

TRAINING AND DEVELOPMENT PLAN SHORT TRAINING SESSION ATTENDANCE SHEET

Title: SHE HO	USEKEEPING,	AND WASTE D	ISPOS	AL	ite:	08/04/	•
Location: Knightsh	oridge				art Time:	11.00	
Duration (Minutes	s) 30min				d Time:	11.80	7
Presenters name:	G.Buck			. Pr	esenters	Signature:	
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TRAINING AND DEVELOPMENT PLAN SHORT TRAINING SESSION ATTENDANCE SHEET

Title: DUST' + MASKS FFP-3	Date: 6 - 04 - 2)
Location: New Bond Street	Start Time: 7 30
Duration (Minutes) 30	End Time: 800
Presenters name: K. KULSINSKAS	Presenters Signature:

"			
1	Candidate's Name	Name of Employer	Candidate's Signature
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2	A. AMBRAZIEJUS	RCL	Confirm that I have understood the Tool Box Talk
3	H. MAMILAL	PCL	. I confirm that I have understood the Tool Box Talk
4	M. BYTAUTAS	RCI	I configure stat I have understood the Tool Box Talk
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14			I confirm that I have understood the Tool Box Talk
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			I confirm that I have understood the Tool Box Talk

Grant Claim information

Note: Claims can only be made for your employees or labour-only sub-contractors

No. Attended

Duration

Total Time

Employer Reference 2453745

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		5	Site Manag	zer's Daily	anager's Daily Safe Start		
Contract: Ne	New Bond Street	Site Manager:	KES KULSINSKAS	Date (w/c):	5-04-21	Method statement (s) (Title, Rev No. & Rev date)	190
Location and description of works:		FITTING IRON	MONGER-1 -	+ SNAGGING	o		
			Site M	Site Manager's Daily Sign Off	n Off		
		Date		Name	Signature	Hot Topics of the Day (the main points you discussed)	he Day u discussed)
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Tuesday	6	-04-21	*	KES	NA PAR		*
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NOTE IF YOU HAVE MORE THAN 10 OPERATIVES ON SITE, PLEASE USE THE CONTINUATION SHEET	RATIVES ON SITE, PLEASE U	USE THE CONTINUATION SHEET					



METHOD STATEMENT INDUCTION

ATTENDANCE SHEET TO BE COMPLETED FOR ALL METHOD STATEMENT TALKS
(METHOD STATEMENTS ISSUED TO ALL PRESENT)

CONTRACT:	NEW BOND STREET	MS REF:	001
	VCCRCCOO NCCC ACCC SCIENTIFICATION CONTRACTOR VCANCERCONNECTO		00(

	NAME (PRINT)	DATE ATTENDED	SIGNATURE	COMMENTS
1	Dean	18/01/21	SIGNATURE	I confirm that I have read and understood the Risk Assessment and Method Statement
2	LARLIS ZANDIBERGS	25/01/21	The contraction of the contracti	I confirm that I have read and understood the Risk Assessment and Method Statement
3	YccRiy Hucky	nece 25/01/21	ceff	I confirm that I have read and understood the Risk Assessment and Method Statement
4	MIND HUGHS BY TAUTHS	08-02-21	Byt	I confirm that I have read and understood the Risk Assessment and Method Statement
5	Z.TOXLIXISI	10-02-21	てたか	I confirm that I have read and understood the Risk Assessment and Method Statement
6	G. DZOMMTILI	10-02-21	6. Ju	I confirm that I have read and understood the Risk Assessment and Method Statement
7	MYKHAVLO GOLVBVAK	23 02 21	Two	I confirm that I have read and understood the Risk Assessment and Method Statement
8	Kyk IVAN	230221	And J.	I confirm that I have read and understood the Risk Assessment and Method Statement
9	ALBINAS AMRAZIEJUS	16.03,21	Ambie	I confirm that I have read and understood the Risk Assessment and Method Statement
1	PAMESH RAMMI	22-03-21	RB	I confirm that I have read and understood the Risk Assessment and Method Statement

Signed:

Position: SUPER VISIOR

Print Name: K.KULS INSKAS

Date: 14-01-21

WHEN COMPLETED RETURN THIS FORM TO THE RCL SAFETY OFFICER

Note on this side any points that have arisen which you may think should be brought to the attention of RCL and complete the attendance list above (add an extra sheet if necessary)

DOCUMENT OWNER: DAS VERSION NO. 1.1 LAST REVISION DATE: 01/03/2018



PERSONAL PROTECTIVE EQUIPMENT ISSUE REGISTER

SITE: NEW BOND STREET

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TRAINING AND DEVELOPMENT PLAN SHORT TRAINING SESSION ATTENDANCE SHEET

Titl	e: DUST CONTROL FROM	TOOLS D	rate: 7/4/2/
Loc	cation: LORD'S C & E	Si	tart Time: 7 30
Dui	ration (Minutes) 30 min	E	nd Time:
Pre	ration (Minutes) 30 min senters name: S. SIMONON	Pi Pi	resenters Signature:
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	Candidate's Name	Name of Employer	Candidate's Signature
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Total Time

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Employer Reference

2453745

Note: Claims can only be made for your employees or labour-only sub-contractors

Duration

30min

No. Attended





Toolbox Talk No. 86 DUST CONTROL FROM TOOLS (EG CIRCULAR BENCH SAWS)

Wood dust can cause serious respiratory diseases including asthma, and dermatitis. Wood dust includes dust from hardwood, softwood, and composite boards such as MDF. Exposure to substances which cause occupational asthma should be prevented, or if that is not reasonably practicable, control exposure to prevent workers from developing asthma. This applies to short-term high as well as long-term exposures. If an individual develops occupational asthma, exposure must be controlled to prevent triggering further attacks. Suitable levels are likely to be well below any exposure limit.

Engineering controls (extraction) are recommended to control dust from mechanical saws. You need also to control exposure to noise. The dust is combustible - build-up on ledges etc can result in dust explosions. Extraction helps to reduce this risk.



√ Restrict access to those staff who need to be there.

Design and equipment

√ The cutting action creates coarse and fine dust, and tends to blow the dust into the workroom. Fit extraction to control dust.

- √ Enclose the saw casing as much as possible to contain dust and reduce the amount of extraction needed.
- √ Fit dust extraction beneath the machine table, and to the top guard as well, if possible.
- √ Always confirm that the extraction is turned on and working at the start of work.
- √ Keep extraction ducts short and simple avoid long sections of flexible duct, it is easily damaged.
- √ Have a supply of clean air coming into the workroom to replace extracted air. You can recirculate filtered
 air to the workroom.
- √ Adjust the top guard downwards as close as possible to the workpiece.
- √ Keep the extraction slot and top guard free of chippings to allow effective dust capture.

Maintenance

- √ Keep equipment in effective and efficient working order.
- √ Repair faulty extraction systems immediately.

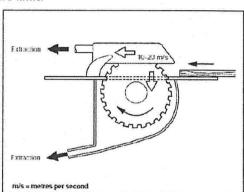
Examination and testing

 \checkmark At least once a week, check that the extraction system and gauge work properly, with no dust leaks.

Cleaning and housekeeping

- √ Clean the machinery and work area every day. Regular cleaning will help you find dust leaks.
- \checkmark Clean general workrooms at least daily. Remember to clean overhead beams, heating pipes and light fittings to reduce the risk of secondary dust explosion.
- √ Use a Type H vacuum cleaner fitted with a HEPA filter to clear up dust.
- X Don't clean up with a brush or with compressed air.
- ✓ Shovel large spills carefully to avoid stirring up dust.
- ✓ Dispose of wood dust waste by incineration or in a skip.

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Personal protective equipment (PPE)

- ✓ Respiratory Protective Equipment (RPE) is recommended for all cutting, maintenance and cleaning operations
- ✓ Use FFP3 standard of dust mask this will filter even the finest MDF dusts, if worn and fitted properly.
- ✓ Replace RPE filters as recommended by your supplier.
- √ Keep RPE clean and store it away from dust.
- \checkmark Skin creams are important for skin protection and help in washing contamination from the skin. These are not 'barrier creams'. After work creams help to replace skin oils.
- X Never allow compressed air use for removing dust from clothing.

Supervision

- ✓ Check that the extraction is working properly; PPE is being used properly; and the rules on personal hygiene are being followed.
- √ Ensure the health surveillance programme is being carried out for everyone that needs it.
- \checkmark Ask your workers to check their skin for dryness or soreness every six months. If these effects appear, check the proper use of skin creams and PPE.
- √ Ensure that Fit Testing is carried out and recorded for all that need to wear RPE (dust masks)

Employee checklist

- √ Always follow the standard operating procedures.
- \checkmark Is the extraction switched on and working properly, with the guard properly adjusted?
- ✓ Look for signs of leaks, wear and damage.
- \checkmark If you find any problems, tell your supervisor. Don't just carry on working.
- √ Co-operate with health surveillance schemes.
- √ Use, maintain and store your PPE in accordance with instructions.
- ✓ Clear up sawdust regularly.
- √ Wash your hands before and after eating, drinking, smoking and using the lavatory.
- √ Never use solvents to clean your skin.
- √ Use skin creams provided as instructed.

Questions

- ? Do your workers know that wood dust can cause asthma, cancer and dermatitis?
- ? What are the early signs of asthma?
- ? How do you keep dust exposures low?
- ? How can you check if the extraction is working?
- ? How do you use and look after PPE and RPE?
- ? What to do if something goes wrong with your PPE or equipment?

http://www.hse.gov.uk/woodworking/wood-dust-exposure.htm

This short film on dust control and housekeeping is great to show - if you have a lap top on site.

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PERSONAL PROTECTIVE EQUIPMENT ISSUE REGISTER

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PERSONAL PROTECTIVE EQUIPMENT ISSUE REGISTER

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VERSION NO:

SIT-FM-008 DAS

DOCUMENT REFERENCE: DOCUMENT OWNER:



RCL TRAINING AND DEVELOPMENT PLAN SHORT TRAINING SESSION ATTENDANCE SHEET

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Title: (RCL 22) ELECTRICITY ON SITE	Date: 07/04/2021
Location: Hilton Hotel, Victoria Square, Woking	Start Time: 07:30
Duration (Minutes) 30 mins	End Time: 08:00
Presenters name: Jason Wray	Presenters Signature:
	T/

Candidate's Name	Name of Candidate's Employer	Candidate's Signature
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J. GODMAN	Raphael Contracting Ltd	
,		I Confirm that I have understood the Toolbox Talk
B. RAMCHANDE	Raphael Contracting Ltd	Boe
		1 Confirm that I have understood the Toolbox Talk
K. SINGH	Raphael Contracting Ltd	A
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G. BURLAN	Raphael Contracting Ltd / Apex Agency	I Confirm that I have understood the Toolbox Talk
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F. CERNEA	Raphael Contracting Ltd / Apex Agency	A duly
	PLEASE SEE NEXT SHEET	I Confirm that I have understood the Toolbox Talk
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B. NIKOLOV	Raphael Contracting Ltd / Apex Agency	I Confirm that I have understood the Toolbox Talk
D. PETROV	Raphael Contracting Ltd / Apex Agency	I Confirm that I have understood the Toolbox Talk
R. FILYOV	Raphael Contracting Ltd / Apex Agency	I Configm that I have understood the Toolbox Talk
D. KOVACHEV	Raphael Contracting Ltd / Apex Agency	I Confirm that have understood the Toolbox Talk
E. YALAMOV	Raphael Contracting Ltd / CRS Agency	1 Confirm that I have understood the Toolbox Talk
R. FAGG	Raphael Contracting Ltd / SALTO	I Confirm that I have understood the Toolbox Talk
P. FAGG	Raphael Contracting Ltd / SALTO	I Confirm that I have understood the Toolbox Talk

<u>Grant Claim information</u>Note: Claims can only be made for your employees or labour-only sub-contractors

No. Attended	Duration	Total Time	Employer Reference
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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.
- 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.
- 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.



RCL TRAINING AND DEVELOPMENT PLAN SHORT TRAINING SESSION ATTENDANCE SHEET

Title: (RCL 02) RESPONSIBILIES: EMPLOYEES & SUB-CONTRACTORS	Date: 06/04/2021
Location: Hilton Hotel, Victoria Square, Woking	Start Time: 07:30
Duration (Minutes) 30 mins	End Time: 08:00
Presenters name: Jason Wray	Presenters Signature:

Candidate's Name	Name of Candidate's Employer	Candidate's Signature
J. GODMAN	Raphael Contracting Ltd	
B. RAMCHANDE	Raphael Contracting Ltd	I Confirm that I have understood the Toolbox Talk I Confirm that I have understood the Toolbox Talk
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H. SINGH	Raphael Contracting Ltd / Apex Agency	I Confirm that I have understood the Toolbox Talk
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G. BURLAN	Raphael Contracting Ltd / Apex Agency	I Confirm that I have understood the Toolbox Talk
I. SANDA	Raphael Contracting Ltd / Apex Agency	1 Confirm that have understood the Toolbox Talk
F. CERNEA	Raphael Contracting Ltd / Apex Agency	I Confirm that I have understood the Toolbox Talk
	PLEASE SEE NEXT SHEET	

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P. FAGG	Raphael Contracting Ltd / SALTO	Red Fogg
	*	I Confirm that I have understood the Toolbox Talk

<u>Grant Claim information</u>Note: Claims can only be made for your employees or labour-only sub-contractors

No. Attended	Duration	Total Time	Employer Reference
16	30 mins	8 hours	2453745
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DOCUMENT REFERENCE:	SIT-FM-007	VERSION NO:	1.0	CREATION DATE: LAST REVISION DATE:	07/02/2013 N/A	Page 2 of 1
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Toolbox Talk No. 2 RESPONSIBILITIES: EMPLOYEES AND SUB-CONTRACTORS

The Health and Safety at Work etc. Act 1974 and the Construction (Design and Management) Regulations 2007 give everyone health and safety responsibilities. Where these responsibilities are not carried out people like you can be injured or killed, others could be prosecuted. Over 220 people are killed every year; several thousand are seriously injured. Fines can be thousands of pounds for Companies who break the regulations.

Employees: Your bosses must provide you with a safe place of work, safe equipment and the necessary instruction and training to enable you to carry out your work safely.

Employees and sub-contractors: *You* must take reasonable care to ensure that no person – yourself included – suffers because of the way that you work.

You must help your employer to carry out his responsibilities by:

- Not interfering with items provided for your safety.
- By using equipment given to you for your protection and by not abusing it. For example hard hats, goggles and hearing protection.
- By telling your foreman of any hazards that you notice which could affect you or others safety.

SOME EXAMPLES:

- If you work on a scaffold provided by another company your foreman must ensure that it is safe for your use. Therefore, if you notice anything, which you consider unsafe, point this out.
- If you strike shuttering which leaves an opening make sure it is covered or guarded before you
 leave it. The same applies if you are permitted to remove a guardrail or cover for the passage
 of materials or services, make sure it goes back DO NOT LEAVE A TRAP FOR OTHERS.
- If you are working or are having to pass alongside openings, i.e. floors or excavations which are
 unguarded, your foreman must ensure that they are protected even though you may not have been
 responsible for making the hazard.
- Have all injuries, however slight, properly attended to
- Rectify or report all unsafe conditions
- Help to keep the work place clean and tidy
- Wear the protective clothing and equipment provided for your safety
- Obey all safety rules and signs
- Use only those tools you are authorised to
- Use correct tools and equipment

- If you do not know ask
- Do not take chances carry out instructions
- Do not start machinery unless authorised and without the guard being in place
- Do not horseplay or distract others
- Do not leave tools on the floor or where they can fall on people below



PERSONAL PROTECTIVE EQUIPMENT ISSUE REGISTER

SITE: HILTON HOTEL, WOKING

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	DATE	04/03/21	09/03/4	23/63 kg	23/3/		28/02/24	23/03h	23/03h	12140.90	6.4.29	4		Dago
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	OPERATIVE NAME	S WARY	B RAMINANDE	SGOWAN	JA SER	K SINGH	I SMET	K SINGHY (RIL)	(3) CANCHANDE	G. BUR LANI	D. DUMITRANA			

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Page 1 of 1

07/02/2013 22/11/2018

CREATION DATE: LAST REVISION DATE:

1.3

VERSION NO:

SIT-FM-008 DAS

DOCUMENT REFERENCE: DOCUMENT OWNER:

Name of Operative	SLAU	Simonovia	Date (w/c):	15/03/21
		· · · · · · ·		

Tool Description	Vibration Level -m/s ² (Estimated)	Estimated Exposure Time (Hours/Minutes)								
		Monday	Tuesday	Wednesday	Thursday	Friday	Weekend			
Hammer Drill (into concrete)	17.5									
Hammer Drill	10.0									
Impact Drill	11.0	10 min	20min	20min	30 min	15min				
Pistol Drill	14.6		2 7 X 10 5 1 1 1 1							
Planer	7.5									
Jigsaw	8.0									
Angle Grinder	9.0									
Couter 1/4" DeWalt	8.9	30min	30min			11/2 h.				
Chopsaw	4.2					,,,,,				
Skillsaw	3.0		20min	14.	16.					
Nail Gun	3.9									
Router 1/2" DeWalt	5.6	Name of the last o		3						
Router ½" Makita	3.5									
40										
			-							

Comments / Notes:

Any developing sensation experienced during the period of works is to be reported immediately by operatives to the Site Manager, who is required to inform the Company Safety Officer. Operatives are to be reminded of the following: Not to smoke, to keep warm and to use the tools as directed.

of his document is to be used as a tool for both monitoring and controlling operations. The Company Safety Officer will monitor and calculate the vibration exposure for each operative and advise if any action or procedural controls need to be implemented on site.

Name of Operative	Paulo	SARROGIRA	Date (w/c):	15/03/21	
				/ //	

Tool Description	Vibration Level -m/s ² (Estimated)		E	Estimated Exposure Time (Hours/Minutes)						
		Monday	Tuesday	Wednesday	Thursday	Friday	Weekend			
Hammer Drill (into concrete)	17.5	-					Trockona			
Hammer Drill	10.0		30min	40min	40min		-			
Impact Drill	11.0	1, (1,0	70.1977					
Pistol Drill	14.6			***						
Planer	7.5				7					
Jigsaw	8.0									
ngle Grinder	9.0									
Router 1/4" DeWalt	8.9				1					
Chopsaw	4.2	**************************************								
Skillsaw	3.0									
Nail Gun	3.9									
Router 1/2" DeWalt	5.6	,		-	, ^	1.				
Router ½" Makita	3.5			14						
LOTARY DR. BOSCH	2.5		Ih.	-	lh.					
eordies Drill	2.5	/	30min	30 min	30min					

Comments / Notes:

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Name of Operative LILIAN GARBATO VSCHI	15/03/21
----------------------------------------	----------

Tool Description	Vibration Level -m/s² (Estimated)	Estimated Exposure Time (Hours/Minutes)							
e s	(Monday	Tuesday	Wednesday	Thursday	Friday	Weekend		
Hammer Drill (into concrete)	17.5			-					
Hammer Drill	10.0					30min	-		
Impact Drill	11.0					40mig			
Pistol Drill	14.6								
Planer	7.5	,							
Jigsaw	8.0								
Angle Grinder	9.0								
Router 1/4" DeWalt	8.9								
Chopsaw	4.2								
Skillsaw	3.0			30 min					
Nail Gun	3.9				10min	~			
Router 1/2" DeWalt	5.6				H				
Router 1/2" Makita	3.5				*				
Cordless Drill	2.5					20min			
Rotary Dr Bosch	2.5	,							
milti tool SANDI	vs 2.5				11/2 4.	V			

Comments / Notes:

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Name of Operative	IURIE	CEIPCED	Date (w/c): 15/03/2/
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Tool Description	Vibration Level -m/s ² (Estimated)	(*
		Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Hammer Drill (into concrete)	17.5	NO.					· · · · · · · · · · · · · · · · · · ·
Hammer Drill	10.0	- 10		Lonin	16.	30min	-
Impact Drill	11.0			dh	Mh.	40min	
Pistol Drill	14.6				27000	20099	
Planer	7.5					1	
Jigsaw	8.0						
ngle Grinder	9.0						
Router 1/4" DeWalt	8.9						
Chopsaw	4.2						
Skillsaw	3.0						
Nail Gun	3.9						
Router 1/2" DeWalt	5.6					5	
Router 1/2" Makita	3.5			- 1			, , , , , , , , , , , , , , , , , , ,
CORDLESS DRILL	2.5			Lomin	Samin	20min	

Comments / Notes:

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Name of Operative S. Simonovic	Date (w/c): 44/03/41
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Tool Description	Vibration Level -m/s ² (Estimated)	Estimated Exposure Time (Hours/Minutes)					
		Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Hammer Drill (into concrete)	17.5		,			, , , , ,	- Freekeria
Hammer Drill	10.0						
Impact Drill	11.0	20min	20 min	20min	20 min	20 min	
Pistol Drill	14.6		2.			3 32 3719	
Planer	7.5						
Jigsaw	8.0		- 2-				
Angle Grinder	9.0						
Router 1/4" DeWalt	8.9		30min	30min		40min	7
Chopsaw	4.2	3				20100101	
Skillsaw	3.0	н					
Nail Gun	3.9	***************************************		,			
Router 1/2" DeWalt	5.6		-				
Router 1/2" Makita	3.5	κ.		***	7		
Coreitess Dirill	4.5	10 min	10min	10 min	10min	10 min	
		-(6.00 %)		,			

Comments / Notes:

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Name of Operative	1.	GARBATO ISChi	Date (w/c	1: 22/03/21
		CENTRONIO I SCOTI		العرار مالما

Tool Description	Vibration Level -m/s² (Estimated)						
	<u> </u>	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Hammer Drill (into concrete)	17.5			3	- maiouay	1 Hady	vvcekenu
Hammer Drill	10.0	30 min					
Impact Drill	11.0	40min	30min	30min	30min	30min	
Pistol Drill	14.6		00	30,,,,,	5011119	SUMM	
Planer	7.5	790					-
Jigsaw	8.0						
Angle Grinder	9.0						
Router 1/4" DeWalt	8.9	2 0	30min	30min	30min	30 min	
Chopsaw	4.2			30 111717	301111	SUMMU	
Skillsaw	3.0				,		
Nail Gun	3.9					-	
Router ½" DeWalt	5.6			*	-		
Router ½" Makita	3.5			A Section of the sect			
CORDLESS Drill	2.5	40 min		30min	Lowin	20min	
					·		
Commonte / Note	2 .	4				,	

Comments / Notes:

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Name of Operative			Date (w/c):
	1. CUPCEA		Date (w/c): 22/03/21

Tool Description	Vibration Level -m/s ² (Estimated)	2 2	E	stimated Expo (Hours/Mir	osure Time nutes)		
		Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Hammer Drill (into concrete)	17.5						TTOOKONA
Hammer Drill	10.0	30min					
Impact Drill	11.0	30min	30min	30min	30min	30min	
Pistol Drill	14.6			00,	0	2 117	
Planer	7.5	9)		+			
Jigsaw	8.0						
Angle Grinder	9.0		1				
Router 1/4" DeWalt	8.9		30min	30min	30min	30min	
Chopsaw	4.2			00.11	3000	3-111101	
Skillsaw	3.0	7		- K			
Nail Gun	3.9						
Router 1/2" DeWalt	5.6			-			
Router ½" Makita	3.5	9					
Copolless Deill	2.5	20 min		20min	20 min	Doutin	
			=				

Comments / Notes:

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Name of Operative	G.	KARAFIZI	Date (w/c): 22/03/2/
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Tool Description	Vibration Level -m/s ² (Estimated)	Estimated Exposure Time (Hours/Minutes)					
	(======	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Hammer Drill (into concrete)	17.5		u u	•		,	
Hammer Drill	10.0	20 min				V- (00-10-10-10-10-10-10-10-10-10-10-10-10-1	
Impact Drill	11.0	30 m/n	15min	20 min	20 mily	20min	
Pistol Drill	14.6		-				
Planer	7.5					7	
Jigsaw	8.0						
Angle Grinder	9.0						
Router 1/4" DeWalt	8.9	-	2h.	. 2h.	1.40 min	Lh.	
Chopsaw	4.2	× 1				- 4 67 ,	
Skillsaw	3.0						
Nail Gun	3.9						
Router ½" DeWalt	5.6						3
Router 1/2" Makita	3.5					7	
Cordless Drile	2.5	30 min	10min	10 min	10min	10 min	
							<u> </u>

Comments / Notes:

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Name of Operative G. Diulgher	Date (w/c):

Tool Description	Vibration Level -m/s ² (Estimated)	Estimated Exposure Time (Hours/Minutes)					
		Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Hammer Drill (into concrete)	17.5						TTOOKONA
Hammer Drill	10.0	30min	30min	30 mis	30min	30min	
Impact Drill	11.0	40 min	45 min	45 min	30min		
Pistol Drill	14.6		, , , , , ,	,,,	3 - 111,07	201199	
Planer	7.5						
Jigsaw	8.0						
Angle Grinder	9.0						
Router 1/4" DeWalt	8.9	2					
Chopsaw	4.2						
Skillsaw	3.0			30 min			
Nail Gun	3.9						
Router 1/2" DeWalt	5.6	9					
Router 1/2" Makita	3.5			r.			
Cordless Drill	25	20mby	20 min	20 min	20min	20 min	

Comments / Notes:

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Name of Operative	6.	KARA FIZI	Date (w/c):	19/03/21

Tool Description	Vibration Level -m/s ² (Estimated)	Estimated Exposure Time (Hours/Minutes)					
	(20111111111111111111111111111111111111	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Hammer Drill (into concrete)	17.5						
Hammer Drill	10.0						
Impact Drill	11.0	15 min	15 min	LD onia	2. Sruin		
Pistol Drill	14.6						
Planer	7.5		745				
Jigsaw	8.0						
Angle Grinder	9.0						
Router 1/4" DeWalt	8.9	40min	20mg	30 min	30 min	-	
Chopsaw	4.2						
Skillsaw	3.0						7 T N
Nail Gun	3.9						
Router 1/2" DeWalt	5.6					,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	- 1/2
Router 1/2" Makita	3.5						
Condless Drill	2.5	15 min	15 m; 4				

Comments / Notes:

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Name of Operative	G. Diulpher	Date (w/c): 29/03/21

Tool Description	Vibration Level -m/s²	Estimated Exposure Time (Hours/Minutes)						
	(Estimated)	Monday	Tuesday	Wednesday	Thursday	Friday	Weekend	
Hammer Drill (into concrete)	17.5	1		30				
Hammer Drill	10.0	15 min		_				
Impact Drill	11.0	40min	30 min	40 min	40 min			
Pistol Drill	14.6				E I	14.		
Planer	7.5							
Jigsaw	8.0	5		3				
Angle Grinder	9.0							
Router 1/4" DeWalt	8.9	30 min						
Chopsaw	4.2							
Skillsaw	3.0							
Nail Gun	3.9	41						
Router 1/2" DeWalt	5.6	×						
Router 1/2" Makita	3.5							
Corcless Drill	25.	20 min	Donus		15 min			
							2 2	
					100			

Comments / Notes:

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ne of Operative	
60	Date (w/c): 6/14/2.
D. STRONON'C.	(14/2)
+ 3/100/40/10	7/1/2/

Tool Description	Vibration Level -m/s ² (Estimated)						
11		Monday	Tuesday	Wednesday	Thursday	Friday	Montend
Hammer Drill (into concrete)	17.5				maroday	Thuay	Weekend
Hammer Drill	10.0						7
Impact Drill	11.0					30	
Pistol Drill	14.6		10 mises	20min	20	30min	
Planer	7.5	01	70	Jens	30min		
Jigsaw	8.0	2/					
Angle Grinder	9.0	14					
Router 1/4" DeWalt	8.9	101	40min	2h.	01/1	- 2 /	
Chopsaw	4.2		210 1001	Wn.	21/2 h.	3h.	
Skillsaw	3.0			1			
Nail Gun	3.9					14.	
Router ½" DeWalt	5.6						
Router 1/2" Makita	3.5						
Corcless Drill	25					16.	
						(1),	
Comments / Notes							

Comments / Notes:

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me of Operative	f	Data (m/a)
	6. KARAFIZI	Date (w/c):
	<i>Dr.</i>	T/1./2.
		>14121

Tool Description	Vibration Level -m/s ² (Estimated)	Estimated Exposure Time (Hours/Minutes)					
		Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Hammer Drill (into concrete)	17.5	-			Thurbday	Tiday	vveekend
Hammer Drill	10.0						
Impact Drill	11.0		15 min	20 min	10min	20	
Pistol Drill	14.6	PI	12/10/5	000 000-1	101111-1	Longy	
Planer	7.5	01					
Jigsaw	8.0	111				×	
Angle Grinder	9.0	17					
Router 1/4" DeWalt	8.9		16.		30mg	(h.	
Chopsaw	4.2	· ·	1 11.		30009	10.	
Skillsaw	3.0			Homin			
Nail Gun	3.9			770			
Router ½" DeWalt	5.6						
Router 1/2" Makita	3.5					4	
Corcless Drill	2.5					30 mis	-
		3					
Comments / Notes							

Comments / Notes:

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ame of Operative	0	
	G. Diulonel	Date (w/c):
	O' DIG COME	1 1
		C/10/01
		3/4/2/

Tool Description	Vibration Level -m/s ² (Estimated)	-					
Hanna - D.III		Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Hammer Drill (into concrete)	17.5	1	4			inady	vveekend
Hammer Drill	10.0						
Impact Drill	11.0	- 1	40 mg	30 min	Donso	10	-
Pistol Drill	14.6	2/	120174	Junia	ownso	40 mm	
Planer	7.5	01					
Jigsaw	8.0	14					
Angle Grinder	9.0	111					
Router 1/4" DeWalt	8.9						
Chopsaw	4.2						
Skillsaw	3.0						5 2 3 1 T
Nail Gun	3.9						
Router 1/2" DeWalt	5.6						
Router ½" Makita	3.5	-					
Concless Drill	2.5		Lonin		20147	40min	
					3,000	401114	
Comments / Notes							

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Please include this form in your weekly returns to RCL Head Office and cc. Rachel Widdows.

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JOLKT®OM L@OP¥V♦®©■ÄL~

2 H.E.

| olkt@om t@odk√��om t@odk√��og ut



ame of Operative		Data tools
	A. IGNATIEVS	Date (w/c):
	A O/ // // J C / S	T/1-10.
		5/4/21

Tool Description	Vibration Level -m/s ² (Estimated)	Estimated Exposure Time (Hours/Minutes)					
11 5 11		Monday	Tuesday	Wednesday	Thursday	Friday	Weekend
Hammer Drill (into concrete)	17.5	a second			- muroday	Tilday	vveekend
Hammer Drill	10.0						
Impact Drill	11.0	1	10min	14.	16.	30	
Pistol Drill	14.6	R	1	(11.	111.	30min	
Planer	7.5	DI					
Jigsaw	8.0	111					
Angle Grinder	9.0	17/					
Router 1/4" DeWalt	8.9		2h.		24.	11/-1	
Chopsaw	4.2		0.7.		217-	21/24.	1
Skillsaw	3.0						
Nail Gun	3.9						
Router ½" DeWalt	5.6						
Router ½" Makita	3.5	1					
Corcless Drile	25						
Comments / Notes					_	2	

Comments / Notes:

Any developing sensation experienced during the period of works is to be reported immediately by operatives to the Site Manager, who is required to inform the Company Safety Officer. Operatives are to be reminded of the following: Not to smoke, to keep warm and to use the tools as directed.

This document is to be used as a tool for both monitoring and controlling operations. The Company Safety Officer will monitor and calculate the vibration exposure for each operative and advise if any action or procedural controls need to be implemented on site.