



TRAINING AND DEVELOPMENT PLAN SHORT TRAINING SESSION ATTENDANCE SHEET

No: 82	Title: CLIMATE CHANGE	Date: 17/10/22
Location: Repton Gardens	Start Time: 730	
Duration (Minutes) 30 min	End Time: 800	
Presenters name: S. Sirconon	Presenters Signature: [Signature]	

	Candidate's Name	Name of Employer	Candidate's Signature
1	S. GAJAR.	RCL	I confirm that I have understood the Tool Box Talk [Signature]
2	D. DISAWALIA	RCL	I confirm that I have understood the Tool Box Talk [Signature]
3			I confirm that I have understood the Tool Box Talk
4			I confirm that I have understood the Tool Box Talk
5			I confirm that I have understood the Tool Box Talk
6			I confirm that I have understood the Tool Box Talk
7			I confirm that I have understood the Tool Box Talk
8			I confirm that I have understood the Tool Box Talk
9			I confirm that I have understood the Tool Box Talk
10			I confirm that I have understood the Tool Box Talk
11			I confirm that I have understood the Tool Box Talk
12			I confirm that I have understood the Tool Box Talk
13			I confirm that I have understood the Tool Box Talk
14			I confirm that I have understood the Tool Box Talk
15			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 2	Duration 30 min	Total Time 1 h.	Employer Reference 2453745
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DOCUMENT OWNER:	DAS			LAST REVISION DATE:	01/03/2018	Page 1 of 1



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 (CO₂), methane and nitrous oxide, from energy use and waste.
- In the UK, around 52% of total CO₂ emissions arise from the construction and maintenance of buildings. Approximately 20% of the buildings CO₂ 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 Site Waste Management Plan / Guidance on site

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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		
CHRISTIAN MANEA	✓	✓	✓	✓			✓				<i>Christian Manea</i>	10/10/22
ZHILU GOSTADIN	✓	✓	✓	✓			✓				<i>Zhilu Gostadin</i>	10/10/22
H. MARIN	✓	✓	✓	✓			✓				<i>H. Marin</i>	10/10/22
S. SIMONOVIC	✓						✓				<i>S. Simonovic</i>	20/10/22
Joseph Smith				✓						✓	<i>Joseph Smith</i>	24/10/22
E. AMANING				✓						✓	<i>E. Amaning</i>	24/10/21

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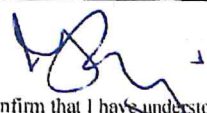

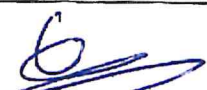
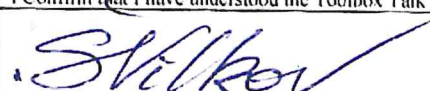
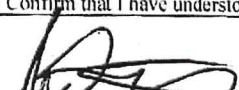
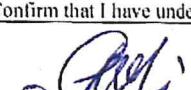

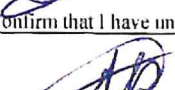
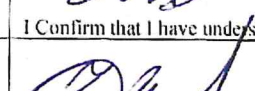
RAPHAEL CONTRACTING LTD

RCL TRAINING AND DEVELOPMENT PLAN SHORT TRAINING SESSION ATTENDANCE SHEET

Title: (RCL-81) 21M – HAZARDOUS WASTE	Date: 17/10/2022
Location: 21 MOORFIELDS	Start Time: 08:30
Duration (Minutes) 30 mins	End Time: 09:00
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
K. O'MALLEY	RAPHAEL CONTRACTING LTD	 I Confirm that I have understood the Toolbox Talk
V. BALIUVICIUS	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
O. SLAV	RAPHAEL CONTRACTING LTD / MCG	 I Confirm that I have understood the Toolbox Talk
O. SHWUMANSKIY	RAPHAEL CONTRACTING LTD / OSP	 I Confirm that I have understood the Toolbox Talk
K. STALNIONIS	RAPHAEL CONTRACTING LTD / OSP	 I Confirm that I have understood the Toolbox Talk
G. VLADUT	RAPHAEL CONTRACTING LTD / OSP	 I Confirm that I have understood the Toolbox Talk

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				NEXT REVIEW DATE:	07/02/2014	

Z. KOSTADINOV	RAPHAEEL CONTRACTING LTD / OSP	 I Confirm that I have understood the Toolbox Talk
I. ARSENIIE	RAPHAEEL CONTRACTING LTD / APPEX	 I Confirm that I have understood the Toolbox Talk
S. GEDEGAUDAS	RAPHAEEL CONTRACTING LTD / APPEX	 I Confirm that I have understood the Toolbox Talk
S. VILKLOV	RAPHAEEL CONTRACTING LTD / APPEX	 I Confirm that I have understood the Toolbox Talk
A. LEOGAN	RAPHAEEL CONTRACTING LTD / APPEX	 I Confirm that I have understood the Toolbox Talk
D. GEORGIU	RAPHAEEL CONTRACTING LTD / APPEX	 I Confirm that I have understood the Toolbox Talk
E. CHIRLOV	RAPHAEEL CONTRACTING LTD / APPEX	 I Confirm that I have understood the Toolbox Talk
V. ANDRONIC	RAPHAEEL CONTRACTING LTD / APPEX	 I Confirm that I have understood the Toolbox Talk
P. DOBIC	RAPHAEEL CONTRACTING LTD / APPEX	 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 17	Duration 30 mins	Total Time 8 ½ hours	Employer Reference 2453745
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Toolbox Talk No. 81 HAZARDOUS WASTE

WHAT IS IT?

- Hazardous waste is essentially waste that contains hazardous properties that may render it harmful to human health or the Environment.
- All Raphael sites produce hazardous waste, the majority in small quantities
- Hazardous waste can come in many forms whether it is: explosive, harmful, corrosive, flammable or toxic. They are all dangerous, and if not managed properly, can cause serious harm to the environment or to human health.
- The introduction of the Hazardous Waste Regulations in 2005 expanded the definitions of hazardous waste.
- Typical potentially hazardous wastes found on sites include: fluorescent tubes, paints, resins, oils, aerosols, mastics.

WHY?

- Avoid Prosecution: It is illegal to mix hazardous and non-hazardous waste to landfill. The penalty is a fine of up to £50,000 and up to 5 years in prison. Managers have a duty to ensure that workplace hazardous wastes are correctly identified at each stage of production and appropriate measures are taken to protect the health of employees and contractors who transport or dispose of these wastes.
- Avoid environmental harm: Incorrect disposal could cause water pollution and damage habitats. For example one fluorescent tube contains enough mercury to pollute 30,000 litres of water beyond safe drinking levels.
- Reduce costs: The number of hazardous waste disposal sites is reducing all the time, thus increasing disposal costs. Sites will have to be more proactive in the way they manage their hazardous waste. New practical methods will need to be found to eliminate, reduce or re-use potentially hazardous wastes.

DO

- ✓ Check the container to see if it displays one of the Hazardous warning signs below.



- ✓ Use all of the material to eliminate waste.
- ✓ Use correct PPE when handling hazardous substances
- ✓ Ensure subcontractors remove their own hazardous waste correctly.
- ✓ Place any Hazardous Waste / containers with residue in a Chemstore or other secure receptacle.
- ✓ Label the Hazardous Waste receptacle with the correct hazardous signage.
- ✓ Hazardous waste can be minimised by rendering it non-hazardous:
 - Use up all paint and allow tin to dry out
 - Use up all mastic and allow tubes to cure
 - Let plaster dry out before disposal
- ✓ Ensure only trained individuals handle hazardous waste
- ✓ Return fluorescent tubes to the appropriate Electrical Contractor for recycling.
- ✓ Return empty oil drums to your supplier
- ✓ Employ licensed companies to remove any hazardous waste
- ✓ Hazardous materials cannot be removed without a consignment note.
- ✓ Check also the safety data sheet to see if the material is hazardous.

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DON'T

- ✗ DON'T mix hazardous waste with non-hazardous waste.
- ✗ DON'T allow hazardous waste to be removed without a consignment note
- ✗ DON'T let subcontractors remove any hazardous waste without first checking their procedures.
- ✗ DON'T accept any potentially hazardous materials without a safety data sheet.
- ✗ DON'T place empty spray cans in general waste skips.
- ✗ DON'T place containers with the following warning labels in skips.
- ✗ DON'T delay – get rid of hazardous materials as soon as possible

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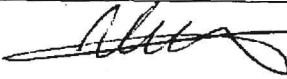
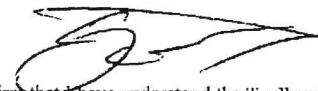
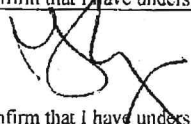

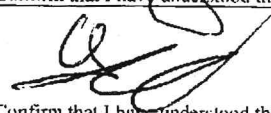
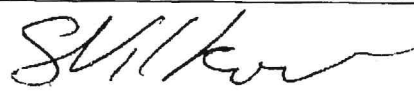
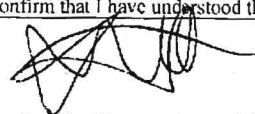
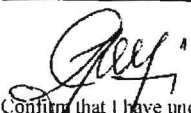
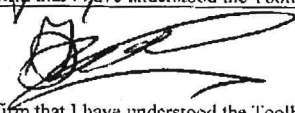

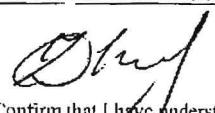
RAPHAEL CONTRACTING LTD

RCL TRAINING AND DEVELOPMENT PLAN SHORT TRAINING SESSION ATTENDANCE SHEET

Title: (RCL 13) – COSHH Control of Substances Hazardous to Health	Date: 20/10/2022
Location: 21 MOORFIELDS	Start Time: 08:00
Duration (Minutes) 30 mins	End Time: 08:30
Presenter's name: JASON WILAY	Presenters Signature:

Candidate's Name	Name of Candidate's Employer	Candidate's Signature
S. SIMONOVIC	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
V. BALIUVICIUS	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
H. MANILAL	RAPHAEL CONTRACTING LTD	 I Confirm that I have understood the Toolbox Talk
O. SLAV	RAPHAEL CONTRACTING LTD / MCG	 I Confirm that I have understood the Toolbox Talk

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				NEXT REVIEW DATE:	07/02/2014	

O. SHWUMANSKIY	RAPHAEL CONTRACTING LTD / OSP	 I Confirm that I have understood the Toolbox Talk
K. STALNIONIS	RAPHAEL CONTRACTING LTD / OSP	 I Confirm that I have understood the Toolbox Talk
G. VLADUT	RAPHAEL CONTRACTING LTD / OSP	01 I Confirm that I have understood the Toolbox Talk
Z. KOSTADINOV	RAPHAEL CONTRACTING LTD / OSP	 I Confirm that I have understood the Toolbox Talk
S. GEDEGAUDAS 	RAPHAEL CONTRACTING LTD / APPEX	 I Confirm that I have understood the Toolbox Talk
S. MILKLOV	RAPHAEL CONTRACTING LTD / APPEX	 I Confirm that I have understood the Toolbox Talk
A. LEOGAN	RAPHAEL CONTRACTING LTD / APPEX	 I Confirm that I have understood the Toolbox Talk
D. GEORGIU	RAPHAEL CONTRACTING LTD / APPEX	 I Confirm that I have understood the Toolbox Talk
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P. DOBIC	RAPHAEL CONTRACTING LTD / APPEX	 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
18

Duration
30 mins

Total Time
9 hours

Employer Reference
2453745

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Toolbox Talk No. 13 COSHH - CONTROL OF SUBSTANCES HAZARDOUS TO HEALTH

Fact: Ignore the substance today and face the consequences tomorrow!

Risk Assessment

1. Management must carry out a risk (COSHH) assessment to find out whether:
 - Exposure to a substance can be eliminated?
 - Alternative work methods can reduce exposure? E.g. where possible use a safer method of application, e.g. brush paint instead of spraying, or wet cut concrete sawing to reduce dust.
 - A less hazardous substance can be used? E.g. where possible use a safe product e.g. water based paint instead of solvent based.
2. The risk assessment must be brought to your attention.
3. Any substance with a hazard-warning label has the potential to cause harm – read it and take action.

Q: Before using a substance, what should you consider?

Hazards

1. **How you could be affected by a hazardous substance:**
 - Ingestion - eating contaminated food or with contaminated hands
 - Inhalation - breathing harmful dust or fumes
 - Injection - chemicals entering through cuts or the skin
 - Absorption - chemicals entering through the skin
2. **Examples of hazardous substances on construction sites:**
 - Wood dusts - softwood, hardwood, MDF
 - Contaminated ground
 - Solvent fumes e.g. from thinners, paints, varnishes or adhesives – can cause dermatitis (skin contact) and respiratory problems (inhalation)
 - Epoxy-based paints
 - Concrete ad-mixtures
 - Hard wood dust – can cause nasal cancer
 - Welding fumes
 - Cement – wet burns, lung disease (from dust)
 - Resins
 - Asbestos
3. Don't mix chemicals or substances. Eg Two products mixed may give off toxic/irritant fumes, e.g. some types of toilet cleaners mixed with bleach.
4. Biological agents may also harm you i.e. Weil's Disease caught from water contaminated by rat's urine.

Q: Name the three ways a substance can enter the body

Control Measures

1. When using hazardous substances, wear the correct PPE.
2. Know how to look after and use PPE correctly.
3. Know where washing and first aid facilities are on site – cover that cut!

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4. Ensure hazardous substances are returned to a secure location after use.
 5. Don't store hazardous substances above head height.
- Q: Where should substances be put at the end of a shift**

Use of Substances

1. Make sure you are trained to use the hazardous substance.
 2. Follow the instructions on COSHH and data sheets and labels.
 3. Don't eat drink or smoke when handling substances (you might accidentally ingest it).
 4. Don't expose workers to fumes, dust, gas etc. from your work.
 5. Always wash at the end of each shift and before eating.
- Q: Where can you obtain information about the hazardous substance you are using?**

Questions for you:

- Q: What can you wear to protect you against substances?**
- Q: Name five substances you may find on site.**

REMEMBER: Read the label and protect yourself!

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