

まんがでわかる



English  
英語

# 倉庫業の安全衛生

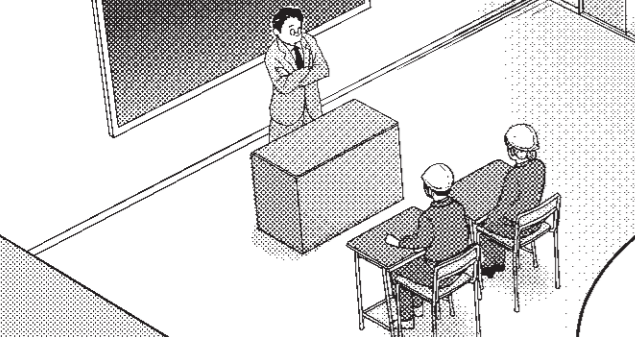
Learn Through Manga

Safety and Health in the Warehousing Industry



These audiovisual materials have been prepared for the purpose of teaching the basics of safety and health for all those employed at workplaces related to the warehousing industry.



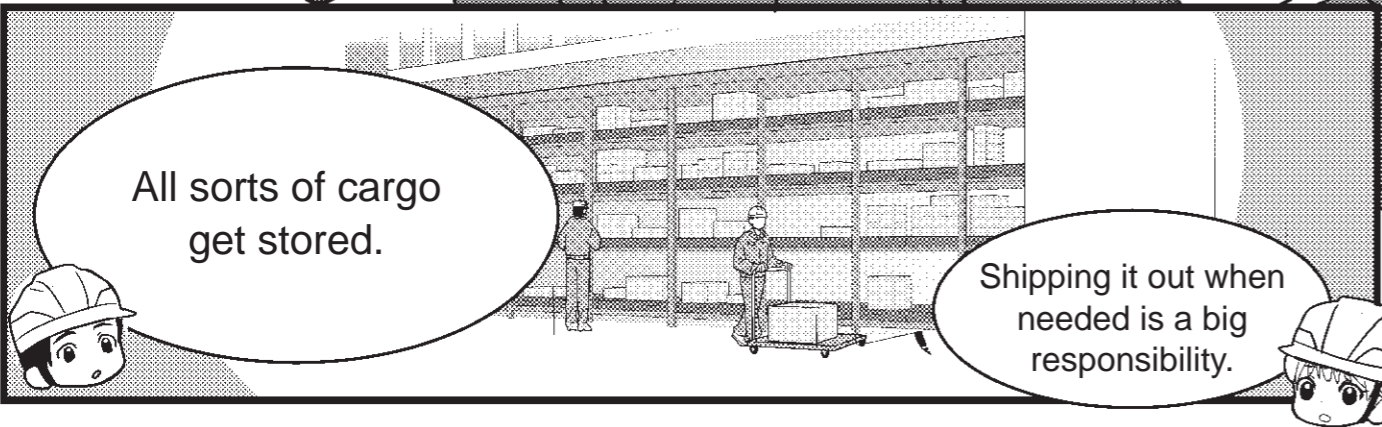


Today we're going to learn about safety and health in the warehousing industry!



Warehousing is important work that supports society.

That's right!



All sorts of cargo get stored.

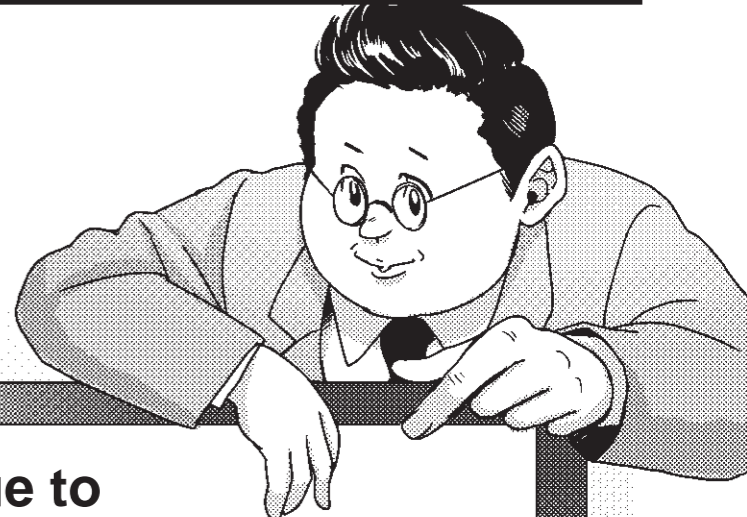
Shipping it out when needed is a big responsibility.



Industrial accidents happen even in such workplaces.

Huh?!

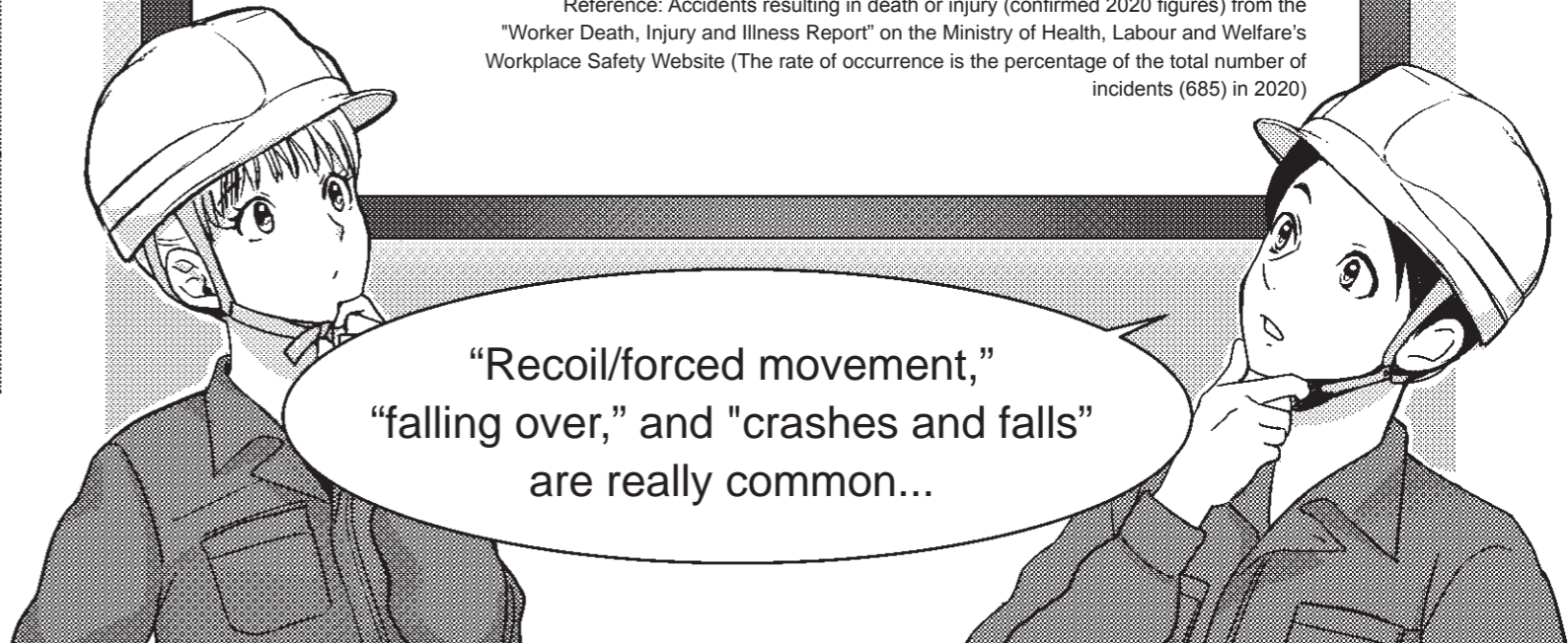
Alright, let's take a look at the main causes of industrial accidents.



### Deaths and Injuries due to Industrial Accidents

1	Recoil/forced movement	151(22%)
2	Falling over	143(21%)
3	Crashes and falls	94(14%)
4	Getting caught/trapped	86(13%)
5	Getting hit	61( 9%)

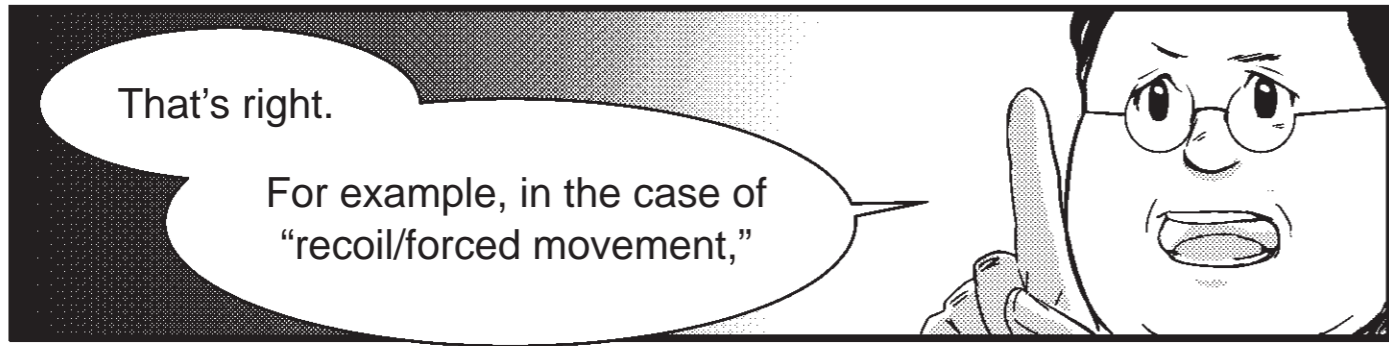
Reference: Accidents resulting in death or injury (confirmed 2020 figures) from the "Worker Death, Injury and Illness Report" on the Ministry of Health, Labour and Welfare's Workplace Safety Website (The rate of occurrence is the percentage of the total number of incidents (685) in 2020)



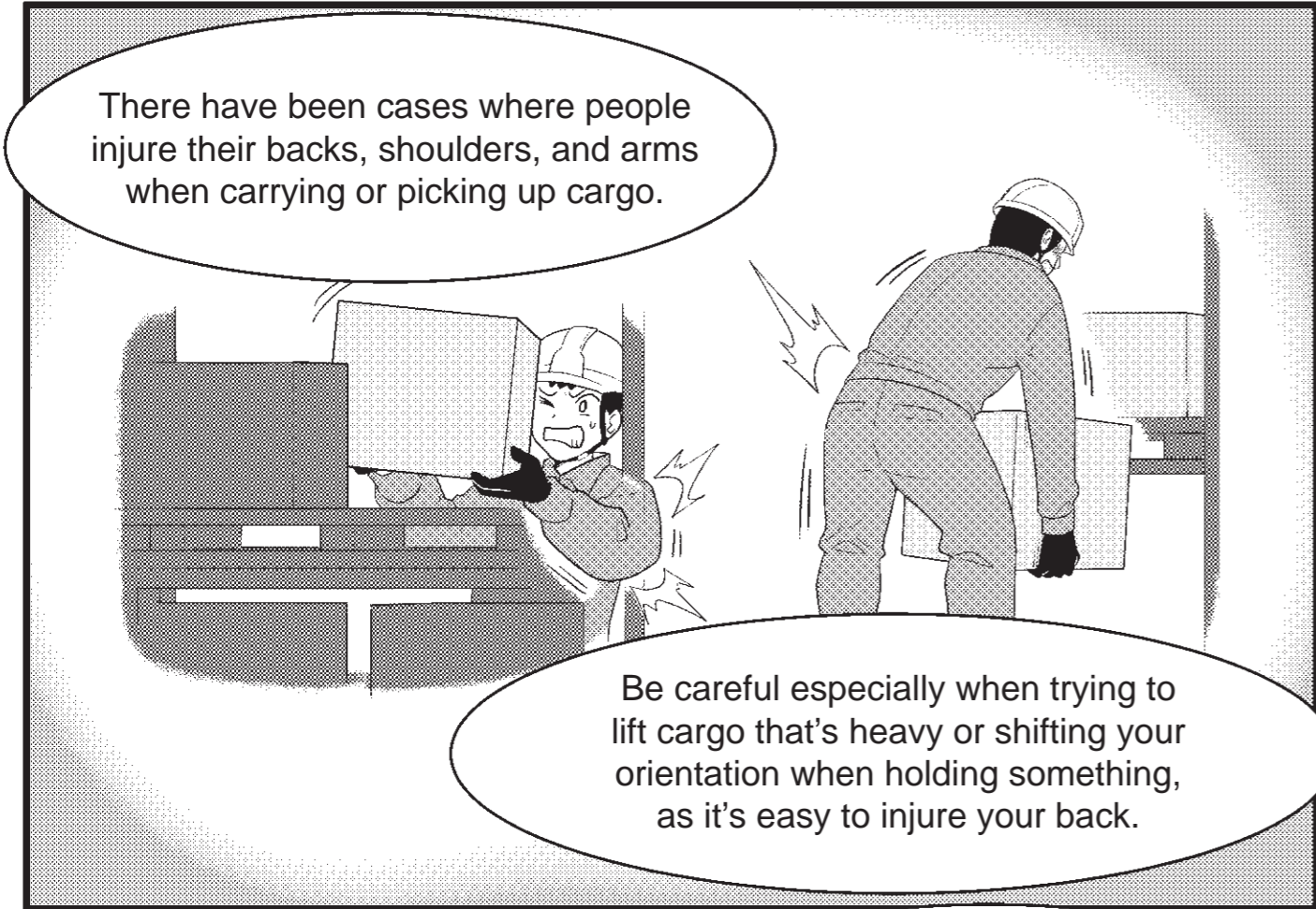
"Recoil/forced movement," "falling over," and "crashes and falls" are really common...



That's right.  
For example, in the case of "recoil/forced movement,"



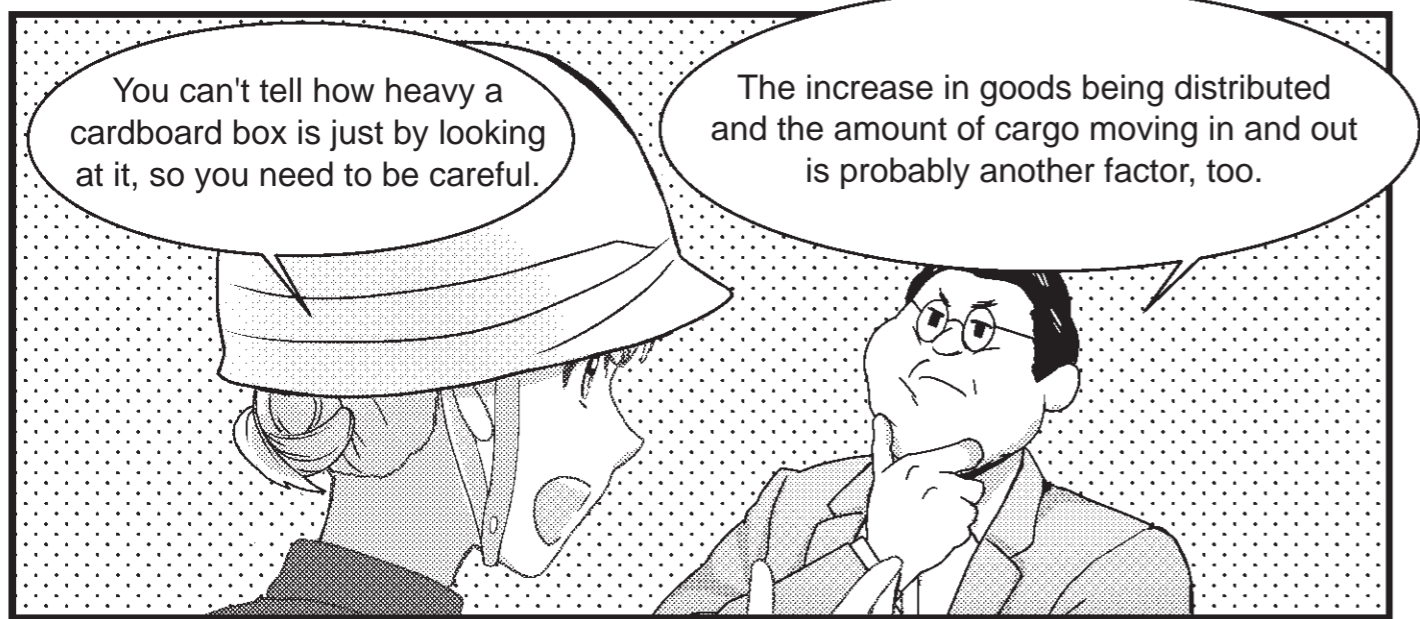
There have been cases where people injure their backs, shoulders, and arms when carrying or picking up cargo.



Be careful especially when trying to lift cargo that's heavy or shifting your orientation when holding something, as it's easy to injure your back.

You can't tell how heavy a cardboard box is just by looking at it, so you need to be careful.

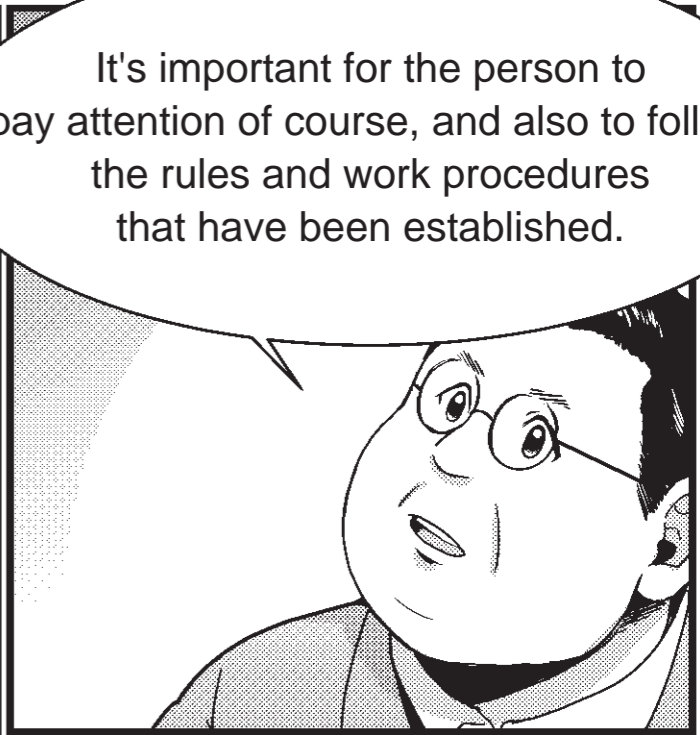
The increase in goods being distributed and the amount of cargo moving in and out is probably another factor, too.



How can we prevent accidents then?



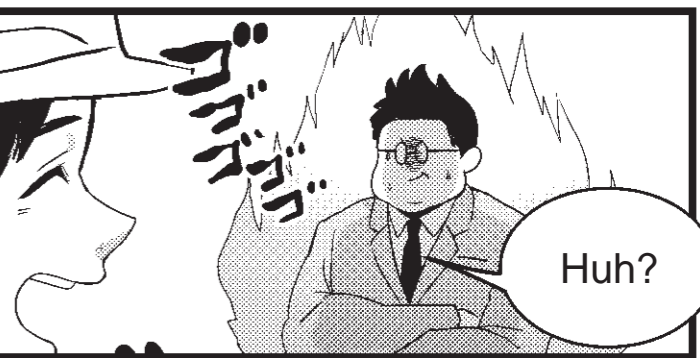
It's important for the person to pay attention of course, and also to follow the rules and work procedures that have been established.



There are so many rules, it's a hassle...  
So we just gotta be careful, right?



Huh?



It's important so you and everyone around you don't get hurt, even if it's a hassle!

Ye, yes sir!

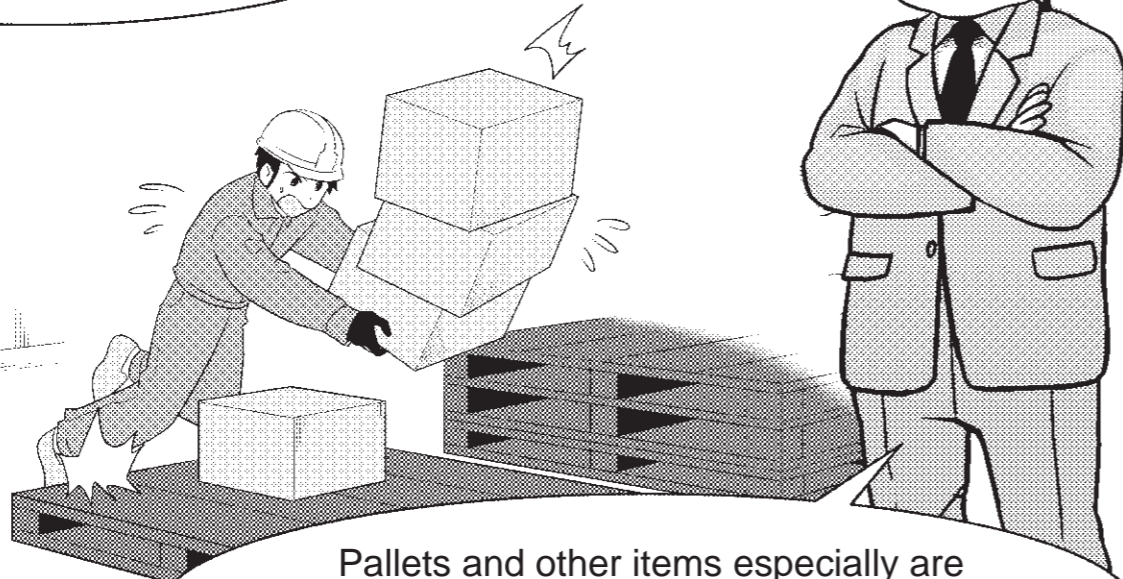


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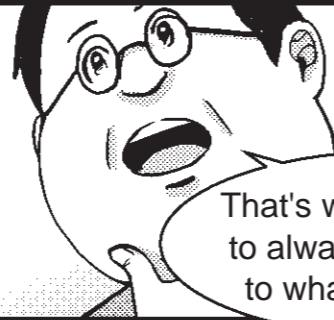
Next up is "falling over."

There are a lot of instances where people stumble over something at their feet they didn't notice when transporting a lot of cargo in a single go.



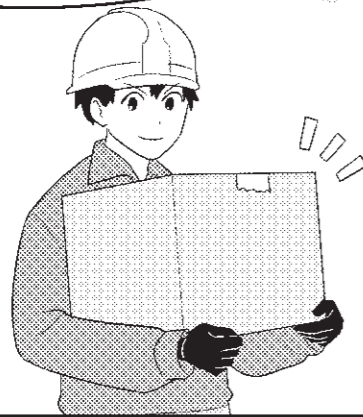
Pallets and other items especially are often placed near the warehouse entrance and exit, so you need to be careful.

Your family would worry if you get hurt and can't work, and the impact on your income would cause trouble too.....



That's why it's important to always pay attention to what you're doing.

When you're moving cargo, watch out for how tall it is so it doesn't block your line of site, use carts and other equipment, and be careful of your surroundings.



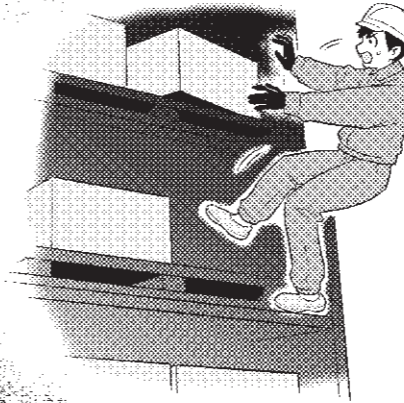
Holding and carrying cargo correctly is important because it can also help prevent back pain and other problems.

When do "crashes and falls" happen?



For example, there have been cases where people climb up pallet racks

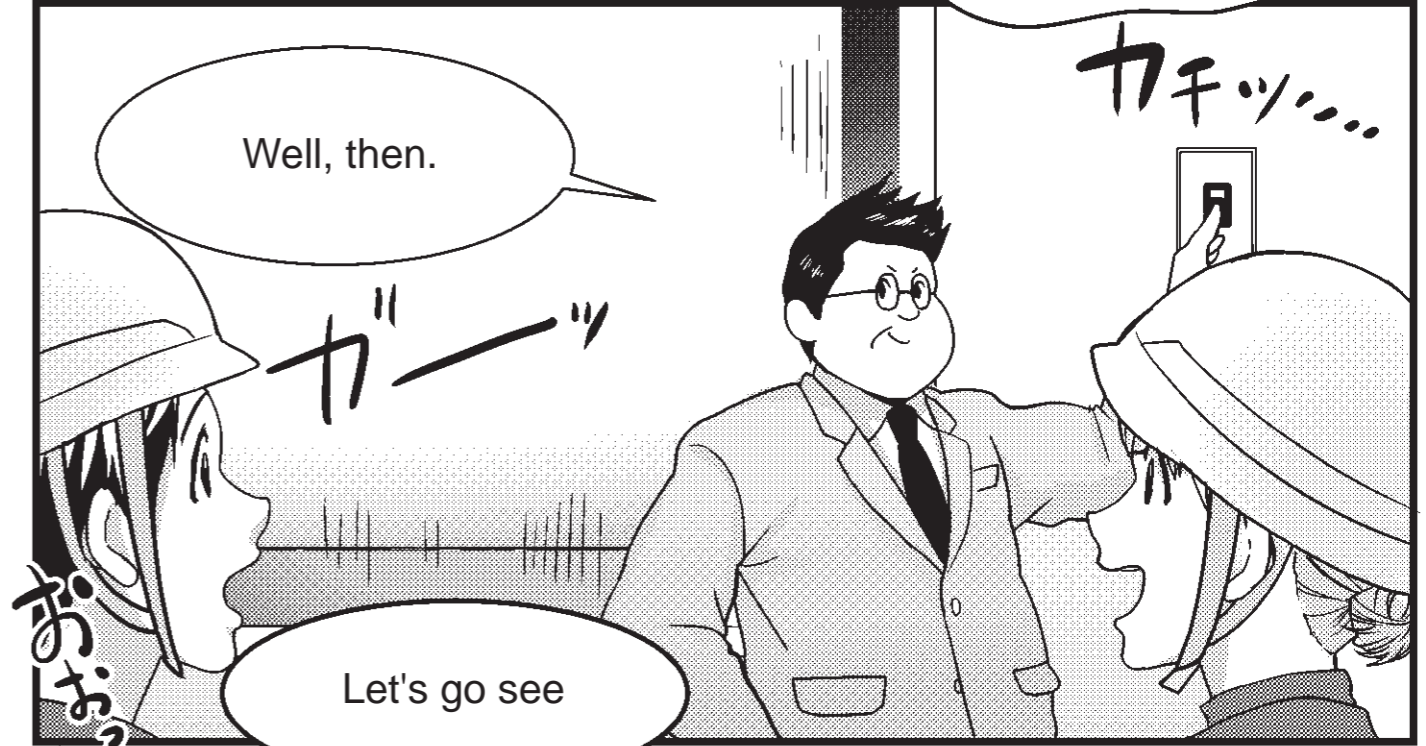
trying to check cargo that's on it, then their hands slip and they fall.



I see...

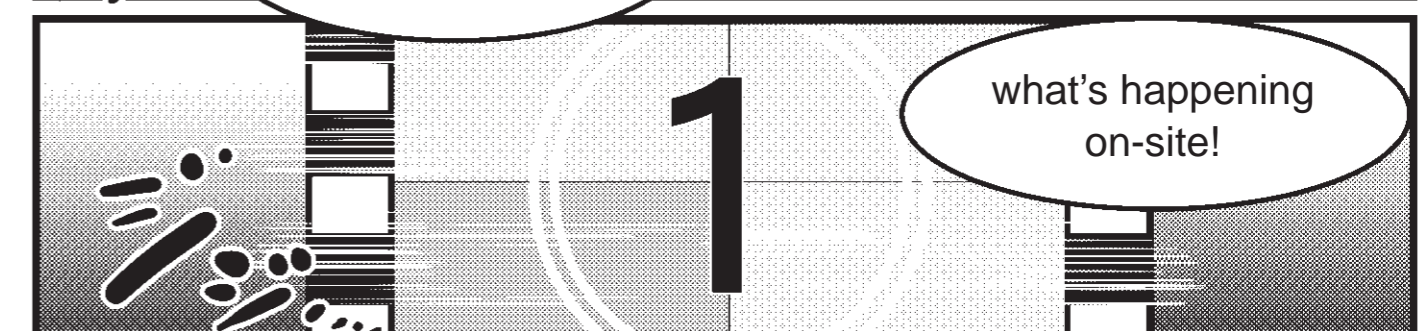


Well, then.



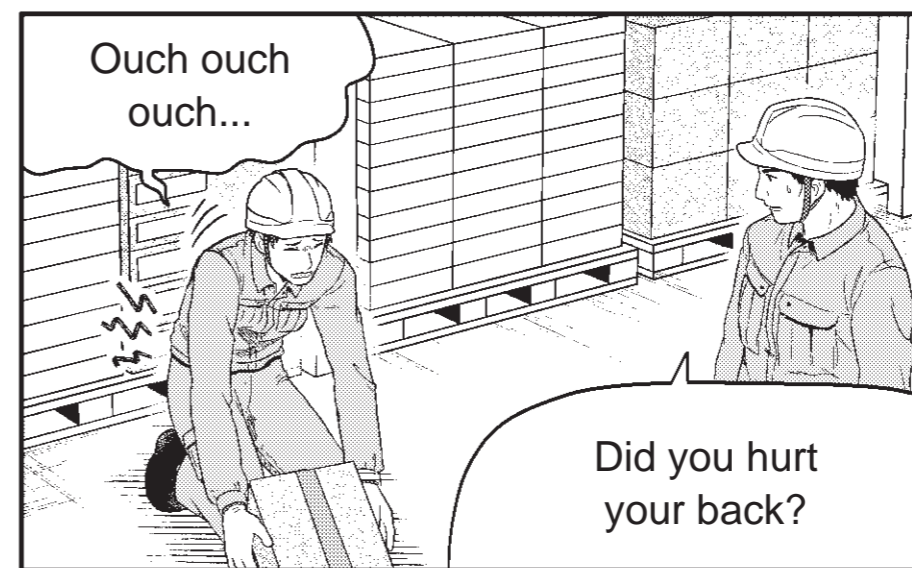
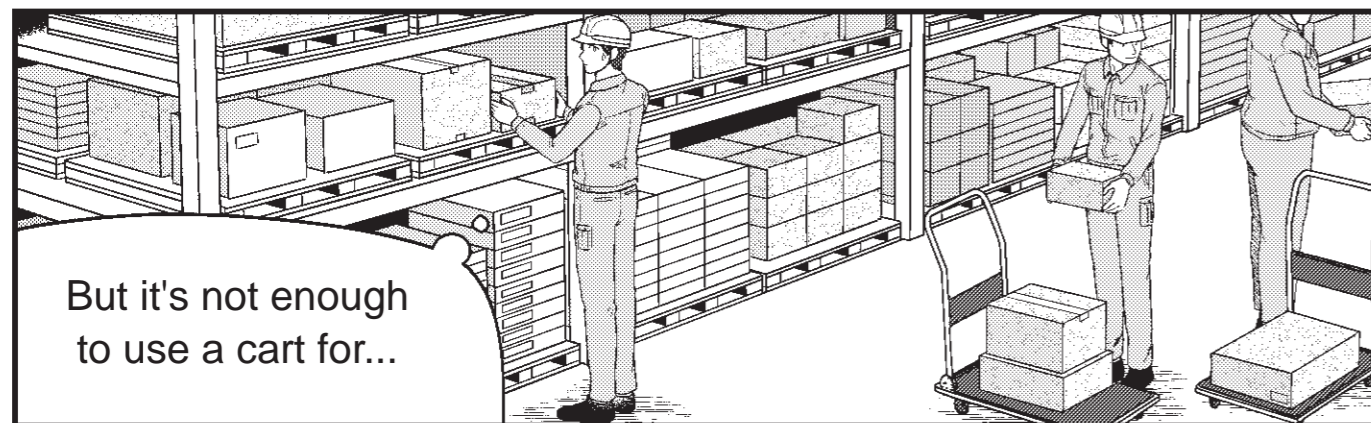
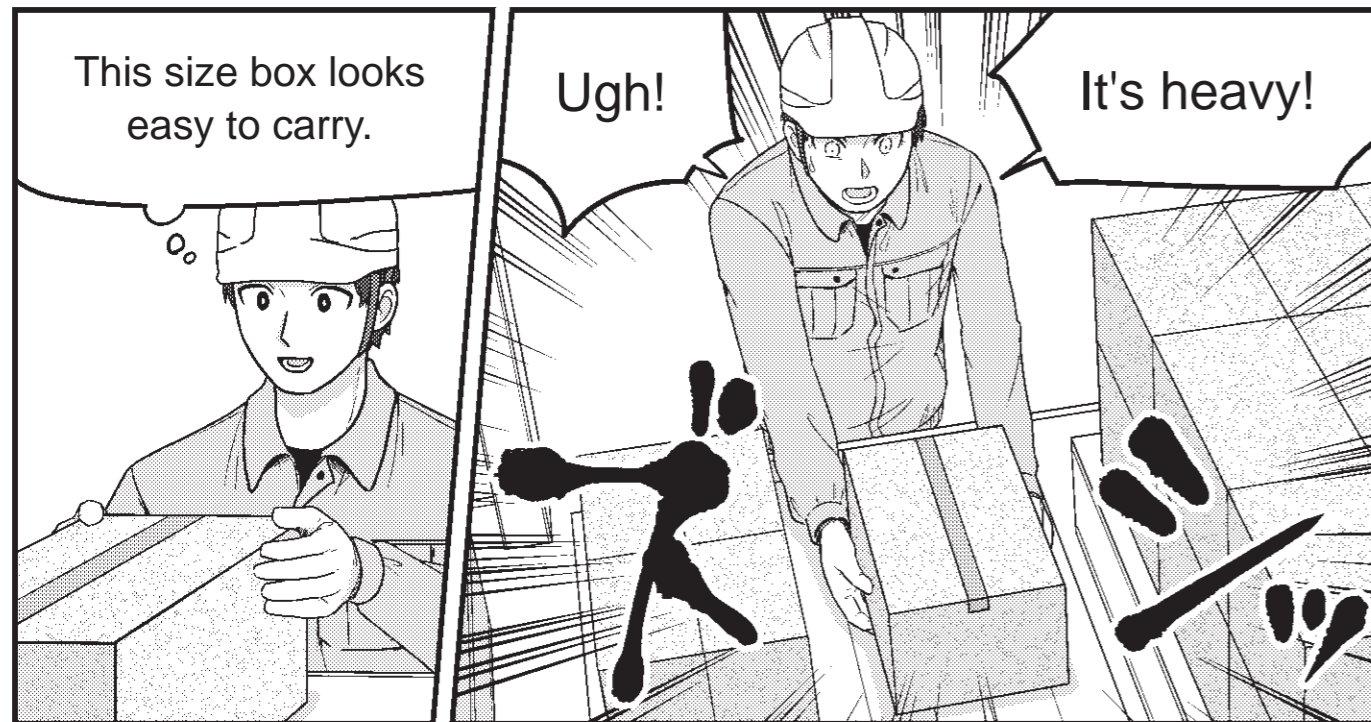
Let's go see

what's happening on-site!

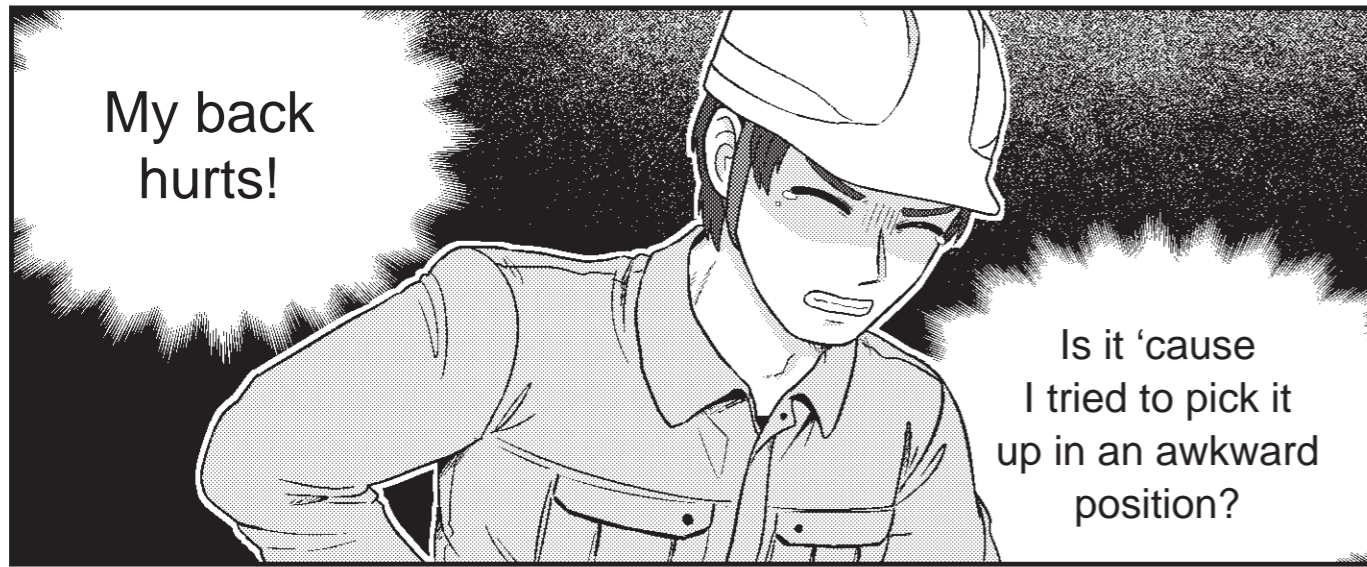




# CASE 1







My back hurts!

Is it 'cause I tried to pick it up in an awkward position?



Are you okay?

Are you hurt somewhere?

I think I might've hurt my back.



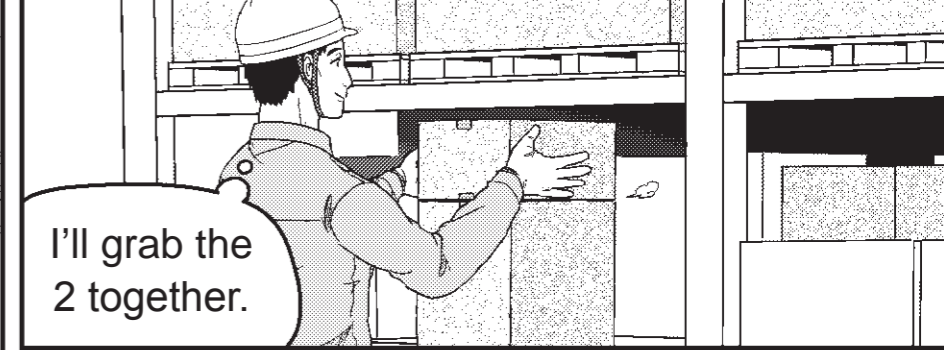
I'll take care of things here, so get some rest.



Let's take a break in the office.



Since I'm by myself, it'll be more efficient to bring everything at once.



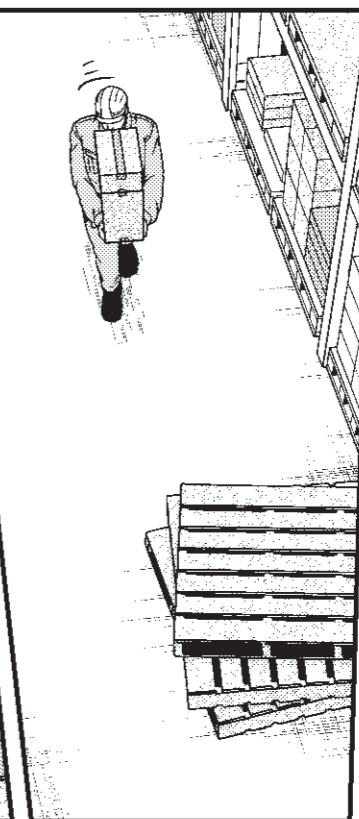
I'll grab the 2 together.



All right, let's go!

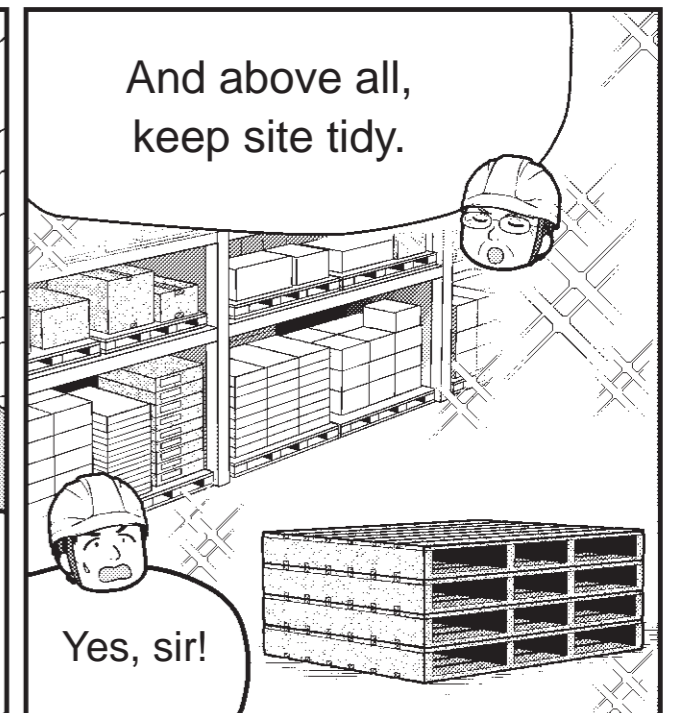
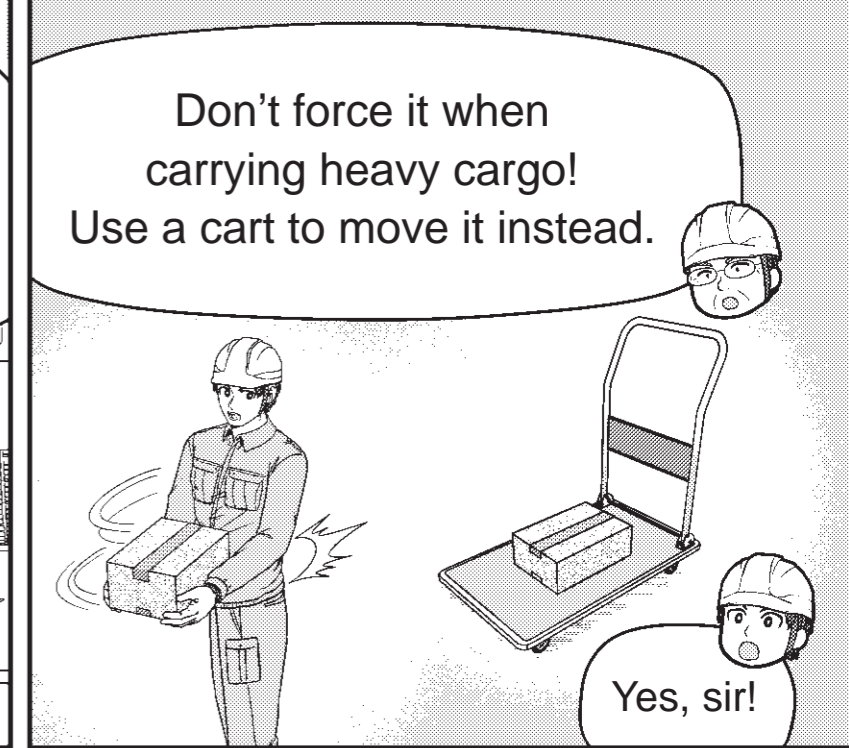


I can't see the ground in front of me, but let's just keep on going.



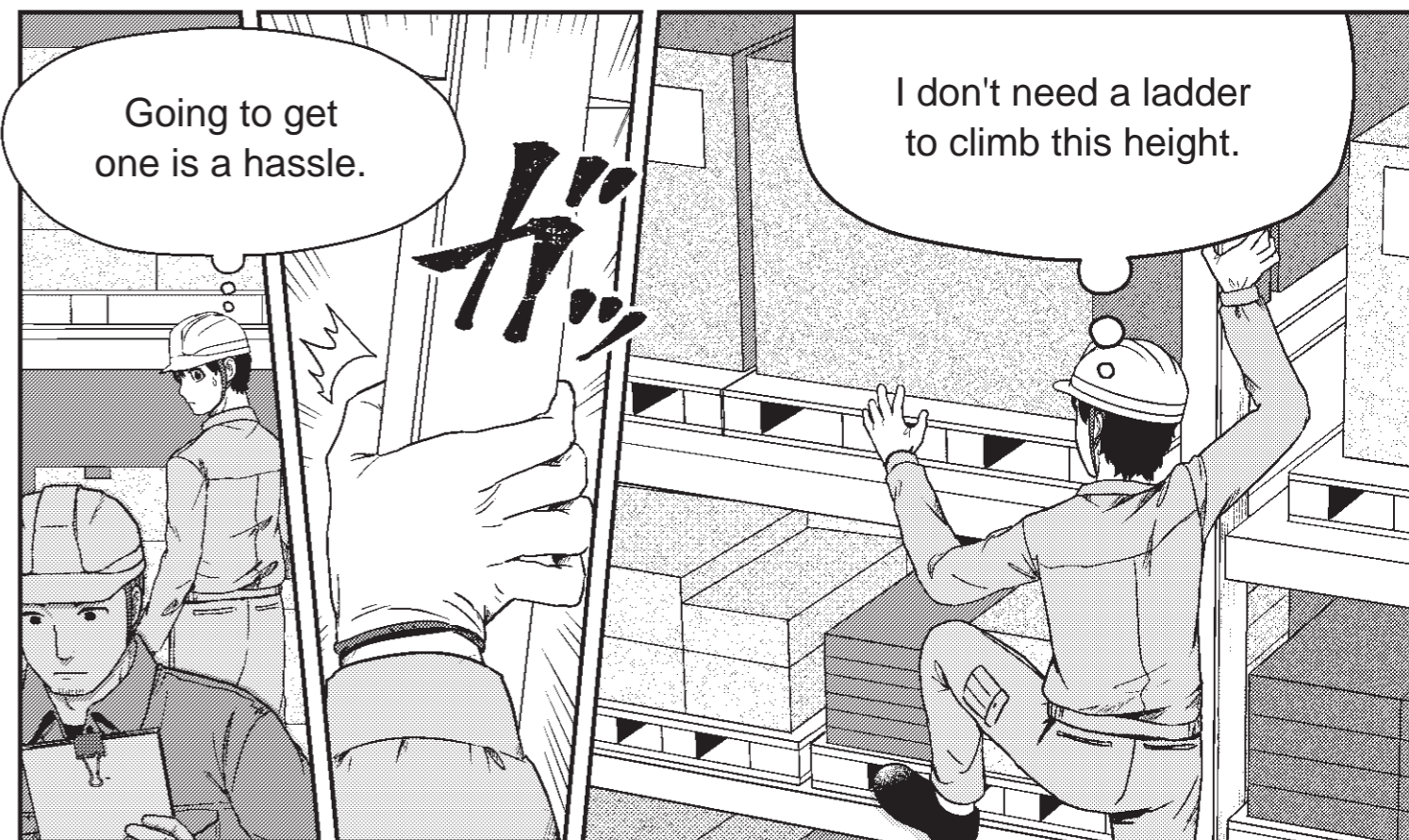
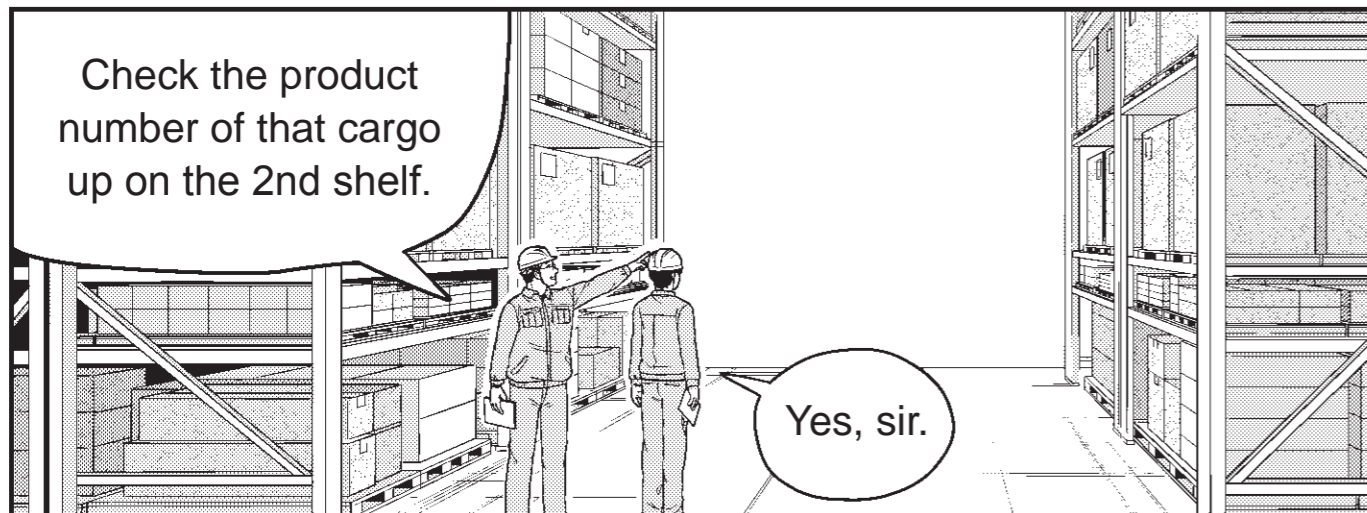
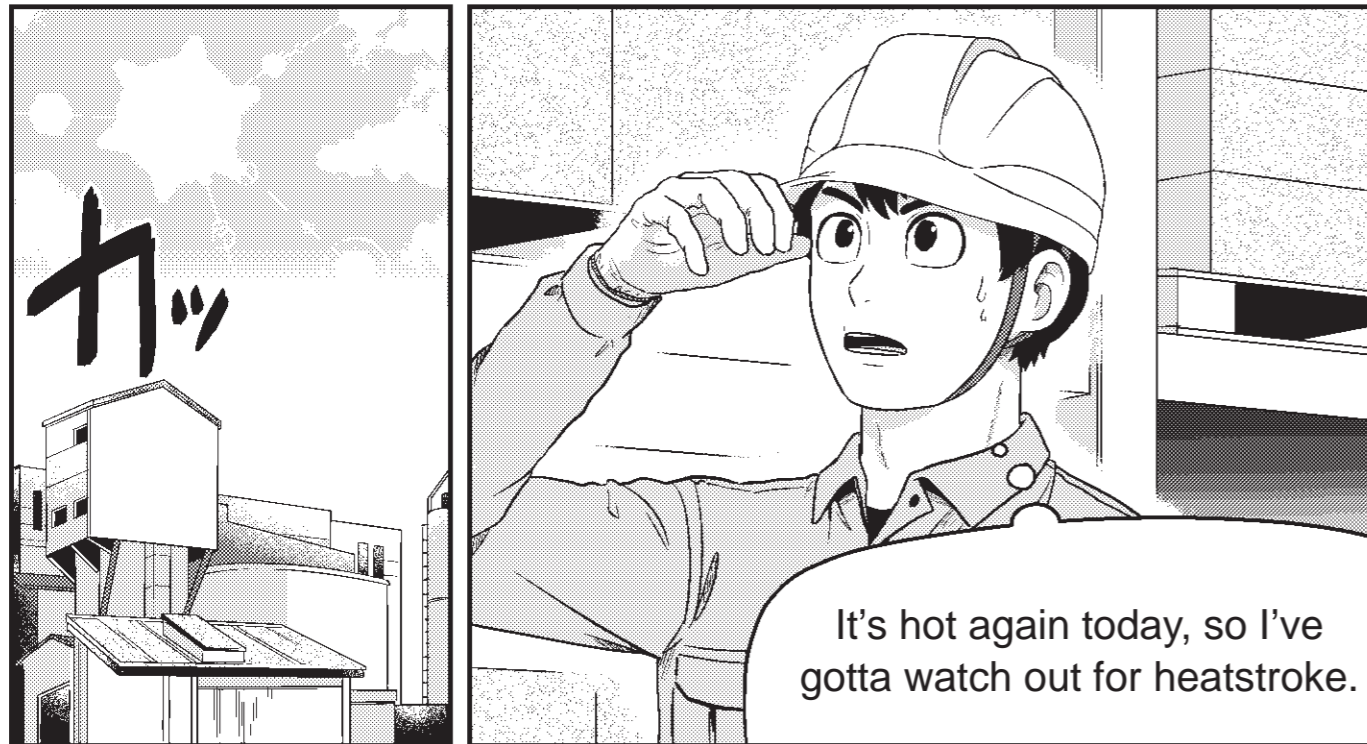
Whoa!



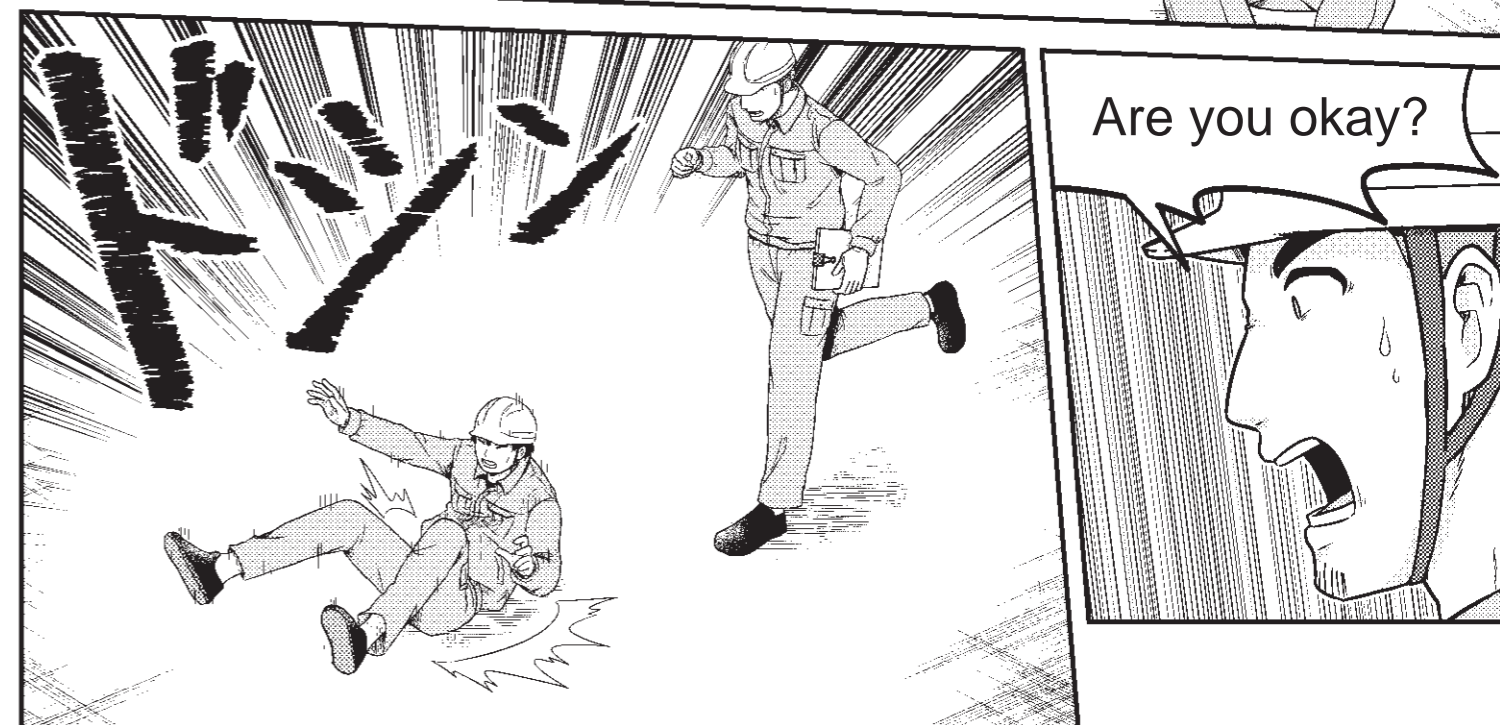
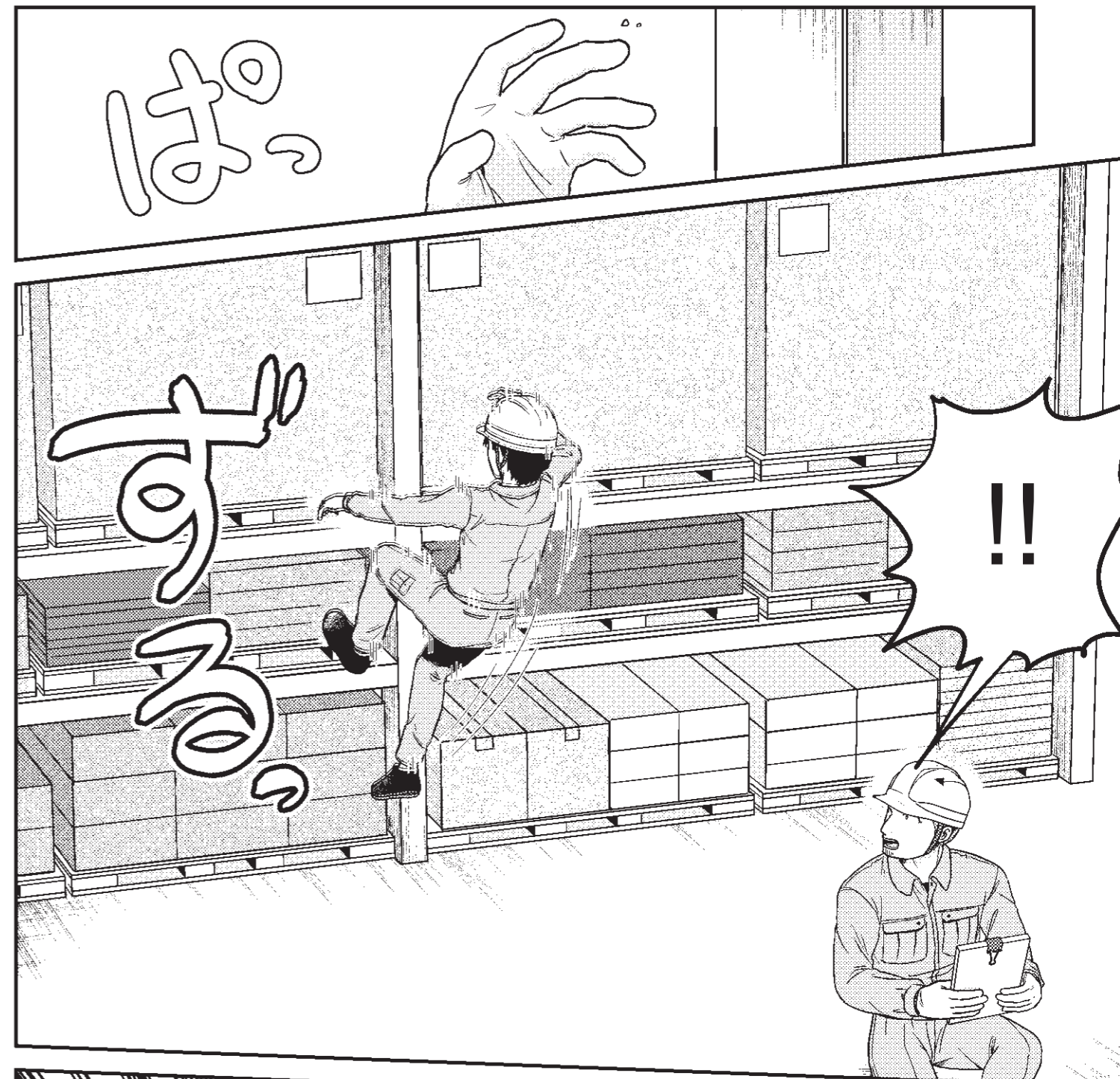
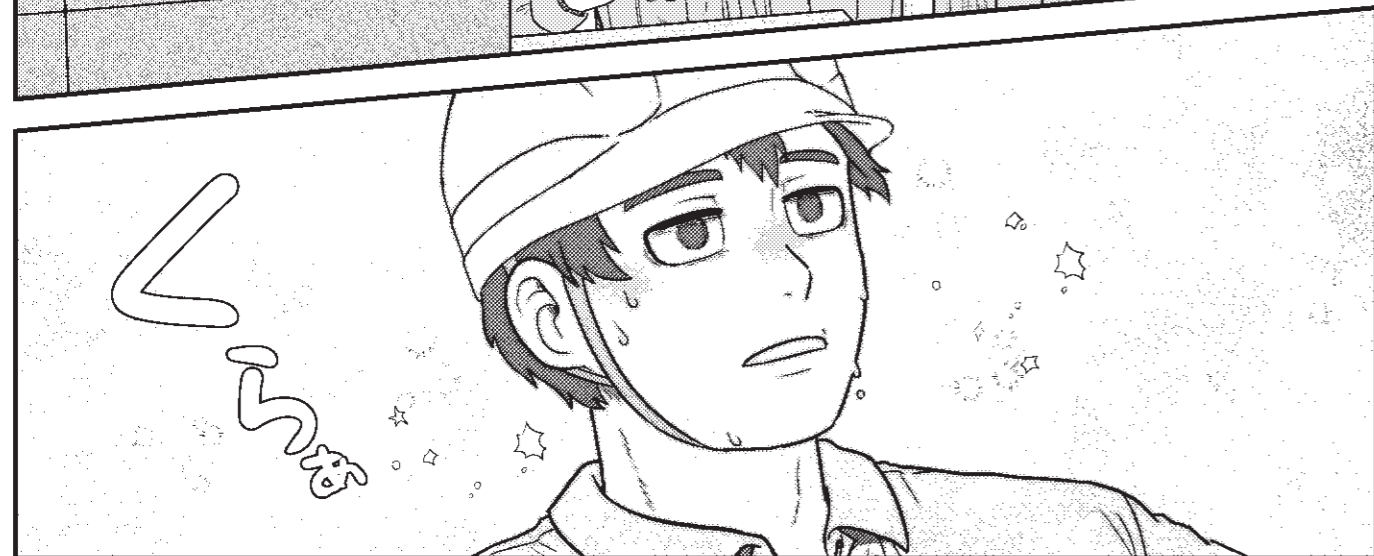
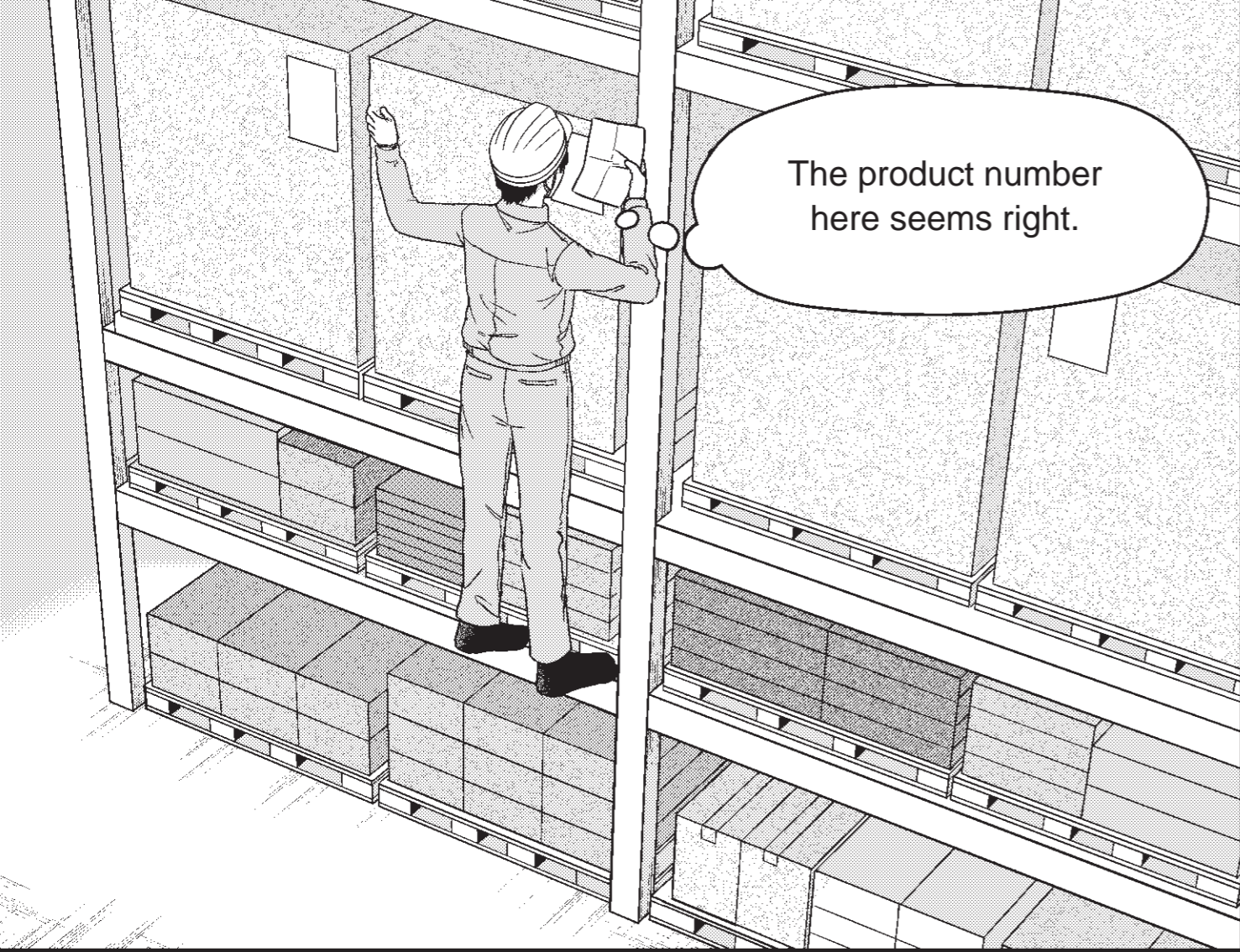




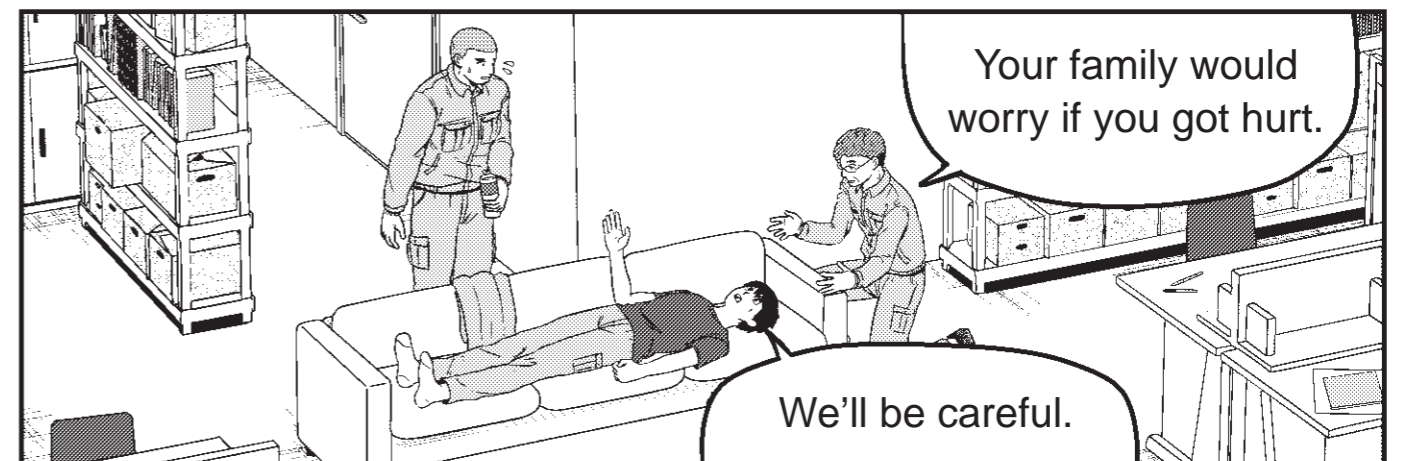
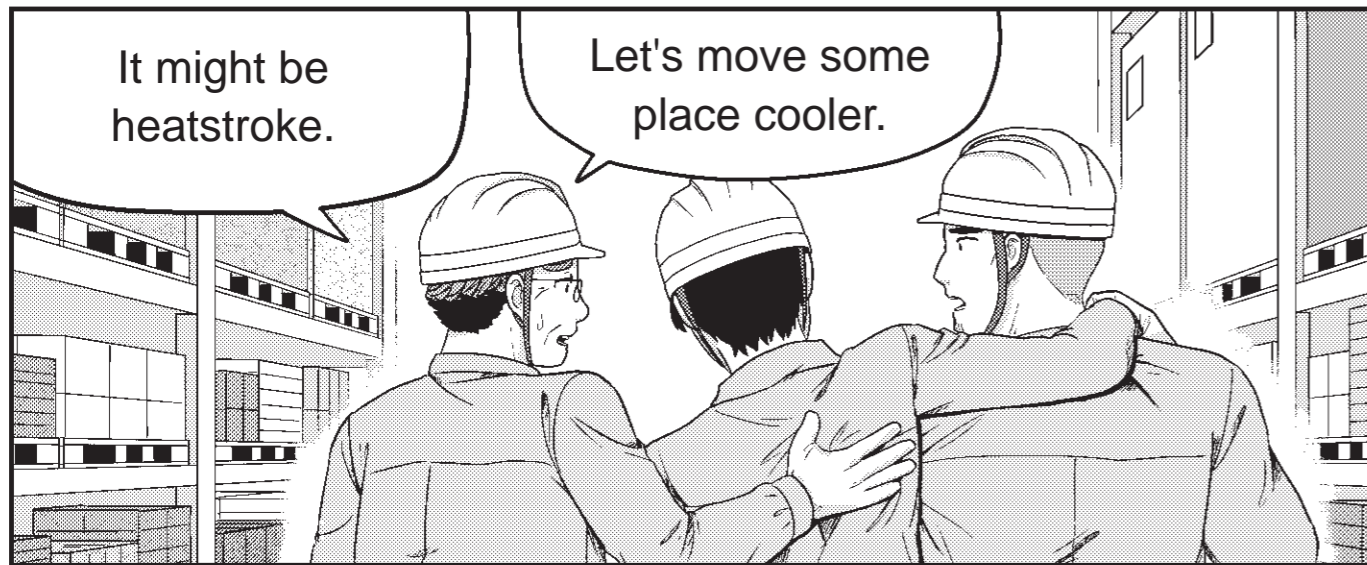
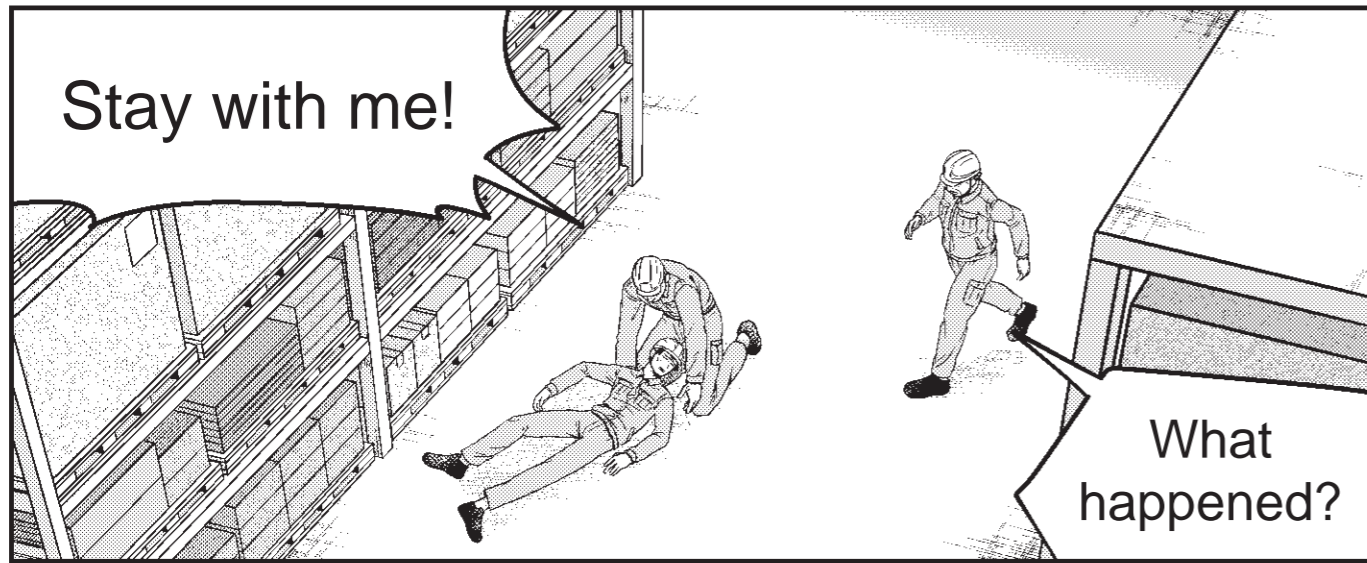
# CASE 2





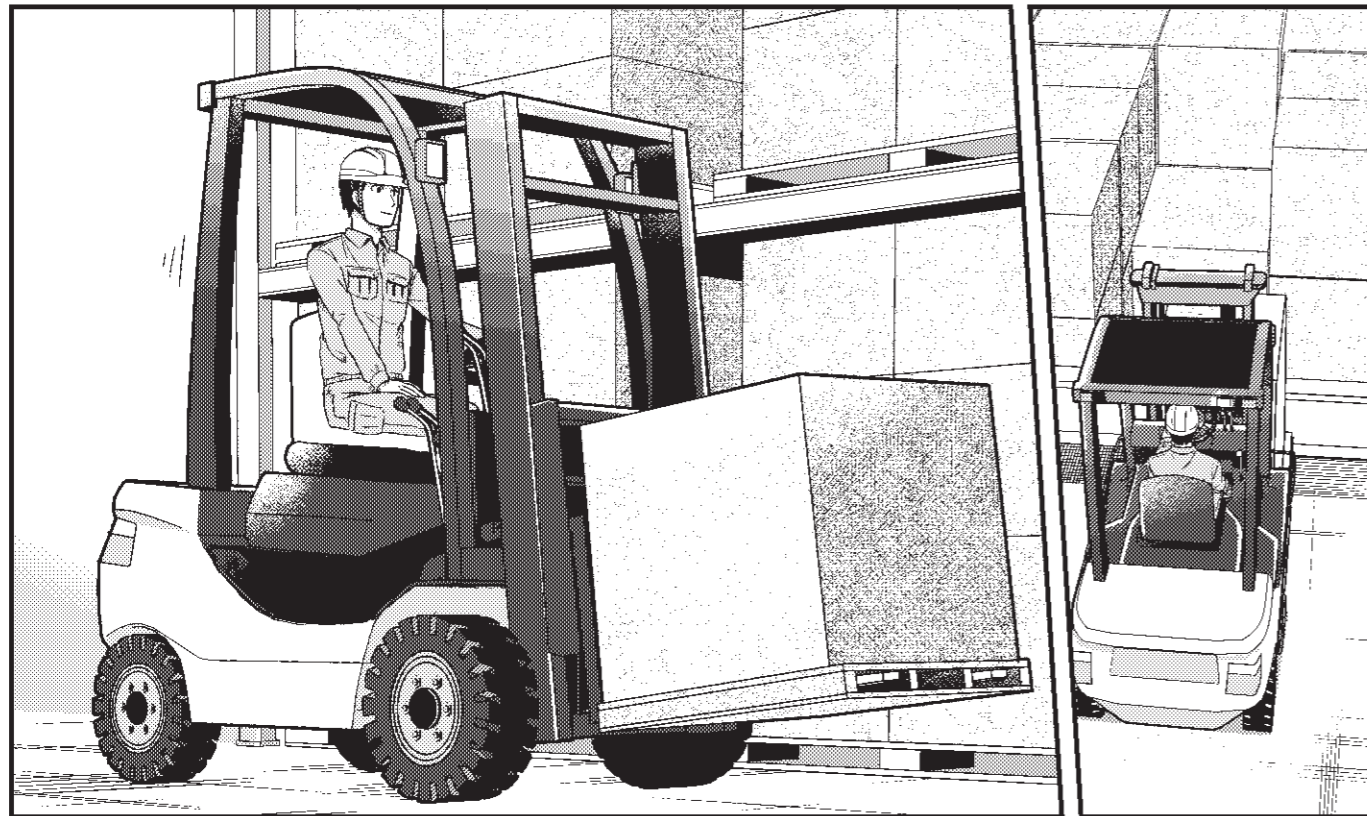








# CASE 3

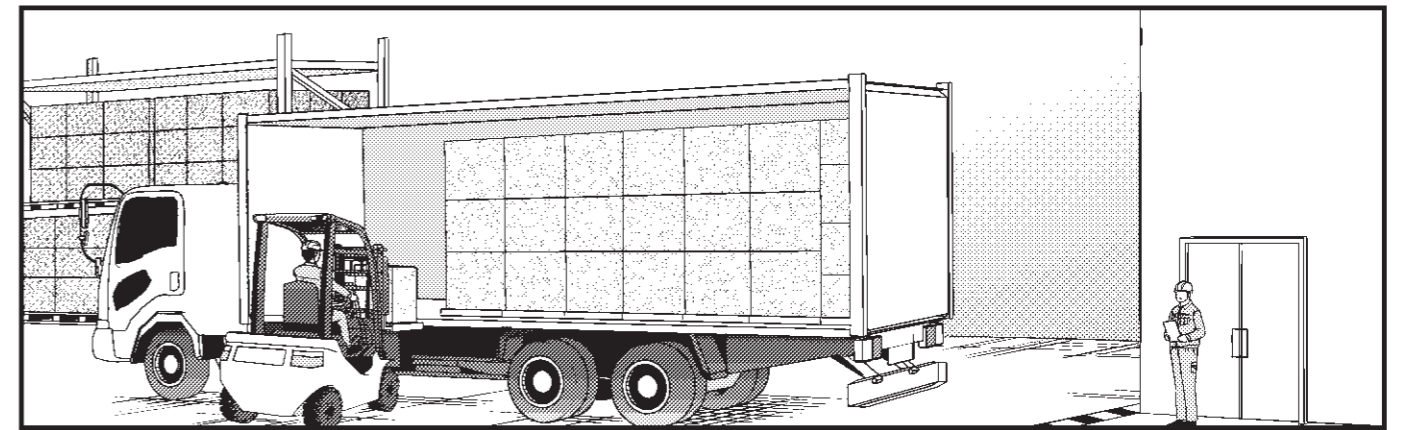
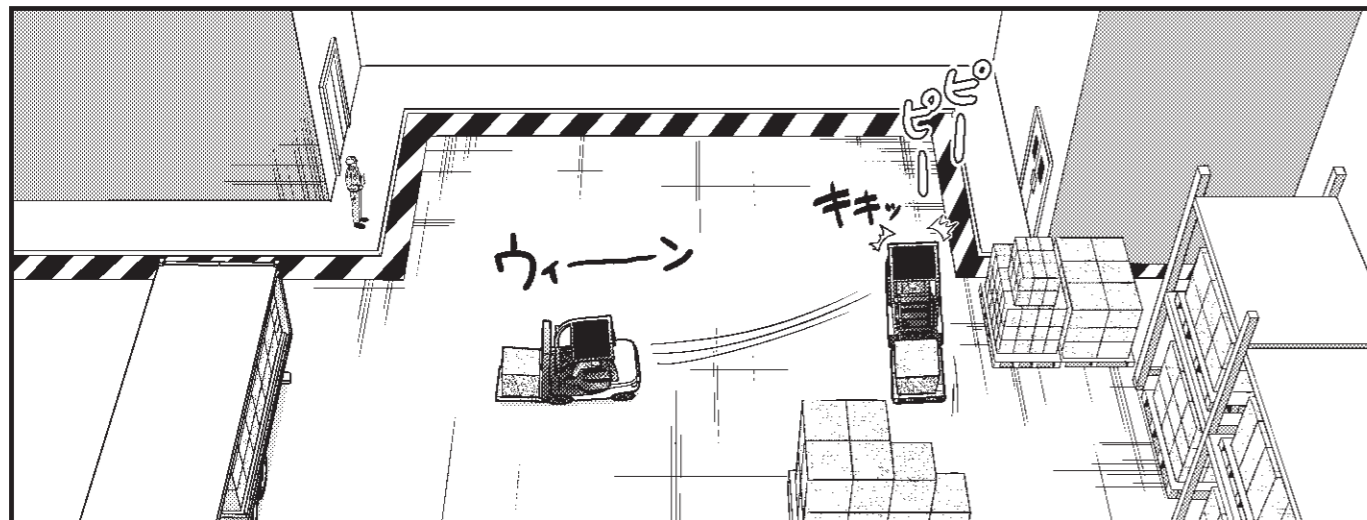


I've gotten pretty used to driving a forklift!

Almost done hauling this. Let me get this over with!

Check your perimeter!

Yes, sir.

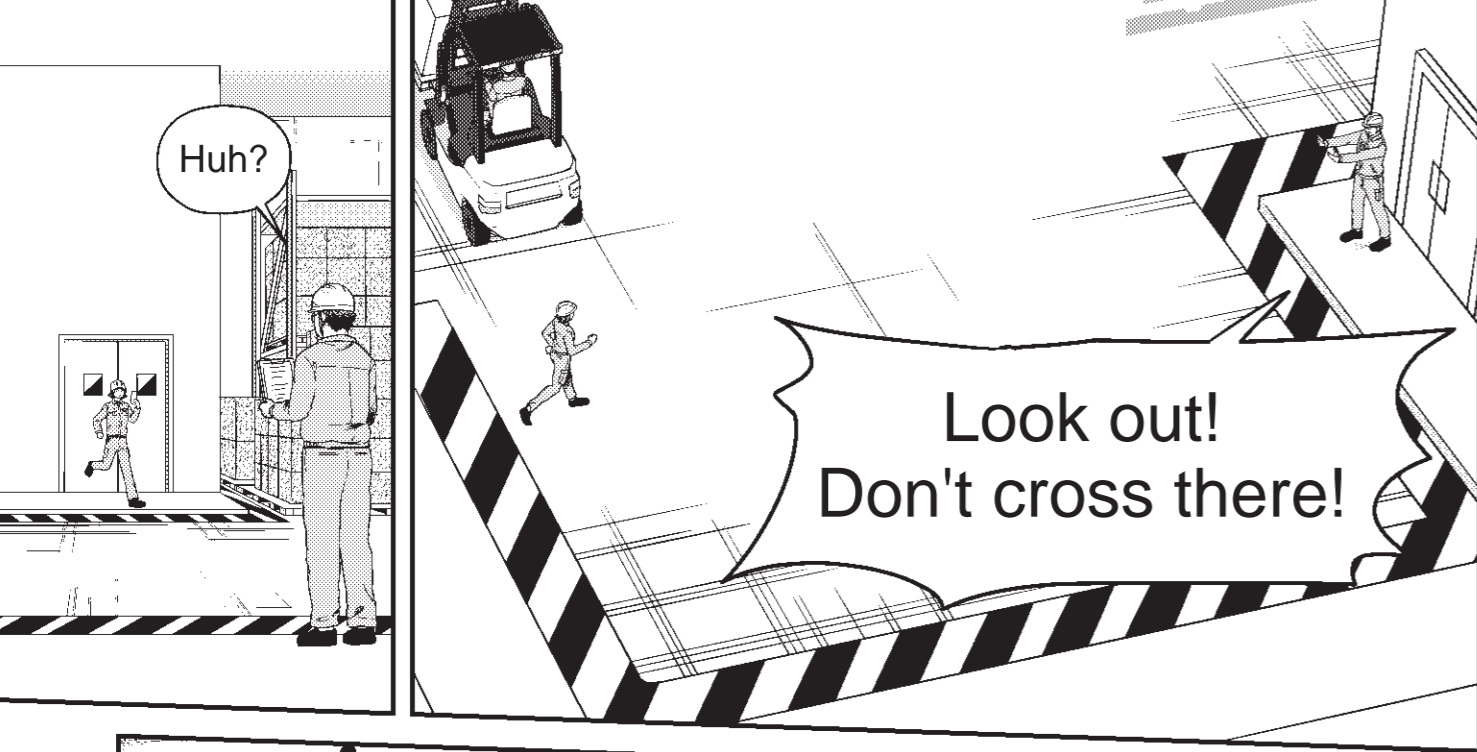


Jeez, forgetting such an important slip...

Oh! Thankfully they're right here!

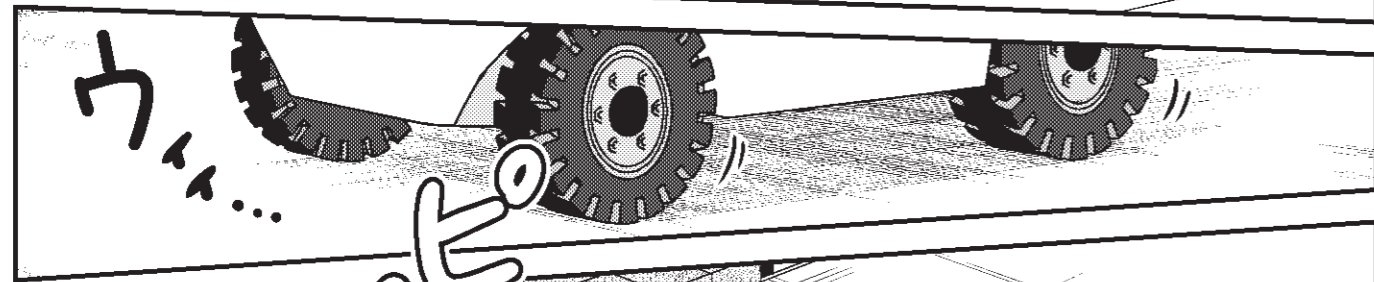
Excuse me!  
You forgot this slip!



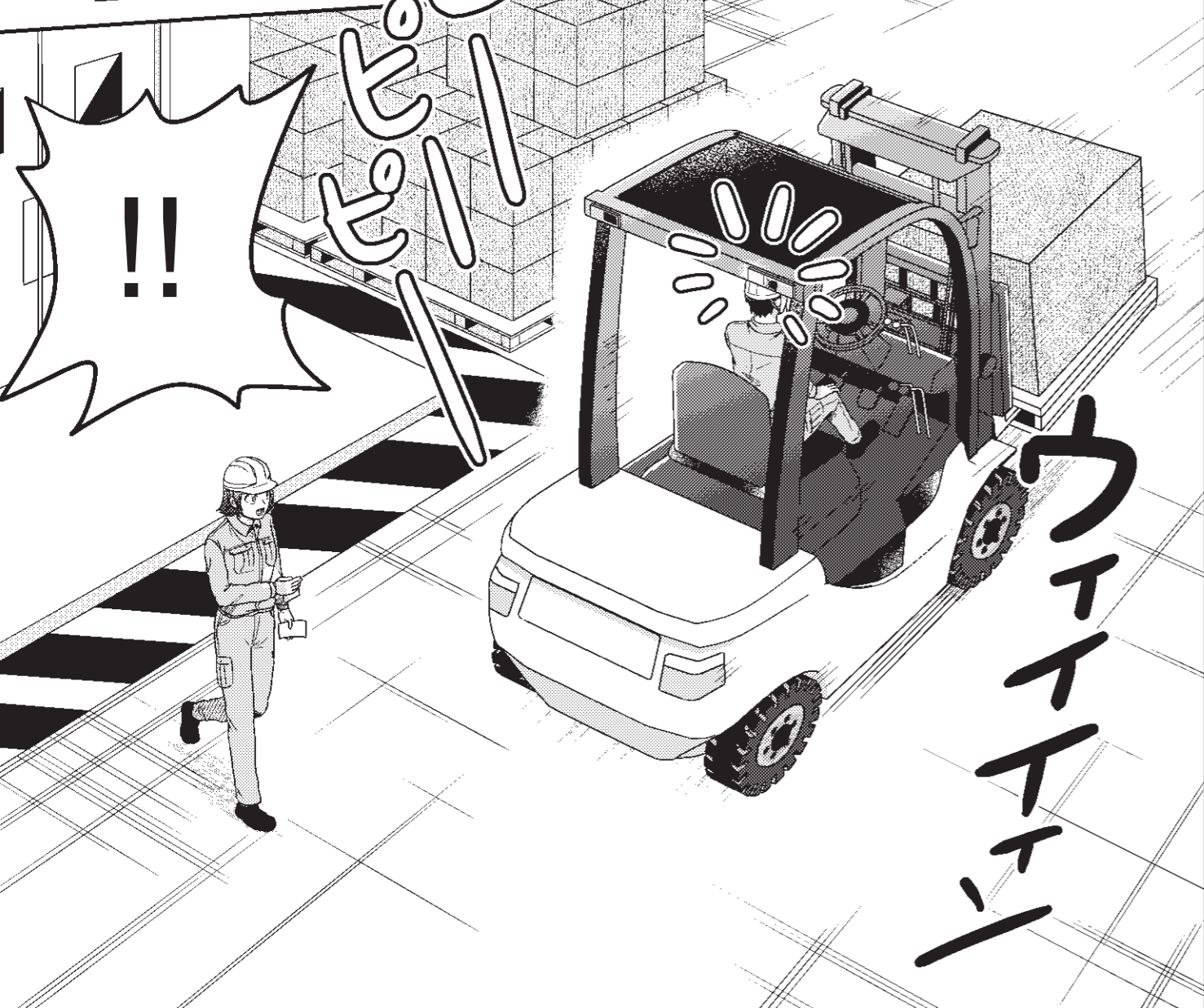


Huh?

Look out!  
Don't cross there!



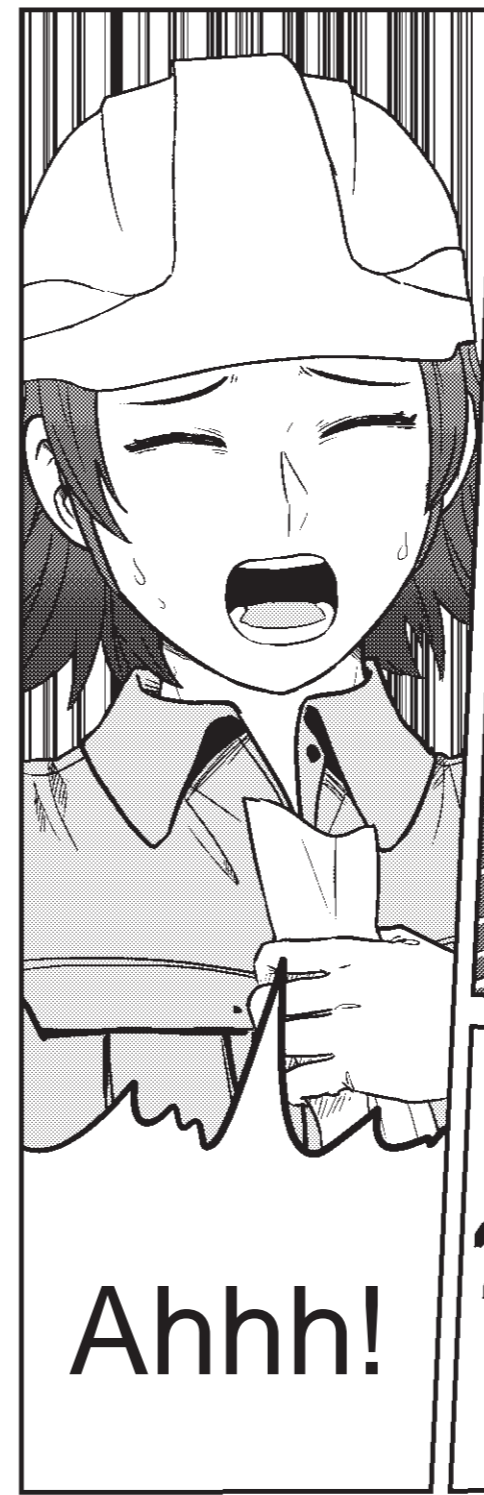
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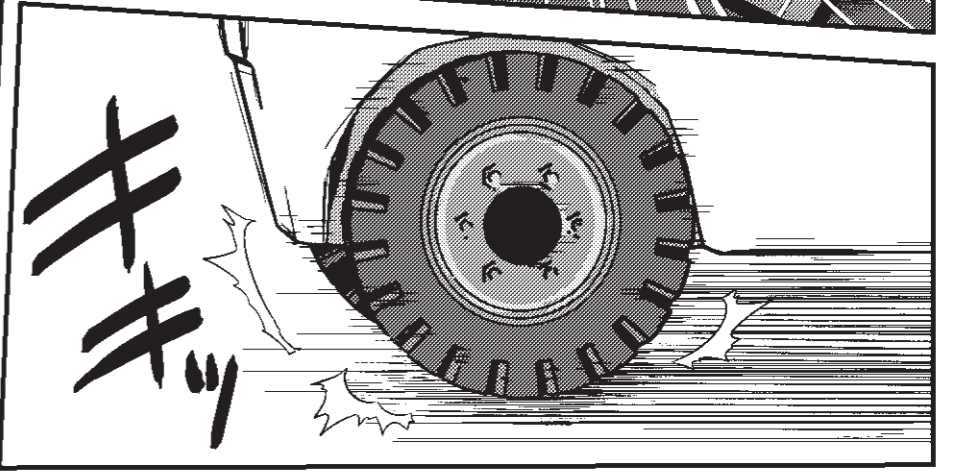
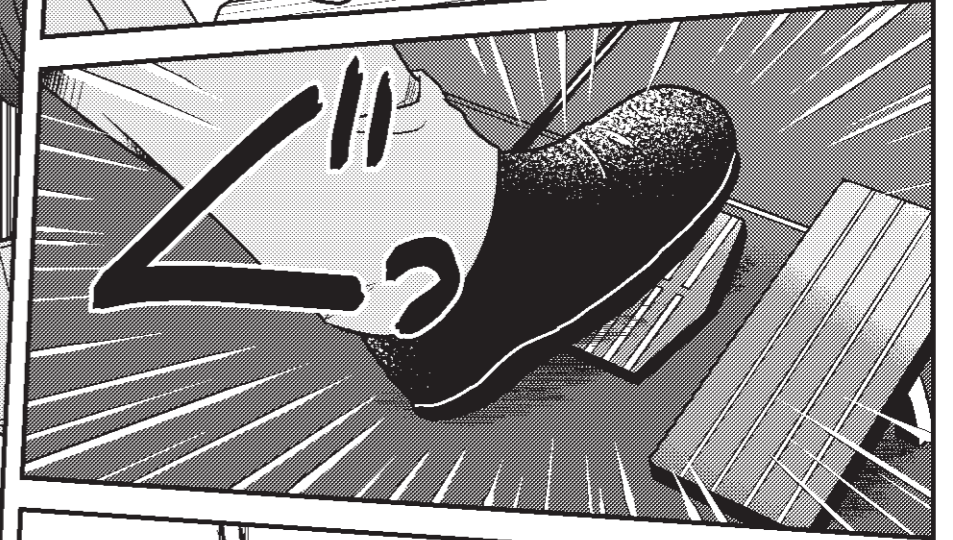
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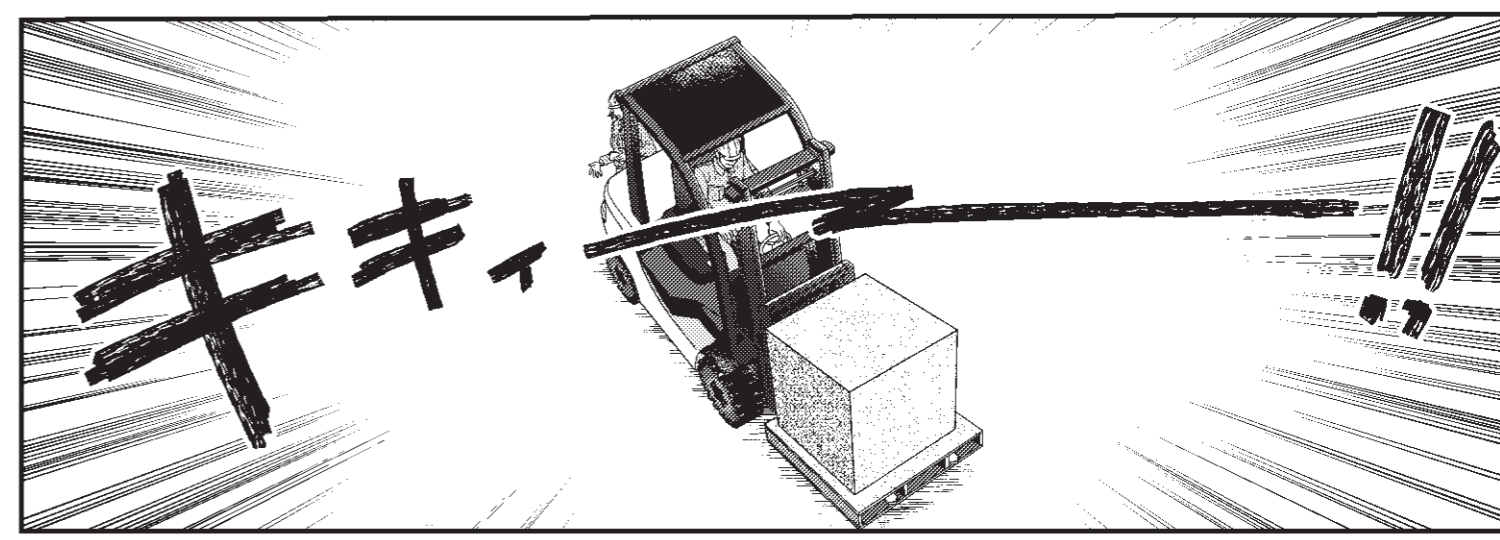
Ahhh!



Huh!?

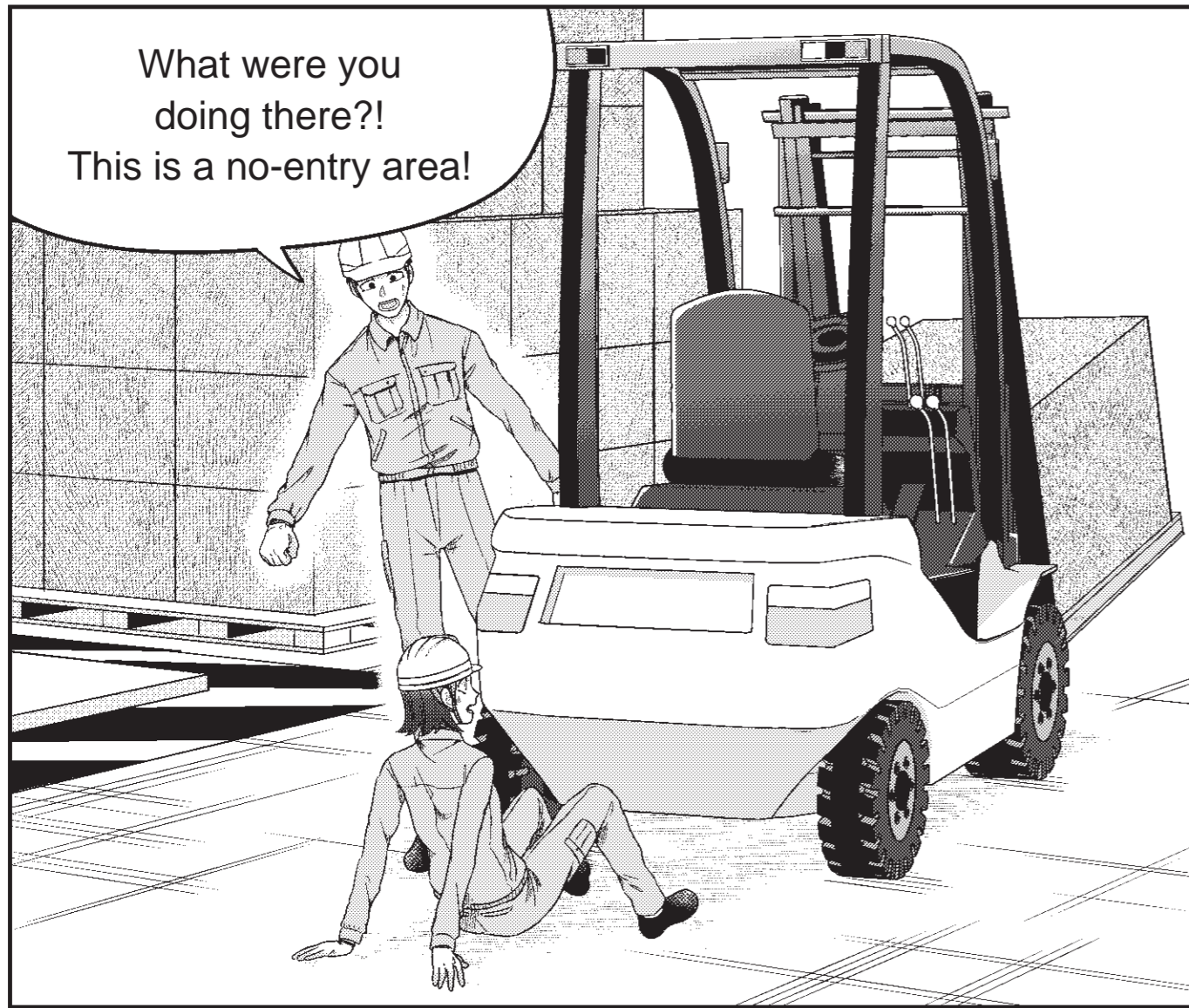


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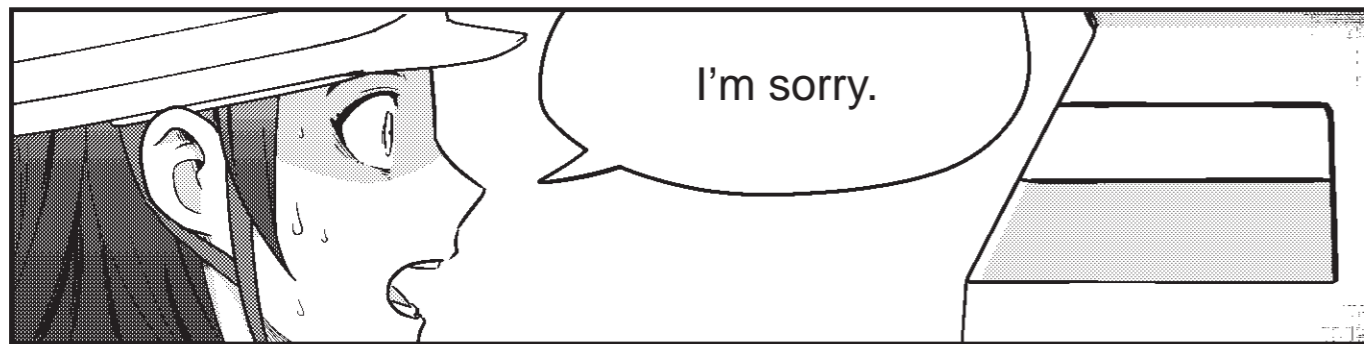


# # #

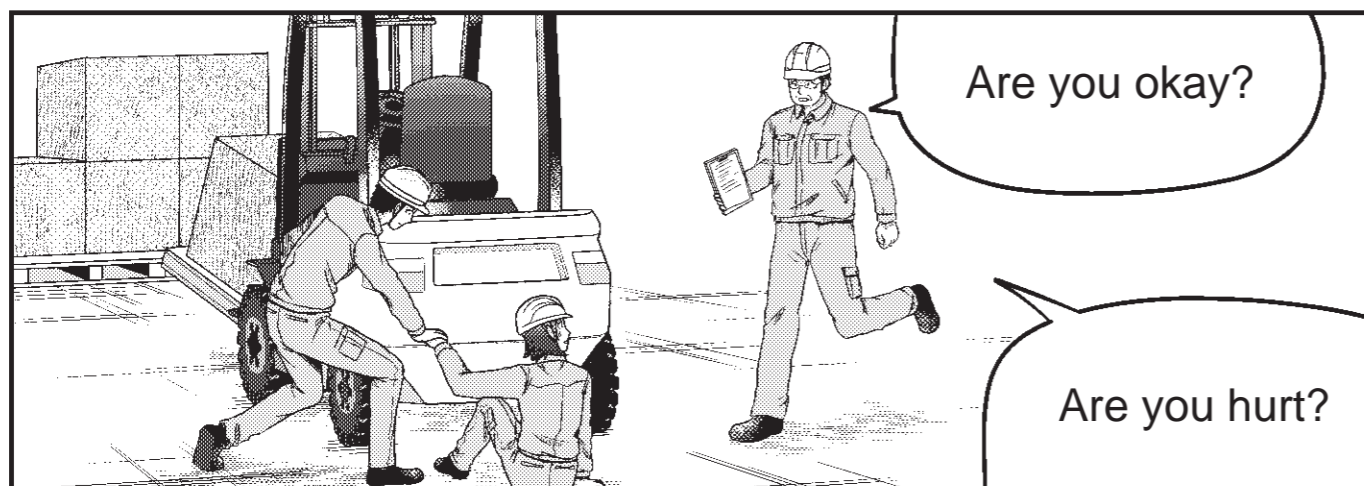




What were you doing there?! This is a no-entry area!

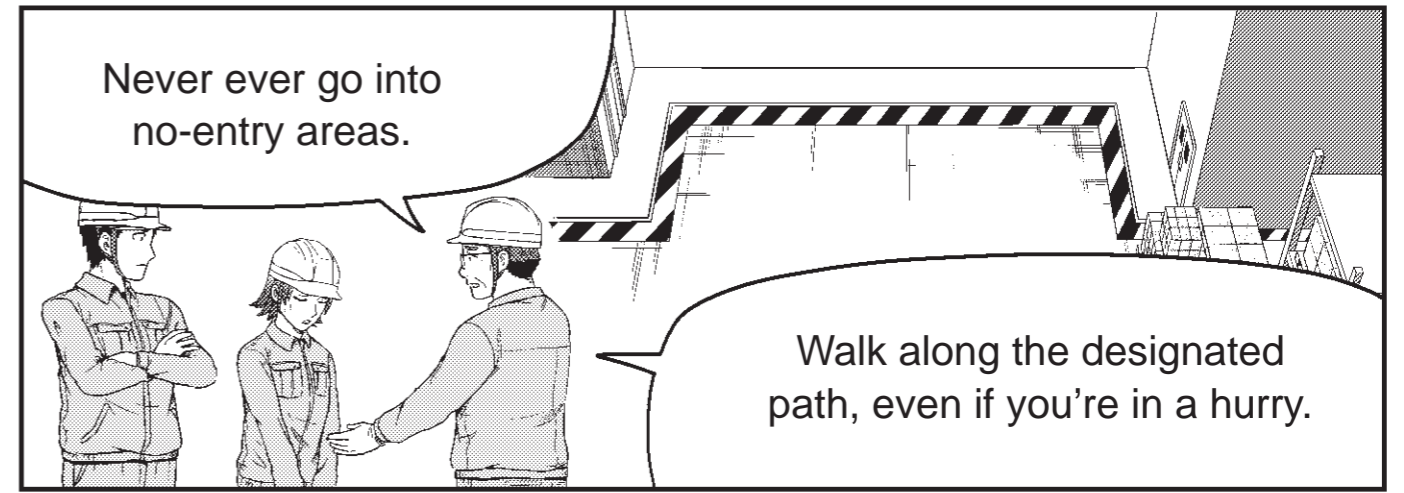


I'm sorry.



Are you okay?

Are you hurt?

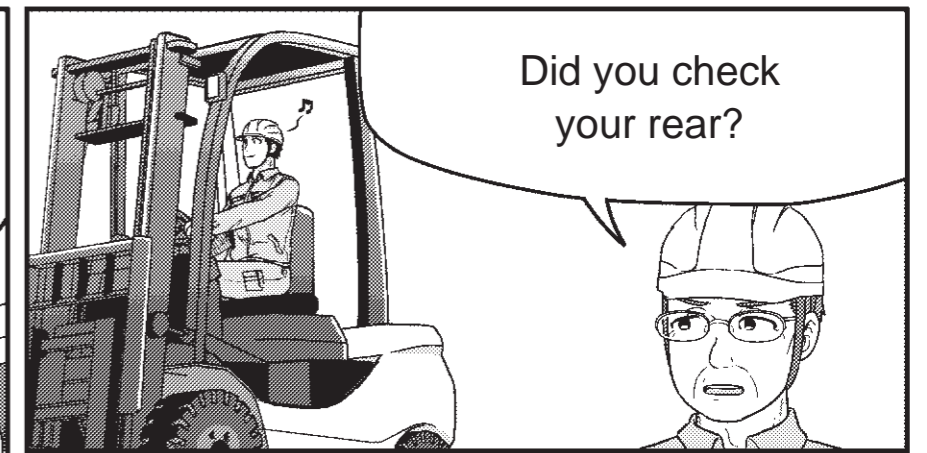


Never ever go into no-entry areas.

Walk along the designated path, even if you're in a hurry.



You've gotta be more careful, too.



Did you check your rear?



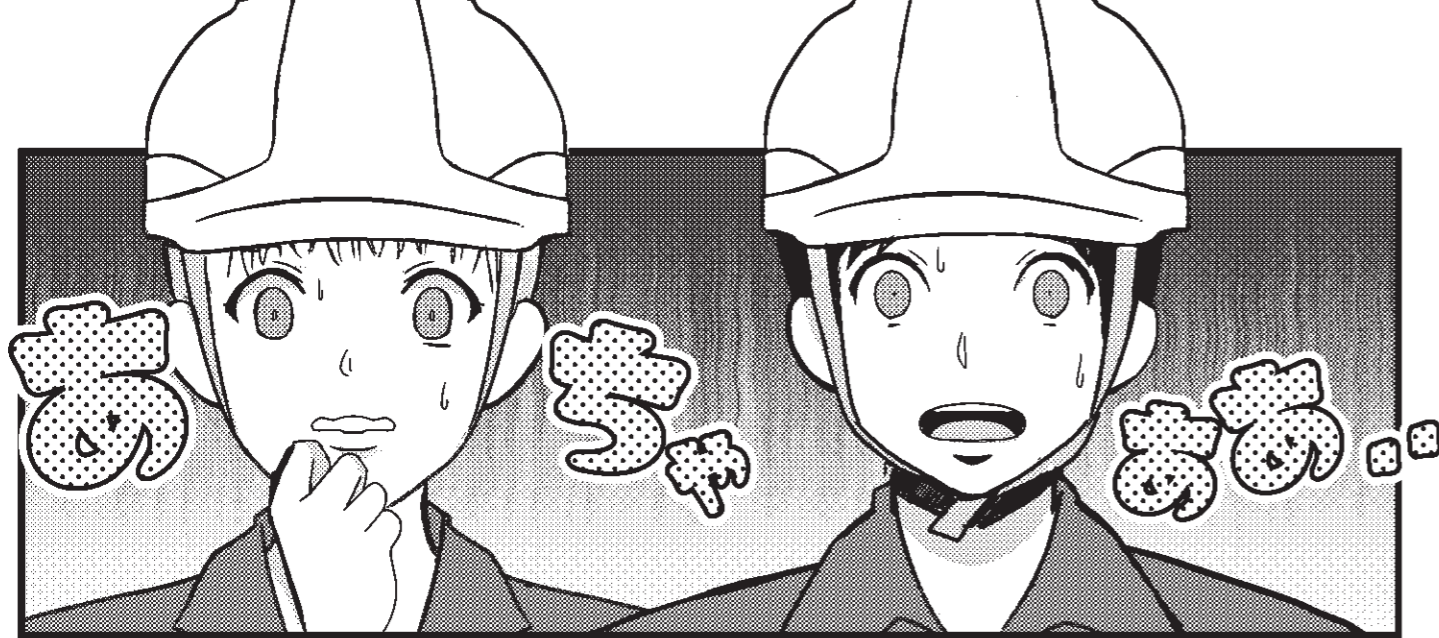
Neglecting to check your surroundings can lead to accidents.



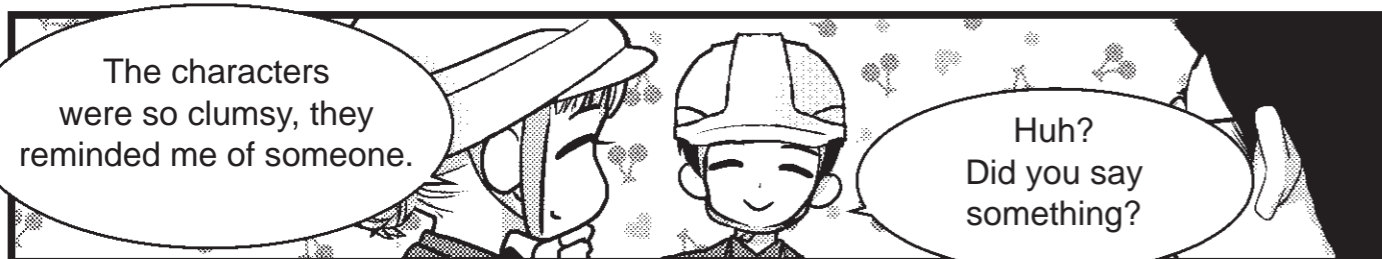
Following the rules helps make work go smoothly and protects you.

Yes, sir!



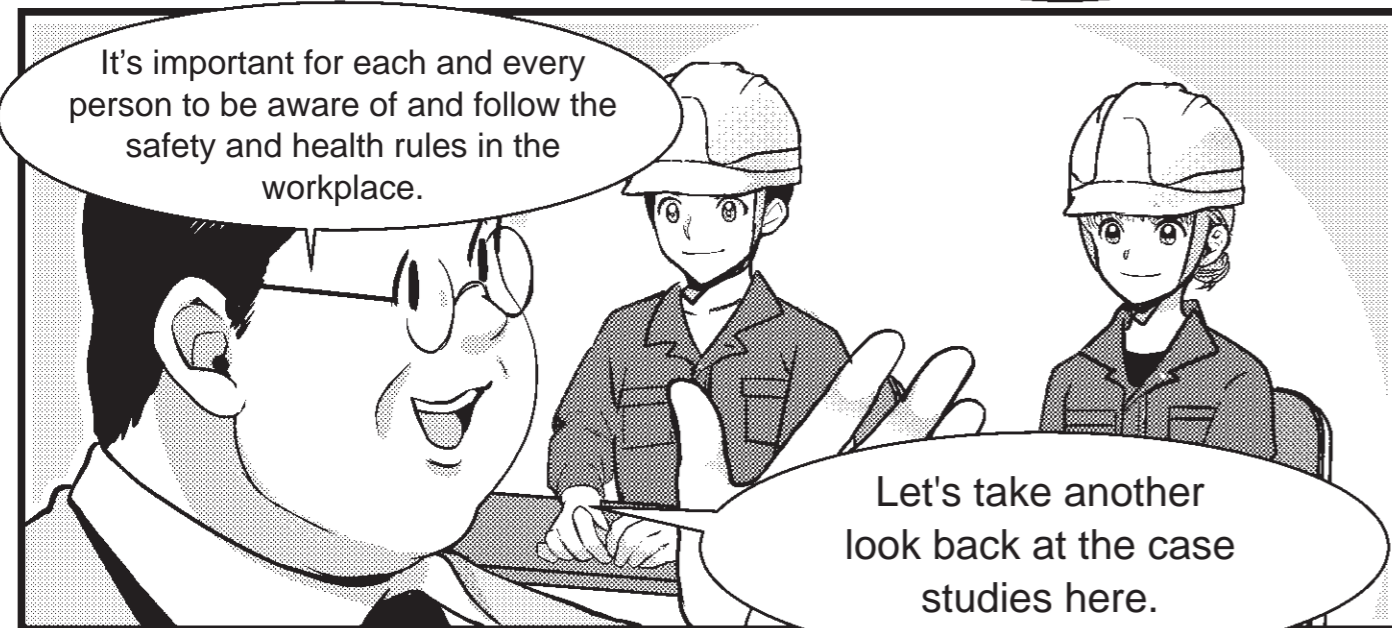


You've learned that danger is closer than you think now, haven't you?



The characters were so clumsy, they reminded me of someone.

Huh?  
Did you say something?



It's important for each and every person to be aware of and follow the safety and health rules in the workplace.

Let's take another look back at the case studies here.

## Key Points to Watch Out For in the Warehousing Industry



### 1 Heavy objects



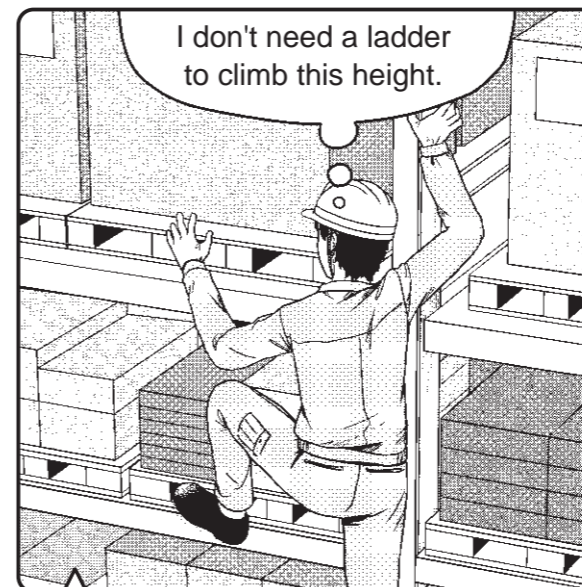
When carrying cargo, pay attention to its weight and size to prevent back pain and other problems.

### 2 Ground in front of you



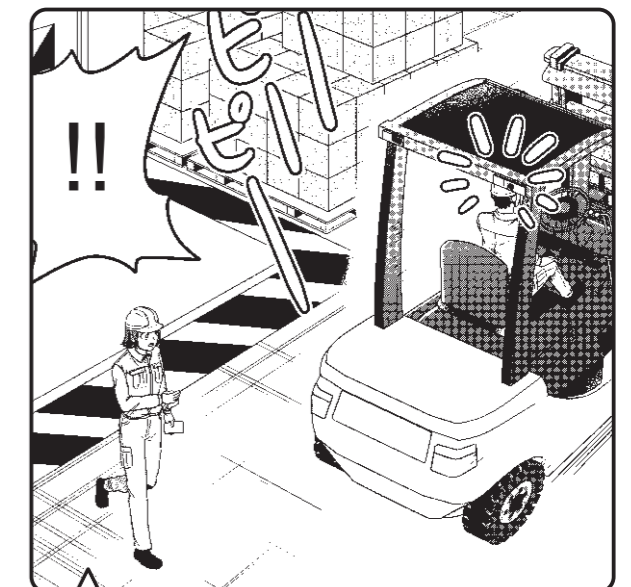
When carrying cargo, pay attention to your peripheral vision so you don't trip and fall over.

### 3 High places



Be careful not to fall when working in high up places.

### 4 No-entry areas / Forklifts



Never pass through no-entry areas or near forklifts.



Industrial accidents are no stranger and a familiar problem for us.



Remember, following the rules is about protecting your body, your family, and your life.

Regular communication in the workplace is also important, just in case something goes wrong.



All right! I'll follow the rules and do my best every day!



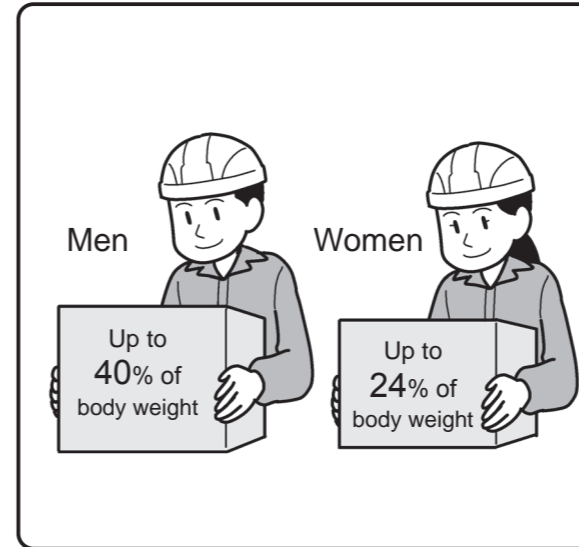
## Warehousing Industry

Watch out for these as well!

# Safety and Health Tips!



### 1 | Limit heavy weights to prevent back pain



When carrying heavy cargo, men should not carry anything heavier than 40% of their body weight and women should not carry anything heavier than 24% by hand.

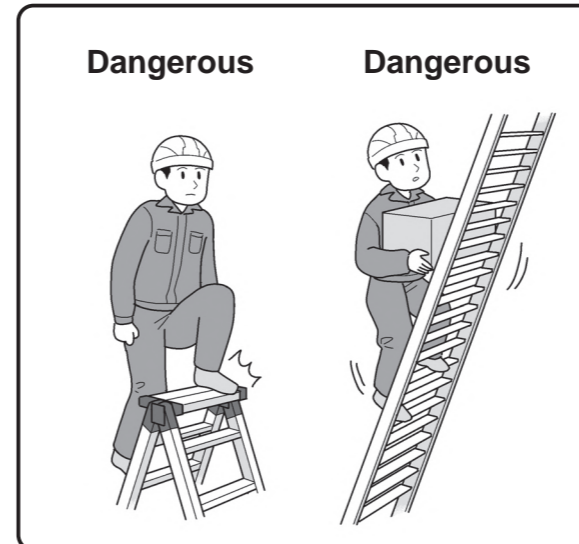
(Based on the Ministry of Health, Labour and Welfare's Guidelines on the Prevention of Low Back Pain in the Workplace)

### 2 | Wear protective headgear (helmets)



Always wear a helmet in order to work safely in the warehouse. Don't take off your helmet just because it's hot.

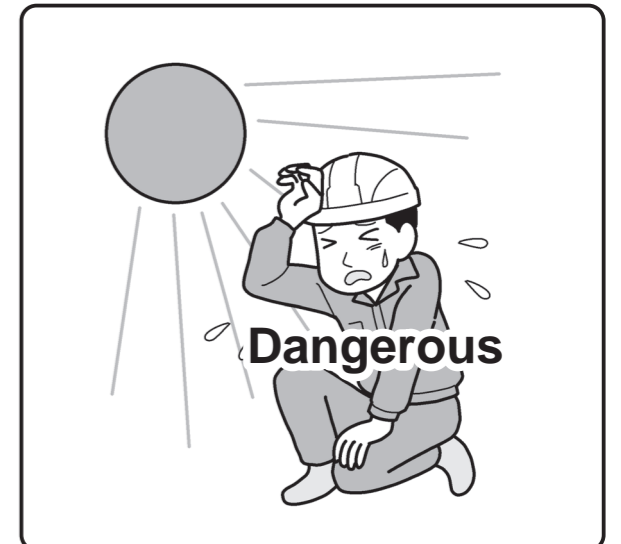
### 3 | Use ladders and stepladders properly



Don't climb to the top of stepladders, and don't set up ladders where their footing will be unsteady.

\*See "Learn Through Manga - Basics of Safety and Health and Industrial Accident Prevention" (general material) for more details.

### 4 | Heatstroke



In hot weather, watch out for heatstroke in the warehouse. If you feel unwell, speak with someone right away.

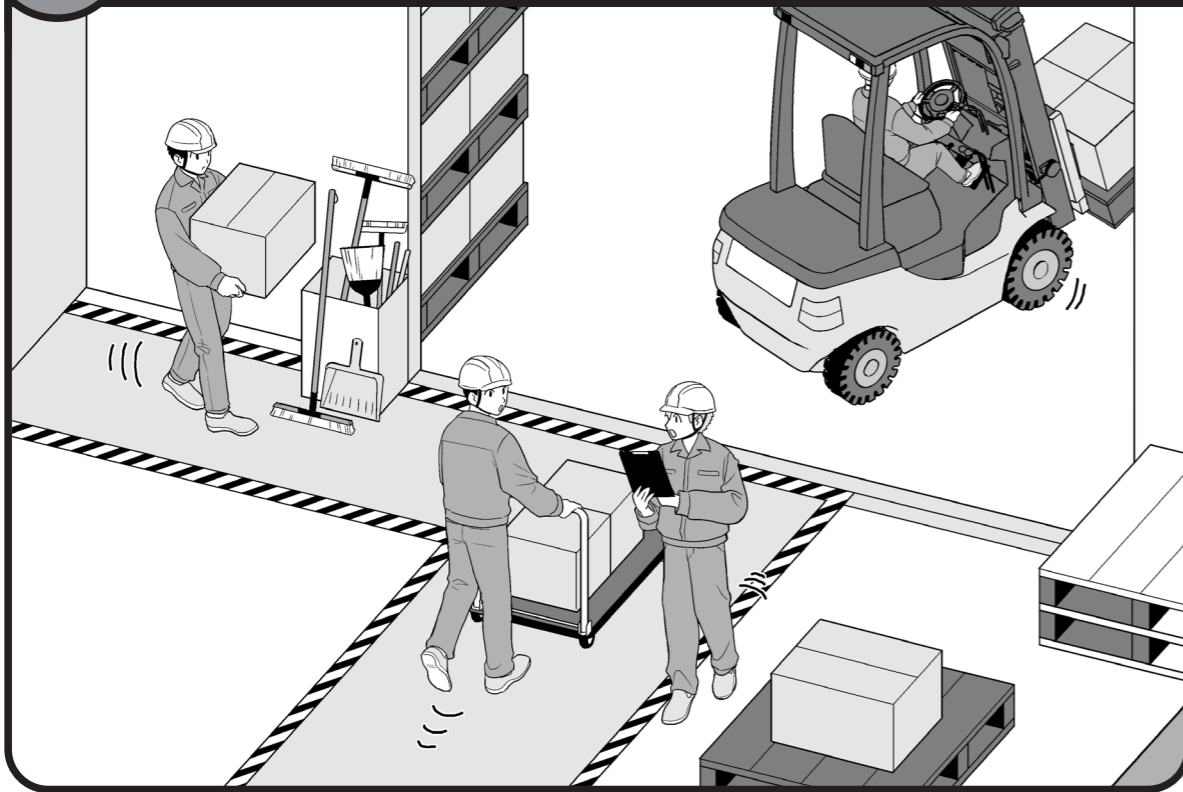
\*See "Learn Through Manga - Basics of Safety and Health and Industrial Accident Prevention" (general material) for more details.



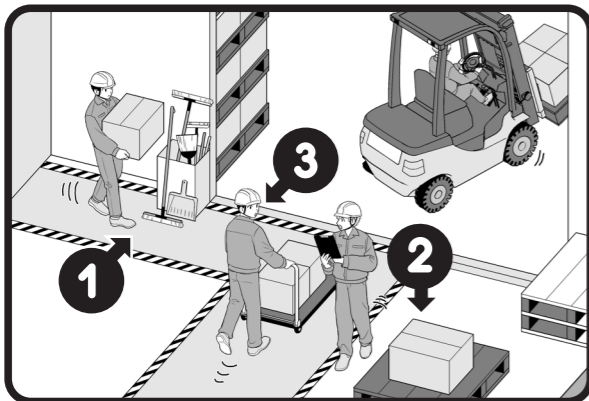
Know the dangers that lurk in your workplace!

# Hazard Prediction Training

## Q Consider where hazards may lie!



## A Key points on hazards!



1

Keep things tidy around entrances and exits, and take care not to trip.



2

Watch your step.



3

Steer clear of moving forklifts.



Consider if there are any other points of hazard as well.

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## Safety and Health in the Warehousing Industry

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