

Chapter 11 – Workplace Health and Safety

I-Study

Being healthy means having mental and physical strength and energy. Stay physically healthy by eating a diet rich in nutrients and low in fat, sugar, and salt, and by staying on guard against addiction, a physical or emotional dependence on any kind of drug. Follow the guidelines in MyPyramid to achieve a balanced diet. Stay fit by exercising 30 to 60 minutes a day, and practice good sleep hygiene to stay rested and alert. Manage your stress by identifying and addressing the causes of your stress.

Government, employers, and employees share responsibility for creating and maintaining safe workplaces. Through OSHA, the government sets and enforces safety standards. Employers must provide hazard-free workplaces, safe equipment, and health and safety information. As an employee, you must know and follow safety rules, report hazards, and work with your employer to follow environmental laws. Know your employer's emergency plan and learn how to prevent and respond to common emergencies. Follow the American Red Cross guideline to check-call-care during a medical emergency.

I-Quiz

1. Which branch of the federal government sets workplace safety standards?
 - A. IRS
 - B. FDA
 - C. OSHA
 - D. FIDC

2. What is sleep hygiene?
 - A. a physical or psychological need for a substance
 - B. keeping your room neat and tidy
 - C. the practice of following good sleep habits
 - D. brushing your teeth and washing your face before bed

3. What is the term for a physical or psychological need for a substance?
 - A. motivation
 - B. initiative
 - C. addiction
 - D. stress

Answer Key

1. C
2. C
3. C