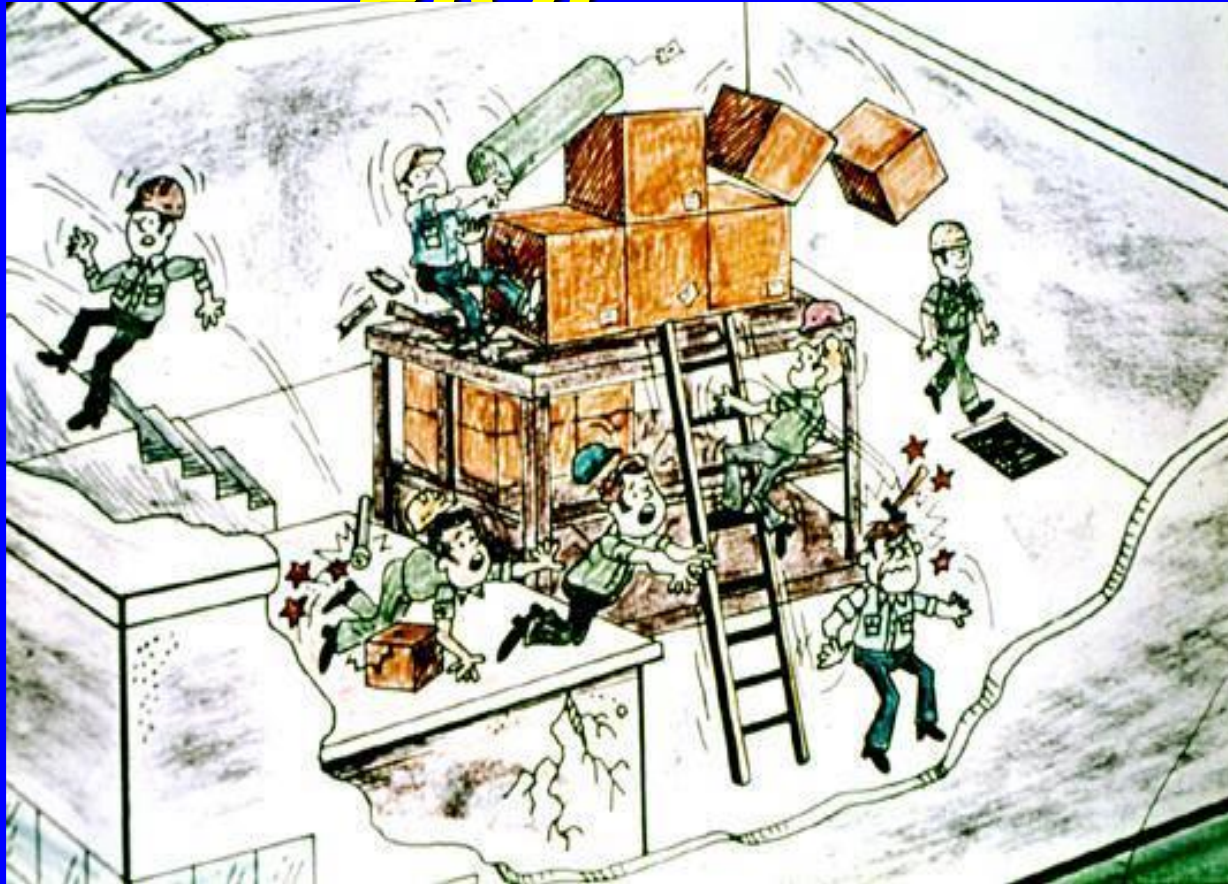


# *kEnøg -ellepPrabeslμ; sMrab;edlr nig*



kariyal%y OSHA TTYIbnPúkbnPúHbNpal nig Gb;rM

# escklpENnaM

- ❑ mUlehtuénkarrGil CMBb;eClg nig dYl<sup>3</sup>
  - ❑ eRKaHfñak;PaKeRclnenAkñúg]sSahkmμTUEtA
  - ❑ 15PaKry)an)at;bg;ClvitBlbBaðaeRKaHfñak;
  - ❑ karsøab;edayeRKaHfñak;enH  
maneRclnCagBlkarsøab;edaymUlehtuepSg<sup>2</sup>eTot  
ellkEtbBaðaeRKaHfñak;edayyanyñp
- ❑ bTdæanrbs; OSHA sMrab;TIFøakargar bǝ  
épPrabsMrab;karedlrehlr nig eFIVkargar  
Gnuvtp)anellral;TlkenøgkargarGciéRnpy\_  
ellkElgEtTlkenøgsMrab;RKYSar ykEr: bǝ ksikmμ  
RtUv)aneKGnuvtp nig bMeBj

# karerobcMTukdak;TlkE nøgkargartamlkçx½NÐT UeTA

- ❑ TlkEnøgkargar  
RtUvEtTTYI)ankarerobcM()ans¥a  
t)at mansNþab;Fñab; nig  
Gnam½yl
- ❑ kRmalenAtambnþb;kargar  
RtUvEtTTYI)ankarCYsCulEfrkSa()  
ans¥at)at nig s¶Ütl¥  
tamEdlGaceFIVeTA)an



# RckpøÚvedlrecjcUltaml kçx½NÐTUeTA

- ❑ RtUvrkSa[])ans¥atl¥  
ehlyRtUvykecjnUvGIVEdlGacnwgbgá  
CaeRKaHfñak;)an
- ❑ RtUvrkSa[])ans¥atl¥  
ehlyRtUvykecjnUvGIVEdlGacnwgbgá  
CaeRKaHfñak;)an
- ❑ RckpøÚvedlrecjcUIRtUvEtTUlàyRKb;  
RKan;  
enARtg;kEnøgEdlmaneRKOg]bkrN\_b  
rikçardMeNIrkarkargaremkanik  
RtUveKeRbIR)as



# maivig nig r)aMgkarBartamlkçx $\frac{1}{2}$ N ĐTUeTA

dak;KRmb nig $\frac{1}{4}$ bᄁ  
r)aMgmanbgáan;karBarkmᄁkr  
BleRKaHfñak;Føak;Cgđúk Gag  
FugFM<sup>2</sup> sñamePøaH nig  
GIV<sup>2</sup>EdIRsedogKña.





# Klc@karBarIm¶h;pPukeI IkRmaltamlkçx½NĐTUeT

## A

- ❑ kRmitpPúk  
RtUvEtmankMNt;sMKa  
l;ellbnPHEdk nig  
dak;[eKemlleXIjc,as;
- ❑ minRtUvdak;[ellskRmit  
kMNt;



# RbehagellépPrabeslμ

RugEdlmanRbehagRbEvg 12 Giuj bᄁ EvgCagenH  
kñúgTMhMtUcbMputrbs;vaenAellépPrabeslμ épPrab  
RbeLaHépPdI bᄁ TIFøamYy  
tamry<sup>3</sup>GIVEdlmnusSGacFøak;)an.



g bǵ

# CgđúkéllépPrabeslμEdlman r)aMgkarBar

- ❑ kardak;r)abgáan;édta mbTdæan  
manbgáan;xagell kNpal nig begÁal.  
kMBs;BI EpñkxagellénépPrabeslμenAxagellrbs;  
bgáan;eTACan;eRkam manRbEvg 42 Giuj.  
kMBs;bgáan;EpñkkNpal manRbEvg 21 Giuj.
- ❑ r)aMgkarBarmin[pugeClgFøak; mankMBs; 4  
Giuj EdlmancenøaHrvagRckecjCUl nig  
pøÚvedl rminellsBlmYyPaKbYnGiujBléllépPrab  
eslμ.





# cenøaHépÞrabesIμένCe NIÞr

RtUvEtTTYI)ankarkarBareda  
yr)abgáan;mankMritbTdæa  
nRtwmRtUv  
enAEpñkTaMgsgçag  
-elIkElgEtenARckecjcUI'.



# cenøaHmandak;CeNIpre tageLlgcuH

- ❑ karBaredaymandak;bgáan;etageL  
lgcuHenARKb;RCUg  
–elIkElgEtRckecjcUl |
- ❑ karBarRckecjcUltamry<sup>3</sup>bgáan;eta  
geLlgcuH edaymansøabTVarmYy  
bæ dak;[valyecjmk  
edIm,IkarBarmin[manmnusSedlr  
Føak;.



# Rbehag bᄁ

## Cgđúkellépᄁrabeslᄁ

- ❑ RbehagCgđúkEdlmanRbEvgkñúgcenøaHBIC  
ag 1 dl;Rtwm 12 Guij  
EdlCaTMhMGb,rmarbs;vaenAellépᄁrabeslᄁ  
mYy bᄁ cenøaHépᄁdl EdlvtßúGac  
EtminEmnmnusSeTGacFøak;cUleTA)an
- ❑ ral;RbehagCgđúkellépᄁrabTaMgGs;Edlmnus  
SGacFøak;cUleTA)an bᄁ  
edlreTAmáneRKaHfñak;enaH  
RtUvmankarkarBareday<sup>3</sup>
  - ❑ bgáan;édEdlmanr)aMgkarBarB½T§CMu  
vij
  - ❑ KRmb)aMgkarBar



# RbehagCBaçaMg

- ❑ RbehagEdlmanRbEvgkMBs;  
y:agehac 30 Giuj nig Ttwg  
18 GiujenAelICBaçaMgmYy  
EdlImnusSGacFøak;cUleTA)  
an
- ❑ RbehagCBaçaMgcab;BICag  
4 hIVt  
RtUvEtmankarkarBar



# TlkEnøgrabeslμ nig TlkEnøgkargarCak;lak; EdlenACab;nwgRbehagCgðúkelibøg;edk

- ❑ TlkEnøgrabeslμ bǝ TlkEnøgkargarCak;lak;  
EdlenACab;nwgRbehagCgðúk manRbEvgcab;BI 4 hVlteLlg  
Blellépǝrabeslμ bǝ Can;pǝal;dl RtUvEtmankarkarBar  
edaydak;r)abgáan;édkarBarEdlmanbTdæanRtwmRtUv  
–bǝGIVEDlRsedogKña| enARKb;RCUgénRbehagCgðúk  
eIlkElgEtkEnøgmanRckecjcUleTakan; Rck  
CRmalecjcUleLlgcuHBICan;mYyeTACan;mYy RckCeNIǝr bǝ  
CeNǝlretag eLlgcuHElddak;enACab;mYykEnøg
- ❑ r)aMgkarBarmYy  
caM)ac;RtUvmanenAxageRkamRCugkEnøgcmhenaH  
enAeBINA<sup>3</sup>
  - ❑ mnusSGacedlrecjcUl)an
  - ❑ maneRKOgm:aslun bǝ eFIVclna bǝ
  - ❑ mansMPar<sup>3</sup>brikçar EdlmaneRKOgrbs;vaGacFøak;)an  
Gacnwgbgá[maneRKAHfñak;mYyeklteLlg)an



TlkEnøgkargarKunkarkarBarRtwmRtUv



# TlkEnøgenACab;nwgRbehagCgđúk pøÚvedlr kEnøgkargar nig RckpøÚvB½T§CMuvijkEnøgnimYy²

edayminBlkMBs;r)abgáan;édnig

r)aMgkarBartambTdæanRtwmRtUvRtUvmansMrab;

eRbIR)as;karBar³

- épPrabkEnøgkargarenAtamRCugRbehag

- pøÚvedlr

- épPrabkEnøgkargar bᄁ

- épPrabkEnøgkargarRckpøÚvedlr –dUcCapøÚvcenøaHGKar ;

enAxagell bᄁ Cab;nwgsMPar³brikçarEdlmanlkçN³eRKaHfñak;

GagsMrab;RCIk;s½gásI Rbdab;Rcalxøaj;eKa nig

rbs;epSgeTotEdlGacbgáCaeRKaHfñak;)anRsedogKña.

# RckpøÚvecjcUlman CeNIpr

CeNIprEdImankparbB  
aÄrtamcenøaHkaMBI  
rpBaMgeIlgETA  
RtUvEtman  
bgáan;Tb;EdleFIVEIlg  
tambTdæanRtwmRtU  
v.



# CeNIprRbcaMenAkEnøg kargar

- ❑ RkLaTb;eClgCan; –karBarrGil;  
RtUvEtTb;rGil)anl¥  
EdlRkLaTaMgenaHRtUvEtmanT  
MhMsmRsb
- ❑ RtUvEtGacRTTm¶n;)an5dgellka  
rrMBwgTuk  
EdlTm¶n;Gb,rman 1000 epan
- ❑ TTwgGb,rma 22 Giuj



*KarrMelaPbTdæanenATlenH –  
kaMCeNIprelIgekag  
ehlyman)ak;Ebg*

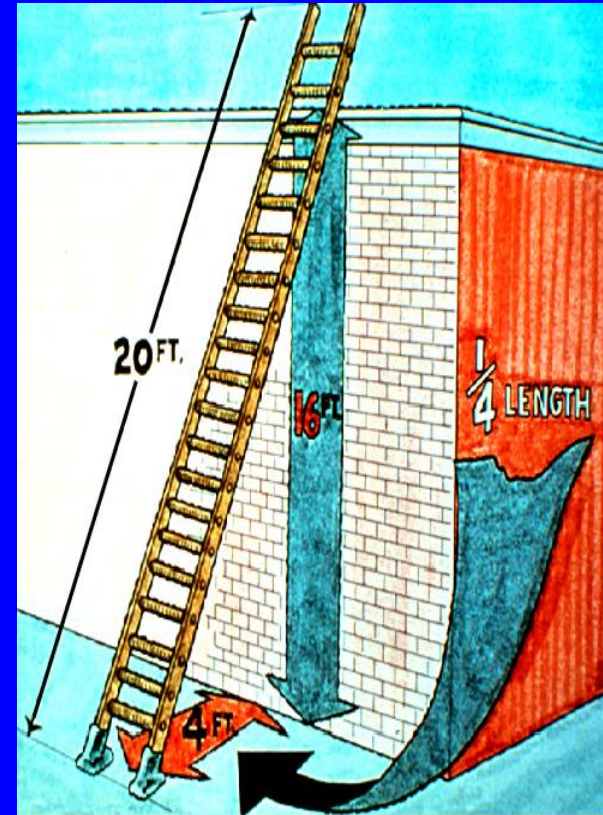
# CeNIprcl $\frac{1}{2}$ t)an

- ❑ CeNIprcl $\frac{1}{2}$ tEdleRbIR)as;edlm,ImanIT\$PaBeLlguHe  
IldMbUI bꝥ EpñkepSgeTot)an enaH  
RtUvEtmanRbEvgy:agehacNas; 3 hVIt  
cab;BlcMNucRT →cMNuc RbsBVrvagCeNIpr nig  
TlbEg¥k!
- ❑ RtUvykCeNIprcl $\frac{1}{2}$ tNaEdl)ak;EbkecjBlkEnøgEdlman  
sresrpøakdak;fa<sup>3</sup> Rby $\frac{1}{2}$ tñeRKaHfñak;  
minRtUveRbIR)as;eT
- ❑ minRtUveRbIR)as;CeNIprcl $\frac{1}{2}$ tenARtg;kEnøgmansN  
æanCaExSedk dUcCa rnPa bꝥ kEnøgkargareT
- ❑ minRtUveRbIR)as;CeNIprcl $\frac{1}{2}$ teFIVBIEdk enARtg;  
bꝥ CitkEnøgmansMPar<sup>3</sup>brikçar  
EdlmancrnþGKiÁsnleT



# mMuCeNIprcl½t sNæanPaBkaM nig bnøaCeNIpr

RtUveRbIR)as;edaydak;CeNIprRbe  
PTenHsißtkñúgmMumYyénRCugE  
kgmYyEdlmanRbEvgeslµnwgmYyP  
aKbYnénRbEvRCugEkgmYyeTot  
–BlcMNucRbsBVrvagCeNIpr nig  
CbaçaMgmkEkg nwgdl bǵ  
eClgCBaçaMg  
KWkMBs;CBaçaMg!





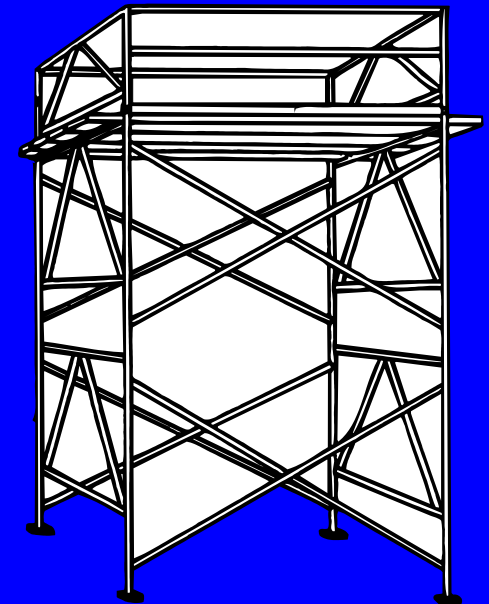
# CeNIpretageLigcuHEdIdak;Cab;nwg CBaCaMg

- CaGciéRnpy\_enAnwgsMNg;GKar bᄁ  
brikçarGIVmYy
- RTg; bᄁ  
r)aMgragCabMBg;EdlmanRbEvgcab;BI 20  
hIVteLIgeTAdl;RbEvgGtibrma 30 hIVt  
caM)ac;minRtUv [man)ak;EbkeT
- dMbUnᄁanGMBIsuvtißPaBCeNIprRbePTen  
H eKGaceRbIR)as; enAellb:usp\_b:m  
GagTwk nig bMBg;EpSgmankMBs;cab;BI  
20 hIVteLIgeTA kñúgsßanPaBKᄁan)ak;Ebk  
CMnYs[RTugkarBar



# Ikçx½NĐTUeTAsMra b;kardak;rnPa

- ❑ RtUvEtmanITŞPaBRTTm¶n;GtibrmaEdlçg;)an  
cMnYn 4 dg
- ❑ minRtUvpøas;bþÚr bꝛ  
erlecjeBlkMBugeRbIR)as;enaHeT
- ❑ karBarGñkeFIVkarenAellrnPaBleRKaHfñak;Edls  
µanmindl;
- ❑ kñgkrNlx<s;Cag 10 hIVt  
RtUveRbIR)as;bgáan;édTb; sñÜrkNpal nig  
rnaMgkarBar
- ❑ eRbIR)as;ExSbgçaMPçab;KñarvagrnaMgkarBar  
nig bgáan;éd RbsinmanmnusSeFIVkar bꝛ  
qøgkat;xageRkam
- ❑ RtUvEtmanbMBak;CeNIþrGaceIlgcuH)an bꝛ  
GIVEDIRbhak;RbEhIKña



# segçb - sруб

- ❑ karrGil CMBb; nig dYl  
rYmbeglátCaPaKeRcInénbBađaeRKaHfñak;ellkargarCaTUeT  
A
- ❑ bTdæanrbs; OSHA sMrab;kEnøgedlrehlr nig eFIVkargar  
rYmmanlkçx½NĐsMrab;karerobcMTIkEnøgsñak;enA  
kEnøgkargar nig RbehagCBaçaMg nig Rbehagnana  
CeNIprkargar nig CeNIprsMrab;etageLlgcuH
- ❑ karrkSakEnøgkargar[])ans¥at s¶Ütl¥ nig minminray)a:y  
GacTb;sáat;eRKaHfñak;Blkargar)any:ageRcIn.