

Subject: Physical and Health Education

Topic: Accident at work place

Meaning of workplace accident

\* workplace accident can be defined is an unforeseen event in the workplace that results in an injury to an employee.

Workplace accident is also known as occupational accident

Causes of accident at workplace

- \* Lifting
- \* Fatigue
- \* Dehydration
- \* Poor lighting
- \* Hazardous materials
- \* Acts of workplace violence
- \* Trip and falls
- \* Stress

Safety measures at the workplace

- \* Always report unsafe conditions
- \* Keep a clean workstation
- \* Take breaks
- \* Don't skip steps. Etc

Topic : Road accident

Meaning of road accident

Road accident means an accident caused by or arising out of collision between two or more motor vehicles or collision of a motor vehicle against any external object, skidding of motor vehicle resulting in death or bodily injury, which would give rise to third Party claims.

Causes of road accident

Bad roads

Over loading

Bad weather

Poor vehicle maintenance

Bad driving habits

Fatigue

Bad Tyres

Safety measures on the road

Keep to the right. Keep to the right while driving and allow vehicles from the opposite direction to pass

Slow down on bends and turn.

Move cautiously and slowly during congestion on roads.

Remain within the speed limit.

Maintain the right distance.

Understand and follow the road signs.

Sport injuries

Meaning of sport injuries

Sport injuries refers to the kinds of injuries that most commonly occur during sports or exercise, but they are not limited to athletes. Factory workers get tennis elbow

Sport injuries in forms of

\* Bruises

\*Sprains

- \* Strains
- \* Joint injury
- \* Nose bleeding
- \* Dental damage
- \* Dehydration and Abrasion
- \* Concussion and fracture

#### Causes of sport injuries

- \* Training methods;
- \* Structural abnormalities
- \* Weakness in muscles, tendons, ligaments.
- \* Unsafe exercising environments.