



Date: 13/03/19
Start Time: 11:30
End Time: 12:00
Presenters Signature:

Candidate's Name	Name of Candidate's Employer	Candidate's Signature
A.K. MOTICHANDE	Raphael Contracting Ltd	A.
S. HIRANI	Raphael Contracting Ltd	S. teens
H. KERAI	Raphael Contracting Ltd	ilws

<u>Grant Claim Infor</u> Note: C	laims can only be	made for your employ	ees or labour-only sub-contractors
No. Attended 3	Duration	Total Time 1 ½ hours	Employer Reference 2453745
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## Toolbox Talk No. 56 ABRASIVE WHEELS

### **HAZARDS**

- The speed of the machine must not exceed the maximum permissible speed of the wheel, many accidents are caused by the wheel over-speeding.
- · Don't exert heavy pressure on the wheel.
- · Never use the side of the wheel.
- Keep your fingers away from the cutting edge of the wheel.
- Ear and eye protection must always be worn.

### USING PORTABLE ABRASIVE WHEELS

- Don't mount an abrasive wheel unless authorised in writing and trained to do so.
- Only reinforced discs to be used on hand-held machines.
- Check that the maximum wheel speed is greater than the maximum spindle speed before fitting.
- Adjust the guard to expose the minimum wheel surface necessary for the operation.
- Be aware of other workers in your area, don't put them at risk by your actions.

## **USING BENCH-MOUNTED ABRASIVE WHEELS**

- Adjust the tool rest as close as possible to face of wheel.
- Keep the glass screen in the safety position.
- · Keep your fingers below the tool rest level.
- Use the correct grade of wheel evenly dressed.
- After fitting, run a replacement wheel for a full minute before attempting to use it. Stand clear during the test.
- Stop the wheel when not in use.





Date: 15/03/19
Start Time: 11:00
End Time: 11:30
Presenters Signature:
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Candidate's Name	Name of Candidate's Employer	Candidate's Signature
A.K. MOTICHANDE	Raphael Contracting Ltd	#
S. HIRANI	Raphael Contracting Ltd	Sider
H. KERAI	Raphael Contracting Ltd	Me

Note: Claims can only be made for your employees or labour-only sub-contractors  No. Attended Duration Total Time Employer Reference  3 30 mins 1½ hours 2453745	<u>G</u> i	ant Claim informa	ation	maa	lo for vour amn	lovees or labour-only sub-contractors
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## Toolbox Talk No. 22 ELECTRICITY ON SITE

## Electricity is a killer, make no mistake about that! Not only can it kill but it can cause fires.

The Electricity at Work Regulations is the main law covering electricity but BS 7671 for installations is also significant. Working with electricity involves two distinct areas:

- 1. Doing electrical work i.e. installations or repairs to an electrical system.
- 2. Using electrical appliances to lighten or speed up other types of work.

Understanding how electrical equipment is designed to be safe, helps us to spot when things are wrong and therefore dangerous.

- 1. All metal parts designed to carry current (conductors) need to be properly insulated.
- 2. If the insulation is vulnerable it has to be additionally protected sheathing, conduit, trunking, armoured cable etc. may be used. If you can see defective insulation or sheathing, the system is not as safe as it should be and should be isolated and immediate steps taken to get it repaired by a competent person. For example, a flex pulling out of a plug top or a cable frayed or split showing the colours inside.
- 3. NOTE: Sometimes conductors are made safe by 'placing out of reach'. This is OK until unusual circumstances (perhaps maintenance or decorating work) make them not 'out of reach' any more. Take special care in such cases.
- 4. Earthing all metal parts not intended to carry current will prevent them becoming live in a fault situation. Earth wires and connectors are just as important as the circuit wires and any damage or looseness must be repaired urgently by a competent person.
- 5. Earthing works in conjunction with the fuse or circuit breaker to protect the circuit in the event of excessive current. If a wrong size fuse is fitted, or a circuit breaker tampered with, the protection may not be adequate and danger could arise.
- 6. To protect people, either the voltage has to be reduced to a safe level by a transformer, or if using 240v the fault current should be limited by a Residual Current Device (RCD). When using 110v transformers the maximum voltage to earth is only 55v. An RCD limits the fault current to only 30mA and trips in less than half a second.
  - NOTE: These devices do not prevent electric shock, only that the shock is unlikely to be fatal. In damp or sweaty conditions the shock could still be severe so do not be lulled into a false sense of security.

If in doubt, have the circuit/equipment checked by an electrician before starting work. Things you can do on site:

- 1. Ensure that cables are not lying on ground unprotected from physical conditions and wet conditions.
- 2. Ensure cables are not hung from nails etc which may cause insulation damage.
- 3. Ensure cables do not cause a hazard at openings, passages, ladders, stairs, etc.
- 4. Do not carry our any alterations or makeshift repairs.
- 5. Disconnect equipment when not in use.
- 6. Lighting is a heat source locate lights and switch off to reduce possibility of burns or fire.
- 7. Observe notices warning of live conductors.
- 8. Explain permit to work system where applicable.
- 9. Underground services, particularly electricity and gas, can be dangerous. Damage to electrical cables can cause a flash, leading to severe burns and even death. Gas leaks can cause fire or explosion.
- 10. Underground services may be found in roads, footpaths and on sites. Always assume that they are present. Treat all services as LIVE, despite their apparent physical condition.
- 11. Accidents have happened because people have mistaken one service taken for another, for example black plastic-covered electricity cables look like black plastic water pipes and cast iron gas and water mains look alike. Check before you act.

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# PERSONAL PROTECTIVE EQUIPMENT ISSUE REGISTER

# SITE: AELTC Wimbledon court 1

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OPERATIVE NAME	HARD	SAFETY GLASSES	HI-VIZ VEST	GLOVES	DEFENDERS / PLUGS	DUST MASK FFP3	New	Lost	Wear and Tear Damaged	SIGNATURE	DATE
Slav . Simonovic				:		YES				SLAV SÍMOMOVÍC	08/03/19
Harish . Kerai						YES				Harísh . Keraí	08/03/19
Balvir Singh						YES				Balvír Singh	08/03/19
Shashi Hirani						YES				Shashí Hírawí	08/03/19
Ashok Motichande						YES				Ashok Motichande	08/03/19
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Duration (Minutes)	30 min	<u></u>	
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			Date: /2/03/19					
Title: Na. 49 SUPS TRIPS AND PACES  Location: WELLINGTON HOUSE  Duration (Minutes) 30 min  Presenters name: S. Sincovovic					Date: 12/03/19  Start Time: 7:30			
					End Time: \$100			
Pres	enters name: S. SINC	NOVIC	Presenters Signature:					
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DOCUMENT REFERENCE: SIT-FM-007



Title: OHSAS 18001 - HEALTH AND SAFETY MANAGEMENT SYSTEM	Date: 12.03.19
Location: Wembley W03	Start Time: 11:30
Duration (Minutes) 30min	End Time: 12:00
Presenters name: A. Kulsinskas	Presenters Signature:

	Candidate's Name	Name of Employer	Candidate's Signature
	Ivan Naroustry	RCL	I confirm that I have understood the Tool Box Talk
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3	Karol Kowalski	RCL	I confirm that I have understood the Tool Box Talk
1	Bernado B.R.	RCL	I confirm that I have understood the Tool Box Talk
5	D'RASCICIEU	RCL	I confirm that I have understood the Tool Box Talk
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Total Time

4 hours

Duration

30min

No. Attended

**Employer Reference** 

2453745



# PERSONAL PROTECTIVE EQUIPMENT ISSUE REGISTER

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OPERATIVE NAME	HARD HAT	SAFETY	HI-VIZ VEST	GLOVES	DEFENDERS / PLUGS	DUST MASK FFP3	New	Lost	Damaged	Wear and Tear	SIGNATURE	DATE
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