



**STEP** *ing toward safety compliance!*

## **PHYSIOLOGY AND WORKPLACE SAFETY**

What in the world does “physiology” have to do with workplace safety? What in the world does “physiology” even mean?

For the purposes of this safety meeting, physiology deals with the functions and vital processes of an organism (you). Your very existence is dependent on a host of organs and functions working in concert within your body. Your body can protect itself from certain job site hazards (the blinking of your eye, the scabbing over of a minor cut, the cilia (hair-like structures) action in your respiratory system filtering out harmful particles, etc...

With a conscientious effort, you can, for example, easily protect your vital internal functions -- and life -- by maintaining your fluid levels particularly during periods of activity in damp heat. It goes without saying, but it must be said, that totally avoiding illegal substances is to your physiological advantage. Failure to adhere to established safety practices can certainly lead to degradation of a body organ or function. Having your body hit, twisted, pierced, shocked, pinched, cut, caught, crushed, thrown, mangled, scraped, poisoned, or dismembered is not good.

There is a standard maxim for first aid: “Never do anything you are not trained to do.” The same can go for any workplace activity. If you don’t know how to do a job, don’t even start. Get help, ask questions, get instruction, learn, and follow the safety procedures. You certainly want all your bodily functions and organs working in harmony and you can do this by:

- A.** following established safety procedures.
- B** asking for assistance when needed.
- C.** clarifying any safety issues before working.
- D.** wearing appropriate personal protective equipment.
- E.** not doing anything that will jeopardize your safety or the safety of your fellow workers.
- F.** actively participating in safety meetings.

**Work safely and keep your bodily functions and vital processes intact!**