



MANAGING OSH RISKS PAYS OFF!



OSH MANAGEMENT

- ✓ Accidents are easier to prevent when management and workers cooperate. Develop OSH Management elements in the factory such as a risk assessment and a prevention plan with clear goals for the level of safety. Ensure that all workers know the plan and the goals.
- ✓ Consult the OSH Law to find out more about the responsibilities of Safety Officers or equivalent, OSH Committees and elements of an OSH Management system that should be present in the factory such as risk assessments, prevention plan, accident reporting and data collection.

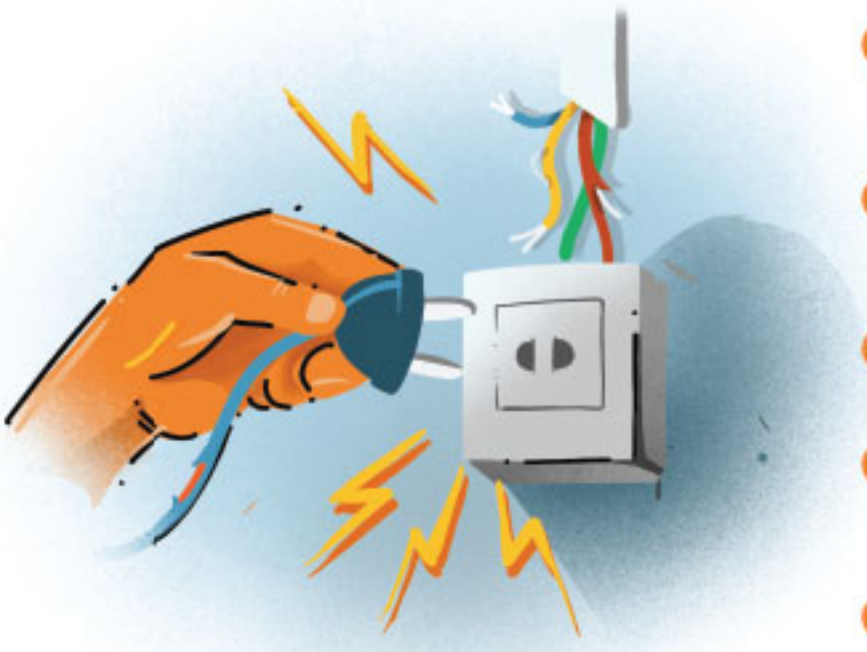
Fire Safety

- ✓ Ensure fire prevention groups are formed and fire drills are conducted once every six months.
- ✓ Signage for emergency exits and escape routes must be present, illuminated, and in Myanmar language.
- ✓ Emergency exits and routes must be clear at all times and never locked.
- ✓ Map of emergency exits and emergency escape routes must be placed in visible areas.



Electrical Safety

- ✓ All electrical equipment must be installed by a competent electrician and must be suitably insulated and protected from mechanical damage.
- ✓ All defective equipment like broken plugs, sockets, switches, exposed wires, and frayed or defective leads must be repaired.
- ✓ Ensure power tools, generators, and transformers are properly maintained.
- ✓ Ensure no water is near or in contact with electrical installations or electrical wires.
- ✓ Lock-out procedures or danger tags must be in place when conducting electrical maintenance.



Machine Safety

- ✓ Ensure that operators are informed, instructed and trained on how to operate the machinery safely and correctly, including the checking of machinery prior to use.
- ✓ Ensure provision, regular inspection and training on the use of appropriate Personal Protective Equipment (PPE) depending on the machine or tool used.
- ✓ Supervisors should regularly check to ensure all moving parts such as cutters, sewing machines, button machines, weaving machines, knitting machines, stamping machines, printing machines and lifts are adequately guarded at all time of use.



Chemical Safety

- ✓ Employers must find out and communicate to workers the hazardous substances and products they work with, how dangerous these substances and products are, and which substances may be formed during work processes (e.g. bleaching, dyeing and spot cleaning) by checking the hazard symbol and reading the International Chemical Safety Cards (ICSC) and/or Material Safety Data Sheet (MSDS).
- ✓ Employers must replace dangerous products with less dangerous ones. If it is necessary to use hazardous substances, employers must enclose (seal) the process (e.g. bleaching and dyeing processes), ensure there is adequate ventilation, and isolate the area to avoid unnecessary exposure.
- ✓ Ensure that workers are using personal protective equipment such as goggles, waterproof aprons, and gloves when working with hazardous chemicals.
- ✓ Employers must ensure that storage and disposal of chemicals are done in a safe and systematic way.
- ✓ Employers must also ensure that there is an eye wash fountain, hand wash facility and emergency shower present near work with hazardous chemicals.



Working Environment



Temperature

- ✓ Ensure that there are effective ventilation systems in the factory. International experience shows that this increases productivity.
- ✓ Ensure that workers have constant, unrestricted access to clean drinking water.

Ergonomics and Work at Heights

- ✓ Supervisors must ensure that working stations are adjusted to the worker.
- ✓ Ensure that workers lift heavy loads with mechanical help.
- ✓ If workers need to manually lift loads, ensure they do so close to the body as possible, bending the knees to lift it. Ensure that workers never lift heavy loads above shoulder height or below knee level to prevent possible injuries to the back, neck and shoulders.
- ✓ Ensure that workers avoid bending or rotating their back when lifting to prevent possible back injury.
- ✓ Ensure that workers avoid sitting on the floor for long periods of time.





Noise

- ✓ Ensure the levels of noise in the factory are measured and workers are informed of its potential health risks and instructed with measures for protection against noise.
- ✓ Ensure that workers avoid long periods of exposure to harmful levels of noise and noisy rooms if not needed to be there.
- ✓ Ensure noise shields are placed around noisy machinery, such as generators, boilers, and washing machines and noisy work are separated from non-noisy work by dividing rooms. Example: Eliminate compressor noise by placing them in separate rooms or outdoors.
- ✓ Ensure that the noise from weaving machines are dampened with noise damping shields mounted on the machine itself.
- ✓ Where noise cannot be reduced by other means, employers must provide and maintain suitable ear protective equipment.



Health and Welfare Facilities

- ✓ Ensure that workers are provided with adequate medical care in the factory's clinic and that first aid kits are available and well stocked.
- ✓ In case of accidents, managers must report the accident to the Factories and General Labour Laws Inspection Department and contact the Social Security Board for workers to seek medical attention at the SSB clinic and compensation.



Pregnant, Breastfeeding, Young and Newly Hired Employees

- ✓ Ensure that pregnant or breastfeeding workers are not exposed to any hazards that can entail risks for the pregnancy or breastfeeding. For example, pregnant workers should not lift heavy loads at work.
- ✓ Ensure that pregnant or breastfeeding workers have comfortable chairs and working tables and a suitable place to take a rest.
- ✓ Ensure that neither pregnant nor breastfeeding workers work at night time.
- ✓ Supervisors must ensure that young or newly hired workers are informed and instructed on how the work can be carried out in a safe and healthy manner.



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