

Safety and Health in the Workplace: The Construction Industry

SAFETY TIPS FOR CONSTRUCTION WORKERS

WHAT IS PPE?

Personal Protective Equipment (PPE) are all equipment, devices, appliances, and associated accessories that are worn by an individual during work to provide protection against one or more health or safety risks.

ARE YOU PPE READY?



WHY USE PPE?

- ✓ Construction sites are known for their high rate of accidents and injuries.
- ✓ Workers who do not use PPE are more likely to have accidents and injuries which can affect their health and well-being.

YOUR SAFETY AND HEALTH MATTERS!!

WEAR THE CORRECT PPE

HEAD PROTECTION

EYE & FACE PROTECTION

HEARING PROTECTION

RESPIRATORY PROTECTION

HAND PROTECTION

PROTECTIVE APPARELS

FALL PROTECTION

PROTECTIVE FOOTWEAR

PPE WILL PROTECT YOU FROM DIFFERENT HAZARDS



TIPS TO REMEMBER

- ✓ Always wear your PPE's at work
- ✓ Choose the **correct** PPE
- ✓ Accidents and injuries can be **minimized** or **prevented** if PPE's are being used correctly

REDUCE THE CHANCE OF INJURY BY WEARING THE APPROPRIATE PPE

illnesses. Inappropriate footwear and clothing were prominent as some workers were seen wearing slippers, vests, knee-length pants, and open-toed shoes while working with cement in areas where spills, splashes, and injuries are highly likely.

Lack of protective eyewear and face shields when working in dusty areas were also noticed while very few workers wore gloves in spite of possible hand injury and contamination. Apart from using PPE, unsatisfactory engineering and administrative controls were observed. Poorly structured scaffolds, inadequate hazard communication, non-compliance of safety work practices, poor waste disposal and inadequate sanitary facilities exemplifies poor engineering and administrative control. These unsafe work practices are indicative of the need to address occupational safety and health concerns in Grenada.

Like other countries, Grenada faces several challenges in establishing and enforcing legislation that governs occupational safety and health. These challenges include the development of occupational safety and health policies, enforcement of workplace safety and health laws, monitoring and evaluation of compliance and holding employees and employers accountable for non-compliance.

Establishing health and safety best practices in the workforce and educating workers on the importance of compliance to economic growth and sustainable development through education and training is a good place to start.

Proactive measures are also necessary to increase the importance of occupational safety and health to develop awareness, and reduce the occurrence of occupational injuries, diseases, and death.

A recent report by ILO revealed that an estimated 2.3 million workers around the world succumb to work-related accidents or diseases every year. This corresponds to over

6000 deaths every day.

Although, the number of occupational injuries, diseases and death are significantly less for Grenada, a complacent attitude is highly discouraged. Under-reporting of occupational injuries and diseases along with inadequate research may paint an unrealistically low figure for construction workers in Grenada.

Though some benefit claims have been made to the National Insurance Scheme, little is known of the extent to which construction workers' exposure to



hazardous or unsafe working conditions is linked to occupational diseases such as cancer, heart disease and other health issues. Hence, identifying potential hazards in the workplace is a crucial factor in improving workplace safety and health practices. Thereby promoting population health and well-being, improved productivity which fosters economic growth. Enforcing occupational safety and health policies are necessary in addressing the issue of occupational safety and health. Complacency is not an option. Safety and health at work is everyone's business.

Local recipes

It is celebration time in Grenada and a lot of people will embark on cooking local. This week we bring you recipes from the Independence cook book. It is our hope that our readers will find a great sense of pride in being a Grenadian.

Paterson's curried manicou (opossum)

Prepare manicou by: Removing every hair particle of hair that remained after slightly burning the skin.

Cut toes off.

Cut the animal in smaller pieces and wash thoroughly with limes.

Season and marinate for at least one hour.

For a four pound manicou, proceed as follows:

Season meat with the following- 1 large onion, sliced

1 regular bundle of chive and thyme, chopped finely

1 packet curry powder

1 grated nutmeg

1/8 bottle white rum or cherry brandy

1 juicy lime

1 1/2 tsp fine salt

4 pegs crushed garlic

1 tsp pepper sauce

12 crushed clove sticks

1 tsp cinnamon

1 tbsp Worcester sauce

1 tomato or 2 tbsp ketchup

Place pot on slow fire. When hot add cooking oil (about 4 tbsp).

Heat till smoking. Add meat pieces. Do not add seasoning until meat shows signs of becoming tender.

Add a little hot water after meat has been cooking for 15 minutes.

Cook for roughly 20 minutes. Add seasoning and butter. Boil down to short gravy.

Tender meats should take roughly 45 minutes.

Curried manicou, potato chips and salad make an excellent dish.

Coo Coo

Ingredients

1 lb corn meal (preferably local)

1 hot green pepper

1 small onion, 1 sprig chive, thyme

1 coconut

1 1/2 tsp salt

Method

Wash and grate coconut. Strain. Make up liquid to 6 cups water. Bring to boil with salt, pepper, chopped onion, chive and thyme.

When boiling, remove pepper, chive and thyme.

Remove and set aside two cups of the liquid from the pot.

Stir corn meal into remaining liquid in the pot. Stir in such a way to avoid the corn meal forming lumps.

Pour in the rest of the liquid. Cover with a piece of green bluggoe leaf.

Cover pot and cook on a slow fire, stirring occasionally until cooked.

Serve with stewed fish, callaloo and ochros.

Note: Corn meal may be soaked in two cups of cold liquid and then stirred into the remaining 4 cups of boiling liquid.



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World Day for Safety and Health at Work is an international campaign that promotes safe, healthy, and decent work environment globally.

The commemoration for World Day for Safety and Health at Work began in 2003 by the International Labour Organization (ILO) continuing each year on April 28 by many countries.

The ILO is a United Nations agency whose mandate is to improve labour conditions and living standards throughout the world by promoting social justice, human and labour rights. ILO member Grenada, like other ILO member states, was also proud to celebrate World Day for Safety and Health at Work.

This year a team from the Ministry of Labour visited the Grenada Marine to assess safety standards and procedures during routine work functions. Minister of Labor, Honourable Peter David,

highlighted the responsibilities of this Ministry in raising awareness and promoting a safety culture throughout the nation's workforce.

He appealed to employers and employees to comply with health and safety guidelines so that productivity, safety, and health is not compromised. Emphasizing a safety culture in occupational settings help protect workers' health and assist in minimizing and preventing occupational injuries and diseases. It also lessens the social, financial, and psychological implications associated with unsafe work practices for individuals, communities, and an entire population. Recent studies revealed that Latin America and the Caribbean have one of the highest fatality rates due to occupational hazards.

A country's occupational health and safety is a determinant of its Gross Domestic Product which ultimately affects its financial capacity. Occupational injuries and diseases negatively influence motivation of workers, levels of productivity and lead to

increased absenteeism.

High prevalence of occupational injuries and diseases are taxing on economies due to its negative consequences on population health and well-being.

Grenada depends heavily on contributions from private education institutions, the tourism and construction industry. Among these, the construction industry is one of the industries where safety and health practices are often overlooked. This industry is of particular interest because it is notorious for having different occupational safety and health hazards which include physical, chemical, psychological, ergonomic, and biological.

Observations of select residential and commercial construction sites in Saint George showed that many workers are at high risk for injuries and occupational diseases due to lack of personal protective equipment (PPE). PPE is clothing or equipment used by workers to reduce risk exposure that can result in serious occupational injuries and