practices	gloves	personal protection	sturdy	inhalation	nonskid
caustic chemicals	debris	protruding	disposable earplugs	safety goggles		

Automotive service technicians and mechanics usually can avoid serious accidents if 1) _____ are observed.

Safety is critical for mechanics. Even in the smallest shop, a safety plan helps to prevent expensive and painful accidents, including slips and falls, exposure to toxic chemicals, electrical shocks and different injuries, including back injuries caused by improper lifting. First of all safety involves keeping tools in good working condition.

2) _____ includes relatively simple and inexpensive measures that protect the mechanic's hands, eyes, feet and ears.

3) _____ protect the hands from burns from hot engines, irritation caused by 4) _____ and cuts caused by exposure to sharp or 5) _____ objects.

6) _____ or protective glasses with side shields protect the eyes from injury caused by flying 7) _____ while grinding or welding.

8) _____ shoes or boots with 9) _____ soles and steel toes prevent falls and protect the feet from injury caused by heavy objects.

PERSONAL PROTECTIVE EQUIPMENT
HELPS YOU STAY SAFE AND HEALTHY



10) _____ protect the ears from loud noises caused by impact tools, engines and compressors.

Additional safety measures include tying up loose hair and avoiding loose clothing and jewelry.

Painter's masks can help decrease the chance of 11) _____ injury during auto body painting, and a welder's mask must be worn when welding, to protect the welder's eyes from 12) _____ injuries. Additionally, simple inhalation masks should be worn during some sanding and cleaning tasks.

Essential vocabulary:

disposable earplugs, *n.*— a protective device inserted in the ear canal.
gloves, *n.*— a covering for the hands worn for protection against cold or dirt.
caustic chemicals, *n.*— chemicals that are able to burn.
protruding, *adj.*— sticking out from or through something.
safety goggles, *n.*— protective eyewear, glasses.
debris, *n.*— broken or torn pieces of something.
sturdy, *adj.*— physically strong and powerful.
nonskid, *adj.*— designed or equipped to prevent sliding.
inhalation, *n.*— the process of breathing in.
arc, *n.*— contact welding.



5. Pair work. Task: you are at a service station, make up and role-play a dialogue using the topical vocabulary.

III. Reflection.

6. Safety in the workplace depends on employees as well as employers.

Task: match the rights and the people that possess them.

**Employee
rights**

**Employer
rights**

- A.** require safe and healthy workplace;
- B.** actively contribute to occupational health and safety in the workplace;
- C.** take reasonable care with the health and safety of themselves and other employees by using safe work practices;
- D.** follow safety instructions and procedures;
- E.** get assistance with rehabilitation for return to work.
- F.** use protective safety equipment if it is provided.
- G.** pretend to compensation (including payment of wages and medical bills) if injury occurs in the workplace or if an illness results from employment;

IV. Extension. Free writing. Task: consult the

Responsibilities of Employees

and make up a story or a dialogue basing on one of the pictures below. Explain which responsibilities were violated.

According to the law of Occupational Health and Safety, as an employee, it is your responsibility to be careful not to put other workers or yourself in any danger because of your actions (or lack of action). Your actions, must contribute to the occupational health and safety of your workplace. As an employee, you are responsible for:

- taking reasonable care at all times for your own health and safety and the health and safety of others who may be affected by what you do;
- practicing safe work habits;
- obeying safety rules and instructions given for your own safety;
- using protective equipment if it is provided;
- reporting health and safety hazards;
- using equipment properly;
- knowing what to do in the case of an emergency, such as a fire cooperating with your employer by being aware of and following the occupational health and safety policy of your workplace;
- reporting an accident or injury immediately;
- keeping a copy of all forms and certificates associated with an injury at work.

As an employee, you have a responsibility to follow best work practices to protect yourself and others.

