

Activity 2A

Estimated Time	20 Minutes
Objective	To provide you with an opportunity to identify and implement WHS procedures and work instructions.
Activity	Individually, in pairs or in groups, complete the following; List at least 6 safe work practices everyone must adhere to in order to reduce the risk of a workplace accidents. List at least 5 procedures everyone must follow relating to safety in your workplace. 1. Using personal protective clothing and equipment 2. Practice safe posture and movements, including sitting, bending and moving. 3. Safe manual handling techniques, eg. when lifting, moving 4. Safe use of equipment such as ladders and trolleys 5. Taking designated breaks 6. Safe use of knives and sharp equipment. 1. Safety procedures for using kitchens 2. lifting and carrying 3. Chemical handling 4. Dealing with injury. there will be a specific protocol for what to do when someone gets hurt, who goes for help and in what order steps should be taken. 5. When working with patients, having more than one adult in the room if required