



RAPHAEL CONTRACTING LTD

RCL TRAINING AND DEVELOPMENT PLAN SHORT TRAINING SESSION ATTENDANCE SHEET

Title: (RCL 42) - ASBESTOS	Date: 07/12/2022
Location: 21 MOORFIELDS	Start Time: 08:00
Duration (Minutes) 30 mins	End Time: 08:30
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
S. GAJJAR	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
J. SMITH	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
E. AMANING	RAPHAEL CONTRACTING LTD	 I Confirm that I have understood the Toolbox Talk
D. BARR	RAPHAEL CONTRACTING LTD	 I Confirm that I have understood the Toolbox Talk
G. DIACCONU	RAPHAEL CONTRACTING LTD	 I Confirm that I have understood the Toolbox Talk
A. BULCANU	RAPHAEL CONTRACTING LTD	 I Confirm that I have understood the Toolbox Talk

DOCUMENT REFERENCE:
DOCUMENT OWNER:

SIT-FM-007
DAS

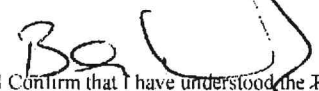

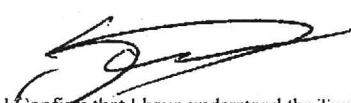


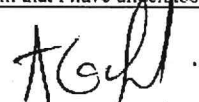

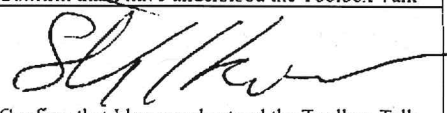
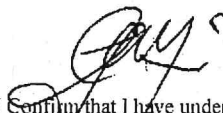
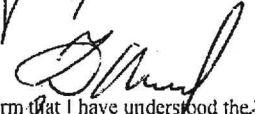
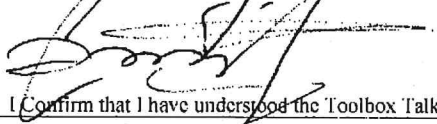
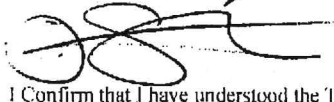
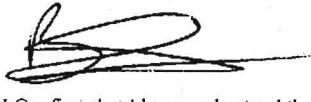

VERSION NO:

1.0

CREATION DATE:
LAST REVISION DATE:
NEXT REVIEW DATE:

07/02/2013
N/A
07/02/2014

Page 1 of 1

B. RAMCHANDH	RAPHAEL CONTRACTING LTD	 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
F. MANEA	RAPHAEL CONTRACTING LTD / OSP	 I Confirm that I have understood the Toolbox Talk
I. ARSENIU	RAPHAEL CONTRACTING LTD / APPEX	 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. VILKOV	RAPHAEL CONTRACTING LTD / APPEX	 I Confirm that I have understood the Toolbox Talk
D. GEORGHIU	RAPHAEL CONTRACTING LTD / APPEX	 I Confirm that I have understood the Toolbox Talk
P. DOBIC	RAPHAEL CONTRACTING LTD / APPEX	 I Confirm that I have understood the Toolbox Talk
O. SLAV	RAPHAEL CONTRACTING LTD / APPEX	 I Confirm that I have understood the Toolbox Talk
O. STRINGER	RCL LTD / STAFFORD BRIDGE	 I Confirm that I have understood the Toolbox Talk
B. STRINGER	RCL LTD / STAFFORD BRIDGE	 I Confirm that I have understood the Toolbox Talk
S. DAVIY	RCL LTD / STAFFORD BRIDGE	 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
23

Duration
30 mins

Total Time
1 1/2 hours

Employer Reference
2453745

DOCUMENT REFERENCE:	SIT-FM-007	VERSION NO:	1.0	CREATION DATE:	07/02/2013	Page 2 of 1
DOCUMENT OWNER:	DAS			LAST REVISION DATE:	N/A	
				NEXT REVIEW DATE:	07/02/2014	

Toolbox Talk No. 42 ASBESTOS

Fact: Every year, approximately 3000 people a year die from asbestos related diseases.

WHERE YOU MIGHT FIND ASBESTOS
1. Insulation and sprayed coatings used for:

- ✓ boilers, plant and pipework hidden in underfloor ducting
- ✓ fire protection to steelwork, hidden behind false ceilings
- ✓ thermal and acoustic insulation of buildings
- ✓ some textured coatings and paints

2. Insulating board used in the following places:

- ✓ fire protection to doors, protected exits and steelwork
- ✓ claddings on walls and ceilings
- ✓ internal walls, partitions and suspended ceiling tiles

3. Asbestos cement, which is found as:

- ✓ corrugated roofing and cladding sheets of buildings
- ✓ flat sheets for partitions, cladding sheets and door facings
- ✓ rainwater gutters and downpipes

HOW ASBESTOS CAN AFFECT YOU

1. Asbestos breaks into tiny, long, sharp fibres. They can get lodged and scar the lungs causing asbestosis or fibrosis
2. Asbestos fibres may also cause lung cancer
3. It can also cause mesothelioma, a cancer of the inner lining of the chest wall, this cancer is incurable
4. Smokers are at much greater risk to asbestos diseases

HAZARDOUS WORK

1. Plumbers, carpenters and electricians working on building repair are considered most at risk
2. Old buildings constructed in the 1950s and 60s may have many forms of asbestos materials used in them
3. The removal of roofing felts, old floor tiles, textured paints and plasters containing asbestos

If you think you've come across asbestos, stop work and tell your supervisor or foreman

Q: What are some of the hazardous work areas?

Note: Now inform your workforce of the company policy.

Q: In what sort of places will you find asbestos?

Q: What diseases can exposure to asbestos cause?

REMEMBER: Don't take chances, if you think you've found it, stop, and tell!

DOCUMENT REFERENCE: DOCUMENT OWNER:	TOOLBOX TALKS MOB	VERSION NO:	10	CREATION DATE: LAST REVISION DATE:	11/08/2010 Oct-2021	Page 61 of 141
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RAPHAEL CONTRACTING LTD

RCL TRAINING AND DEVELOPMENT PLAN SHORT TRAINING SESSION ATTENDANCE SHEET

Title: (RCL 40) - ASBESTOS	Date: 09/12/2022
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
D. SANDERS	RAPHAEL CONTRACTING LTD	 I Confirm that I have understood the Toolbox Talk
K. KULSINKAS	RAPHAEL CONTRACTING LTD	 I Confirm that I have understood the Toolbox Talk
S. GAJJAR	RAPHAEL CONTRACTING LTD	 I Confirm that I have understood the Toolbox Talk
IL. MANILAL	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
V. BALIUVICIUS	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
D. BARR	RAPHAEL CONTRACTING LTD	 I Confirm that I have understood the Toolbox Talk
B. RAMCHANDE	RAPHAEL CONTRACTING LTD	 I Confirm that I have understood the Toolbox Talk

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07/02/2013
N/A
07/02/2014

Page 1 of 1

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
F. MANEA	RAPHAEL CONTRACTING LTD / OSP	 I Confirm that I have understood the Toolbox Talk
I. ARSENIIE	RAPHAEL CONTRACTING LTD / APPEX	 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. VILKOV	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
P. DOBIC	RAPHAEL CONTRACTING LTD / APPEX	 I Confirm that I have understood the Toolbox Talk
E. CHIRLOV	RAPHAEL CONTRACTING LTD / APPEX	 I Confirm that I have understood the Toolbox Talk
O. SLAV	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
20

Duration
30 mins

Total Time
10 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 2 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!

DOCUMENT REFERENCE: DOCUMENT OWNER:	TOOLBOX TALKS MOB	VERSION NO:	10	CREATION DATE: LAST REVISION DATE:	11/08/2010 Oct-2021	Page 57 of 141
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RAPHA

CONTRACTING

TRAINING AND DEVELOPMENT PLAN SHORT TRAINING SESSION ATTENDANCE SHEET

No. 10	Date: 06/12/22
Title: FIRE PRECAUTIONS AND EQUIPMENT	
Location: Repton Gardens	Start Time: 7 30
Duration (Minutes) 30min	End Time: 8 00
Presenters name: S. SIMONOVIC	Presenters Signature:

	Candidate's Name	Name of Employer	Candidate's Signature
1	D. RASCICLOL	RCL	 I confirm that I have understood the Tool Box Talk
2	S. HIRANI	RCL	 I confirm that I have understood the Tool Box Talk
3	R. RAHIA	RCL	 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 3	Duration 30min	Total Time 1 1/2 h.	Employer Reference 2453745
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Toolbox Talk No. 10 FIRE PRECAUTIONS AND EQUIPMENT

Buildings in the course of erection or undergoing alteration are particularly vulnerable to fire. Fire causes loss of life and millions of pounds worth of damage each year.

OUTLINE SITE PLAN OF ACTION IN CASE OF FIRE

Q. What is the name and location of the Fire Safety Coordinator / Fire Marshall?

Q. On discovering a fire, how do you:

- raise the alarm?
- call the fire brigade?

Everyone should know the:

- ✓ Fire Action Procedure
- ✓ Location of Fire Action Notices
- ✓ Location of exits from building and signage to same.
- ✓ Location of fire extinguishers and limitations on use.
- ✓ Access for fire brigade – keep site routes clear.
- ✓ Company “no smoking” policy.
- ✓ Hot working – permit to work requirements when applied.

Good practice on site to reduce the risk of fire and get out safely:

- ✓ No accumulation of waste materials – clear regularly to skips.
- ✓ Keep fire exit routes clear.
- ✓ Flammable materials, gas cylinders and flammable liquids – stored correctly and separately.
- ✓ Heaters safely located and guarded – no clothes drying in contact with any heating appliance.
- ✓ Vehicles or plant must not be fuelled while engine is running.
- ✓ On cessation of work check that heaters, lights etc are switched off.

DOCUMENT REFERENCE: DOCUMENT OWNER:	TOOLBOX TALKS MOB	VERSION NO:	8	CREATION DATE: LAST REVISION DATE:	11/08/2010 10/05/2018	Page 16 of 141
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PERSONAL PROTECTIVE EQUIPMENT ISSUE REGISTER

SITE: 21 MOORFIELDS

OPERATIVE NAME	HARD HAT CHIN STRAP	SAFETY GLASSES	HI-VIZ VEST	GLOVES	EAR DEFENDERS / PLUGS	DUST MASK FFP3	REASON FOR ISSUE / REISSUE				SIGNATURE	DATE
							New	Lost	Damaged	Wear and Tear		
S.GEDGAUTAS	✓		✓							✓	<i>[Signature]</i>	21/11/22
K.OMALLEY								✓			<i>[Signature]</i>	21/11/22
S.VILKOV	✓									✓	<i>[Signature]</i>	21/11/22
D.BARR	✓			✓			✓				<i>[Signature]</i>	22/11/22
S.GAJJAR	✓		✓							✓	<i>[Signature]</i>	22/11/22