

## NR-10 BASIC

This course aims to train professionals for the prevention of accidents with electricity, in compliance with the new text of the NR-10. Authorization to work in electrical installations, according to Ordinance 598 of the MTE, 7 December 2004 laying down basic guidelines for implementation of control measures and preventive Safety is health systems to ensure the safety of employees that directly or indirectly interact in services with electricity.

## CONTENT

### JODAL TRAINING | NR-10 BASIC | 40 HOURS

- Introduction to safety with electricity;
- Risks in Facilities and services with electricity:
  - The Electric Shock, Mechanisms And Effects;
  - Electric Arcs, Burns And Falls;
  - Electromagnetic Fields;
- Risk Analysis Techniques
- CONTROL PROCEDURES of Electrical Hazard:
  - De-Energizing;
  - Functional Earth (TN / TT / IT); Protection; Temporary;
  - Equate Power;
  - Automatic Power Sectioning;
  - Devices Of The Leakage Current;
  - Extra Low Voltage;
  - Barriers And Housings;
  - Blockades And Impediments;
  - Obstacles And Vessel Installations;
  - Isolation Of The Live Parts;
  - Double Or Reinforced Insulation;
  - Placements Out Of Reach;
  - Electric Separation;
- Technical Brazilian Standards - NBR ABNT: NBR 5410, NBR 14039 and others;
- MTE Regulations:
  - Nrs;
  - NR-10 (Security Facilities and Services Electricity);
  - Qualification; License; Training And Authorization.
- Collective Protection Equipment.
- Personal Protective Equipment
- Work routines - procedures:
  - De-Energized Facilities;
  - Release To Service;
  - Signaling;
  - Inspections Of Areas, Services, Tools And Wireless Network Equipment;
- Electrical Installations Documentation.
- Additional risks:
  - The Height;
  - Confined Environments;
  - Classified Areas;
  - Moisture;
  - Atmospheric Conditions;
- Protection and fire fighting:
  - Basic Notions;
  - Preventive Measures;
  - Methods Extinguishment;
  - Practice;
- Accident of Electrical Origin
  - Direct and Indirect Causes;
  - Discussion of Cases;
- First Aid:
  - Notions about Injuries;
  - Priority Assistance;
  - Application of the Artificial Respiration;
  - Cardiac Massage;
  - Technique For Removal And Transport Of Injured;
  - Practical;

