



Module 4 – Major Workplace Hazards And Control Measures

RLS Refresher Training – Companies with more than 50 workers

Module duration: 55 minutes • 17 screens / learning units • Complete the module in sequence.

Learning objectives

- What you will update
- What the RLS should observe
- How to turn information into prevention action

Start the module and complete every screen in sequence.



Module 4: Major workplace hazards and control measures

Module opening

Key points

- What you will update
- What the RLS should observe
- How to turn information into prevention action

Activity

Select “Start module” after reading the objectives.

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Machinery and work equipment

Content + voice-over

Key points

- Moving parts and trapping points
- Guards and interlocks
- Safe isolation for maintenance
- Competence and authorised use

Activity

Quick reflection: Which part of this topic is most relevant to your workplace? Select one point and continue.



Electrical risk

Content + voice-over

Key points

- Direct and indirect contact
- Damaged equipment
- Temporary installations
- Isolation and maintenance
- Qualified work

Activity

Quick reflection: Which part of this topic is most relevant to your workplace? Select one point and continue.



Apply it: Machine jam

Interactive micro-scenario

Key points

- A machine jams several times per shift and operators reach toward the danger zone to clear material. What is the best prevention focus?

Activity

- A. Reliable isolation, guarding and a safe clearing method
- B. Faster hand movements
- C. Warning signs only



Fire and explosion risk

Content + voice-over

Key points

- Fuel, oxygen and ignition
- Prevention and compartmentation
- Detection and alarm
- Evacuation
- Emergency roles

Activity

Quick reflection: Which part of this topic is most relevant to your workplace? Select one point and continue.



Chemical agents

Content + voice-over

Key points

- Identify substances and mixtures
- Safety Data Sheets
- Substitution and containment
- Ventilation
- Exposure limits and PPE

Activity

Quick reflection: Which part of this topic is most relevant to your workplace? Select one point and continue.



Apply it: Chemical exposure

Interactive micro-scenario

Key points

- Workers complain of strong vapour during decanting. The SDS identifies inhalation hazards. What should be reviewed?

Activity

- A. Substitution, enclosure/ventilation, work method and suitable PPE as part of a control strategy
- B. Only glove colour
- C. Only the container label size



Biological agents

Content + voice-over

Key points

- Sources of exposure
- Routes of transmission
- Hygiene and containment
- Vaccination where appropriate
- Incident response

Activity

Quick reflection: Which part of this topic is most relevant to your workplace? Select one point and continue.



Noise and vibration

Content + voice-over

Key points

- Exposure level and duration
- Engineering reduction at source
- Maintenance
- Work organisation
- Hearing protection where needed

Activity

Quick reflection: Which part of this topic is most relevant to your workplace? Select one point and continue.



Apply it: Noise

Interactive micro-scenario

Key points

- A department has high noise levels and relies entirely on ear defenders. What is the preferred improvement direction?

Activity

- A. Reduce noise at source and along the transmission path where feasible
- B. Increase exposure time
- C. Remove hearing protection



Manual handling and ergonomic load

Content + voice-over

Key points

- Load weight is only one factor
- Posture and reach
- Frequency and duration
- Workstation design
- Mechanical aids

Activity

Quick reflection: Which part of this topic is most relevant to your workplace? Select one point and continue.



Work at height, slips, trips and workplace traffic

Content + voice-over

Key points

- Prevent falls at source
- Safe access and edge protection
- Housekeeping
- Separation of pedestrians and vehicles
- Visibility and speed control

Activity

Quick reflection: Which part of this topic is most relevant to your workplace? Select one point and continue.



Apply it: Traffic routes

Interactive micro-scenario

Key points

- Forklifts and pedestrians repeatedly cross at a blind corner. What is the strongest control direction?

Activity

- A. Physical separation, visibility and route redesign where feasible
- B. Ask pedestrians to walk faster
- C. Add a poster and make no other change



Case study – Mixed hazards in a warehouse

Case study

Key points

- A warehouse combines forklifts, battery charging, chemical cleaning products, elevated picking platforms, manual handling and a noisy packing area. A recent change has moved pedestrian routes closer to the charging station. Workers report slippery floors during cleaning and difficulty hearing warning signals in the packing area.

The RLS should avoid treating each hazard in isolation. Risk can be amplified by interactions: noise can affect warning perception; route changes can increase vehicle exposure; cleaning can create slip hazards; charging can introduce electrical and fire considerations. The best prevention strategy starts with source and engineering controls and then uses procedures, information and PPE where appropriate.

Activity

Complete these three prompts:

- Identify at least five hazards and two interactions between hazards.
- Choose one control that acts at source and one organisational control.
- Explain what you would inspect during a workplace walk-through.



Workplace application

Workplace application

Key points

- Choose one common hazard in your workplace. Describe the existing controls and classify each as elimination, substitution, engineering, organisational or PPE. Then propose one improvement higher in the hierarchy than the current main control.

Activity

Write one short observation (maximum 300 characters): What would you check or ask about after this module?



Key takeaways

Interactive recap

Key points

- Moving parts and trapping points
- Direct and indirect contact
- Fuel, oxygen and ignition
- Identify substances and mixtures
- Sources of exposure

Activity

Select each card to reveal a one-line reminder, then continue.

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Module knowledge check

Knowledge check

Key points

- 5 multiple-choice questions
- 3 options per question
- Immediate learning feedback

Activity

Answer the following five questions. You will receive learning feedback after each answer.



Module 4 – Major Workplace Hazards And Control Measures: Knowledge Check

Question 1

Repeated bypassing of a machine guard may indicate:

- A. A design or organisational weakness
- B. That guards are unnecessary
- C. That only PPE is needed

Choose the best answer before continuing.



Module 4 – Major Workplace Hazards And Control Measures: Knowledge Check

Question 2

For chemical risk, the first preference is generally to:

- A. Start with PPE only
- B. Eliminate or substitute the hazardous agent where feasible
- C. Ignore low-volume use

Choose the best answer before continuing.



Module 4 – Major Workplace Hazards And Control Measures: Knowledge Check

Question 3

Noise control should prioritise:

- A. Longer exposure times
- B. Hearing protection as the only measure
- C. Reduction at source

Choose the best answer before continuing.



Module 4 – Major Workplace Hazards And Control Measures: Knowledge Check

Question 4

Manual handling risk depends on:

- A. Several factors including posture, frequency and reach
- B. Weight only
- C. Worker age only

Choose the best answer before continuing.



Module 4 – Major Workplace Hazards And Control Measures: Knowledge Check

Question 5

Workplace traffic risk is reduced by:

- A. Increasing reversing speed
- B. Separating pedestrians and vehicles where possible
- C. Removing route markings

Choose the best answer before continuing.