


АНГЛІЙСЬКА МОВА У СФЕРІ БЕЗПЕКИ ПРАЦІ

методичні рекомендації
до самостійної роботи
здобувачів освіти першого (бакалаврського) рівня
вищої освіти спеціальності 263 (другий курс, перший
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У методичних рекомендаціях наведено тексти для самостійного опрацювання, завдання для засвоєння лексичного матеріалу, відповіді для самоконтролю, список літератури

Рекомендовано для студентів спеціальності 263 Цивільна безпека денної форми навчання другого курсу першого (бакалаврського) рівня освіти.

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ВСТУП

Мета методичних вказівок – сприяти формуванню іншомовної комунікативної професійно орієнтованої компетентності студентів другого курсу спеціальності 263 Цивільна безпека.

Метою самостійної роботи студентів з навчальної дисципліни «АНГЛІЙСЬКА МОВА У СФЕРІ БЕЗПЕКИ ПРАЦІ» є підготовка до практичних занять з навчальної дисципліни, а також розвинення й вдосконалення навичок самостійної роботи, розроблення власних когнітивних, інформаційних стратегій для самостійного опрацювання навчального матеріалу.

Підібраний текстовий матеріал є органічним компонентом професійної підготовки студентів у сфері безпеки праці. Фахові тексти та завдання до них допоможуть майбутнім спеціалістам оволодіти відповідною термінологічною лексикою, підготують їх до спілкування англійською мовою у професійному середовищі.

Самостійна робота з англійської мови студентів технічних спеціальностей є особливою формою самоосвіти. Вона має багатофункціональний характер і допомагає оволодіти іноземною мовою як необхідною професійною складовою сучасного спеціаліста, сприяє формуванню навичок автономного отримання знань та розвитку інформаційної культури.

Мета самостійної роботи студентів з дисципліни АНГЛІЙСЬКА МОВА У СФЕРІ БЕЗПЕКИ ПРАЦІ полягає у розвитку лінгвістичної, комунікативної соціокультурної компетенції до рівня, який би дозволив користуватися мовою правильно і впевнено у різноманітних ситуаціях особистісного, професійного та освітнього характеру.

Завдання самостійної роботи з дисципліни АНГЛІЙСЬКА МОВА У СФЕРІ БЕЗПЕКИ ПРАЦІ полягає у вдосконаленні професійно-орієнтованих вмінь володіння мовою.

Зміст самостійної роботи студентів з дисципліни АНГЛІЙСЬКА МОВА У СФЕРІ БЕЗПЕКИ ПРАЦІ складається з таких видів роботи:

- переклад текстів за професійним спрямуванням;
- пошук додаткової інформації щодо окремих питань;
- дати відповіді на питання до тексту;
- виконання лексичних вправ;
- підготовка до усіх видів контролю, в тому числі до контрольних модульних робіт.

Самостійна робота з дисципліни Іноземна мова (за професійним спрямуванням) передбачає поглиблене вивчення студентом окремих питань, систематизацію знань, що сприяє розширенню світогляду студента, розвиток навичок самостійної роботи з матеріалами, електронними та INTERNET-ресурсами, формує культуру майбутнього фахівця у сфері безпеки праці.



Theme 1. Introduction to Occupational Hygiene

TASK 1. Read the text

Occupational hygiene is a very important part of our lives. It is all about keeping people safe and healthy at work. This means making sure that workplaces are clean and do not have dangers. Dangers can be things like loud noise, bad chemicals, and too much dust. It is the job of an occupational hygienist to find these dangers and stop them.

One big job for an occupational hygienist is to look at the air. They check to see if the air has harmful things like chemicals or dust. If the air is not good, people can get sick. The occupational hygienist will use tools to measure the air and see if it is safe. If it is not safe, they will find ways to make it better. This could mean fixing machines or adding filters to clean the air.

Another job is to look at noise. Loud noise can hurt your ears and make it hard to hear. The occupational hygienist will measure the noise level and see if it is too loud. If it is, they might give workers earplugs or make changes to machines to make them quieter. This helps to keep everyone's ears safe.

Occupational hygienists also think about chemicals. Some places use chemicals that can be dangerous if you breathe them in or get them on your skin. They look at how workers use these chemicals and find ways to make it safer. This might mean giving workers special clothing to wear or finding a different chemical that is safer to use.

Good occupational hygiene makes sure that everyone is safe and healthy at work. It stops problems before they happen. This is why it is so important to have occupational hygienists looking after our workplaces. They help to make sure that we can all work in places that are clean and safe.

Task 2. Pick the Right Answer

1. What is the MAIN role of an occupational hygienist?
 - A To ensure the cleanliness of workplaces
 - B To monitor and improve worker health and safety
 - C To enforce government regulations on workplace conditions
 - D To provide training on proper use of workplace equipment
- 2 Which of the following is NOT a common concern for occupational hygienists?
 - A Exposure to harmful chemicals
 - B Excessive exposure to loud noises
 - C Lack of proper lighting in the workplace
 - D Maintaining optimal temperature and humidity levels
- 3 How do occupational hygienists typically assess air quality in the workplace?
 - A By asking workers to report any issues they notice



- B By visually inspecting the workplace for signs of air contamination
- C By using specialised equipment to measure chemical and dust levels
- D By organising regular air quality testing conducted by third-party

experts

4 What is one way occupational hygienists can help reduce the impact of loud noise in the workplace?

- A Providing workers with soundproofing headphones
- B Encouraging workers to listen to music to mask the noise
- C Mandating that all machinery be operated with the doors closed
- D Implementing engineering controls to reduce the source of the noise

5 Why do occupational hygienists pay close attention to how workers handle chemicals?

- A To ensure workers are using the most cost-effective chemicals
- B To identify opportunities to substitute safer alternative chemicals
- C To verify that workers are following all relevant safety protocols
- D To monitor the proper storage and disposal of chemical containers

6 What is the PRIMARY goal of effective occupational hygiene practices?

- A To improve worker productivity and efficiency
- B To demonstrate compliance with safety regulations
- C To prevent work-related illnesses and injuries
- D To create a more comfortable work environment

7 Why is the role of occupational hygienists considered essential in the workplace?

- A They help to improve the overall aesthetics of the workspace
- B They ensure that workplace safety is not compromised
- C They provide regular health check-ups for all workers
- D They contribute to enhancing the profitability of the organisation

Task 3. Can You Tell which Sentences are True and which are False?

1. Occupational hygienists are responsible for ensuring that workplaces are free from any kind of danger.
2. One of the tasks of an occupational hygienist is to measure the air quality in workplaces.
3. If the air in a workplace is found to be unsafe, occupational hygienists will always replace the machines.
4. Loud noise in the workplace can cause hearing problems, and occupational hygienists work to reduce this risk.
5. Occupational hygienists do not deal with chemical safety in workplaces.
6. Providing workers with special clothing is one way occupational hygienists make handling chemicals safer.
7. The main goal of occupational hygiene is to prevent health problems before they occur.



Task 4. Can You Fill in the Blanks

skin, breathe, special, places, safer, ways, chemicals, workers, dangerous, hygienists

Occupational _____(1) also think about _____(2).
Some _____(3) use chemicals that can be _____(4)
if you _____(5) them in or get them on your _____(6).
They look at how _____(7) use these chemicals and find
_____ (8) to make it safer. This might mean giving workers
_____ (9) clothing to wear or finding a different chemical that is
_____ (10) to use.

Task 5. Can You Match These Words to Their Definitions

1.dangerous	a) something that can cause harm or injury to people or things.
2 chemicals	b) being less likely to cause harm or danger compared to another situation or object.
3 skin	c) something that is different from what is usual or ordinary, often having unique qualities or features.
4 special	d) the outer layer of a person's body that protects what is inside and helps regulate temperature.
5 hygienists	e) professionals who focus on maintaining cleanliness and preventing disease, often working in dental or health settings.
6 breathe	f) to take air into your lungs and then let it out again, which is essential for life.
7 safer	g) substances made from one or more elements that can change the properties of materials and are used in various processes



Theme 2. Identification and Evaluation of Workplace Hazards

TASK 1. Read the text

In any workplace, it is important to identify and evaluate hazards to keep everyone safe. A hazard is anything that can cause harm to people. These can include simple things like a wet floor or more complex issues like handling chemicals. Understanding these hazards is the first step in making the workplace safer.

One common hazard is slipping. If there is a spill on the floor, someone might slip and fall. To avoid this, you should clean up spills right away and put up a warning sign. Another hazard is working with electrical equipment. Faulty wires or overloaded sockets can cause electric shocks or fires. To prevent this, equipment should be checked regularly, and any issues should be fixed immediately.

Handling chemicals is another significant hazard. Some chemicals can cause burns or even be deadly if not used properly. Employees should always wear protective gear, like gloves and goggles, and follow safety guidelines when using these substances. The workplace should also have first aid kits and emergency contact numbers easily accessible.

In addition to physical hazards, there are ergonomic hazards. These occur when the work environment or tasks cause physical stress, like back pain from sitting in a bad chair or eye strain from looking at a computer screen all day. Providing ergonomic chairs and having regular breaks can help reduce these issues.

To further ensure safety, regular training sessions for all employees are essential. These sessions can help everyone understand the potential hazards and how to avoid them. Reporting any hazards immediately to a supervisor can also prevent accidents before they happen.

By identifying and evaluating workplace hazards, companies can create a safer and healthier environment for everyone. This not only protects employees but also improves productivity and morale in the workplace.

Task 2. Pick the Right Answer

1 What is the primary goal of identifying and evaluating workplace hazards?

- A To enhance employee productivity
- B To improve the company's public image
- C To comply with health and safety regulations
- D To keep employees safe and prevent accidents

2 Which of the following is NOT considered a physical hazard in the workplace?

- A Wet floors
- B Faulty electrical equipment



- C Improper handling of chemicals
- D Repetitive strain from computer work

3 When using chemicals in the workplace, what should employees always do?

- A Wear protective gear
- B Dispose of them properly
- C Store them securely
- D All of the above

4 Which of these measures can help reduce the risk of ergonomic hazards?

- A Providing ergonomic furniture
- B Encouraging regular breaks
- C Both A and B
- D None of the above

5 How can companies further promote workplace safety?

- A By offering regular safety training
- B By having emergency contact details available
- C By implementing a hazard reporting system
- D All of the above

6 What is the main message conveyed in the passage?

- A Workplace safety is primarily the responsibility of management.
- B Identifying and addressing hazards is crucial for employee wellbeing.
- C Ergonomic hazards pose the greatest threat to workplace safety.
- D Regular safety training is the most effective way to prevent accidents.

7 Which of the following workplace hazards is not mentioned in the passage?

- A Extreme temperatures
- B Slippery floors
- C Improperly stored chemicals
- D Overloaded electrical sockets

Task 3. Answer the Questions

1. What is a hazard in the workplace?
2. How can slipping hazards be prevented in the workplace?
3. Why is it important to check electrical equipment regularly?
4. What precautions should employees take when handling chemicals?
5. What are ergonomic hazards, and how can they be reduced?
6. Why are regular training sessions for employees essential in maintaining workplace safety?
7. How can reporting hazards to a supervisor help prevent accidents?

Task 4. Can You Tell which Sentences are True and which are False?

1. A wet floor is considered a hazard in the workplace.
2. Electrical equipment should be checked only once a year.
3. Employees should wear protective gear when handling chemicals.



4. Ergonomic hazards can be reduced by providing proper chairs and regular breaks.
5. Reporting hazards to a supervisor can help prevent accidents.
6. Regular training sessions are not necessary for workplace safety.
7. Identifying hazards can improve both safety and productivity in the workplace.

Task 5. Can You Fill in the Blanks

breaks, providing, physical, environment, chair, back, ergonomic, screen, strain, issues, addition, occur

In _____(1) to physical hazards, there are _____(2) hazards. These _____(3) when the work _____(4) or tasks cause _____(5) stress, like _____(6) pain from sitting in a bad _____(7) or eye _____(8) from looking at a computer _____(9) all day. _____(10) ergonomic chairs and having regular _____(11) can help reduce these _____(12).

Task 6. Match the halves of the sentences

1 To further ensure safety, regular training sessions for all employees	a) can cause harm to people.
2 Employees should always wear	b) protective gear, like gloves and goggles, and follow safety guidelines when using these substances.
3 In any workplace, it is important	c) to identify and evaluate hazards to keep everyone safe.
4 Some chemicals can cause	d) are essential.
5 These sessions can help everyone understand the potential hazards and how	e) burns or even be deadly if not used properly.
6 A hazard is anything that	f) to avoid them.



Theme 3. Control Measures for Occupational Hazards

TASK 1. Read the text

Occupational hazards are dangers or risks that workers may face while doing their jobs. To keep employees safe, it is important to have control measures in place. One common control measure is the use of personal protective equipment (PPE). PPE includes items like gloves, helmets, and masks. These items help to protect workers from injuries and illnesses.

Another important control measure is training. Employees need to know how to do their jobs safely. This means understanding the risks involved and knowing the best ways to avoid them. Training sessions can teach workers about safety procedures and how to use PPE correctly.

Workplace design is also crucial. The layout of a workplace can have a big impact on safety. For example, having clear walkways can help to prevent accidents. Proper lighting is another factor. Good lighting makes it easier to see potential hazards, reducing the chance of injury.

Regular maintenance is key to ensuring equipment is safe to use. Machines and tools should be checked regularly to make sure they are in good working order. Any faults should be fixed immediately to prevent accidents.

Safety signage is another control measure. Signs can warn workers of potential dangers, such as slippery floors or areas where protective gear is needed. These signs should be easy to read and located in visible places.

Lastly, it's important to have emergency procedures in place. Workers should know what to do if something goes wrong. This might include evacuation plans or knowing where the first aid kit is kept. Regular drills can help workers stay prepared for emergencies.

By using these control measures, workplaces can reduce the risk of occupational hazards. Keeping employees safe should always be a top priority.

Task 2. Answer the Questions

1 What do you think are the most common occupational hazards people face at work?

2 How important is it for employers to provide a safe working environment?

3 Have you ever experienced or witnessed an unsafe situation in your workplace?

4 In your opinion, what role does training play in preventing workplace accidents?

5 How can employees contribute to maintaining safety standards at work?

6 Do you believe that certain industries are more prone to hazards than others? Why?



7 What measures do you think should be taken to improve health and safety in the workplace?

8 How do you feel about the use of technology in monitoring workplace safety?

9 Can you share any personal experiences related to health and safety practices at work?

10 How do cultural attitudes towards safety influence workplace practices in different countries?

Task 3. Can You Tell which Sentences are True and which are False?

1. Personal protective equipment includes items like gloves and helmets.

2. Training sessions are not necessary for employees to understand safety procedures.

3. The layout of a workplace can influence the safety of workers.

4. Regular maintenance of machines and tools is not important for workplace safety.

5. Safety signs should be placed in visible locations to warn workers of potential dangers.

6. Emergency procedures are only needed for large companies.

7. Clear walkways in a workplace can help prevent accidents.

Task 4. Can You Fill in the Blanks

crucial, equipment, faults, tools, factor, hazards, example, impact, lighting, prevent, sure, maintenance, injury

Workplace design is also _____(1). The layout of a workplace can have a big _____(2) on safety. For _____(3), having clear walkways can help to _____(4) accidents. Proper lighting is another _____(5). Good _____(6) makes it easier to see potential _____(7), reducing the chance of _____(8).

Regular _____(9) is key to ensuring _____(10) is safe to use. Machines and _____(11) should be checked regularly to make _____(12) they are in good working order. Any _____(13) should be fixed immediately to prevent accidents.

Task 5. Let's Tackle These Conversations!

A This report is crucial for our project's success.

B I agree, we need to present it at the meeting next week.



A Have you thought about the impact of climate change on our environment?

B Yes, it's alarming how much it affects our weather patterns.

A Can you give me an example of how that theory works in practice?

B Certainly, I can show you a case study that illustrates it well.

A What measures can we take to prevent accidents at the workplace?

B We should implement regular safety training for all employees.

A What is the main factor in deciding which car to buy?

B I think the cost of insurance will play a big role in that decision.

A The lighting in this room is quite dim, isn't it?

B Yes, we should consider adding some brighter bulbs to improve it.

A We need to identify the hazards before we start the construction project.

B Absolutely, safety should be our top priority at all times.

A What should we do if someone gets an injury during the game?

B We should call for first aid immediately and ensure they're looked after.

A Regular maintenance of the machinery is essential, isn't it?

B Yes, it helps to prevent breakdowns and keeps everything running smoothly.

A Have you checked the equipment for the event tomorrow?

B I will do that right now to make sure everything is in order.

A Do you have the right tools to fix that leak?

B Yes, I've got a wrench and some sealant that should do the trick.

A Are you sure you locked the door before we left?

B I think so, but let's go back and double-check just to be safe.

A We need to address any faults in the system before it causes more problems.

B Agreed, let's get a technician to inspect everything thoroughly.

Theme 4. Occupational Exposure Limits and Standards

TASK 1. Read the text



Occupational exposure limits and standards are important rules that keep workers safe at their jobs. These rules help to ensure that workers are not exposed to harmful substances in the air they breathe or on their skin. Many countries have specific limits for different chemicals and dust found in workplaces. These limits are often set by government organisations or health and safety bodies.

The main purpose of these limits is to protect workers' health. For example, if workers are exposed to a high level of a dangerous chemical for too long, they can become sick. Some health problems that can occur include headaches, breathing difficulties, skin rashes, or even more serious conditions like cancer. Therefore, it is important for employers to monitor the levels of harmful substances in the workplace and make sure they are within the recommended limits.

To do this, employers often use special equipment to measure the amount of chemicals and dust in the air. They also train their workers to handle dangerous substances safely. This may include wearing protective gear such as gloves, masks, and special clothing. By following these standards and using proper safety measures, both employers and employees can reduce the risk of illness and injury.

Overall, occupational exposure limits and standards are a key part of workplace safety. They help to ensure that workplaces are safe environments where workers can perform their jobs without risking their health. By understanding and following these rules, everyone can contribute to a safer and healthier working environment.

Task 2. Can You Tell which Sentences are True and which are False?

- 1 Occupational exposure limits are set by individual companies.
- 2 Workers can suffer from serious health issues if exposed to high levels of dangerous chemicals.
- 3 Employers do not need to monitor the levels of harmful substances in the workplace.
- 4 Protective gear such as gloves and masks can help reduce the risk of illness.
- 5 Occupational exposure limits are only important for workers who handle chemicals.
- 6 Training workers to handle dangerous substances safely is part of following safety standards.
- 7 The main goal of occupational exposure limits is to ensure workers' health and safety.

Task 3. Pick the Right Answer

- 1 What is the main purpose of occupational exposure limits?



- A To protect workers' health
- B To set safety standards for the workplace
- C To provide special equipment for employers
- D To reduce the cost of workplace accidents

2 How do employers ensure that workers are not exposed to harmful substances?

- A By using protective equipment
- B By training workers to handle dangerous substances
- C By monitoring the levels of chemicals and dust in the workplace
- D All of the above

3 What is the most serious potential health consequence of prolonged exposure to high levels of a dangerous chemical?

- A Headaches
- B Skin rashes
- C Breathing difficulties
- D Cancer

4 Which of the following is NOT a responsibility of employers regarding occupational exposure limits?

- A Providing protective equipment for workers
- B Ensuring that exposure levels are within the limits
- C Measuring the levels of chemicals and dust
- D Setting the occupational exposure limits themselves

5 What is the overall purpose of occupational exposure limits and standards?

- A To protect worker safety
- B To ensure a healthy working environment
- C To reduce the risk of illness and injury
- D All of the above

6 Who typically sets the occupational exposure limits and standards?

- A Individual employers
- B International trade unions
- C Government organisations or health and safety bodies
- D The workers themselves

7 What is the most important way that employers and employees can contribute to a safer workplace?

- A Using special equipment to measure exposure levels
- B Providing comprehensive safety training for workers
- C Ensuring that workers wear all required protective gear
- D Following the occupational exposure limits and standards

Task 4. Read these opinions. Which one do you agree with the most and why?

James

I honestly think these limits are crucial. A mate of mine used to work in a factory where they dealt with loads of chemicals, and he nearly passed out one



day because the air quality was so poor. It's just not worth risking people's health for profit.

Sarah

I completely back occupational exposure limits! When I worked in a laboratory, we had strict rules about handling hazardous materials, and I felt safe knowing there were guidelines in place. It made a massive difference in how I did my job and kept me from worrying constantly about my health.

Raj

I'm not sure where I stand on this. On one hand, I see why they should protect workers, but sometimes it feels like rules just make things complicated. I remember when we had to change our whole process because of new limits, and it really put pressure on everyone in the team.

Linda

This topic makes me feel so emotional. My uncle worked in construction, and he developed lung issues from the dust over the years because no one enforced any safety standards. It's heartbreaking to think he could have been safer if those rules had been taken seriously.

Task 5. Can You Tell which Sentences are True and which are False?

1 Occupational exposure limits are set by individual companies.

2 Workers can suffer from serious health conditions if exposed to high levels of dangerous chemicals for too long.

3 Employers do not need to monitor the levels of harmful substances in the workplace.

4 Protective gear such as gloves and masks can help reduce the risk of illness and injury.

5 Occupational exposure limits are only important for workers who handle chemicals.

6 Employers use special equipment to measure the amount of chemicals and dust in the air.

7 Following occupational exposure limits helps create a safer working environment.

Task 6. Let's Dive into a Dialogue!

Beth

Hi Jamie, did you hear about the new chemical restrictions at work?

Jamie

No, what happened?

Beth

Well, our boss just announced that they're going to start monitoring the levels of chemicals in the air more closely. They want to make sure we're within the recommended limits.



Jamie

Oh, I didn't know there were specific limits for different chemicals.

Beth

Yeah, it's actually really important for our health. If we're exposed to high levels of dangerous substances, we could get sick.

Jamie

That's scary. What kind of health problems can occur?

Beth

Headaches, breathing difficulties, skin rashes, even cancer in some cases. So our employers are taking this seriously and making sure we're safe.

Jamie

How do they monitor the levels?

Beth

With special equipment. And they also train us on how to handle dangerous substances properly.

Jamie

Like wearing protective gear and stuff?

Beth

Exactly. It's all part of following occupational exposure limits and standards.

Jamie

Right, so everyone has a role in keeping the workplace safe.

Beth

Exactly. By working together and following these safety measures, we can reduce the risk of illness and injury. It's important for both employees and employers to take responsibility.

Jamie

Wow, I never thought about it like that. Thanks, Beth. Now I'll pay more attention to staying within those limits!

Task 7 Time for a Quick Read!

1 Identify the specific Occupational Exposure Limits (OELs) relevant to your workplace. Refer to local regulations and guidelines.

2 Assess the current exposure levels using appropriate monitoring methods. Ensure accurate measurement techniques are employed.

3 Compare the measured exposure levels against the established OELs. Note any exceedances and document findings.

4 Implement control measures to mitigate exposure. Consider engineering controls, administrative changes, or personal protective equipment as necessary.

5 Train employees on the importance of OELs and safe practices. Ensure they understand the potential risks and how to protect themselves.



6 Regularly review and update exposure assessments. Schedule periodic monitoring to ensure compliance with OELs.

7 Maintain records of exposure levels, control measures, and training sessions. Ensure these documents are accessible for audits and inspections.

8 Communicate any changes in OELs to all staff promptly. Keep everyone informed about safety standards and practices.

9 Engage with health and safety professionals for guidance and support. Seek advice when implementing new standards or practices.

10 Foster a culture of safety within the workplace. Encourage employees to report potential hazards and suggest improvements.



Theme 5. Occupational Health Surveillance

TASK 1. Read the text

Occupational health surveillance is a system designed to monitor the health of workers. It aims to identify and prevent work-related illnesses and injuries. Companies have a responsibility to ensure their employees work in a safe environment. Surveillance activities can include regular health checks, workplace inspections, and monitoring for harmful substances.

Health checks help to detect any early signs of illness. For example, if a worker is exposed to chemicals, regular tests can show if there is any effect on their health. Early detection means that measures can be taken to prevent more serious problems.

Workplace inspections are another important part of occupational health surveillance. Inspectors visit the workplace to check for hazards. They look for things like poor lighting, unsafe machinery and harmful materials. If they find anything dangerous, they can recommend changes to make the workplace safer.

Monitoring for harmful substances is crucial. Some jobs involve working with chemicals, noise or dust that can be harmful if not managed properly. For instance, factory workers might be exposed to loud noises that can damage their hearing. Regular checks ensure that these levels stay within safe limits.

Training is also a key part of keeping workers healthy. Employees need to know how to protect themselves. Training sessions might cover how to use protective equipment, like gloves or masks. They might also teach workers how to handle materials safely.

Occupational health surveillance benefits everyone. Healthy workers are happier and more productive. Companies benefit too because they have fewer absences and lower healthcare costs. By actively monitoring and improving workplace conditions, we can create a safer and healthier environment for all employees.

Task 2. Let's Answer the Following Questions!

- 1 What is the purpose of occupational health surveillance?
- 2 How do health checks help in occupational health surveillance?
- 3 Why are workplace inspections important in monitoring worker health?
- 4 Why is monitoring for harmful substances crucial in occupational health surveillance?
- 5 How does training contribute to keeping workers healthy in the workplace?
- 6 What are some benefits of occupational health surveillance for both workers and companies?



7 How can companies create a safer and healthier environment for their employees through occupational health surveillance?

Task 3. Can You Fill in the Blanks?

changes, safer, harmful, dangerous, inspections, unsafe, poor, Inspectors

Workplace _____(1) are another important part of occupational health surveillance. _____(2) visit the workplace to check for hazards. They look for things like _____(3) lighting, _____(4) machinery and _____(5) materials. If they find anything _____(6), they can recommend _____(7) to make the workplace _____(8).

Task 4. Match the words with their definitions

1. harmful	a) advantages or positive outcomes gained from a particular action or situation.
2. inspections	b) careful examinations or checks to ensure that something meets certain standards or rules.
3. changes	c) alterations or modifications made to something, which can affect its form or function.
4. inspectors	d) posing a risk of harm or injury, making situations potentially unsafe.
5. dangerous	e) people whose job is to examine and assess the quality or safety of something, often in a professional capacity.
6. benefits	f) causing damage or injury to someone or something, often leading to negative effects.

Task 5. Can You Tell which Sentences are True and which are False?

1 Companies are not responsible for ensuring a safe working environment for their employees.

2 Regular health checks can help detect early signs of illness in workers.

3 Workplace inspections only focus on checking for harmful materials.

4 Monitoring for harmful substances is not necessary for jobs involving chemicals.

5 Training sessions might include instructions on how to use protective equipment.

6 Healthy workers tend to be more productive and happier.

7 Occupational health surveillance does not benefit companies.



Theme 6. Occupational Hygiene Program Management

TASK 1. Read the text

Occupational hygiene is very important in the workplace. It helps to prevent illnesses and injuries. An occupational hygiene programme is a set of activities and controls designed to protect workers.

First, it is important to understand the risks in the workplace. These could include chemical, biological, or physical dangers. For example, workers might be exposed to chemicals like solvents, dust, or fumes. Noise and extreme temperatures can also be harmful. Identifying these risks is the first step in occupational hygiene.

Next, the programme needs to assess these risks. This means measuring how dangerous they are. Special equipment might be used to measure the concentration of chemicals in the air. Noise levels can be measured with a sound meter. This assessment helps to understand how much risk workers are facing.

After assessing the risks, it is important to control them. There are different methods to do this. One way is to remove the hazard completely. If this is not possible, the hazard can be isolated. For example, harmful chemicals can be stored in a special room. Another method is to use protective equipment like masks or gloves. Training workers on how to use this equipment correctly is also very important.

Monitoring and reviewing the programme is an ongoing process. The workplace and the risks can change over time. Regular checks and updates ensure the programme remains effective. Employees should be encouraged to report any new hazards they notice.

In summary, managing an occupational hygiene programme involves understanding, assessing, controlling, and regularly reviewing workplace risks. It helps to keep workers safe and healthy, making it a very important part of any workplace.

Task 2. Can You Tell which Sentences are True and which are False?

1 Occupational hygiene only focuses on chemical dangers in the workplace.

2 Identifying risks is the first step in an occupational hygiene programme.

3 Noise levels in the workplace can be measured with a sound meter.

4 Removing hazards is the only method to control risks in the workplace.

5 Workers should be trained on how to use protective equipment correctly.

6 The occupational hygiene programme should be reviewed regularly.

7 Employees are encouraged to report any new hazards they notice.



Task 3. Pick the Right Answer!

- 1 Which of the following is a key purpose of an occupational hygiene programme?
 - A To increase worker productivity
 - B To reduce workplace costs
 - C To enhance worker satisfaction
 - D To prevent illnesses and injuries
- 2 According to the passage, which type of risk is NOT mentioned as a potential workplace hazard?
 - A Chemical risks
 - B Biological risks
 - C Physical risks
 - D Emotional risks
- 3 What is the primary goal of assessing workplace risks in an occupational hygiene programme?
 - A To ensure legal compliance
 - B To improve worker training
 - C To understand the level of danger
 - D To identify all possible risks
- 4 Which method of controlling workplace risks is recommended in the passage when the hazard cannot be removed completely?
 - A Installing protective equipment
 - B Providing worker training
 - C Isolating the hazard
 - D All of the above
- 5 How does the passage suggest the occupational hygiene programme should be managed over time?
 - A By reviewing and updating it regularly
 - B By focusing only on new hazards
 - C By making it more cost-effective
 - D By involving workers in the monitoring
- 6 What is the main purpose of measuring the concentration of chemicals or noise levels in the workplace?
 - A To improve worker satisfaction
 - B To ensure legal compliance
 - C To understand the level of risk
 - D Both B and C
- 7 Which of the following types of workplace risks is NOT mentioned in the passage?
 - A Exposure to dust
 - B Exposure to extreme temperatures
 - C Exposure to electrical hazards
 - D Exposure to fumes



Task 4. Can You Fill in the Blanks?

control, protective, correctly, gloves, remove, risks, different, possible, special, harmful

After assessing the _____(1), it is important to _____(2) them. There are _____(3) methods to do this. One way is to _____(4) the hazard completely. If this is not _____(5), the hazard can be isolated. For example, _____(6) chemicals can be stored in a _____(7) room. Another method is to use _____(8) equipment like masks or _____(9). Training workers on how to use this equipment _____(10) is also very important.

Task 5. Let's match these halves!

1 Special equipment might be used	a) to measure the concentration of chemicals in the air.
2 Noise and extreme temperatures can	b) also be harmful.
3 Regular checks and updates ensure	c) an ongoing process.
4 This assessment helps to understand	d) how much risk workers are facing.
5 An occupational hygiene programme is	e) a set of activities and controls designed to protect workers.
6 Monitoring and reviewing the programme is	f) the programme remains effective.



Theme 7. Case Studies and Practical Applications of Occupational Hygiene

TASK 1. Read the text

Occupational hygiene is an important part of many workplaces. It helps to keep people safe by controlling risks from work activities. This can include things such as chemicals, noise, and even stress.

Let's look at a case study. Imagine a factory where workers use paint that has harmful chemicals. If these chemicals are breathed in, they can cause serious health problems. An occupational hygienist visits the factory to find out more. After checking, they see the workers do not use any protective gear. The occupational hygienist recommends that workers start wearing masks and gloves. They also advise that the factory should improve ventilation. After these changes, the workers are much safer and feel better while doing their jobs.

Another practical application can be seen in an office setting. People often think offices are safe, but they can also have health risks. For example, sitting for long periods can lead to back problems. In this situation, an occupational hygienist might suggest ergonomic chairs and desks. They could also recommend taking breaks and doing exercises during the day. This helps to reduce the risk of injuries and makes the office a healthier place to work.

Noise is another common problem in many workplaces. For example, in a construction site, the loud noises from machines can be harmful to the workers' hearing. Here, an occupational hygienist might measure the noise levels and suggest using ear protection or changing how the work is done to make it less noisy.

Through these examples, it is clear that occupational hygiene plays a vital role in making workplaces safer. By identifying risks and suggesting practical solutions, occupational hygienists help to create healthier and more productive environments for everyone.

Task 2. Read these facts. Which one surprised you the most and why?

1 Occupational hygiene started in the early 20th century to protect workers' health.

2 The "Hierarchy of Controls" guides how to manage workplace hazards effectively.

3 Air sampling can reveal harmful dust levels and gas concentrations at work.

4 In 2018, 102,000 workplace injuries were reported in the UK alone.

5 The Health and Safety Executive rates occupational hygiene as critical for well-being.

6 Biological agents, like bacteria, are monitored to prevent workplace infections.



7 Noise-induced hearing loss affects about 1 in 6 workers in noisy environments.

8 Control methods include engineering solutions, administrative changes, and personal protective equipment.

9 The UK aims to reduce work-related stress by improving workplace hygiene practices.

10 Case studies show that good hygiene can increase productivity by up to 30%.

Task 3. Let's Dive into a Dialogue!

Samantha

Hey, Dan. Did you finish reading the case study for our occupational hygiene class?

Dan

Yeah, I did. It was really interesting. I had no idea that workers in textile mills were exposed to such high levels of asbestos.

Samantha

Right? And it's crazy how many people ended up getting sick from it. The company should have been more careful.

Dan

Definitely. But at least now we know better and can implement proper safety measures in our workplaces.

Samantha

Exactly. That's why I think this topic is so important. Being aware of potential health hazards in different industries is crucial to protecting workers.

Dan

Absolutely. Have you started working on your practical application project yet?

Samantha

Not yet. I'm still trying to decide which industry to focus on. How about you?

Dan

I'm thinking of doing something related to construction sites. I remember learning about all the dust and chemicals involved in building materials. It's definitely a key area for occupational hygiene.

Samantha

That's a great idea. I might do something similar. We could even collaborate on our projects if you want.


Dan

Sounds good to me. Let's discuss it further after class.

Samantha

Perfect. And let's not forget to submit our proposals by next week!

Dan



Will do. Good luck with picking your industry. See you later, Samantha.
Samantha
Thanks, see you!

Task 4. Let's Answer the Following Questions!

1 What was the main health hazard discussed in the case study for the occupational hygiene class?

2 Why do Samantha and Dan believe it is important to be aware of potential health hazards in different industries?

3 What are some safety measures that Dan suggests implementing in workplaces?

4 How does Samantha plan to decide which industry to focus on for her practical application project?

5 Why does Dan think construction sites are a key area for occupational hygiene?

6 What suggestion does Samantha make to Dan regarding their practical application projects?

7 When do Samantha and Dan need to submit their proposals for their projects?



Theme 8. Emerging Trends and Future Directions in Occupational Hygiene

TASK 1. Read the text

Occupational hygiene is a field that focuses on the health and safety of people at work. In recent years, there have been many new trends and ideas in this area. One important trend is the use of new technologies. For example, wearable devices can monitor the health and safety of workers in real-time. These devices can check the levels of noise, air quality, and even stress. This helps to make the workplace safer.

Another trend is the focus on mental health. In the past, occupational hygiene mainly looked at physical health. But now, more companies understand that mental health is just as important. They are offering support and resources to help employees manage stress and stay mentally healthy. This can include things like counselling services and wellness programmes.

Sustainability is also becoming a key issue. Many businesses are trying to reduce their environmental impact. This means using fewer chemicals and finding safer alternatives. It also means looking at ways to reduce waste and recycle more. This is not only good for the planet but also for the health of workers.

Remote work is another direction that is changing the field of occupational hygiene. With more people working from home, there are new challenges to address. For instance, how do you ensure that home offices are safe and ergonomic? Companies are now offering guidance and support to help employees set up a healthy work environment at home.

Training and education are also being updated to include these new trends. Workers need to know how to use new technologies and how to take care of their mental health. This means that ongoing training is essential.

In conclusion, the field of occupational hygiene is always changing. New technologies, a focus on mental health, sustainability, and remote work are all important trends. By keeping up with these trends, companies can create healthier and safer workplaces for everyone.

Task 2. Pick the Right Answer!

1 What is the PRIMARY focus of the field of occupational hygiene, according to the passage?

- A Improving workplace efficiency
- B Ensuring workplace compliance with regulations
- C Promoting the health and safety of workers
- D Enhancing employee job satisfaction

2 Which NEW TREND in occupational hygiene involves monitoring workers' physical wellbeing in real-time?



- A Wearable devices
- B Environmental sensors
- C Remote monitoring systems
- D Workplace cameras

3 What is one way that companies are trying to address the MENTAL HEALTH of their employees?

- A Offering counselling services
- B Providing on-site medical facilities
- C Organising team-building exercises
- D Introducing mandatory meditation breaks

4 Which SUSTAINABILITY-RELATED practice do businesses use to reduce their environmental impact?

- A Investing in renewable energy sources
- B Using fewer chemicals and finding safer alternatives
- C Implementing zero-waste manufacturing processes
- D Planting more trees around the workplace

5 What NEW CHALLENGE does the passage mention in relation to remote work?

- A Ensuring home offices are safe and ergonomic
- B Maintaining employee productivity and engagement
- C Providing reliable internet access for remote workers
- D Preventing the spread of illnesses among remote teams

6 Why is ONGOING TRAINING considered essential for workers, according to the passage?

- A To learn how to use new technologies
- B To access company benefits and policies
- C To manage their own work schedules
- D To recruit new team members

7 What is the OVERALL TONE used by the passage in describing the changes in occupational hygiene?

- A Sceptical
- B Critical
- C Celebratory
- D Informative

Task 3. Can You Tell which Sentences are True and which are False?

1 Wearable devices can only monitor noise levels in the workplace.

2 Companies are now recognising the importance of mental health alongside physical health.

3 Sustainability efforts in businesses include reducing the use of chemicals.

4 Remote work has no impact on the field of occupational hygiene.



- 5 Training and education for workers now include information on mental health.
- 6 The use of new technologies is not a trend in occupational hygiene.
- 7 Companies are providing support to help employees create safe home offices.

Task 4. Can You Fill in the Blanks?

key, fewer, waste, alternatives, planet, reduce, workers

Sustainability is also becoming a _____(1) issue. Many businesses are trying to _____(2) their environmental impact. This means using _____(3) chemicals and finding safer _____(4). It also means looking at ways to reduce _____(5) and recycle more. This is not only good for the _____(6) but also for the health of _____(7).

Task 5. Let's Tackle These Conversations!

A We need to identify the key factors that influence occupational hygiene in our industry. Absolutely, understanding those will help us improve safety standards.

A One effective way to reduce exposure to harmful substances is by implementing better ventilation systems. That's true; good ventilation can significantly lower the risk for everyone.

A If we can have fewer hazardous materials in our processes, it would be a great improvement. Yes, it would not only protect the workers but also enhance productivity.

A We should explore alternatives to the chemicals we currently use in our cleaning products. That's a smart move; switching to safer options can benefit our health and the environment.

A Reducing waste in our operations is crucial for sustainable practices. Definitely, less waste means we can minimise our impact on the planet.

A It's essential that we prioritise the health and safety of our workers above all else. I completely agree; their wellbeing should always come first in any decision we make.



KEYS

Theme 1. Introduction to Occupational Hygiene

Task 2. 1b 2d 3c 4d 5b 6c 7 b

Task 3. Correct Answers:

1. False - The text states that occupational hygienists ensure workplaces are clean and do not have dangers, but it does not say they are responsible for ensuring workplaces are free from any kind of danger.

2. True - The text mentions that occupational hygienists check the air for harmful things like chemicals or dust.

3. False - The text states that if the air is not safe, occupational hygienists will find ways to make it better, which could include fixing machines or adding filters, not always replacing machines.

4. True - The text explains that loud noise can hurt ears and that occupational hygienists measure noise levels and make changes to reduce this risk.

5. False - The text clearly states that occupational hygienists think about chemicals and find ways to make their use safer.

6. True - The text mentions that occupational hygienists might give workers special clothing to wear to make handling chemicals safer.

True - The text states that good occupational hygiene stops problems before they happen, indicating its main goal is prevention.

Task 4. 1 hygienists 2 chemicals 3 places 4 dangerous 5 breathe 6 skin 7 workers 8 ways 9 special 10 safer

Task 5. 1 a 2 g 3 d 4 c 5 e 6 f 7 b

Theme 2. Identification and Evaluation of Workplace Hazards

Task 2. 1 d 2 d 3 d 4 c 5 d 6 b 7 a

Task 3. Correct Answers:

1 A hazard in the workplace is anything that can cause harm to people.

2 Slipping hazards can be prevented by cleaning up spills immediately and putting up warning signs.

3 It is important to check electrical equipment regularly to prevent electric shocks or fires caused by faulty wires or overloaded sockets.

4 Employees should wear protective gear like gloves and goggles and follow safety guidelines when handling chemicals.

5 Ergonomic hazards occur when work tasks cause physical stress, and they can be reduced by providing ergonomic chairs and having regular breaks.

6 Regular training sessions for employees are essential to help them understand potential hazards and how to avoid them.

7 Reporting hazards to a supervisor can help prevent accidents before they happen by addressing issues promptly.



Task 4. Correct Answers:

- 1 True - A wet floor is mentioned as a simple hazard that can cause harm.
- 2 False - The text states that electrical equipment should be checked regularly, not just once a year.
- 3 True - The text advises wearing protective gear like gloves and goggles when handling chemicals.
- 4 True - The text mentions that ergonomic chairs and regular breaks can help reduce ergonomic hazards.
- 5 True - Reporting hazards to a supervisor is mentioned as a way to prevent accidents.
- 6 False - The text states that regular training sessions are essential for workplace safety.
- 7 True - The text mentions that identifying hazards can create a safer and healthier environment, improving productivity and morale.

Task 5. 1 addition 2 ergonomic 3 occur 4 environment 5 physical 6 back 7 chair 8 strain 9 screen 10 providing 11 breaks 12 issues

Task 6. 1d 2b 3c 4e 5f 6a

Theme 3. Control Measures for Occupational Hazards

Task 3. Correct Answers:

1. True - The text states that PPE includes items like gloves, helmets, and masks.
 2. False - The text mentions that training is important for employees to understand safety procedures.
 3. True - The text explains that workplace design, including layout, impacts safety.
 4. False - The text emphasises that regular maintenance is key to ensuring equipment is safe to use.
 5. True - The text states that safety signs should be easy to read and located in visible places.
 6. False - The text indicates that emergency procedures are important for all workplaces, not just large companies.
- True - The text mentions that having clear walkways can help to prevent accidents.

Task 4. 1 crucial 2 impact 3 example 4 prevent 5 factor 6 lighting 7 hazards 8 injury 9 maintenance 10 equipment 11 tools 12 sure 13 faults

Theme 4. Occupational Exposure Limits and Standards

Task 2. Correct Answers:

- 1 False - The text states that these limits are often set by government organisations or health and safety bodies, not individual companies.



2 True - The text mentions that exposure to high levels of dangerous chemicals can lead to serious health conditions like cancer.

3 False - The text clearly states that it is important for employers to monitor the levels of harmful substances in the workplace.

4 True - The text mentions that wearing protective gear such as gloves, masks, and special clothing can help reduce the risk of illness.

5 False - The text indicates that occupational exposure limits are important for all workers to ensure a safe working environment, not just those handling chemicals.

6 True - The text states that employers train their workers to handle dangerous substances safely as part of following safety standards.

7 True - The text states that the main purpose of these limits is to protect workers' health and ensure a safe working environment.

Task 3. 1 a 2 d 3 d 4 d 5 d 6 c 7 d

Task 5. Correct Answers:

1 False - The text states that these limits are often set by government organisations or health and safety bodies, not individual companies.

2 True - The text mentions that high exposure to dangerous chemicals can lead to serious health conditions.

3 False - The text states that it is important for employers to monitor the levels of harmful substances in the workplace.

4 True - The text mentions that wearing protective gear can help reduce the risk of illness and injury.

5 False - The text implies that occupational exposure limits are important for all workers, not just those handling chemicals.

6 True - The text states that employers use special equipment to measure the amount of chemicals and dust in the air.

7 True - The text mentions that following these rules helps ensure a safer and healthier working environment.

Theme 5. Occupational Health Surveillance

Task 2. Correct Answers:

1 Occupational health surveillance is designed to monitor the health of workers and prevent work-related illnesses and injuries.

2 Health checks help detect early signs of illness caused by factors like exposure to chemicals, allowing preventive measures to be taken.

3 Workplace inspections are important to identify hazards such as poor lighting, unsafe machinery, and harmful materials that could affect worker safety.

4 Monitoring for harmful substances is crucial to ensure that levels of chemicals, noise, or dust stay within safe limits to protect worker health.

5 Training helps workers learn how to protect themselves, including proper use of protective equipment and safe handling of materials.



6 Benefits of occupational health surveillance include happier and more productive workers, fewer absences, and lower healthcare costs for companies.

7 Companies can create a safer and healthier environment for employees by actively monitoring workplace conditions and making improvements based on surveillance findings.

Task 3. 1 inspections 2 Inspectors 3 poor 4 unsafe 5 harmful 6 dangerous 7 changes 8 safer

Task 5. Correct Answers:

1 Not Given - The text states that companies have a responsibility to ensure their employees work in a safe environment.

2 True - The text mentions that health checks help to detect any early signs of illness.

3 Not Given - The text states that workplace inspections check for hazards like poor lighting, unsafe machinery, and harmful materials.

4 Not Given - The text states that monitoring for harmful substances is crucial, especially for jobs involving chemicals.

5 True - The text mentions that training sessions might cover how to use protective equipment like gloves or masks.

6 True - The text states that healthy workers are happier and more productive.

7 Not Given - The text states that companies benefit from occupational health surveillance because they have fewer absences and lower healthcare costs.

Theme 6. Occupational Hygiene Program Management

Task 2. Correct Answers:

1 False - The text mentions chemical, biological, and physical dangers, not just chemical dangers.

2 True - The text states that identifying risks is the first step in occupational hygiene.

3 True - The text mentions that noise levels can be measured with a sound meter.

4 False - The text lists several methods to control risks, including removing hazards, isolating them, and using protective equipment.

5 True - The text highlights the importance of training workers on how to use protective equipment correctly.

6 True - The text states that monitoring and reviewing the programme is an ongoing process.

7 True - The text encourages employees to report any new hazards they notice.

Task 3. 1 d 2 d 3 c 4 d 5 a 6 d 7 c



Task 4. 1 risks 2 control 3 different 4 remove 5 possible 6 harmful 7 special
8 protective 9 gloves 10 correctly

Task 5. 1a 2 b 3 f 4 d 5 e 6 c

Theme 7. Case Studies and Practical Applications of Occupational Hygiene

Task 4. Correct Answers:

- 1 Workers in textile mills were exposed to high levels of asbestos.
- 2 Being aware of potential health hazards in different industries is crucial to protecting workers.
- 3 Dan suggests implementing proper safety measures in workplaces.
- 4 Samantha is still trying to decide which industry to focus on for her practical application project.
- 5 Dan believes construction sites are a key area for occupational hygiene due to the dust and chemicals involved in building materials.
- 6 Samantha suggests collaborating on their projects with Dan.
- 7 Samantha and Dan need to submit their proposals by next week.

Theme 8. Emerging Trends and Future Directions in Occupational Hygiene

Task 2. 1c 2a 3a 4b 5a 6a 7d

Task 3. Correct Answers:

- 1 False - Wearable devices can monitor noise levels, air quality, and stress.
- 2 True - The text states that companies now understand that mental health is just as important as physical health.
- 3 True - The text mentions that businesses are trying to reduce their environmental impact by using fewer chemicals.
- 4 False - The text states that remote work is changing the field of occupational hygiene.
- 5 True - The text mentions that training and education now include information on mental health.
- 6 False - The text states that the use of new technologies is an important trend in occupational hygiene.
- 7 True - The text mentions that companies are offering guidance and support to help employees set up a healthy work environment at home.

Task 4. 1 key 2 reduce 3 fewer 4 alternatives 5 waste 6 planet 7 workers



ЛІТЕРАТУРА

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Навчально-методичне видання

Хорошайло Олена Станіславівна

АНГЛІЙСЬКА МОВА У СФЕРІ БЕЗПЕКИ ПРАЦІ

**методичні рекомендації
до самостійної роботи здобувачів освіти першого (бакалаврського)
рівня вищої освіти спеціальності 263 (другий курс, перший семестр)**

Самостійне електронне мережеве видання

Публікується в авторській редакції