



METROCARE
Health Systems, Inc.

Ligtas sa Trabaho: Occupational Safety

September 2026



September highlights the importance of **occupational safety (kaligtasan sa trabaho)** and **first aid awareness (unang lunas)**. For blue-collar workers who operate machines, handle tools, lift heavy objects, or work outdoors, safety practices help prevent injuries and reduce downtime. Knowing basic first aid also helps workers respond quickly during emergencies before medical help arrives.

This bulletin provides practical reminders to keep workplaces safe and workers prepared.

Common Workplace Injuries

1. **Cuts and Scrapes (Sugat at Gasgas)**

Often caused by sharp tools, metal edges, or accidental slips.

2. **Sprains and Strains (Pilat at Paghila ng Kalamnan)**

Caused by heavy lifting or sudden movement.

3. **Burns (Paso)**

From hot surfaces, chemicals, or equipment.

4. **Falls and Slips (Pagdulas o Pagkahulog)**

Common in wet or cluttered work areas.

Six Occupational Safety Habits for Workers



Wear Proper Safety Gear



Inspect Tools and Equipment Before
Use



Keep Work Areas Clean



Lift Properly



Follow Safety Protocols



Report Unsafe Conditions

Basic First Aid Every Worker Should Know

1. For Cuts and Scrapes (Maliit na Sugat)

- Clean the wound with water.
- Apply antiseptic.
- Cover with a clean bandage.
- Seek medical care if bleeding does not stop.

3. For Eye Exposure

- Rinse with clean water.
- Do not rub the eye.
- Seek medical attention if pain persists.

2. For Burns (Paso)

- Cool the area under running water for 10 to 15 minutes.
- Do not apply toothpaste, butter, or oil.
- Cover with a clean cloth.

4. For Fainting or Collapse (Pagkahimatay)

- Lay the person down.
- Elevate the legs slightly.
- Call for medical help immediately.

If you're covered by **Metrocare**, visit any of our partner clinics or hospitals for consultation and support. Our goal is to keep you healthy and safe all year round.

Metrocare: Your Partner in Healthcare

At **Metrocare Health Systems, Inc.**, we understand the everyday health challenges that many Filipinos face. As a trusted HMO serving workers across industries, especially contractual, project-based, and blue-collar employees, our mission is to provide healthcare that is accessible, affordable, and reliable.

With over 25 years of expertise, Metrocare continues to protect and promote the well-being of Filipino workers through healthcare programs designed around their real needs. Our preventive health efforts, our accessible network of facilities, and our commitment to honest and efficient service reflect our goal to support every member with genuine care.

This is the kind of care we offer. **Alagang Metrocare.**



www.metrocarehealth.com



Disclaimer: This information is for general knowledge and informational purposes only, and does not constitute medical advice. It is essential to consult with a qualified healthcare professional for any health concerns or before making any decisions related to your health or treatment.