

IELTS Listening Lesson 12

Setting:

A university lecture hall. A health and safety instructor is addressing students in an occupational safety course.

Questions 1–5

Complete the sentences below.

Write NO MORE THAN TWO WORDS AND/OR A NUMBER for each answer.

1. Comprehensive workplace safety laws began to appear in the _____ century.

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4. Risk assessments must be reviewed whenever significant _____ occurs.

5. Employees may be part of safety _____ to help improve working conditions.

Questions 6–8

Choose the correct letter, A, B or C.

6. What is a possible consequence for failing to comply with workplace safety regulations?
A. A reduction in employee salaries

- B. Loss of public funding
 - C. Legal or financial penalties
7. Why is ongoing training emphasized in safety regulations?
- A. Because equipment changes frequently
 - B. So that workers retain and update their knowledge
 - C. To help employees get promotions
8. What distinguishes a Safety Management System (SMS)?
- A. It outlines job descriptions
 - B. It guarantees insurance coverage
 - C. It organizes safety responsibilities and improvement plans

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- A. Anti-slip surfaces and heat protection
- B. Fall protection and structural safety
- C. Ergonomic seating and screen breaks

9. Food processing facility → _____

10. Construction site → _____

Script

Good morning, everyone. Today, we're going to be looking at an overview of workplace safety regulations—what they are, why they exist, and how they are implemented across different industries. This is an essential area for anyone entering a management role, human resources, or any industry with moderate to high-risk activities. So, let's dive in.

To begin with, the concept of workplace safety regulations isn't new. Governments started introducing formal safety rules as far back as the 19th century, particularly in response to industrial accidents during the rise of manufacturing. These early efforts were quite limited, though. It wasn't really until the mid-20th century that more comprehensive legal

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education. Similar bodies exist in other countries, like the Health and Safety Executive in the UK or Safe Work Australia.

Now, you might ask—what exactly do these regulations cover? Well, a wide range of topics. We're talking about everything from the use of personal protective equipment, or PPE, to safe handling of chemicals, ergonomics, fire safety, and even stress management. That last one surprises some people, but yes—psychological safety is increasingly seen as part of workplace well-being.

One key principle behind these regulations is what's called the "duty of care." Employers have a legal obligation to provide a working

environment that is, as far as reasonably practicable, free from hazards. This doesn't mean every possible danger must be eliminated—because that's often impossible—but it does mean reasonable steps have to be taken.

A common tool used in this process is the risk assessment. This is where employers identify potential hazards in the workplace, assess who might be harmed and how, evaluate the risks, and decide on precautions. It's not just a one-time task, by the way. Risk assessments should be reviewed regularly, especially after any major changes in the workplace—like introducing new equipment or processes.

Okay, so now let's look at enforcement. What happens if companies don't

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There's also a growing emphasis on employee involvement. Workers are encouraged to report unsafe conditions and even participate in safety committees. In fact, many regulations now require regular training for staff—not just a one-time briefing during onboarding. This ensures that safety procedures stay fresh in people's minds and are adapted to changing conditions.

Let me pause here to give you a quick example. In a food processing facility, employees are often exposed to slippery floors, sharp tools, and hot surfaces. A comprehensive safety program in such an environment would include anti-slip mats, proper knife training, heat-resistant gloves,

and clear signage. Without this, the likelihood of accidents skyrockets—and so do legal liabilities.

Now, let's touch briefly on specific types of training. There are generally three categories. First, general awareness training—this covers the basic policies and the importance of safety culture. Second, job-specific training—so, for example, training a forklift driver to operate the machinery safely. And third, emergency response training—what to do in case of a fire, chemical spill, or other urgent situation.

There are also sector-specific regulations. Construction, for instance, has very different risks compared to a typical office environment. That's why many governments have separate sets of rules or codes of practice

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can be costly, even fatal.

So, how do companies manage all this? Well, many adopt what's called a Safety Management System, or SMS. This is a formal, documented process that outlines responsibilities, procedures, and continuous improvement mechanisms. Think of it as a safety version of a quality management system. Some companies even get certified under international standards like ISO 45001, which provides a globally recognized framework for occupational health and safety.

Let's not forget record-keeping, either. Maintaining logs of accidents, training sessions, and inspections is not just good practice—it's often a

legal requirement. These records are invaluable during audits or investigations. They can also help identify trends and prevent future incidents.

Before we wrap up, I want to highlight one more point: culture. Regulations can only go so far. A workplace might have all the right procedures on paper, but if the culture doesn't support safety—if managers ignore problems or workers are afraid to speak up—then those regulations are unlikely to be effective. Cultivating a safety-first mindset is just as important as legal compliance.

Alright, I know that was a lot of ground to cover, but here's a quick recap. We looked at the history and purpose of safety regulations, the role of

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Thanks for your attention, and I'll see you next time.

Answer Key

1. twentieth
2. OSHA
3. free
4. changes
5. committees
6. C
7. B
8. C
9. A
10. B

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