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# Health and Safety in the Workplace: Implication for Peak Performance in Nigerian Workspaces

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### **Abstract:**

Health and safety in the workplace are all-encompassing prevention concepts that comprise many strategies to reduce risks, threats, and hazards from various work-related mishaps and accidents. Many work environments are dangerous and un conducive for staff and employees, particularly in Nigeria and other developing countries, given the attendant lack of the much-needed capital to invest in healthy and conducive workspaces. This study assessed health and safety in the workplace as an implication for peak performance in Nigerian workspaces. The study adopts a contextual analysis where literature from secondary sources was examined. Findings show a high rate of health risks and hazardous working environments for workers, which is affecting their peak performances. Therefore, it is recommended that plausible solutions such as health orientations, material provisions, regular-checkups workable policies, and programs should be harnessed to safeguard the health of Nigerian workers. There should also be reduced working hours, regular workplace evaluations, and prompt payment of salaries and wages, which should be commensurate with the level of hazards workers encounter. Lastly, there should be the implementation of occupational health and safety management (OHSM) rules and regulations in Nigerian workplaces



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