

Technology and Livelihood Education

Home Economics- Caregiving

Quarter 0- Module 4

Identifying Hazards and Risks



TLE Caregiving – Grade 8
Alternative Delivery Mode
Quarter 0- Module 4: Identify hazards and risks
First Edition, 2020

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**Technology and
Livelihood Education
Home Economics – Caregiving
Quarter 0- Module 4
Identifying Hazards and Risks**

Introductory Message

This Self-Learning Module (SLM) is prepared so that you, our dear learners, can continue your studies and learn while at home. Activities, questions, directions, exercises, and discussions are carefully stated for you to understand each lesson.

Each SLM is composed of different parts. Each part shall guide you step-by-step as you discover and understand the lesson prepared for you.

Pre-tests are provided to measure your prior knowledge on lessons in each SLM. This will tell you if you need to proceed on completing this module or if you need to ask your facilitator or your teacher's assistance for better understanding of the lesson. At the end of each module, you need to answer the post-test to self-check your learning. Answer keys are provided for each activity and test. We trust that you will be honest in using these.

In addition to the material in the main text, Notes to the Teacher are also provided to our facilitators and parents for strategies and reminders on how they can best help you on your home-based learning.

Please use this module with care. Do not put unnecessary marks on any part of this SLM. Use a separate sheet of paper in answering the exercises and tests. And read the instructions carefully before performing each task.

If you have any questions in using this SLM or any difficulty in answering the tasks in this module, do not hesitate to consult your teacher or facilitator.

Thank you.

Lesson

1

Workplace Hazards and Risks

Health and safety should always remain a priority in delivering care to our patients. Hazards and risks must be identified to enforce safety procedures and protocols. This will ensure effective delivery of care and promote well-being of its workers.



What I Need to Know

The primary aim in the Caregiving course is to train you to provide effective and efficient care to a patient with needs in accomplishing basic tasks for one's health and wellness. This module was designed to equip you with the basic knowledge of the different hazards and risks you might encounter while delivering care to your patients and how to mitigate if not prevent them.

This module contains lessons regarding the different hazards and risks in the workplace. It entails with:

LO1: Identify hazards and risks (TLE_HECGOS7/8-0h-5)

After going through this module, you are expected to:

- 1.1. Identify workplace hazards and risks
- 1.2. Determine indicators of hazards and risks in the workplace
- 1.3. Determine the effects of hazards to caregivers and patients



What I Know

Directions: Choose the letter of the correct answer and write it in your activity notebook.

1. Which of the following deals with the aspects of health and safety in the workplace?
 - A. Mental health
 - B. Occupational health
 - C. Physical health
 - D. Psychosocial health
2. It pertains to an event that may cause harm to an individual, such as chemicals, electricity, open drawers, and inadequate ventilation.
 - A. Disease
 - B. Disorder
 - C. Hazard
 - D. Risk
3. What refers to the possibility of being exposed to dangers, harm, or loss?
 - A. Disease
 - B. Disorder
 - C. Hazard
 - D. Risk
4. What hazard comes from exposure to animals, people, or infectious materials?
 - A. Biological
 - B. Chemical
 - C. Physical
 - D. Psychological
5. Which of the following is NOT an effect of chemical hazards?
 - A. Allergic reactions
 - B. Low self-esteem
 - C. Skin irritation
 - D. Skin or eye burns
6. Which of the following is a life-threatening effect of a psychological hazard?
 - A. Depression
 - B. Deterioration of performance
 - C. Loss of concentration at work
 - D. Loss of self-confidence

7. The following are physical hazards, except;
 - A. Poor lighting
 - B. Noise
 - C. Chemical spills
 - D. Radiation
8. What kind of hazard when a worker is exposed to substances like cleaners and disinfectants?
 - A. Biological
 - B. Chemical
 - C. Ergonomic
 - D. Psychological
9. What hazard can result in musculoskeletal injuries?
 - A. Chemical
 - B. Ergonomic
 - C. Physical
 - D. Psychological
10. Which of the following is NOT a biological hazard?
 - A. Awkward and repetitive movements
 - B. Bacteria and viruses
 - C. Blood and Body Fluids
 - D. Contaminated wastes
11. What type of hazard can affect an employee's mental health or well-being?
 - A. Biological
 - B. Chemical
 - C. Physical
 - D. Psychological
12. Which of the following is an effect of physical hazards?
 - A. Falls
 - B. Fatigue
 - C. HIV
 - D. Skin allergy
13. Which of the following is an example of an ergonomic hazard?
 - A. Spills on the floor
 - B. Workplace aggression
 - C. Standing for a long period
 - D. Unrealistic expectations from patients or clients
14. Which of the following physical hazards may cause a fire?
 - A. Clutters on the floor
 - B. Faulty wirings
 - C. Loud noise
 - D. Wet floors
15. Which of the following is an effect of ergonomic hazard?

- A. Annoyance
- B. Dermatitis
- C. Fatigue
- D. Shoulder stiffness/pain



What's In

Directions: Arrange the scrambled letters to form a word and write it on your activity notebook.

1. CHEAIMCL

Hint: A hazard that may cause skin irritation.

2. PISHYCAL

Hint: A hazard that may increase your risk of falls/injury.

3. EROGNMOIC

Hint: A hazard that resulted from too much bending.

4. BOIOLGCIAL

Hint: This hazard is commonly caused by blood or body fluids spills.

5. PSCHYLGIOACL

Hint: A hazard that can cause a loss of confidence.



What's New

Directions: Classify the type of hazard depicted in the image, choose your answer from the letter in the box and write it in your activity notebook.

Types of Hazards:

- A. Physical
- B. Chemical
- C. Biological

- D. Ergonomic
- E. Psychological

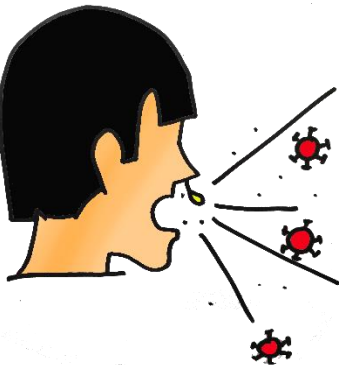
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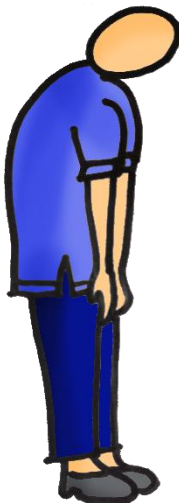
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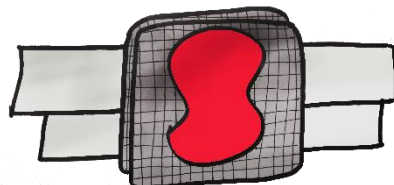
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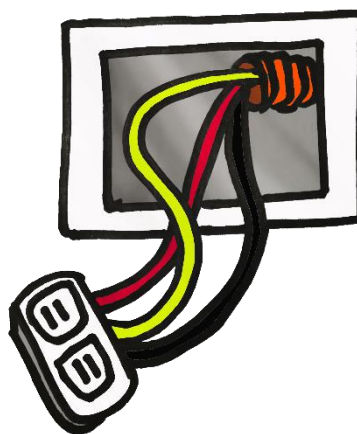


Illustrations: Joana Grace M. Garzon

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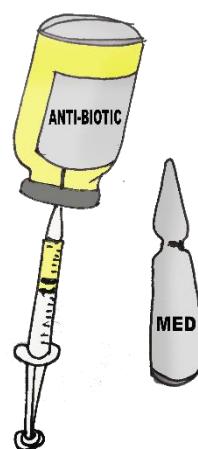
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Illustrations: Joana Grace M. Garzon



What is It

Occupational Health and Safety

Occupational health deals with all aspects of health and safety in the workplace and has a strong focus on primary prevention of hazards. The health of the workers has several determinants, including risk factors at the workplace leading to cancers, accidents, musculoskeletal diseases, respiratory diseases, hearing loss, circulatory diseases, stress-related disorders and communicable diseases and others.

Hazards and Risks

A **hazard** is a source of anything that may cause harm to an individual, such as chemicals, electricity, open drawers, and inadequate ventilation. On the other hand, a **risk** is a chance or possibility that somebody could be harmed by these hazards and how serious the harm can be.

Types of Hazards

1. Biological Hazard

A biological substance that poses a threat to the health of living organisms, primarily humans. It comes from working with animals, people, or infectious materials. This is the most common hazard that caregivers face since they are handling different patients that may have an underlying disease or illness.

Caregivers may be exposed to these biological hazards:

- Blood and Body Fluids
- Airborne pathogens such as the common cold
- Bacteria and viruses
- Contaminated wastes

Common Effects of Biological Hazards:

- Blood-borne diseases including HIV, hepatitis B and C, and malaria
- Infections
- Skin and respiratory system irritation

2. Chemical Hazard

These are hazardous substances that will cause harm. It is present when a caregiver is exposed to any form of chemical (solid, liquid, or gas) preparations in the workplace.





Caregivers may be exposed to these chemical hazards:






- Cleaners and Disinfectants
- Surgical smoke generated by lasers and electrosurgical devices

Some of the Effects of Chemical hazards:

- Allergic reactions
- Asthma or respiratory system irritation
- Dermatitis (skin irritations)
- Skin or eye burns

Chemical Hazard Classification

Hazards	Pictograms
Health Hazard <ul style="list-style-type: none">• Carcinogen• Mutagenicity• Reproductive Toxicity• Respiratory Sensitizer• Target Organ Toxicity• Aspiration Toxicity	 Image retrieved from https://bit.ly/38uzHwQ
Flame <ul style="list-style-type: none">• Flammables• Pyrophorics• Self-Heating• Emits Flammable Gas• Self-Reactives• Organic Peroxides	 Image retrieved from https://bit.ly/3ePnJ1S
Exclamation Mark <ul style="list-style-type: none">• Irritant (skin and eye)• Skin Sensitizer• Acute Toxicity (harmful)• Narcotic Effects• Respiratory Tract Irritant• Hazardous to Ozone Layer (Non-Mandatory)	 Image retrieved from https://bit.ly/36tjYLE
Gas Cylinder <ul style="list-style-type: none">• <i>Gases Under Pressure</i>	 Image retrieved from https://bit.ly/35hBQdh

<p>Corrosion</p> <ul style="list-style-type: none"> • Skin Corrosion/Burns • Eye Damage • Corrosive to Metals 	 <p>Image retrieved from https://bit.ly/38z6Esa</p>
<p>Exploding Bombs</p> <ul style="list-style-type: none"> • Explosives • Self-Reactives • Organic Peroxides 	 <p>Image retrieved from https://bit.ly/32zan5b</p>
<p>Flame Over Circle</p> <ul style="list-style-type: none"> • Oxidizers 	 <p>Image retrieved from https://bit.ly/2lpxPLa</p>
<p>Environment (Non-Mandatory)</p> <ul style="list-style-type: none"> • Aquatic Toxicity 	 <p>Image retrieved from https://bit.ly/3lmWfDc</p>
<p>Skull and Crossbones</p> <ul style="list-style-type: none"> • Acute Toxicity (fatal or toxic) 	 <p>Image retrieved from https://bit.ly/36qFdhh</p>

Hazard Communication Standards (HCS), 2015

3. **Ergonomic Hazard**

This is usually a result of physical factors that can result in musculoskeletal injuries. These occur when a caregiver's nature of work, body position, and working conditions put pressure on his/her body. It is oftentimes difficult to spot this type of hazard because caregivers do not immediately notice the effect on their bodies.

Caregivers may be exposed to these Ergonomic hazards:

- performing tasks that require lifting heavy loads
- too much bending and reaching
- standing for long periods
- holding body parts for a long time
- awkward movements, especially if they are repetitive
- repeating the same movements over and over

Some of the Effects of Ergonomic hazards:

- soreness or pain (aching or sharp) in the back, hands, arms, wrists, elbows, neck, and shoulders
- Stiffness
- Swelling
- Loss of coordination
- Numbness
- Tingling (as though the area is “asleep”)
- Unexplained weakness

4. Physical Hazard

This hazard is associated with the environmental factors that are harmful to an employee without necessarily touching them. They are usually easy to detect, however, very often are neglected because people are too accustomed to them.

Caregivers may be exposed to these Physical hazards:

- Heights
- Loud noise
- Poor lighting
- Radiation, and pressure
- Electricity: electrical live parts
- Spills on the floor

Some of the Effects of Physical hazards:

- Fire
- Electrocution
- Accidents/Falls
- Annoyance
- Decreased efficiency
- Serious injuries
- Burns
- Falls from heights
- Electric shocks

5. **Psychological Hazard**

Includes those that can harm an employee's mental health or well-being. Often take place when a caregiver's work environment becomes stressful or demanding.

Caregivers may be exposed to these Psychological hazards:

- Burn out, fatigue and frequent on-call duty
- Unreasonable expectations from patients or clients, supervisors and management
- Workplace aggression and abuse

Some of the Effects of Psychological hazards:

- Loss of concentration at work
- Deterioration of performance at work
- Depression
- Anxiety
- Loss of confidence

Recognizing Hazards and Risks in the Workplace

Hazards and risks vary from one workplace to another. Even in daycare or nursing homes where work routines may be the same, hazards will differ depending on the type of building establishment is situated and the attitudes of caregivers, clients, or employers.

The good news is hazards and risks can be prevented! However, before thinking about what control measures are needed, first, a caregiver has to know whether there are health and safety problems in his/her workplace. So, how can someone identify the hazards in the workplace?

The following are some ways for a caregiver to determine health and safety problems:

1. A caregiver should observe workplace keenly.
2. A caregiver may examine complaints from his/her co-workers.

Types of Hazard Communication Signs

1. Danger Signs

Used for situations where there is a hazard present that will cause serious injury or death if not actively avoided. Danger signs feature a red background with white text and should be reserved for only the most dangerous hazards in the facility.



Image retrieved from
<https://freessvg.org/danger-sign-blank-red-vector-image>



Image retrieved from
<https://pixabay.com/vectors/danger-electric-voltage-sign-147486/>

2. Warning Signs

One level of severity down from danger signs are warning signs. The signs have black text surrounded by an orange background and means there is a serious hazard present that could result in injury or death.



Image retrieved from
<https://publicdomainvectors.org/en/free-clipart/Warning-sign-blank-orange-vector-image/17798.html>



Image retrieved from
https://commons.wikimedia.org/wiki/File:ANSI_Z535_-_Warning_Biohazard.svg

3. Caution Signs

Used for hazardous situations that if not avoided, might cause minor or moderate injury. It is presented in black text with a yellow background. Common caution signs include tripping hazard signs, or “Slippery When Wet” signs.



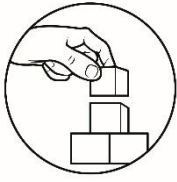
Image retrieved from <https://freesvg.org/caution-sign-template>



Image retrieved from <https://pixabay.com/vectors/open-warning-door-caution-slowly-43809/>



Image retrieved from <https://www.flickr.com/photos/cutey5/2592190676>



What's More

Activity: Hazard Inspector

Directions: Look around your home and take down notes on possible hazards that you may see. Write your findings, and the harm it will cause/the effects in your activity notebook by following the table below. An example is provided.

Type of Hazard	Possible Hazard at Home	Harm Caused/ Hazard Effects
Biological Hazard	1.	
	2.	
Chemical Hazard	1. Mosquito killer spray	Poison when ingested
	2.	
Ergonomic Hazard	1.	
	2.	
Physical Hazard	1.	
	2.	
Psychological Hazard	1.	
	2.	

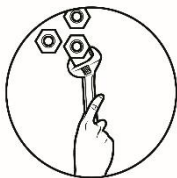


What I Have Learned

Directions: From the list below, categorize and fill them in the column of the different kinds of hazards. Do it in your activity notebook.

1. Repeating the movements over and over
2. Workplace aggression and abuse
3. Covid-19 virus and bacteria
4. Burn out, fatigue and on-call duty
5. Disinfectants
6. Excessive lifting
7. Electricity
8. Blood and body fluids
9. Endless loud noise
10. Cleaning products and solutions
11. Spills on floors or tripping hazards
12. Standing for long periods
13. Contaminated wastes
14. Too much bending and reaching
15. Unreasonable expectations of clients and superiors

Biological Hazard	Chemical Hazard	Ergonomic Hazard	Physical Hazard	Psychological Hazard



What I Can Do

Activity: Poster-Slogan

Directions: Create a Poster-Slogan advocating a workplace hazard awareness. Make it in a ½ cartolina or long-size bond paper, and submit it together with your activity notebook after you are done with this module.

Rubrics for Scoring

Criteria	Excellent 10	Very Satisfactory 8	Good 6	Needs Improvement 4
Illustration and Content Relevance	Illustration and content are excellently relevant to the theme.	Illustration and content are satisfactorily relevant to the theme.	Illustration and content are acceptably relevant to the theme.	Lacking details and does not relate to the theme.
Attractiveness and Creativity	The poster is exceptionally attractive and creative in terms of design, layout, and neatness.	The poster is attractive and creative in terms of design, layout, and neatness.	The poster is acceptably attractive and creative though it may be a bit messy.	The poster is simply not attractive, it is messy and poorly done
Mechanics	Capitalization and punctuation is correct, and there is no spelling or grammatical mistakes on the poster.	There one error in capitalization or punctuation, spelling, or grammar.	There two errors in capitalization or punctuation, spelling, or grammar.	There are more than two errors in capitalization or punctuation, spelling, or grammar.
Originality	The text and graphics used on the poster reflect an exceptional degree of student originality in their creation and/or display.	One or two elements of text and graphics used on the poster reflect student originality in their creation and/or display.	The text and graphics are made by the student, but the concept and design are borrowed.	No original text or graphics made by the student are included, all are borrowed ideas.
Total Score:				

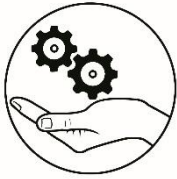


Assessment

Directions: Choose the letter of the correct answer and write it in your activity notebook.

1. Which of the following is an effect of ergonomic hazard?
 - A. Annoyance
 - B. Dermatitis
 - C. Fatigue
 - D. Shoulder stiffness/pain
2. Which of the following is NOT an effect of chemical hazards?
 - A. Allergic reactions
 - B. Low self-esteem
 - C. Skin irritation
 - D. Skin or eye burns
3. The following are physical hazards, except;
 - A. Chemical spills
 - B. Noise
 - C. Poor lighting
 - D. Radiation
4. Which of the following physical hazards may cause a fire?
 - A. Clutters on the floor
 - B. Faulty wirings
 - C. Loud noise
 - D. Wet floors
5. What refers to the possibility of being exposed to dangers, harm, or loss?
 - A. Disease
 - B. Disorder
 - C. Hazard
 - D. Risk
6. Which of the following is an effect of physical hazards?
 - A. Falls
 - B. Fatigue
 - C. HIV
 - D. Skin allergy
7. It pertains to an event that may cause harm to an individual, such as chemicals, electricity, open drawers, and inadequate ventilation.
 - A. Disease
 - B. Disorder
 - C. Hazard
 - D. Risk

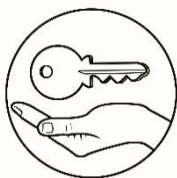
8. Which of the following is a life-threatening effect of a psychological hazard?
 - A. Depression
 - B. Loss of self-confidence
 - C. Deterioration of performance
 - D. Loss of concentration at work
9. What kind of hazard when a worker is exposed to substances like cleaners and disinfectants?
 - A. Biological
 - B. Chemical
 - C. Ergonomic
 - D. Psychological
10. What hazard comes from exposure to animals, people, or infectious materials?
 - A. Biological
 - B. Chemical
 - C. Physical
 - D. Psychological
11. What hazard can result in musculoskeletal injuries?
 - A. Chemical
 - B. Ergonomic
 - C. Physical
 - D. Psychological
12. Which of the following is NOT a biological hazard?
 - A. Awkward and repetitive movements
 - B. Bacteria and viruses
 - C. Blood and Body Fluids
 - D. Contaminated wastes
13. What type of hazard can affect an employee's mental health or well-being?
 - A. Biological
 - B. Chemical
 - C. Physical
 - D. Psychological
14. Which of the following will most likely cause anxiety?
 - A. Burnout
 - B. Appreciative patients
 - C. Supportive management
 - D. Safe working environment
15. Which of the following is an example of an ergonomic hazard?
 - A. Spills on the floor
 - B. Workplace aggression
 - C. Standing for a long period
 - D. Unrealistic expectations from patients or clients



Additional Activities

Directions: The risk of harm caused by hazards can be reduced. Give at least 3 ways to mitigate or reduce the risk for every type of hazard. Write the answers in your activity notebook.

Types of Hazards	Mitigation Measures
A. Biological	1. Wear disposable clean gloves in handling body substances. 2. _____ 3. _____
B. Physical	1. _____ 2. _____ 3. _____
C. Chemical	1. _____ 2. _____ 3. _____
D. Ergonomic	1. _____ 2. _____ 3. _____
E. Psychological	1. _____ 2. _____ 3. _____



Answer Key

<p>Assessment</p> <p>1. D 2. B 3. A 4. B 5. D 6. A 7. C 8. A 9. B 10. A 11. B 12. A 13. D 14. A 15. C</p>	<p>What's More</p> <p>(Varied answers by the students)</p> <p>What I Have Learned</p> <p><i>Biological Hazards:</i></p> <ul style="list-style-type: none"> • Covid-19 virus and bacteria • Blood and body fluids • Contaminated wastes <p><i>Chemical Hazards:</i></p> <ul style="list-style-type: none"> • Disinfectants • Cleaning products and solutions <p><i>Ergonomic Hazards:</i></p> <ul style="list-style-type: none"> • Repeating the movements over and over • Standing for long periods of time • Too much bending and reaching • Excessive lifting <p><i>Physical Hazards:</i></p> <ul style="list-style-type: none"> • Electricity • Endless loud noise • Spills on floors or tripping hazards <p><i>Psychological Hazards:</i></p> <ul style="list-style-type: none"> • Workplace aggression and abuse • Burn out, fatigue and on call duty • Unreasonable expectations 	<p>What I Know</p> <p>1. B 2. C 3. D 4. A 5. B 6. A 7. C 8. B 9. B 10. A 11. D 12. A 13. C 14. B 15. D</p> <p>What's In</p> <p>1. Chemical 2. Physical 3. Ergonomic 4. Biological 5. Psychological</p> <p>What's New</p> <p>1. B 2. A 3. C 4. D 5. E 6. C 7. D 8. A 9. E 10. B</p>
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