Safety doesn't happen by accident

OCCUPATIONAL HEALTH AND SAFETY AND EMERGENCY SITUATIONS
INTRODUCTORY TRAINING
Law no. 319 of 14/07/2006 on occupational health and safety

The general principles of the law on occupational health and safety no. 319/2006 are:

a) promoting the improvement of occupational health and safety for workers;
b) establishing the general principles for preventing occupational risks;
c) informing, training and consulting the workers with respect to all occupational health and safety related aspects;
d) checking that all workers equally take part in occupational health and safety activities.

What is its application domain?

The present law applies to all sectors of activity:

- Public
- Private

For:

- Workers
- Employers
Work related accident

Definition

The violent harming of the worker and the severe occupational intoxication which causes at least three days of work disability, invalidity or death.

Other situations stipulated in the law are considered work related accidents, for example:

**Route accident**, if it took place during and on the normal route from the worker's home to the workplace organized by the employer and vice versa;
Personal protective equipment

Any equipment intended to be worn or handled by a worker to protect him against one or more of the risks which might endanger his safety and health at work and any addition or accessories designed to achieve this objective.

Work equipment

Any machine, appliance, tool or installation used for work.
Employees obligations

Art. 22 of Law 319/2006
All workers should only perform those activities for which he / she has been hired, prepared and trained for.

Art. 23, line 1 of Law 319/2006
a) To correctly use work equipment;
b) To correctly use the personal protective equipment (n/a for desk work);
c) Not to unplug safety devices;
d) Immediately inform the employer and/or designated workers of any dangers to the workers’ health and safety;
e) Inform the work place manager and/or the employer of any personal accidents they may suffer;
Employees obligations

Art. 23, line 1 of Law 319/2006

f) Cooperate with the employer and/or designated workers in order to ensure the occupational health and safety measures;

g) Cooperate in order to ensure a safe and healthy work environment;

h) Be aware of and obey the legal stipulations with respect to occupational health and safety and the means of applying them;

i) Give the necessary information work inspectors and health officers may request.
The Health and Safety Committee

It is the internal body of the organization constituted with the main purpose of ensuring:

- Information and training of workers
- Their consultation and participation in substantiating OSH decisions

It is the democratic framework within organizations in which any worker can, through the designated workers, expose his / her point of view on his / her health and safety at work, working conditions, microclimate, occupational stress, injury risks, how to deal with OHS impacting events.
First aid

Saviors are **persons designated** by the management to offer first aid in emergency situations.

These persons:

- Have been **properly trained** to offer first aid
- Have practical **abilities** to do resuscitation
- Have basic **knowledge** in anatomy and physiology
- Have a **competency license** issued by authorized medical units (e.g. Red Cross, SMURD)
The medical examination

Employee’s medical examination upon employment and periodically is mandatory as per:

- Labor Code
- Law 319/2006
- GD 1425/2006
- GD 355/2007

Following the occupational medicine examination, the worker is declared:

- Fit
- Unfit
- Fit, with restrictions

The aptitude sheet is attached to the individual training sheet.
Setting up the workplace

The workplace must allow a good correlation between the antropofunctional characteristics of the users and their work through adjustable equipment.

- The position of the desktop
- The position of the keyboard
- The board support for the keyboard
- Feet support
- Ergonomic chair
- Document support
- Natural light, the position of the window (recommended to be in the left side)
- The position of the light bulbs
- Desktop reflection (blinds)
Consequences of not obeying the OHS legal provisions:
- exposure to legal punitive measures
- exposure to work accidents
- exposure to occupational diseases
- High fluctuation in staff (as a consequence of the work environment)
- image deficit
- Material and financial loss
- Client loss

Conclusion:
The occupational health and safety legal stipulations must be obeyed in all work related aspects both by the employer and the employees.
General prevention principles

a) Avoiding risks;
b) Assessing risks that cannot be avoided;
c) Eliminating risks from the source;
d) Adapting work as per each person;
e) Adapting to technical progress;
f) Replacing dangerous devices with not dangerous or less dangerous ones;
g) Developing a coherent prevention policy;
h) Adopting as a priority the collective safety measures before the individual safety measures;
i) Ensuring proper instructions to workers.

Applying consistently to these principles as well as an adequate training / testing program for workers leads to the creation of workplace **safety and health culture** within organizations.
Well trained employees are the best defence against fire
THE LAW ON DEFENCE AGAINST FIRE

Focuses on preventing and reducing fire risks and ensuring efficient intervention for stopping the extension of and extinguishing fires.

DEFINITION:
Defence against fires is a set of integrated specific activities, organizational, technical, operative measures and tasks, to be fulfilled for humanitarian purposes and public information.
Smoking

Is allowed in areas especially arranged for smoking.

It is not allowed:

In areas with **fire hazards**, established as such by specific regulations;

in areas marked with „**NO SMOKING**“ by provisions of authorized natural or legal persons;
When the fire alarm is triggered, employees are obliged to act as follows:

- stop any activity
- immediatelly leave the building through the emergency exits or through the places indicated by the members of the evacuation team, as appropriate
- go to the previously established assembly point
- leave doors closed and unlocked
- remain outside the building until the conclusion of the event
How to act in case of an earthquake?

What are the correct actions in case of an earthquake?

✓ Do not run to the exit, do not jump out the window;
✓ Do not stand in hallways, stairs, balconies;
✓ Do not use the elevator;
✓ Open doors to prevent escape routes to be blocked;
✓ Stay away from windows, large glass walls, cabinets;
✓ Take cover under a beam, under a desk or a solid table;
✓ Do not leave the building until you are notified.

✓ Remain calm, do not panic, turn off sources of fire if any.
Ignition sources that may cause a fire:

- Of mechanical nature
- Self-ignition
- Flame
- Of thermal nature
- Of electrical nature
- Natural ignition
Thank you!

for taking the time to learn about safety and health and emergency situations and how to prevent future injuries or illnesses, or act in case of emergency