



safety and health at work



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Introduction

Occupational safety and health are essential to protect the lives, integrity, and well-being of workers in any job activity.

Their main goal is to prevent accidents, occupational diseases, and improve the work environment.



What is workplace safety?



It is the set of measures and rules applied to protect workers from risks that may cause workplace accidents. For example: wearing helmets, gloves, proper signage, and using safe machinery.



What is workplace health?



It refers to the physical, mental, and social conditions that allow workers to perform their tasks without putting their well-being at risk. It involves preventing occupational diseases and promoting a healthy environment.

Importance of occupational safety and health



Protects workers' lives and health.



Reduces workplace accidents and diseases.



Increases productivity.



Improves the work environment.

Avoids economic and legal issues for companies.



Examples of safety and health measures

Continuous training for staff.

Mandatory use of Personal Protective Equipment (PPE).

Control of physical, chemical, and biological risks.

Active breaks to reduce stress and injuries.

Regular inspection of tools and equipment.

Legal regulations in Peru

In Peru, Law No. 29783 regulates occupational safety and health. This law establishes that all employers must protect the physical and mental integrity of workers and take action to prevent occupational risks.



Conclusion

Occupational safety and health are not only a legal obligation but also a sign of respect for workers. Creating a safe and healthy work environment is key to everyone's well-being and the proper functioning of any organization.

