

Sevei

Yumi wok gut long sait bilong seifti na helt?

Plis bekim ol dispela askim, bilong helpim mipela long painim-aut sapos wok i go gut. Mipela ting olsem dispela bai kisim **10 minit**. Ol tok bilong yu bai helpim mipela long mekim wok kamap gutpela.

Tenkyu.

Ol askim long sait bilong lidasip bilong yumi

✓ Plis tikim boks we i soim hamas yu wanbel, o i no wanbel, wantaim wanwan kwesten.

Yu laik tokim mipela long sampela narapela samting long dispela sabjek? Yu inap, long laspela pes bilong dispela wok painimaut.

	5 Mi wanbel tru	4 Mi wanbel	3 Mi nogat tok long dispela	2 No wanbel	1 Mi no wanbel tru
1.1 Oganaisesen bilong mi i gat klia streteji* long stretim ol risk long sefti bilong mi * Wanpel hai-level masta plen bilong kamapim wanpela gol	☐	☐	☐	☐	☐
1.2 Oganaisesen bilong mi i gat wanpela klia streteji* we i toktok long hau long menejim ol risk long helt bilong mi insait long wok ples bilong mi * Wanpel hai-level masta plen bilong kamapim wanpela gol	☐	☐	☐	☐	☐
1.3 Oganaisesen bilong mi i save tingim helt na sefti bipo long em i mekim ol senis long wok bilong mi	☐	☐	☐	☐	☐
1.4 Ol i save givim mi taim, sapot na raitpela klos o masin bilong lukautim sefti bilong mi	☐	☐	☐	☐	☐
1.5 Ol i save givim mi taim, sapot na raitpela klos o masin long lukautim helt bilong mi long wok ples	☐	☐	☐	☐	☐

	5 Mi wanbel tru	4 Mi wanbel	3 Mi nogat tok long dispela	2 No wanbel	1 Mi no wanbel tru
1.6 Mi stap insait long wok bilong sekim hau oganaisesen i save menejim risk, helt na sefti bilong oganaisesen	☐	☐	☐	☐	☐
1.7 Ol i save givim me ol risos (kain olsem trening, kosing, fidek, ikwipmen na sapot) mi nidim long stap olsem wanpela wokman o wokmeri we i save mekim wok gut na mekim wok long seif we	☐	☐	☐	☐	☐
1.8 Mi no pret long tokaut long ol hevi na wari long sait bilong helt na sefti bilong mi o mi no pret long tokaut stret long ol hevi na wari bilong mi long helt na sefti	☐	☐	☐	☐	☐
1.9 Ol eksen bilong oganaisesen i soim olsem em i wok strong long lukautim helt na sefti bilong mi	☐	☐	☐	☐	☐
1.10 Sapos mi yet i gat hevi long sait bilong bodi o tingting, ol bai givim mi sampela narapela wok na ol bai no inap long kisim hevi	☐	☐	☐	☐	☐
1.11 Oganaisesen bilong mi i save painim ol rot bilong mekim helt na sefti bilong mi i kamap gut moa	☐	☐	☐	☐	☐

Yu nid long reitim neks kwesten (we i toktok long ol kontrakta) sapos dispela boks klostu long en i gat tik mak ☒ 1.12.

Yu ken skelim dispela askim 'i no stret long mi' (N/A) sapos yu no wok wantaim ol kontrakta.

Sapos kwesten 1.12 i nogat wanpela tik mak long en ☐ 1.12, go stret long kwesten 2.1 long kontinu long mekim dispela sevi.

	5 Mi wanbel tru	4 Mi wanbel	3 Mi nogat tok long dispela	2 No wanbel	1 Mi no wanbel tru	N N/A
☐ 1.12 Ol kontraka we mi save wok wantaim i save mekim wok gut na i gat wanem samting ol nidim long mekim wok long seif we	☐	☐	☐	☐	☐	☐

Ol askim long sait bilong olsem wanem yumi save helpim ol wokman

✓ Plis tikim boks we i soim hamas yu wanbel, o i no wanbel, wantaim wanwan kwesten.

Yu laik tokim mipela long sampela narapela samting? Yu inap, long laspela pes bilong dispela wok painimaut.

	5 Mi wanbel tru	4 Mi wanbel	3 Mi nogat tok long dispela	2 No wanbel	1 Mi no wanbel tru
2.1 Oganaisesen bilong mi i save toktok long mi long helt na sefti long rot we mi ken klia gut long en	☐	☐	☐	☐	☐
2.2 Mi save wok wantaim ol narapela long mekim disisen long hau long menejim ol risk long sait bilong helt na sefti	☐	☐	☐	☐	☐
2.3 Sapos mi bungim birua o sampela narapela lain i bungim birua, mi gat pawa long mekim sampela samting	☐	☐	☐	☐	☐
2.4 Oganaisesen bilong mi i save putim yau long ol tingting na ol fidbek bilong mi long helt na sefti	☐	☐	☐	☐	☐
2.5 Mi ken stap insait long ol wok bilong mekim disisen na toktok long helt na sefti bilong mi	☐	☐	☐	☐	☐
2.6 Oganaisesen bilong mi em i gutpela long stretim ol wari o samting we mipela i no wanbel long en long sait bilong helt na sefti	☐	☐	☐	☐	☐
2.7 Mi gat taim, sapot na trening we i mekim mi inap long stap insait long ol wok bilong mekim disisen long helt na sefti	☐	☐	☐	☐	☐

Ol askim long sait bilong olsem wanem yumi lukluk ol ol hevi

✓ Plis tikim boks we i soim hamas yu wanbel, o i no wanbel, wantaim wanwan kwesten.

Yu laik tokim mipela long sampela narapela samting? Yu inap, long laspela pes bilong dispela wok painimaut.

	5 Mi wanbel tru	4 Mi wanbel	3 Mi nogat tok long dispela	2 No wanbel	1 Mi no wanbel tru
3.1 Oganaisesen i save luksave long ol risk long sefti bilong mi	☐	☐	☐	☐	☐
3.2 Mi save olsem oganaisesen i save luksave long ol risk long helt bilong mi insait long wok ples	☐	☐	☐	☐	☐
3.3 Olgeta taim mi save toktok na ripotim ol risk long helt na sefti na ol hevi we i kamap	☐	☐	☐	☐	☐
3.4 Oganaisesen i save asesim ol risk long helt na sefti bilong mi	☐	☐	☐	☐	☐
3.5 Oganaisesen i bin mekim samting long daunim risk (ol kontrol mesa) long wok we i ken kamapim bikpela bagarap	☐	☐	☐	☐	☐
3.6 Oganaisesen i save sekim olsem ol samting we em i mekim long daunim risk (ol kontrol mesa) i wok long mekim mi i stap helti na seif	☐	☐	☐	☐	☐
3.7 Oganaisesen bilong mi i save investigetim ol hevi we i kamap long sait bilong helt na sefti na mekim ol senis long hau long mekim ol samting bikos long risalt bilong dispela investigesen	☐	☐	☐	☐	☐
3.8 Oganaisesen bilong mi redi long ol imejensi na i bin tokim mi long wanemsamting long mekim taim wangepela imejensi i kamap	☐	☐	☐	☐	☐
3.9 Oganaisesen bilong mi i save menejim ol risk we i kam long manual handling long nambawan mak we em i ken mekim*	☐	☐	☐	☐	☐

* Eksampel, taim mi apim, karim, pulim, pusim ol loud, ripitim wangepela eksen planti taim

5	4	3	2	1
Mi wanbel tru	Mi wanbel	Mi nogat tok long dispela	No wanbel	Mi no wanbel tru

3.10

Oganaisesen bilong mi i save menejim ol risk we i kam long ol **slips, trips and falls** long nambawan mak we em i ken mekim*

* Eksampel, em i save rausim ol samting we i stap nambaut nambaut antap long flo, na lukim olsem i gat gutpela flo bilong wokabaut na mekim wok

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3.11

Oganaisesen bilong mi i save menejim ol risk we i kam long pasin bilong **bullying** (we i kamap moa long wanpela taim, we i nogat gutpela as bilong em na ol narapela nogut pasin kain olsem pasin bilong kolim kainkain nem nogut) long nambawan mak we em i ken mekim*

* Eksampel, em i save ronim ol trening, i gat ol proses bilong bihainim long mekim ripot/rispon long ol komplek

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3.12

Oganaisesen bilong mi i save menejim ol risk we i kam long **fatigue** long nambawan mak we em i ken mekim*

* Eksampel, em i save kamapim gutpela wok envairomen (kain olsem ol ples bilong malolo) na givim planti taim bilong malolo

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3.13

Oganaisesen bilong mi i save menejim ol risk i kam long **work-related stress** long nambawan mak we em i ken mekim*

* Eksampel, em save menejim ol bikpela woklod, na strongim mipela long kisim planti malolo

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3.14

Oganaisesen biilong mi i save menejim risk i kam long **sexual harassment** long nambawan mak we em i ken mekim*

* Eksampel, em i save trenim ol wokmanmeri na i gat proses bilong mekim ripot na rispon long ol komplek

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Ol arapela ol askim em long sait bilong ol hevi we wok bilong yumi inap kamapim.

Long wanwan kwesten, yu nid long reitim em sapos i gat tik mak insait long boks sait long kwesten namba bilong em ☒ ☐.

Skelim olgeta askim i gat mak. Long wanwan ol askim yu gat sans long ‘i no toktok long mi’ (N/A) sapos yu no wok wantaim dispela ol risk yu yet.

	5 Mi wanbel tru	4 Mi wanbel	3 Mi nogat tok long dispela	2 No wanbel	1 Mi no wanbel tru	N N/A
☐ 3.15 Oganaisesen bilong mi i save menejim ol risk i kam long noise long nambawan mak we em i ken mekim* * Eksampel, em i save rausim ol masin we i mekim bikpela nois na baim ol model bilong masin we i save mekim liklik nois, na em i save givim ol ia maf (ear muff)	☐	☐	☐	☐	☐	☐
☐ 3.16 Oganaisesen bilong mi i save menejim ol risk i kam long dust long nambawan mak we em i ken mekim* * Eksampel, em i save yusim ol wet woking metod o das kontrol metod	☐	☐	☐	☐	☐	☐
☐ 3.17 Oganaisesen bilong mi i save menejim ol risk i kam long hazardous substances long nambawan mak we em i ken mekim* * Eksampel, em i save yusim ol meteriel we i no toksik tumas, na em i save givim trening long ol wokmanmeri long dispela samting	☐	☐	☐	☐	☐	☐
☐ 3.18 Oganaisesen bilong mi i save menejim ol risk i kam long vibration long nambawan mak we em i ken mekim* * Eksampel, em i save tok tambu long holim pawa tul long longpela taim na em i save tok tambu long sindaun long ples we i wok long vaibret	☐	☐	☐	☐	☐	☐
☐ 3.19 Oganaisesen bilong mi i save menejim ol risk i kam long violence long nambawan mak we em i ken mekim* * Eksampel, em i save ronim trening, i gat wanpela wok ples plen we i tok tambu long ol narapela lain na larim ol woklain tasol long i go long hap	☐	☐	☐	☐	☐	☐

	5 Mi wanbel tru	4 Mi wanbel	3 Mi nogat tok long dispela	2 No wanbel	1 Mi no wanbel tru	N N/A
☐ 3.20 Oganaisesen bilong mi i save menejim ol risk i kam long driving long nambawan mak we em i ken mekim* * Eksampel, em i save ronim ol trening, na i gat ol raitpela kar bilong mekim wok na em i save mentenim ol dispela kar	☐	☐	☐	☐	☐	☐
☐ 3.21 Oganaisesen bilong mi i save menejim ol risk i kam long working with machinery long nambawan mak we em i ken mekim* * Eksampel, em i save banisim ol woklain long ol pat bilong masin we i muv muv, banisim ol long nois, das, hotpela samting, stim, strongpela smel, rediesen	☐	☐	☐	☐	☐	☐
☐ 3.22 Oganaisesen bilong mi i save menejim ol risk i kam long solar UV radiation long nambawan mak we em i ken mekim* * Eksampel, em i save putim ol seid, givim protektiv klos	☐	☐	☐	☐	☐	☐
☐ 3.23 Oganaisesen bilong mi i save menejim ol risk i kam long hazardous energy long nambawan mak we em i ken mekim* * Dispela em ol sos bilong eneki insait long ol masin o ikwipmen, eksampel, ilektrikel, mekenikel, temel	☐	☐	☐	☐	☐	☐
☐ 3.24 Oganaisesen bilong mi i save menejim ol risk we i kam long pasin bilong wok long longpela bilding o masin long nambawan mak we ol i ken mekim* * Eksampel, em i save banisim ol woklain long pundaun, na banisim tu ol meteriel long pundaun	☐	☐	☐	☐	☐	☐
☐ 3.25 Oganaisesen bilong mi i save menejim ol risk long mi we i kam long pasin bilong wok insait long ol liklik spes long nambawan mak we ol i ken mekim* * Eksampel, ol tenk, menhol, vesel, kontena	☐	☐	☐	☐	☐	☐

	5 Mi wanbel tru	4 Mi wanbel	3 Mi nogat tok long dispela	2 No wanbel	1 Mi no wanbel tru	N N/A
☐ 3.26 Oganaisesen bilong mi i save menejim ol risk i kam long mobile plant long nambawan mak we em i ken mekim* * Ekampel, ol foklif, wok pletform we i stap antap longwe long graun, ol krein, ol masin we i save muvim graun	☐	☐	☐	☐	☐	☐
☐ 3.27 Oganaisesen bilong mi i save menejim ol risk we i kam long ol animal (kain olsem ol animal i kaikai wokmanmeri o ol aleji) long nambawan mak we em i ken mekim* * Eksampel, ol animal we mi save lukautim, ol animal we i stap long ol propeti we mi go long en	☐	☐	☐	☐	☐	☐
☐ 3.28 Oganaisesen bilong mi i save menejim ol risk i kam long biological exposures long nambawan mak we em i ken mekim* * Eksampel, ol wara bilong bodi (kain olsem blut m pispis), ol animal o animal prodak	☐	☐	☐	☐	☐	☐
☐ 3.29 Oganaisesen bilong mi i save menejim ol risk i kam long temperature extremes long nambawan mak we em i ken mekim* * Eksampel, hot we i kam long bikpela paia ples, kol we i kam long wanpela kol stoa, hot bilong sama, kol bilong winta	☐	☐	☐	☐	☐	☐
☐ 3.30 Oganaisesen bilong mi i save sekim na lukim olsem mental health bilong mi em i stap orait taim mi wok long haus* * Eksampel, em i save gat ol metod bilong toktok wantaim mipela o em i save sapotim mipela long gat wok-pesenel laip balens	☐	☐	☐	☐	☐	☐

Yu laik tokim mipela long sampela narapela samting? Yu inap, long hap i stap daunbilo.