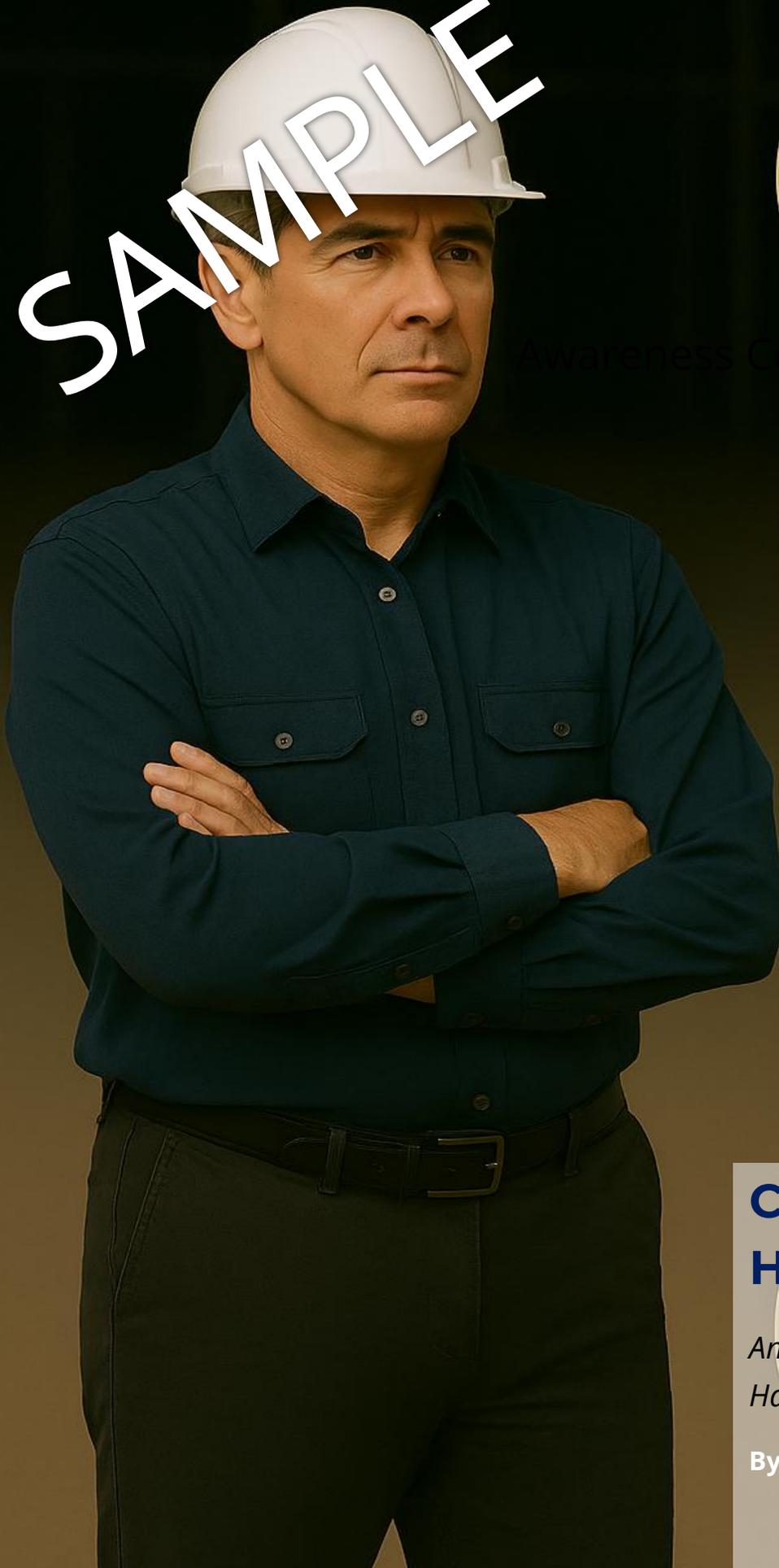


SAMPLE



Awareness Course



Common Workplace Hazards

An Overview of Their Potential to Cause Harm and Resulting Harms

By: Khalid Ahmed, CMIOSH, MCIWEM



About This guide

Introduction

Workplace hazards exist in every environment, from offices to construction sites, and each one has the potential to cause harm if not properly recognized and managed. Understanding a hazard means not only identifying what it is, but also appreciating its potential to cause harm and the types of actual harm that may result. This guide has been prepared to give you clear illustrations of common workplace hazards, their potential to cause harm, and the consequences workers may face if they are left uncontrolled.

How to Use This Guide

- Review the hazards listed and note their potential to cause harm.
- Connect each hazard with the actual harms it can produce.
- Use the guide as a reference when evaluating hazards in your own workplace.

Why This Matters

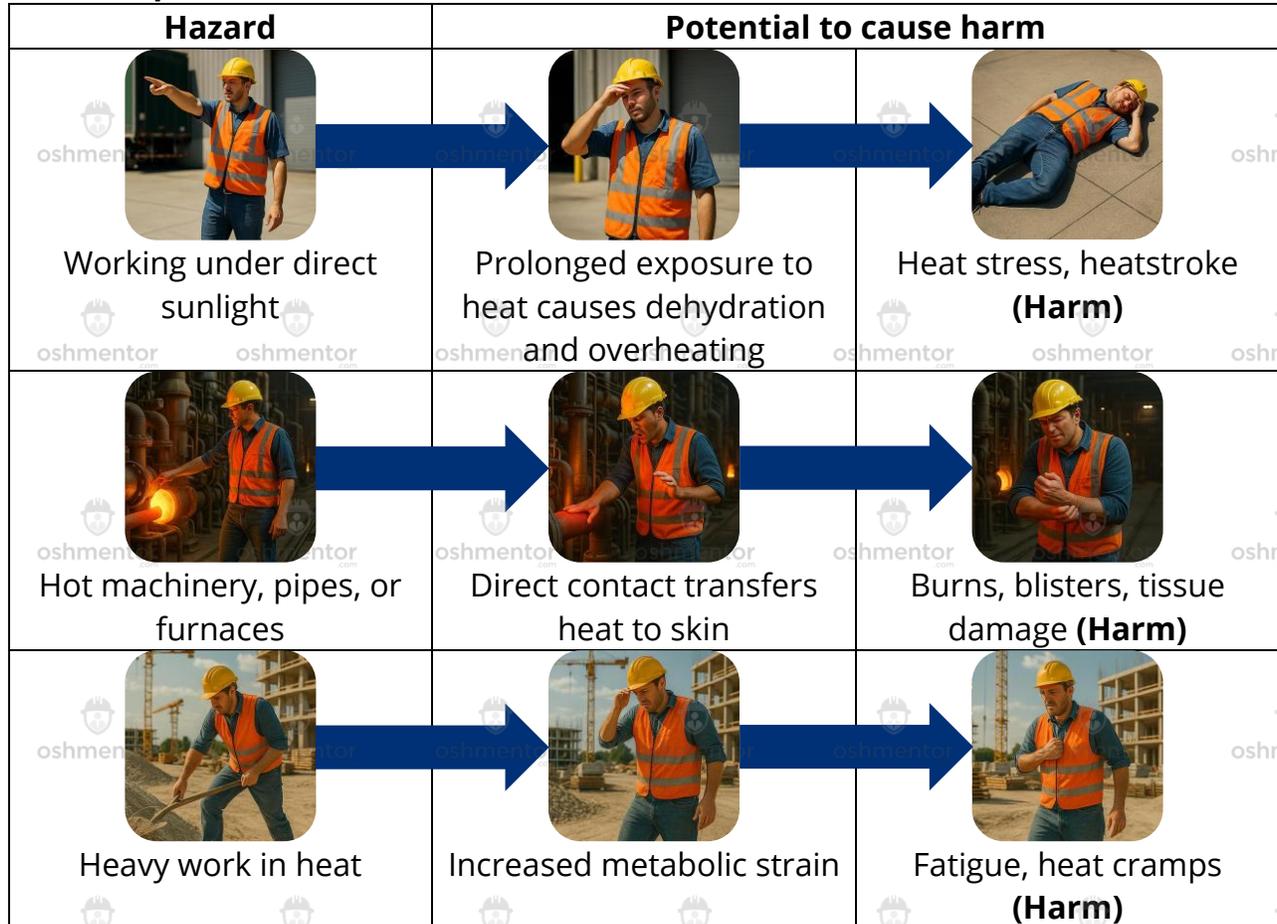
Recognizing hazards in theory is important, but connecting them to their potential effects and real-world harms is what deepens understanding. By seeing how hazards can translate into actual harm, you will be better prepared to anticipate risks, protect yourself and others, and contribute to a safer workplace.

© 2025 Khalid Ahmed. All rights reserved.

This material is created and owned by the author and may be used across multiple Udemy courses developed by Khalid Ahmed as part of the OSH Awareness Series. It is provided exclusively for enrolled learners. No part of this publication may be reproduced, distributed, or used outside these courses without prior written permission from the author.

1. Extreme temperature

Hot temperature

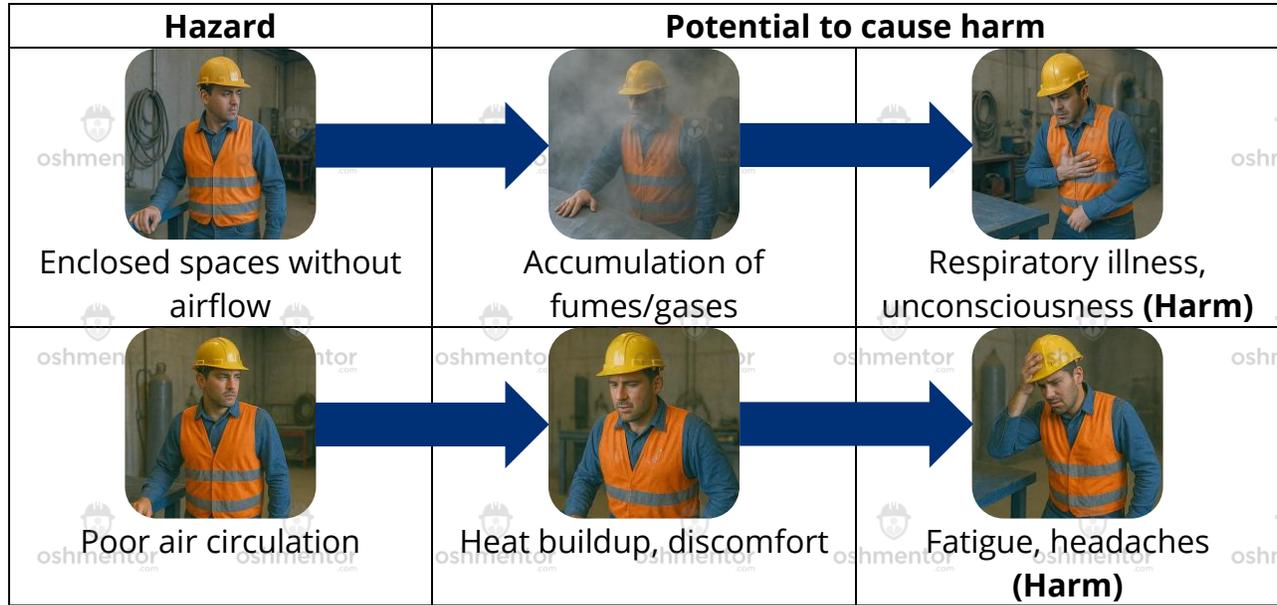


1. Extreme temperature

Cold temperature

Hazard	Potential to cause harm	
 <p data-bbox="201 617 571 688">Outdoor work in freezing conditions</p>	 <p data-bbox="639 617 977 688">Prolonged exposure to cold</p>	 <p data-bbox="1062 617 1399 688">Hypothermia, frostbite (Harm)</p>
 <p data-bbox="201 896 571 968">Handling cold objects or surfaces</p>	 <p data-bbox="639 896 977 968">Heat drawn from skin rapidly</p>	 <p data-bbox="1062 896 1399 968">Cold burns, tissue damage (Harm)</p>

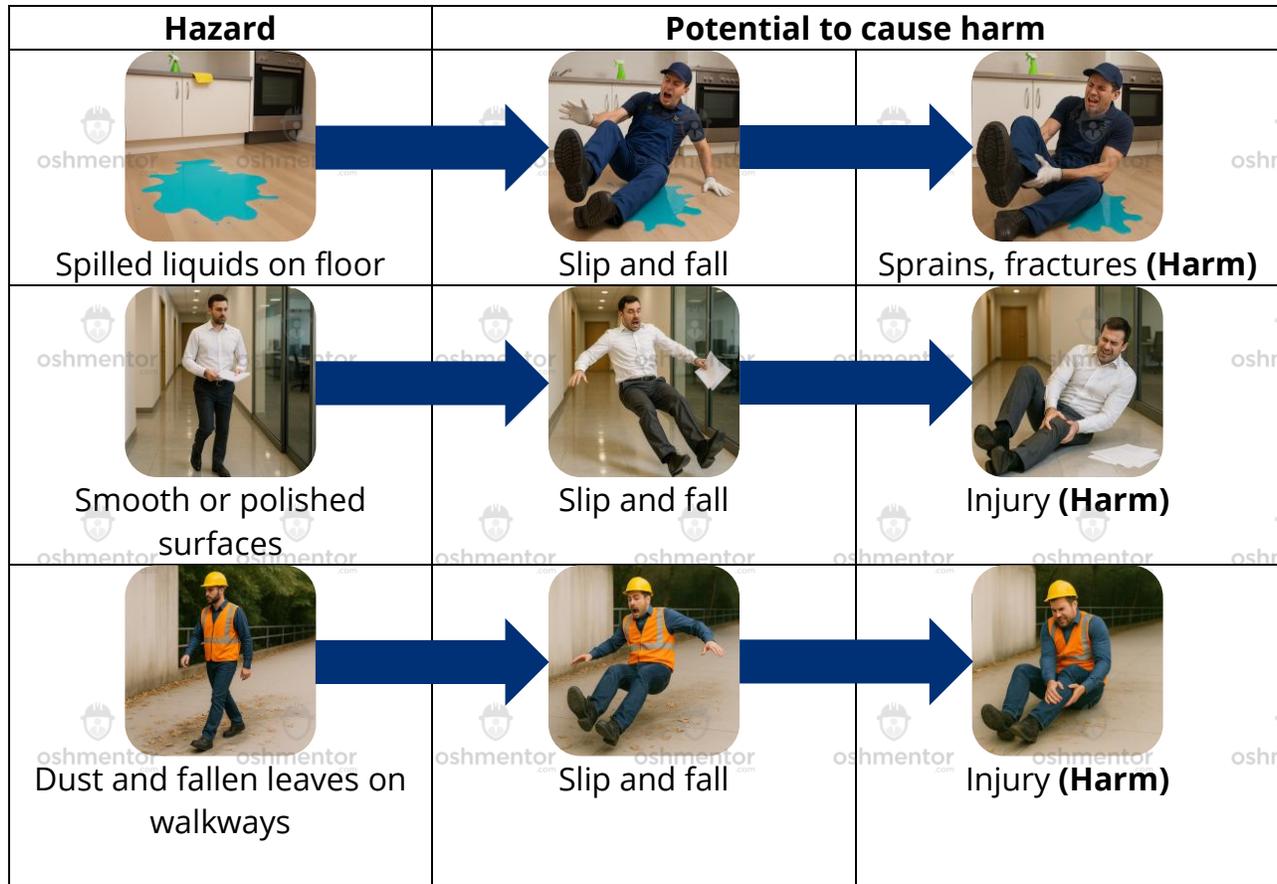
2. Poor ventilation



3. Inadequate lighting



4. Slips



5. Trips and falls



About the Author



Khalid Ahmed is a Chartered Member of IOSH (CMIOSH) and a Member of the Chartered Institution of Water and Environmental Management (MCIWEM), with over 10 years of professional experience in Health, Safety, and Environment (HSE) practice and 7+ years in HSE training. Holding multiple industry-recognized qualifications—including M.Sc. in Safety, B.Sc. (Hons.) in Chemical Engineering, NEBOSH Environmental Diploma, NEBOSH International General Certificate, Level 3 Award in Education and Training, and ICDL—

Khalid has delivered safety training to diverse industries in the Middle East. His mission is to make safety knowledge clear, practical, and accessible for all workers and supervisors.