

The Top 5 Safety Hazards in Office Workplaces

You may think working in a comfy, climate-controlled office is safe and hazard-free but there are many risks to your health and safety. Here are five of the most common office hazards.

Slips, Trips and Falls

Slip, trip and fall culprits include unattended spills, wet floors, exposed cords, unstable work surfaces, uneven floors, loose rugs and cluttered areas. Inclement weather conditions, such as rain, snow and ice, create outdoor slip hazards on exterior steps, ramps, walkways, entry and exit areas, and parking lots, and indoor hazards when wet floors are not cleaned up promptly.

Ergonomic Injuries

Office workers spend many hours a day seated at a desk, working on a computer, resulting in ergonomic strains and other injuries related to posture and repetitive movement. These types of hazards can be difficult to detect. Pain, fatigue, numbness or weakness are some of the signs of an ergonomics problem.

Eye Strain

Spending a large portion of your workday at the computer can cause eyestrain. Eyes may become dry and irritated, and workers may begin having trouble focusing. Light levels should be suitable for the work task—for instance, manual detail work may require higher levels of lighting, but staring at a computer monitor does not.

Fire Safety

Fire departments responded to approximately 17,500 office fires in 2012, which resulted in \$643 million in property damage, according to the National Fire Protection Association. Worn or damaged power sources/cords, inappropriate space heaters placed by combustible materials, housekeeping and storage issues and blocked fire equipment can all lead to fires.

Indoor Air Quality

Poor indoor air quality has contributed to a rise in occupational asthma and other respiratory disorders, chemical sensitivity and allergies. Some of the reasons for poor air quality are inadequate ventilation systems; office overcrowding; the presence of cleaning chemicals and pesticides; water damage and mold growth; cubicle design that blocks off air flow to work areas; too much or too little humidity; and poor housekeeping, which leads to dirty work environments.

If you would like to book a no-cost 30 minute virtual consultation please use the link to schedule your session.

<https://sooleyssafetyservices.ca/services/ola/services/online-consultation>