



Republic of the Philippines
Department of Education
National Capital Region
Schools Division Office – Muntinlupa City

SPECIAL PROGRAM IN TECHNICAL VOCATIONAL EDUCATION (SPTVE)
EXPLORATORY 7- Computer Hardware Servicing
Quarter 3-Week 8

I. Topic: Practice Occupational Safety and Health

II. Objectives:

1. identify hazards and risk in the workplace.
2. determine hazard management process; and
3. value the importance of identifying hazards in the workplace.

III. Brief Introduction of the Lesson

A hazard is a situation in the workplace that has the potential to harm the health and safety of people or to damage plants and equipment. The situation could involve a task, chemical, or equipment used. Hazard management is a continuous process that can be used to improve the health and safety of all workplaces.

- **Physical Hazards** One of the most common physical hazards involving computer technicians is cables running across the floor. If someone trips, falls and hurts himself because of a cable you ran across the floor, someone (you, your employer, or your customer) has a serious legal negligence problem.
- **Mechanical Hazards** When working on electronic equipment, ask yourself "Is there any way this equipment could hurt me? you might stick your hand in a printer and suddenly the paper feed arm moves, feeding not only paper through the printer but a piece of your finger too.
- **Chemical Hazards** There is a wide array of chemicals used with electronic equipment. There are display cleaning chemicals, keyboard cleaning chemicals, compressed gas dirt and dust removers, and many cleaning solvents. Some of these chemicals can be harmful if accidentally swallowed, get on bare skin, or get in the eyes. Before using any chemicals for electronic equipment always read the warnings and instructions on the label.
- **Electric Shock Hazard** Inside computers and electronic equipment, there is a range of voltages from 3.3 volts to 25 volts, most of these are harmless. But at the power supply, you will find line voltage, which is a lethal 220 volts.
- **CRT Monitor High-Voltage Hazard** CRT monitors are becoming less common nowadays, but should you run into one, it is best NOT to open it up. Instead, outsource any CRT repair job to a qualified CRT repair service. A CRT monitor has a high-voltage anode inside it, which can carry a charge of up to 25,000 volts, and it can still be holding a high charge days after the power is removed.





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IV. Activities:

Activity 1 - “MATCH ME”

Directions: A. Directions: Identify the type of hazards. Match Column A with Column B.
Write the letter of the correct answer on a separate sheet of paper.

Column A	Column B
1. Cables running across the floor	A. mechanical hazard
2. Hot components or sharp edges of computers	B. physical hazard
3. Inkjet printer cartridge	C. electric shock hazards
4. Exposed power cable	D. chemical hazard
5. Open casing of computer monitor	E. CRT monitor high voltage hazard

Activity 2

Directions: Analyse the given task below and answer the worksheet.

1. Choose an industry or type of workplace e.g. computer laboratory, computer manufacturing, or a computer shop.
2. Make a list of hazards that may be present in that workplace e.g. slippery floors from spilled water, oil, etc; uneven floors from changing floor level. Use the table below.
3. Describe the risks.
4. Write down ways to control the risks

List the hazards	Describe the risks
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.





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Activity 3

Directions: Carefully read each statement below. Write T if the statement is true and F if the statement is false.

1. Health and safety procedure is the responsibility of all persons in the computer and technology industries.
2. Spotting the hazards means working out how likely it is that a hazard will harm someone and how serious the harm could be.
3. If you need to temporarily run a cable across the floor, place a danger sign like those "wet floor" signs used by cleaning services.
4. An LCD monitor has a high-voltage anode inside it, which can carry a charge of up to 25,000 volts, and it can still be holding a high charge days after the power is removed.
5. Inkjet printer cartridges or laser printer toner cartridges are hazardous to users.

V. Assessment:

1. Refers to the legislation, policies, procedures, and activities that aim to. protect the health, safety, and welfare. of all people at the workplace.
A. OHS
B. Hazard
C. Risk
D. Reduction
2. Toxins from biological sources
A. chemical hazard.
B. physical hazard
C. biological hazard
D. ergonomics hazard
3. Heights and heat.
A. chemical hazard
B. physical hazard
C. biological hazard
D. ergonomics hazard
4. Poor posture.
A. chemical hazard
B. physical hazard
C. biological hazard
D. ergonomics hazard
4. Using too much force frequently.
A. chemical hazard
B. physical hazard
C. biological hazard
D. ergonomics hazard





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VI. Reflection:

Directions: Answer the following questions. Write your answer on a separate sheet of paper.

1. How do you practice occupational safety in your daily activities?

2. How can we prevent hazards in the workplace?

References:

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