



Occupational health and safety (OHS) introductory training for applicants

Name, surname	
Study field, program	

OHS

- The employer's obligation to ensure occupational health and safety applies not only to its employees but also to all persons present at its workplaces with his knowledge. This implies the need to acquaint students with the risks of workplaces of the Faculty of Science and to train them in health and safety regulations.
- Furthermore, it applies to university students that when conducting practical training, they are subject to general regulations on occupational health and safety and on working conditions for women.
- During their studies or practice in a study program, the university is liable to students for damage caused to them by a breach of legal obligations or an accident carried out by the university or in direct connection with such.

1. General principles and obligations of health and safety

- When walking in buildings and workplaces, proceed with caution, use only designated paths, stairs, entrances and exits and do not stay in workplaces that are not related to your study activities. Hold on to railings when using stairs.
- Carry out only the activity that has been designated by the teachers or is related to the fulfilment of your study obligations.
- Maintain order in the laboratories and immediately report any deficiencies to the relevant teacher.
- Do not carry out interventions on technical installations (electrical, gas, pressure equipment, etc.).
- Electrical devices and equipment can only be used in accordance with Sec. 3 of the Decree No. 50/1978 Coll., based on acquaintance with electrical equipment and warnings of possible health hazards with these devices.
- Immediately report any extraordinary event (accident, fire, etc.) to the teacher.

2. Basic duties of students in the field of health and safety

- Each student is obliged to take care of their own safety, their health as well as the safety and health of persons directly affected by their actions or omissions at work.
- **Students are also particularly obliged:**
 - To get acquainted with all health and safety regulations, obligations, instructions and provisions valid at the faculty. It is obligatory for students to abide them and not to circumvent them.
 - Not to use alcoholic beverages or abuse other addictive substances on school premises and not to enter school premises under their influence.
 - To immediately notify teachers of injuries or injuries, if the health condition allows it, to participate in the investigation of the cause and circumstances of the school accident.
 - To report to the pedagogical or other responsible employee of the faculty the identified deficiencies in the area of occupational health and safety or any defect endangering occupational safety.
 - To follow the instructions and provisions when working with chemical substances in the building (flammable and non-flammable), to use the designated packaging, designated areas and designated furniture. In particular, students are required to make sure that the chemical is not confused with food, either by using the wrong packaging or by placing it incorrectly. Students are also obliged to store them so that they cannot be (even due to ignorance) the cause of damage to health.
 - To submit to prescribed medical examinations and examinations in designated study fields.
- **Smoking is strictly prohibited in all faculty buildings.**

3. The principles of the laboratory work

- When working in the laboratory, the student must be acquainted with the potential dangers presented by the chemicals and equipment used. In this context, the student is reminded of the need to use protective equipment that is prescribed for the specific laboratory. Without these aids, the student shall not be allowed into the laboratory.
- Students are allowed to take to the laboratory only the things that are necessary for their work. Students are required to come to the laboratory on time and properly prepared for the lecture.
- Student's clothing and appearance must correspond to the nature of the work in the laboratory (i.e. adjusting the length of the hair so that it is free of contact with the chemicals).
- Eating, drinking, smoking and using mobile phones is prohibited in laboratories. It is also forbidden to use laboratory utensils to eat, drink or store food.
- When handling chemicals in open containers, keep the openings of the containers away from each other and from a third party.
- Do not use pipette for harmful and volatile substances with ordinary pipettes using mouth.
- Do not use damaged laboratory glassware. In damage occurs, dispose of it immediately, using the appropriate containers.
- Waste chemicals and products must not be discharged into the drains with regard to corrosives, toxic substances, etc.
- Work with pressure equipment, including technical gas cylinders, can only be performed after proper briefing and in the presence of a teacher.
- When leaving the laboratory, it is necessary to put the workplace in order, close all energy and water supplies and make sure that the laboratory is in a safe and fire-safe condition.

4. **First Aid**

- First aid must always be provided quickly and promptly, all school injuries must be reported to the appropriate teacher, who will provide first aid and, if necessary, medical treatment.
- **Cuts**
 - Apply a sterile bandage or patch, in case of heavy bleeding apply pressure or throttling bandage. Arrange medical treatment.
- **Burns**
 - Cool injured area with running water or ice over a covering bandage (clean foil). Arrange medical treatment.
- **Corrosion**
 - Rinse injured area with running water.
- **Ingestion of toxic substance**
 - Do not induce vomiting when injured person is unconscious, after ingestion of acids or corrosives, etc.
 - Dilute the stomach contents with water or water with activated carbon (if conscious), inducing vomiting is only effective within two hours after ingestion of the fluids and within four hours after ingestion of the solid substances.
- **Inhalation of toxic substances**
 - Move the injured person to fresh air and remove contaminated clothing. Arrange medical treatment as soon as possible.
- **Penetration of aggressive substance into the eye**
 - Perform an intensive rinsing with water (for approximately 15 minutes). Arrange medical treatment. In case of burns caused by a solid substance, first try to remove it from the eye. Do not rub the eye.
- **Electric shock injury**
 - Free the injured person from the electric current range (switch off the power supply, move the wire, pull the victim out of the electric current range with an insulated object). If the injured person is not breathing, perform an indirect cardiac massage. Arrange medical treatment.
- **Frostbite**
 - Immerse the frozen parts in a water bath with lukewarm water. Do not apply any heat to frozen parts of the body. Arrange medical treatment.

Fire protection

1. **Duties of students in the field of providing fire protection**

- Abide the established fire regulations and measures (no smoking or handling of open flames).
- Get acquainted with the fire danger at the given workplace and do not enter areas that are not related to the fulfilment of study obligations.
- Get acquainted with the fire regulations of the workplace, fire alarm guidelines and fire evacuation plan.
- Get acquainted with the location and use of material fire protection equipment in the workplace and eliminate any fire with available extinguishing agents.

2. **Possibilities of fire**

- Failure to comply with the ban on smoking and handling fire.
- Operation of unauthorized heat appliances (cookers, etc.).
- Use of damaged electrical and gas appliances.
- Negligence in the operation of heat appliances - failure to turn off the appliance, failure to maintain a safe distance of flammable objects from heat appliances.
- Improper repair of electrical and gas installation and distribution.

3. **Portable fire extinguishers**

- **Water**
 - Extinguishing agent is a solution of water with potassium carbonate, cooling effect, suitable for extinguishing solids, unsuitable for flammable liquids, paints, tar, oils, fats. Never extinguish live equipment.
- **Foam**
 - Extinguishing agent is a solution of water with foaming agent concentrate, preventing the access of air, suitable for flammable liquids. Never extinguish live equipment and burning light metals.
- **Powder**
 - Extinguishing agent is a universal powder that reduces the energy of combustion. Suitable for solids, flammable liquids, gases, live equipment. Not suitable for sawdust, coal dust, food, fine equipment.
- **Snow**
 - Extinguishing agent is carbon dioxide, which cools and suffocates the fire, expels air suitable for flammable liquids, gases, food, fine mechanics, live equipment. Do not extinguish loose, bulk materials. Risk of frostbite if the skin is splashed.
- **Use of portable extinguishers:**
 - Use when extinguishing flames at a distance of up to 1.5 - 2 meters.
 - Pull the locking pin out of the handle of the device.
 - Aim the jet at the fire.
 - Press the handle of the fire extinguisher (turn the control wheel).
 - Direct the extinguisher stream at the bottom of the flame and gradually eliminate the flame from the front or sides.

Date:

Signature: