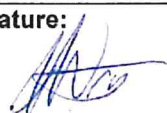
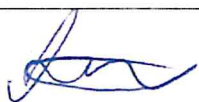


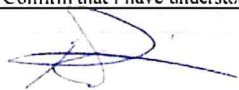




# RAPHAEL CONTRACTING LTD

## RCL TRAINING AND DEVELOPMENT PLAN SHORT TRAINING SESSION ATTENDANCE SHEET

Title: (RCL- 40) – ALCOHOL AND DRUGS	Date: 01/07/2022
Location: 21 MOORFIELDS	Start Time: 07:30
Duration (Minutes) 30 mins	End Time: 08:00
Presenter's name: Jason Wray	Presenters Signature: 

Candidate's Name	Name of Candidate's Employer	Candidate's Signature
K. KULSINSKAS	RAPHAEL CONTRACTING LTD	 I Confirm that I have understood the Toolbox Talk
J. SMITH	RAPHAEL CONTRACTING LTD	 I Confirm that I have understood the Toolbox Talk
E. AMANING	RAPHAEL CONTRACTING LTD	 I Confirm that I have understood the Toolbox Talk
C. SANDERS	RAPHAEL CONTRACTING LTD	 I Confirm that I have understood the Toolbox Talk
K. O'MALLEY	RAPHAEL CONTRACTING LTD	 I Confirm that I have understood the Toolbox Talk

Grant Claim information Note: Claims can only be made for your employees or labour-only sub-contractors.

No. Attended 05	Duration 30 mins	Total Time 2 ½ hours	Employer Reference 2453745
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DOCUMENT REFERENCE: DOCUMENT OWNER:	SIT-FM-007 DAS	VERSION NO: 1.0	CREATION DATE: LAST REVISION DATE: NEXT REVIEW DATE:	07/02/2013 N/A 07/02/2014	Page 1 of 1
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**Toolbox Talk No. 40 ALCOHOL AND DRUGS**

**Alcohol and drug abuse leads to accidents.**

**ALCOHOL**

- In a high risk industry like ours, alcohol and work are not compatible.
- Alcohol is a depressant drug, which depresses parts of the brain function. When working on site you require all of your brain functions to save you from injury.
- If you are or suspected of being drunk, you won't be allowed to work, you won't be allowed on site. You may end up losing your job.
- Don't get drunk the night before and expect to work safely on site the next day. Alcohol takes
- time to work out of your system (1 pint of beer takes approximately 2 hours).

**Q: What effect can alcohol have on you?**

**WHAT EFFECT CAN ALCOHOL HAVE ON YOU?**

- 50% of all drivers killed are over the legal limit.
- If you drink, don't drive – it is illegal and dangerous
- 35% of fatal accidents are related to alcohol.
- Keep your head clear – leave your drinking sessions to social events, where you can't cause injury to yourself or others. Even better, leave drinking sessions to times when you are not working next day.
- Get a bad reputation for drinking and you may not get another job as you'll be seen as a liability.

**Q: What could be the result of being under the influence of alcohol at work?**

**DRUGS**

- You are far more likely to have an accident on site when under the influence of drugs.
- You may feel you don't have a drug problem – it's got nothing to do with you. But if you get hurt, it's a bit late to wonder what the other person was on.
- If you know somebody is on drugs, tell your supervisor – help to stamp it out.
- Signs to look for: watery eyes, pin-point or dilated pupils, running nose, constant sniffing, tight lips, sores, ulcers, trembling, fatigue and irritability. If you see it, report it.
- All drugs can affect your ability to work safely.
- Effects of drugs: slow reaction times, clumsiness, poor decision-making and distorted vision.
- If you get offered drugs say NO, you'd rather work safely!

**Q: What effect could drugs have on you and your workmates?**

**Questions for you:**

**Q: How long does a pint take to get out of your system?**

**Q: What would you do if you saw a person taking drugs?**


**REMEMBER: Drink and Drugs don't Work!**

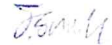
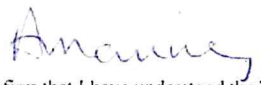


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DOCUMENT OWNER:	MOB			LAST REVISION DATE:	Oct-2021	



# RAPHAEL CONTRACTING LTD

## RCL TRAINING AND DEVELOPMENT PLAN SHORT TRAINING SESSION ATTENDANCE SHEET

Title: (RCL- 82) – CLIMATE CHANGE	Date: 30/06/2022
Location: 21 MOORFIELDS	Start Time: 07:30
Duration (Minutes) 30 mins	End Time: 08:00
Presenter's name: Jason Wray	Presenters Signature: 

Candidate's Name	Name of Candidate's Employer	Candidate's Signature
K. KULSINSKAS	RAPHAEL CONTRACTING LTD	 I Confirm that I have understood the Toolbox Talk
J. SMITH	RAPHAEL CONTRACTING LTD	 I Confirm that I have understood the Toolbox Talk
E. AMANING	RAPHAEL CONTRACTING LTD	 I Confirm that I have understood the Toolbox Talk
C. SANDERS	RAPHAEL CONTRACTING LTD	 I Confirm that I have understood the Toolbox Talk
K. O'MALLEY	RAPHAEL CONTRACTING LTD	 I Confirm that I have understood the Toolbox Talk

Grant Claim information Note: Claims can only be made for your employees or labour-only sub-contractors.

No. Attended  
05

Duration  
30 mins

Total Time  
2 ½ hours

Employer Reference  
2453745

DOCUMENT REFERENCE: DOCUMENT OWNER:	SIT-FM-007 DAS	VERSION NO: 1.0	CREATION DATE: LAST REVISION DATE: NEXT REVIEW DATE:	07/02/2013 N/A 07/02/2014	Page 1 of 1
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**Toolbox Talk No. 82 CLIMATE CHANGE**

**WHAT IS IT?**

- Climate change is the greatest environmental challenge facing the world today. Rising global temperatures will bring changes in weather patterns, rising sea levels and increased frequency and intensity of extreme weather.
- The main human influence on global climate is emissions of the key greenhouse gases - carbon dioxide (CO<sub>2</sub>), methane and nitrous oxide, from energy use and waste.
- In the UK, around 52% of total CO<sub>2</sub> emissions arise from the construction and maintenance of buildings. Approximately 20% of the buildings CO<sub>2</sub> emissions are generated during construction and materials manufacture. The remaining 80% is generated during use.
- During construction the greatest contribution is from the burning of fossil fuels such as oil used in generators, electricity and gas, transport to site and waste sent to landfill

**WHY?**

- **Environmentally responsible:** Raphael Contracting are committed to reducing our environmental impact. Measuring and reducing our carbon footprint is one way we can demonstrate this.
- **Reduce costs:** With fuel prices rising, being more energy efficient also means saving costs.
- **Our clients expect it of us.** Effective management of our carbon emissions will give us an edge in a very competitive market place. We can also benefit from the opportunity that the climate challenge presents by working with our suppliers to identify new ways to make us more energy efficient.
- **Legal compliance:** The government has introduced legislation requiring us to pay for the carbon we emit, with rewards for doing well and penalties for not. At the moment this mainly affects larger businesses, so our clients are asking us about our carbon emissions.

**DO**

**Transport**

- Consider use of public transport, cycling, walking or car sharing to get to work.
- Cut fuel consumption and emissions by limiting your speed, turning off air-conditioning, checking tyre pressures, and limiting your revs. Driving smarter can reduce your fuel use by up to 15%
- Consider buying a more fuel-efficient vehicle

**Energy usage**

- Turn off plant when not in use on site
- Keep all plant well maintained.
- Ensure doors to drying rooms are kept shut when the heating is on.
- Plan work to make efficient use of plant on site
- Only boil the amount of water that you need to make tea or coffee.

**Waste**

- Store materials carefully to avoid damage
- Ensure correct handling aids are used to move materials around site.
- Read the Suite Waste Management Plan / Guidance on site

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**DON'T**

- ✗ DON'T leave plant running when not in use as it wastes fuel and creates unnecessary pollution.
- ✗ DON'T switch on the lights when daylight is sufficient.
- ✗ DON'T leave lights on if you are last to leave a room or cabin.
- ✗ DON'T leave doors and windows open when you have your heater or air conditioning unit on as it allows hot/cold air to escape easily.
- ✗ DON'T alter thermostats and timers in cabins these have been set for optimum efficiency
- ✗ DON'T leave space heaters running unnecessarily in the building.
- ✗ DON'T over order on materials as this can lead to excessive waste
- ✗ DON'T throw materials straight into the skip, can they be saved and used later?

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## PERSONAL PROTECTIVE EQUIPMENT ISSUE REGISTER

SITE: 21 MOORFIELDS

OPERATIVE NAME	HARD HAT	SAFETY GLASSES	HI-VIZ VEST	GLOVES	EAR DEFENDERS / PLUGS	DUST MASK FFP3	REASON FOR ISSUE / REISSUE				SIGNATURE	DATE
							New	Lost	Damaged	Wear and Tear		
J. WRAY	✓						✓				<i>[Signature]</i>	21/03/22
E. AMANING	✓			✓			✓				<i>[Signature]</i>	21/03/22
I. MADUYENKO	✓						✓				<i>[Signature]</i>	13/04/22
M. MANGSI	✓			✓			✓				<i>[Signature]</i>	13/04/22
C. SANDERS	✓						✓				C.S.S	23/04/22
K.D. MALLEY	(BELT	TOOL		(LANYARD)			✓				<i>[Signature]</i>	17/05/22
C. SANDERS	(BELT	TOOL		(LANYARD)			✓				C.S.S	17/05/22
J. BETHENHOLE	✓						✓				<i>[Signature]</i>	24/05/22
C. SANDERS		✓		✓			✓				C.S.S	27/05/22
J. WRAY			✓							✓	<i>[Signature]</i>	30/05/22
K. KULSINIKAS				✓						✓	<i>[Signature]</i>	06/06/22
K. O'NEILL				✓						✓	<i>[Signature]</i>	13/06/22
J. BASQUILLE				✓		✓				✓	<i>[Signature]</i>	13/06/22

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DOCUMENT REFERENCE: DOCUMENT OWNER:	SIT-FM-008 DAS	VERSION NO: 1.1	CREATION DATE: LAST REVISION DATE:	07/02/2013 04/02/2016	Page 1 of 1
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# SITE: 21 MOORFIELDS

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