**Objectives**

By the end of this lesson you should be able to:

* Identify the type of environmental hazard from the health effects seen.
* Identify the sources of exposure and some properties of the hazard.

**Lesson Description**

The focus of this lesson is on the hazards that we get exposed to due to the way and where we live and work. Living or working in some place could put us at increased risk for adverse health effects due to exposures to hazards such as radio nuclides, physical hazard, and metals. This lesson would describe how we get exposed to them, how they enter our body,  their properties. Being aware of these hazards is a part of healthy living  because most of these problems can only be dealt with by an informed society working in unison.

**Assessment**

There is a pre-test and a post-test for each lesson which must be printed before they are administered.