

ACTIVIDAD 1:

1. Mire el video. ¿De qué trata? ¿conoce algunas de las palabras?
2. Lea el texto y complete con las siguientes palabras.

Protecting – hazards – risk – occupational (x5) – toxic – science – ergonomics – risks – safe – physical

So, what exactly is _____ (1) hygiene?

_____ (2) hygiene is a scientific discipline that is all about people. It is about _____ (3) them and keeping them healthy and _____ (4) at work, no matter what they do.

There are a wide range of health _____ (5) that can arise from exposures at work. For example, the hazard could be _____ (6) substances, fumes and mists, vapours or dust. It could be a _____ (7) hazard such as noise, vibration, radiation or it could be human factors and _____ (8) such as manual handling, stress, repetitive movement or other hazards such as thermal comfort, confined spaces, biological hazards.

_____ (9) hygienists help employers and employees to understand _____ (10) and to minimize them. _____ (11) hygiene involves the recognition of hazards and, most importantly, how to control the _____ (12) to health. It is where _____ (13) and engineering meet the human element of the workplace. _____ (14) hygiene matters to employers, to employees, to the public and to you in your workplace.

<https://www.youtube.com/watch?v=VIsLqgtep6k>

3. Busque el significado de las palabras desconocidas. ¿Qué tipo de palabras son?

ACTIVIDAD 2:

1. ¿Qué es la higiene ocupacional (occupational hygiene)?
2. ¿Qué tipos de riesgos o peligros pueden aparecer en el trabajo? Menciona al menos dos.
3. ¿Cuál es el objetivo de la higiene ocupacional en el lugar de trabajo?

Occupational Hygiene and Safety

Occupational safety and health (OSH) deals with all aspects of health and safety in the workplace. Its goal is to prevent the occurrence of occupational accidents and diseases. A safe and healthy working environment is one where risks are eliminated or when all reasonably practicable actions have been taken to reduce risks to an acceptable level and where prevention has been integrated as part of the organizations culture.

Key difference:

Occupational hygiene → health risks (dust, chemicals, noise).

Occupational health and safety → health + accidents + workplace safety.

<https://www.ilo.org/bureau-employers-activities/areas-work/occupational-safety-and-health>

ACTIVIDAD 3:

1. Leer nuevamente ambos textos e identificar cinco de los siguientes tipos de palabras: adjetivos, sustantivos, verbos y adverbios.
2. Identificar falsos cognados / falsos amigos.
3. Para que los textos tengan fluidez, utilizamos ciertos mecanismos cohesivos como los conectores; ¿puede identificarlos y mencionar su propósito?