



BKMEA
Working Today to Shine Tomorrow



ITC ILO
International Training Centre



International Labour Organization



Information on Occupational Safety and Health (OSH) পেশাগত নিরাপত্তা ও স্বাস্থ্য বিষয়ক তথ্য সহায়িকা

Canada



Kingdom of the Netherlands



Fire

What to do in case of fire

- ✓ Switch off machines immediately
- ✓ Inform the authority instantly and ring the fire alarm
- ✓ Do not panic and move quickly to the assembly point
- ✓ Stay at the assembly point until all individuals are counted
- ✓ Staff who know how to use fire extinguishers and hoses will participate in dousing the flames

Get out quickly!

- ❖ Don't check to see if there actually is a fire
- ❖ Don't stop to collect your belongings (shoes, bags etc.)
- ❖ Don't delay to check if colleagues or friends come out
- ❖ Don't run or push past others to exit quicker



Electrical Safety

Main causes of electrical accidents

- ▶ Use of unsafe and defective equipment
- ▶ Use of cracked or torn wires
- ▶ Excessive connections with a single socket/board/multi-plug
- ▶ Loose electrical connections
- ▶ Carrying out electrical work without using personal protective equipment (PPE)

Safe behavior to avoid accidents

- ✓ Stay away from electric wires and do not touch them
- ✓ Switch off the main connection immediately in case of a problem
- ✓ If somebody has been shocked do not touch him or her but use a non-metal object to move them from the source of electricity



First Aid Management

Mandatory responsibilities for persons engaged in first aid

- ✓ Provide first aid immediately and do not delay
- ✓ First aid and primary treatment should always be available
- ✓ As required, allow the patient to rest or take to hospital
- ✓ Notify the authorities to ensure sustainable solutions to potential threats

Don'ts for individuals engaged in first aid

- ✓ Think you are a doctor
- ✓ Declare any individual dead
- ✓ Let a patient who has been poisoned sleep
- ✓ Try to feed a senseless patient
- ✓ Move the patient too much
- ✓ Allow a crowd around the patient

Consult the first aid expert immediately in case of any accident



Personal Protective Equipment (PPE)

It is mandatory to use PPE in the work place in order to avoid the risk of accidents

Samples of PPE used in different departments:

- ❖ **Sewing section:** needle guards, eye guards, pulley covers, scissor binders, goggles, headscarves etc
- ❖ **Finishing section:** rubber mats, masks, aprons
- ❖ **Cutting section:** metal hand gloves, masks, aprons
- ❖ **Knitting section:** ear plugs, masks
- ❖ **Dying section:** gum boots, goggles, gas masks, hand gloves, rubber aprons
- ❖ **Generator and boiler room:** Ear muffs, ear plugs

Hazards of not using PPE

- ❖ Tuberculosis (TB), Asthma and other respiratory diseases may attack workers if masks are not worn
- ❖ Fingers, eyes and limbs might be seriously affected in the absence of needle guard, eye guard, pulley cover, scissor binder and goggles
- ❖ Fingers and hands may be chopped off if metal gloves are not worn
- ❖ There is a risk of deafness and hearing impairment
- ❖ Skin may be burned by acid and other chemicals if gum boots, goggles, gas masks, hand gloves or rubber aprons are not used



ব্যক্তিগত সুরক্ষার
উপলব্ধযোগ্য সরঞ্জামসমূহ
(PPEs)

Dangerous chemicals

Cautionary measures have to be undertaken while using chemicals

Areas using hazardous chemicals

- ❖ Different detergents or cleaning agents used in the washing unit
- ❖ Acids, dying agents, colour and solvents used in the dying unit
- ❖ Acids, sulfur and testing solvents used in the laboratory

Cautionary measures

- ✓ Cautionary prohibitions by the management
- ✓ Instructions mentioned on the MSDS label
- ✓ Cautionary measures as mentioned on bottle labels
- ✓ Proper PPE must be used when handling chemicals



Don't use any chemical without using gloves

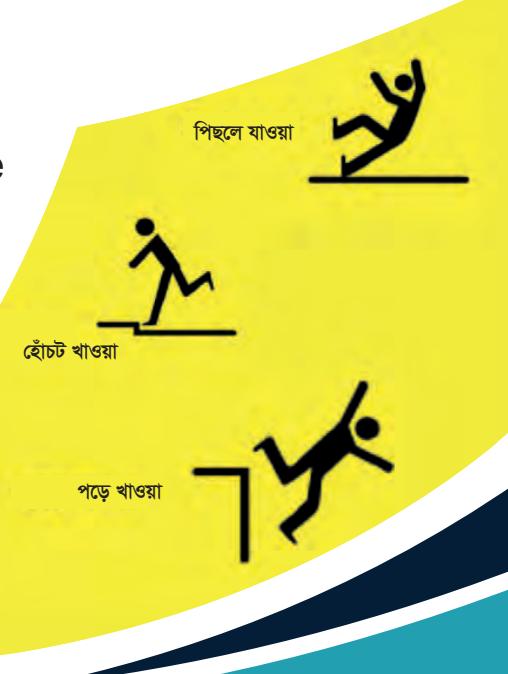
Trips, slips and falls

Causes of trips and slips in the workplace

- ✓ Dusty floors
- ✓ Slippery carpets (e.g. polythene)
- ✓ Powder and granular objects left on the floor of the chemical store
- ✓ Any barrier on the walk way/corridor
- ✓ Uneven floors and slippery tiles
- ✓ Shoes with worn soles
- ✓ Undisciplined working environment
- ✓ No cautionary symbols
- ✓ Lack of care while walking
- ✓ Equipment, paper cartons, boxes etc left on the floor
- ✓ Short cuts through hazardous routes
- ✓ Lack of care when using ladders

Measures to avoid tripping and slipping

- ✓ Walking carefully
- ✓ Not carrying too many things at one time
- ✓ Avoiding hazardous routes
- ✓ Wearing the rubber soled shoes
- ✓ Making sure corridors, exit routes and stairs etc are not blocked



Ergonomics

Take care while working

- ✓ Keep the back straight at all times
- ✓ Heavy objects should be carried by more than one person
- ✓ Use a trolley or lifting device to carry heavy objects
- ✓ Take breaks from work and do some physical exercise
- ✓ When lifting do not bend the back
- ✓ Keep elbows close to the body
- ✓ Take care with heavy objects
- ✓ Take a rest after standing for a length of time
- ✓ Avoid working bent over

ভার উত্তোলন ও বহন করার সঠিক পদ্ধতি



ভার উত্তোলনের পদ্ধতি



নামিয়ে রাখার পদ্ধতি