



RAPHAEL CONTRACTING LTD

RCL TRAINING AND DEVELOPMENT PLAN SHORT TRAINING SESSION ATTENDANCE SHEET

Title: (RCL 17) – FOOT AND ANKLE PROTECTION	Date: 14/02/2022
Location: Hilton Hotel, Victoria Square, Woking	Start Time: 07:30
Duration (Minutes) 30 mins	End Time: 08:00
Presenter's name: Kes Kulsinskas	Presenters Signature:

Candidate's Name	Name of Candidate's Employer	Candidate's Signature
J BASQUILLE	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
S. SINGH BURMI	Raphael Contracting Ltd	 I Confirm that I have understood the Toolbox Talk
M. BYTAUTAS	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 04	Duration 30 mins	Total Time 2 hours	Employer Reference 2453745
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Toolbox Talk No. 17 FOOT AND ANKLE PROTECTION

Fact: Every year people sustain foot injuries from falling objects or slipping and tripping.

Large numbers of major injuries to feet and ankles are reported to the HSE every year, but sensible, robust, safety footwear will reduce this unnecessary loss of time and considerable pain which follows these injuries. Under the Personal Protective Equipment at Work Regulations 1992, your employer must provide you with protective footwear, where you are exposed to the risk of foot injury. If you are self-employed you must provide your own safety footwear.

You have a legal obligation to wear equipment provided for your safety.

The two main causes of foot injuries are:

- Treading on sharp objects, such as nails, which pierce the soles of the foot.
- Objects dropping causing crush injuries.

Other Potential Hazards

1. Stacked material falling onto feet.
2. Spatter and sparks from welding and cutting.
3. Slippery floor surfaces.
4. Poor housekeeping presents slip and trip hazards.

Q: What are the two main causes of foot injuries? And what hazards could you encounter in your workplace?

5. Poor and badly worn footwear offers little ankle support.
6. Worn soles can affect your grip.
7. Incorrect footwear for the job could promote an injury i.e. open fronted boots for welding.

Q: How can worn footwear affect you?

Foot and Ankle Protection

Totally unsuitable footwear, such as trainers, or sandals, which offer no protection are not permitted on construction sites.

Suitable safety boots, shoes and trainers:

1. High leg lace-up boots provide support and may prevent a twisted ankle.
2. In wet conditions or when working with concrete Wellington boots may be the best bet.
3. Steel toecaps are required for toe protection.
4. Made of strong material such as leather or rubber to support and prevent twisted ankles

Q: What must you ensure when issued with safety footwear?

5. Where nails and other sharp objects may be present, steel mid-sole protection will be required.
6. Ensure that the footwear fits you and is fit for the job.
7. Take care of any footwear issued to you.
8. Ensure any damaged, lost, or worn footwear is replaced immediately.
9. Badly worn soles can increase your chances of slipping.

Q: If your footwear is damaged what should you do?

Q: How can worn footwear contribute towards you having an accident?

Q: In a workplace littered with slip and trip hazards, describe the features you would like to see in a boot?

REMEMBER: Wear and protect!

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RAPHAEL CONTRACTING LTD

RCL TRAINING AND DEVELOPMENT PLAN SHORT TRAINING SESSION ATTENDANCE SHEET

Title: (RCL 82) – CLIMATE CHANGE	Date: 18/02/2022
Location: Hilton Hotel, Victoria Square, Woking	Start Time: 07:30
Duration (Minutes) 30 mins	End Time: 08:00
Presenter's name: Kes Kulsinskas	Presenters Signature:

Candidate's Name	Name of Candidate's Employer	Candidate's Signature
J BASQUILLE	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
S. SINGH BURMI	Raphael Contracting Ltd	 I Confirm that I have understood the Toolbox Talk
B. SINGH	Raphael Contracting Ltd	 I Confirm that I have understood the Toolbox Talk
M. BYTAUTAS	Raphael Contracting Ltd	 I Confirm that I have understood the Toolbox Talk
P. SINGH	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 06	Duration 30 mins	Total Time 3 hours	Employer Reference 2453745
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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 (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

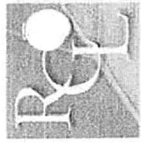
Energy usage

- 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: HILTON HOTEL, WOKING

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		
K. Ormadden				✓						✓		29.10.21
Surjit Singh				✓						✓		09/12/21
B. Singh				✓						✓		09/12/21
J. BASQUILLE				✓						✓		25/01/22
J. SMITH				✓						✓		25/01/22
Surjit Singh				✓						✓		27/01/22
K. KULSINSKAS				✓						✓		27/01/22
J. SMITH				✓				✓				27/01/22



TRAINING AND DEVELOPMENT PLAN

SHORT TRAINING SESSION ATTENDANCE SHEET

Title: <u>Ethical Trading</u>	Date: <u>16.02.22</u>
Location: <u>Cannon Street</u>	Start Time: <u>10:00</u>
Duration (Minutes) <u>30min</u>	End Time: <u>10:30</u>
Presenters name: <u>A. Kulsinskas</u>	Presenters Signature:

	Candidate's Name	Name of Employer	Candidate's Signature
1	<u>A. Lickins</u>	<u>RCL</u>	 I confirm that I have understood the Tool Box Talk
2	<u>R. RAMA</u>	<u>RCL</u>	 I confirm that I have understood the Tool Box Talk
3	<u>B. RAMCHAND</u>	<u>RCL</u>	 I confirm that I have understood the Tool Box Talk
4	<u>R. COMARAI</u>	<u>R.C.L</u>	 I confirm that I have understood the Tool Box Talk
5	<u>K O'Malley</u>	<u>R.C.L</u>	 I confirm that I have understood the Tool Box Talk
6	<u>V. BALILEVICIUS</u>	<u>RCL</u>	 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 <u>6</u>	Duration <u>30min</u>	Total Time <u>3h.</u>	Employer Reference <u>2453745</u>
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