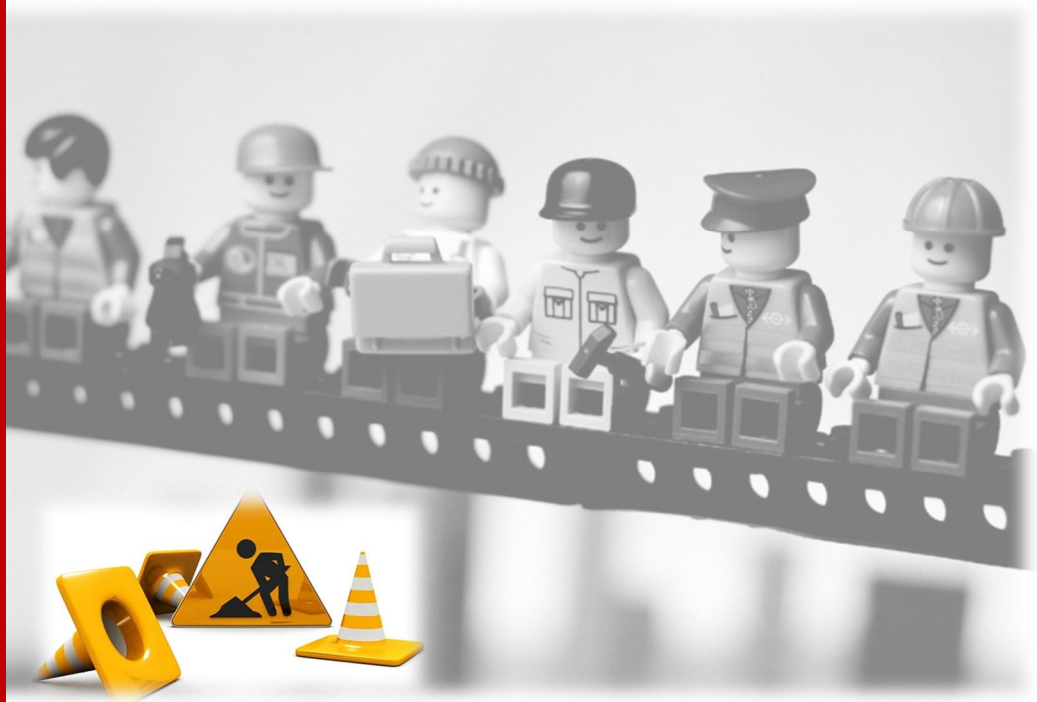


COURSE ON HEALTH AND SAFETY AT WORK



***information for the protection of the
health and safety of workers and
citizens according to State-Regions***

Specific Training

Course Code SIC-002

Pursuant to art. 36, Title I, Section. IV of Legislative Decree 9 April 2008 n. 81 and subsequent amendments. and the Ministerial Decree 10/03/98 the pantry was created:

**COURSE ON HEALTH AND SAFETY AT WORK
SPECIFIC TRAINING - Course Code SIC-002**

Which on:

.....

It is delivered to Mr./Ms.:

.....

**As information for the protection of the health and safety of workers
and citizens according to State-Regions agreements.**

.....

(Signature for receipt)



HEALTH COURSE AND SAFETY AT WORK



Pantry for use by workers

Information to workers pursuant to
of the art. 36, Title I, Section. IV of
Legislative Decree 9 April 2008 n.
81 and subsequent amendments.
and the Ministerial Decree March
10, 1998



MaFran Srl – Course on health and safety at work
Rev. 02 dated 01/03/2024

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SPECIFIC TRAINING

State-regions agreement

*21 DECEMBER 2011 for the training of
workers pursuant to art. 37, paragraph 2,
of Legislative Decree 9 April 2008 n. 81*



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INTRODUCTION

The specific training course for workers is one of the many directives provided for by the legislation in force which obliges companies to guarantee adequate training to all their employees on general topics concerning health and safety in the workplace.

The training course offered by MaFran Srl has the objective not only of complying with the obligations established by law, but also of providing workers with adequate education on safety at work. This is an educational program that begins with general training and will end with specific training in the relevant sector of employment for each worker.



Today Legislative Decree no. 81 of 2008, which replaced Legislative Decree 626/94, and includes all the rules for the protection of the health and safety of all workers, regardless of the type of contract, and of all those who can be equated to workers.

According to these rules, the Employer must guarantee the training of workers. Training means an educational process through which to transfer to workers and other subjects of the company prevention and protection system knowledge and procedures useful for the acquisition of skills for the safe carrying out of their respective tasks in the company and for the identification, reduction and risk management.



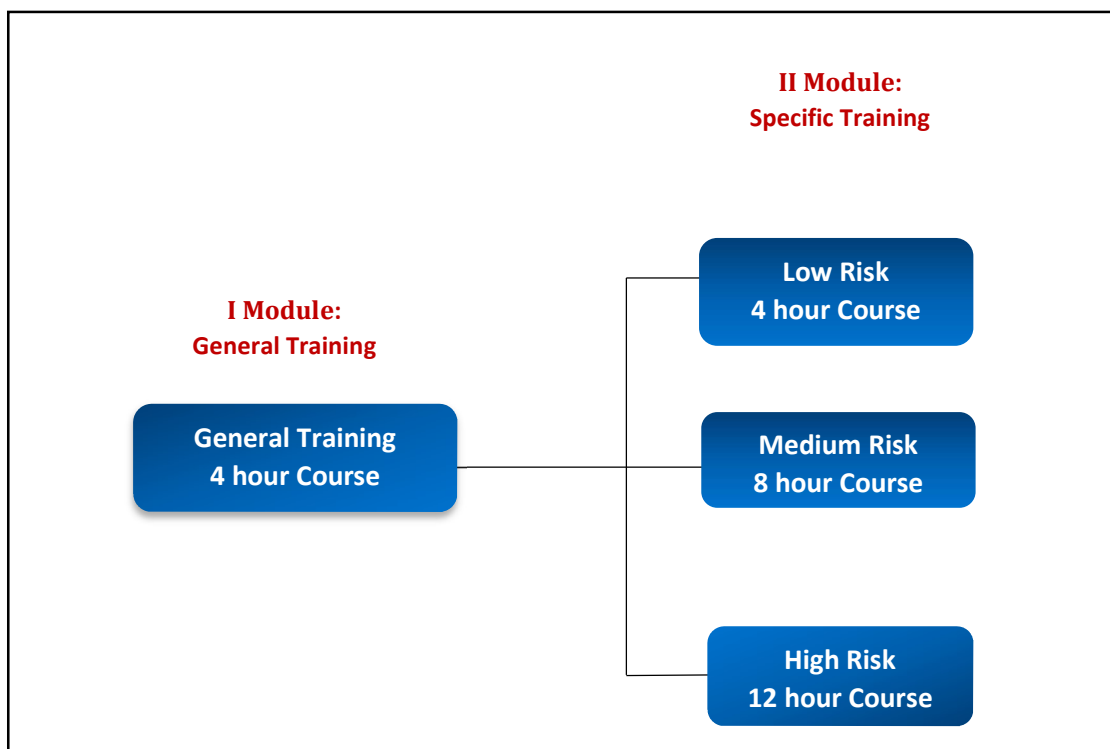
Since 21 December 2011, the State-Regions Agreement has been in place which establishes the essential topics and procedures for training workers. On the basis of these agreements, the training process for workers is organized as follows:

- Equal **general** training for all workers;
- **Specific** training for risk sectors;
- **Specific** training for the use of equipment and machines;
- Relative update (periodic).

Combined with the general training course, which is mandatory for all workers and lasts 4 hours, they must receive specific training relating to the company's sector of activity, defined by the ATECO code.

Depending on the macro sectors of activity, the companies have been classified by risk classes; each class is equivalent to the hours of training that workers must follow:

- **Low risk** → **4 hours**;
- **Medium risk** → **8 hours**;
- **High risk** → **12 hours**.





Concepts of risk, harm and danger

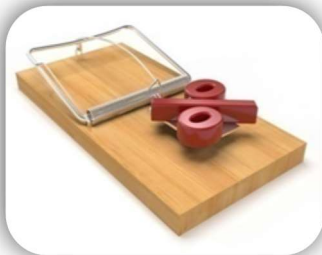
Risk is the “probability of reaching the potential level of harm in the conditions of use or exposure to a specific factor or agent or their combination”.

We can therefore consider risk as the combination of two factors: probability and damage.



The expression probability refers to the possible hypothesis that a certain event could occur. Damage is “the possible consequence of the presence of a danger”; while danger is defined as “an intrinsic property or quality of a given factor having the potential to cause harm”.

To determine the risk you need to know or be able to evaluate the probability that a certain situation will arise, but it is also necessary to know the extent of the damage; to be precise, it is given by the product of the probability that a certain event occurs times the extent of the damage.



$$\text{RISK} = \text{Chance} \times \text{Harm}$$

The presence of a risk does not only concern the workplace, but any activity carried out on a daily basis (cooking, cleaning, playing sports, etc.) can imply the possibility of a "**generic**" risk; while in work environments any risk hypothesis is defined as "**professional risk**".



Main sources of risk

Risk assessment is important because it allows you to record and classify all the dangers to which workers are exposed during their work. On the basis of this, the main sources of risk are determined:



1. Fire
2. Electric
3. Chemist
4. Electromagnetic radiation
5. Falls
6. Machinery and Instrumentation
7. Video terminals
8. Load movement
9. Noise
10. Vibrations

Risk of fire

A fire is an event that requires the simultaneous presence of three fundamental elements in order to develop:



- **Oxidising** (oxygen present in the air);
- **Fuel** (Substance capable of burning, for example petrol);
- **Ignition source** (Energy source, for example a spark).



The fire triangle

The union of these constitutes the so-called "fire triangle", that is, the phenomenon according to which no fire can arise or resist if even just one of the three elements is missing; therefore by eliminating one of the three the risk of fire is eliminated.



Behaviors to adopt

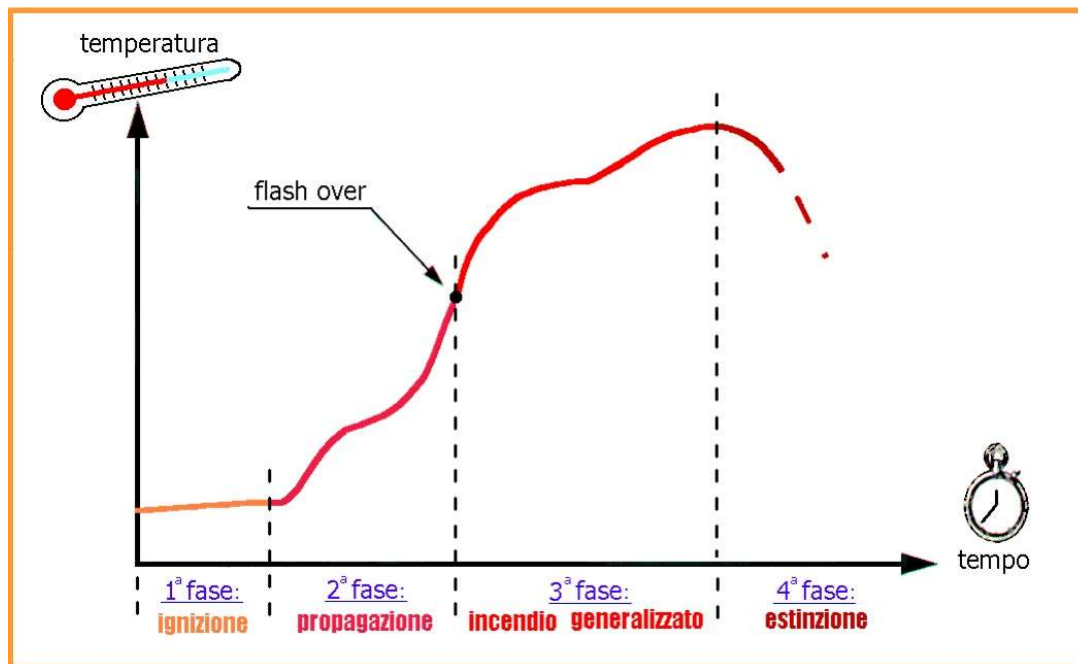
During a fire it is good to remember some actions that can save our lives:

- Keep calm;
- Proceed towards the escape routes, staying low so as to breathe as little of the fumes caused by the fire as possible;
- Protect the respiratory tract (nose and mouth) with handkerchiefs or other possibly wet clothing;
- Before opening any door, check with the back of your hand whether it is hot. In this case, do not open it (the heat indicates that the fire is nearby); if it is cold, open it slowly to check if the room has already been invaded by smoke (in this case, close the door immediately).



The spread curve of a fire

The development of a fire can be illustrated through a graph that denotes the temporal trend of the average temperature during the fire.



This curve determines the four phases of evolution of a fire:

- **Phase 1:** also called ignition phase, i.e. the beginning of the combustion process which is still unstable and therefore allows anyone to intervene to put out the flames using a simple portable fire extinguisher, a fire blanket, etc.
- **Phase 2:** called propagation phase, i.e. the process in which combustion has stabilized and the fire tends to expand. During this time only the firefighters can intervene to try to put out the flames.
- **Flash over:** it is the maximum limit within which you can try to tame/extinguish the fire, once this level is exceeded no one is able to put out the flames.
- **Phase 3:** this is the phase in which the fire has become generalised, i.e. the temperature is so high that spontaneous flames arise wherever there is fuel and oxidiser. Nobody can intervene.
- **Phase 4:** also called the extinction phase, i.e. the fire attenuates and diminishes until it goes out on its own.

The risk categories

Each company, based on the risk assessment, is classified by fire risk level in one of the following categories:



- **Low risk:** place where there are products with a low flammability rate and adequate first aid measures.
 - **Medium risk:** place where flammable substances are present and conditions favorable to the development of fires with limited probability of spread.
 - **High risk:** place where flammable substances are present and conditions favorable to the development of fires with a high probability of spreading despite compartmentation and first intervention measures.
- Activities with a large number of people present (schools, hospitals, theatres, retirement homes, etc.) also fall into this category.

Prevention measures

Prevention measures are all those measures taken by safety figures to reduce the probability of a fire occurring. These can be identified in:

- Creation of compliant systems;
- Earthing connection of systems, structures, tanks, etc;
- Installation of lightning protection systems;
- Safety devices for distribution and use systems for flammable substances;
- Ventilation of the rooms;
- Use of incombustible materials;
- Adoption of anti-spark floors and equipment;
- Safety signs, referring in particular to the risks present in the work environment.



Firefighters

They are workers, appropriately trained and equipped with the necessary equipment, capable of dealing with the first phases of the emergency and emergency response, awaiting the arrival of external help.



The classes of fire

A fire can be classified according to the material being burned. Based on this, the European standard identifies 5 classes:

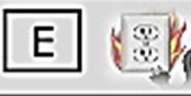
- **Class A:** Solid, combustible and flammable materials producing embers;
- **Class B:** Lowly flammable liquid materials (a suffocating action is sufficient);
- **Class C:** Highly flammable gaseous products;
- **Class D:** Spontaneously flammable and water-reactive chemicals;
- **Class E:** Electrical systems and live equipment.

Furthermore, each of them is related to the most appropriate extinguishing agent to put out the fire (see summary table).

Extinguishing agents

Depending on the type of fire, a certain substance or product must be used. Among the main extinguishing agents we find:

- **Class A:** water, foam, dust;
- **Class B:** foam, dust, CO₂;
- **Class C:** dust, CO₂;
- **Class D:** specific dust;
- **Class E:** CO₂, dust.

5 CLASSI DI FUOCO	FUOCO DI MATERIALE	AGENTI ESTINGUENTI
	Solido con formazione di braci , generalmente di natura organica, come carta, legna, trucioli, stoffa, rifiuti, bitumi grassi, paglia, stracci unti, carbonella, materie plastiche	polvere, CO ₂ , schiuma, acqua, halon ecologico
	Liquidi infiammabili (o di solidi che si possono liquefare) , come gasolio, benzina, alcool, oli, vernici, trementina, glicerina, gomme, resine	polvere, CO ₂ , schiuma, halon ecologico
	Gas infiammabili , come gpl, metano, acetilene, propano, butano, idrogeno	polvere, CO ₂ , schiuma, halon ecologico
	Metalli e leghe leggere , come magnesio, potassio, fosforo, sodio	polveri speciali
	Incendi di natura elettrica , come prese, spine, quadri elettrici, interruttori	polvere, CO ₂ , schiuma, halon ecologico

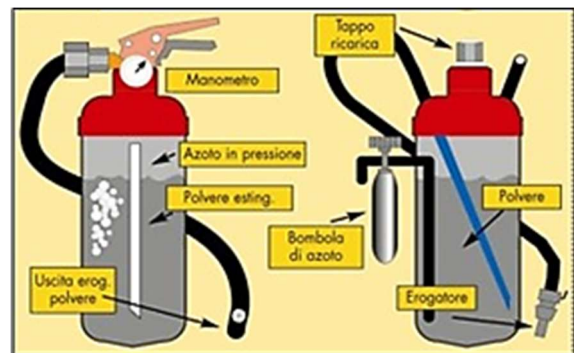


Fire extinguisher checks

To obtain maximum performance from fire-fighting devices, they should be checked periodically. The UNI 9994 standard specifies that greater attention must be paid to fire extinguishers which must be checked every 6 months to verify that no damage or conditions have been created that prevent their use or functioning.

In the case of a **powder extinguisher** you must:

- Check the condition of the casing;
- Check pressure gauges and reducers;
- Check the integrity of the seals;
- Check the state of the powder and sieving;
- Check the condition of the hose, nozzle and dispenser.

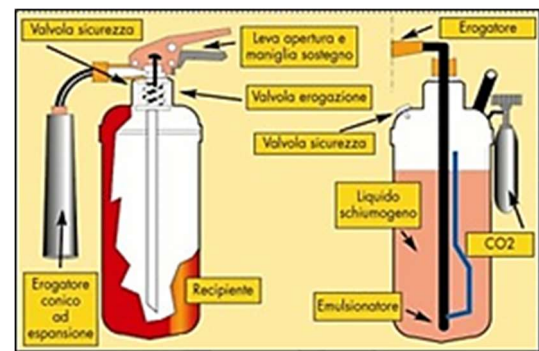


Furthermore, every **3 years** they must be subjected to more careful maintenance which consists of:

- Depressurization and emptying
- Check the state of the metal sheets and the extinguisher body (if there is corrosion, eliminate the body)
- Disassembly and inspection of valve, safety valve and pressure gauge
- Replacement of gaskets
- Hose check
- Refill fire extinguisher with new and original powder
- Pressurize the fire extinguisher and check for leaks

In the case of a **CO2 fire extinguisher** you must:

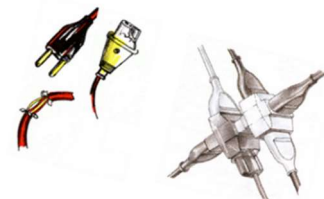
- Checking the state of the casing;
- Verification of the integrity of the seals;
- Weighing the fire extinguisher (any loss of weight could mean product leakage).



Electrical risk



This means the probability that a harmful event will occur due to physical contact with live elements, in fact it occurs in any place where there is an electrical power source. Sources of electrical risk are: the poor state of insulation of electrical cables, voltage overload due to the insertion of multiple sockets in series, the use of electrical appliances in the presence of water, etc.



Exposure to electrical risk

Physical contact, with live elements, which exposes a person to electrical risk can be:

- **Direct contact:** occurs when the person comes into contact with conductive parts of the system that are ordinarily live (e.g. power cables).
- **Indirect contact:** occurs when the person comes into contact with parts of the system or electrical equipment (grounds), which become live due to insulation failure (e.g. washing machine).

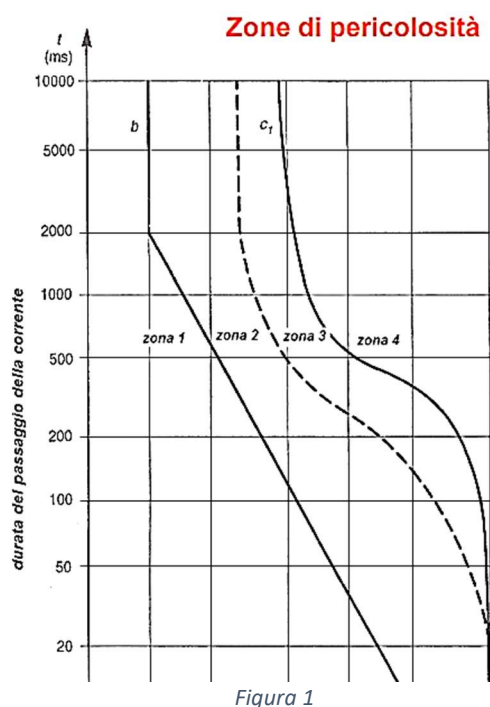




Dangerousness of electric current

To evaluate the danger of the passage of current in the human body, the following factors must be considered:

- The **value** of the current that passes through the human body;
- The **time** for which current flows through the human body.



corrente passante per il corpo umano

- All the points that fall into **zone 1** represent situations in which the current values and circulation times do not normally produce any physiological effect.
- Similarly, the points that fall into **zone 2** represent situations in which no fatal physiological effects occur.
- The points falling in **zone 3** represent conditions in which tetanization is possible but not ventricular fibrillation.
- The points belonging to **zone 4** instead represent situations that can cause ventricular fibrillation.

Effects of current passage

The dotted curve (Figure 2) indicates the current-time safety curve assumed in international regulations for the purposes of protection against indirect contacts due to automatic interruption of the power supply.

The safety curve is intermediate between curves b and c1:

- Above curve b there is an electric shock;
- The c1 curve identifies the limits of ventricular fibrillation.



Remember!

A current of 100mA circulating through the human body for 50ms or more can cause ventricular fibrillation (in fact, it falls in zone 4).

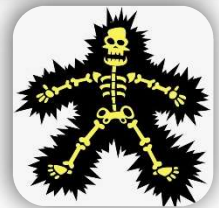
Therefore the main effects of the passage of current in the human body are:

- Tetanization: total or partial blockage of the muscles;
- Ventricular fibrillation: uncoordinated motion of the cardiac muscle;
- Skin burn: more or less severe;
- Asphyxia: due to paralysis of the respiratory muscles.

Live electrical work in LV

When working under low voltage, the electrical risks incurred are of two types:

- **Electric arc:** This refers to short circuits due to the interposition of tools and/or metallic material, the interruption of significant loads without using switching devices, etc.
- **Electric shock:** Means the failure to use or inadequate PPE and equipment, failure to respect safety distances from nearby live parts.



Before starting LV live work, it is necessary to carry out an accurate risk analysis to evaluate its feasibility and the procedures to be adopted.

Protections

In order to reduce the electrical risk and safeguard the health and safety of workers, but also of people in general exposed to an electrical risk, there are:

- ✓ **Residual current circuit breaker (also commonly called Salvavita):** Represents the main automatic release protection device. It detects the potential difference between a phase of the circuit and the system earthing; thus limiting the so-called "Ampere current dose" that could pass through the human body. Their interrupting power acts on both current and time.

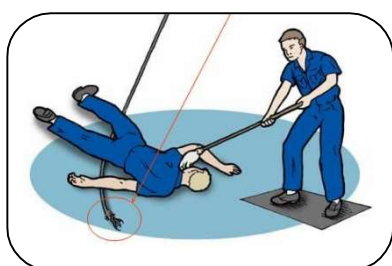




- ✓ **Personal Protective Equipment:** To operate in an area exposed to electrical risk you must first ensure that there is double insulating protection provided by the PPE; Furthermore, it is necessary to visually check and inflate the insulating gloves before using them to ensure that there are no tears.



Emergency room



In the event of electrocution, maximum speed and precision in rescuing the person is essential. The rescuer must adopt the safety criteria necessary for the purposes of his own safety and safety (e.g.: use a broom or a stick to detach the person from the live object or device).

Chemical risk

The chemical risk occurs when one is exposed to chemical agents, "all chemical elements or compounds, either alone or in their mixtures, in their natural state or obtained, used or disposed of, including disposal as waste, by any means work activity, whether they are produced intentionally or not and whether or not they are placed on the market" (Legislative Decree no. 81/2008).



Behavioral Rules

In order to reduce and prevent accidents at work, it is good:

- ✓ Always read the labels on the containers, with particular reference to the danger symbols, risk phrases ("R" phrases) and precautionary advice ("S" phrases) reported;
- ✓ Read the Safety Data Sheets (SDS) of the chemicals;
- ✓ Always wear suitable Personal Protective Equipment (PPE);

- ✓ Resort to the use of collective protection devices (hoods, localized suction systems, screens, etc.) when necessary and in any case their use always takes priority over PPE.



■ Main danger symbols:

 ESPLOSIVO	E	 INFIAMMABILE	F	 ESTREMAMENTE INFIAMMABILE	F+	 CORROSIVO	C	 COMBURENTE	O
 TOSSICO	T	 ESTREMAMENTE TOSSICO	T+	 IRRITANTE	Xi	 PERICOLOSO PER L'AMBIENTE	N	 NOCIVO	X

Schede Dati di Sicurezza (SDS)

The safety data sheet is provided for by Legislative Decree 02/03/1997 n° 52 and is regulated in detail by the Ministerial Decree. 7/09/2002. It involves the following 16 mandatory items:

1. Identification of the substance/preparation and of the company/undertaking
2. Composition/information on ingredients
3. Hazard identification
4. First aid interventions
5. Fire prevention measures
6. Measures in case of accidental dispersion
7. Handling and storage
8. Personal protection/exposure controls
9. Physical and chemical properties
10. Stability and reactivity
11. Toxicological information
12. Ecological information
13. Disposal considerations

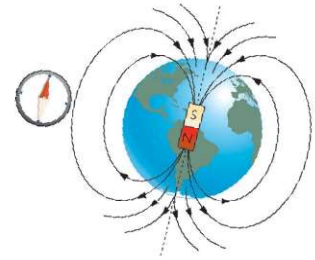




14. Shipping information
15. Regulatory information
16. Other information

Risk of electromagnetic radiation

Electromagnetic fields can be of natural origin, such as the earth's magnetic field or those generated by lightning. However, the massive penetration of electronics in all technological sectors and the greater demand for electricity mean that man finds himself immersed in electromagnetic fields on a daily basis.



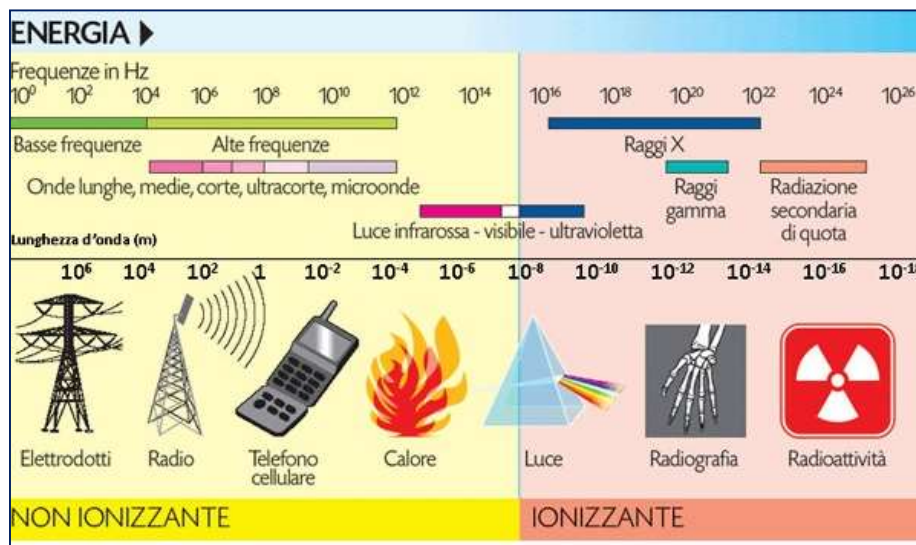
These determine:

Ionized radiation: Ionizing radiation is radiation with sufficient energy to ionize the atoms or molecules with which it interacts.

- ❖ Radioactive isotopes (unsealed sources);
- ❖ X-ray machines (X-rays, gamma rays);
- ❖ Sealed sources (e.g. ^{63}Ni for gas chromatographs for analysis).

Non-ionized radiation: Refers to any type of electromagnetic radiation that does not carry enough energy to ionize atoms or molecules, that is, to completely remove an electron from an atom or molecule.

- ❖ UV radiation;
- ❖ Ultrasound;
- ❖ Lasers;
- ❖ Magnetic and electromagnetic fields.



Risk of falls

“Work at height means work that exposes the worker to the risk of falling from a height greater than 2 m above a stable surface”.



Measures

People falling from heights have been progressively decreasing for some years now, but they are still one of the most frequent and serious types of accidents. Since the technical and organizational measures capable of preventing them have been known for some time, people falling from heights represent a typical and worrying example of a "sentinel event". The use of ropes well anchored to the structure, in good condition and an adequate support harness connected to your safety rope prevents falls from heights.





A few statistics...

389 falls from heights were examined (276 fatal and 113 with serious outcomes) which occurred in 22 different work sectors, even if over half of them were concentrated in a single sector: construction.

91% of fatal falls and 87% of those with serious outcomes occurred in small companies (up to 9 employees). Foreign workers were slightly less represented than in all types of accidents overall. Often the injured people were the business owners themselves (26% of all fatal falls). Consistent values were also observed for "officially irregular" workers and pensioners (5% and 4.6% of all fatal falls respectively). A problem that deserves more attention: the age of the injured.

21% of all fatal falls occurred in people over 60 (65 years and over) and 12.5% in people over 64 years old.

Main falls

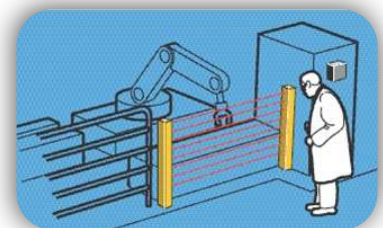
- Falls from roofs;
- Falls from above following the breaking of the roofing sheets (eternit, plexiglass, etc.);
- Falls from scaffolding;
- Falls from transportable ladders;
- Falls from scaffolding.



Risk from machinery and equipment

In order to reduce the risks associated with machines there are regulations to follow. They must:

- ✓ Be installed in accordance with the manufacturer's instructions and be used correctly;
- ✓ Be subject to suitable maintenance and accompanied by specific instructions for use;

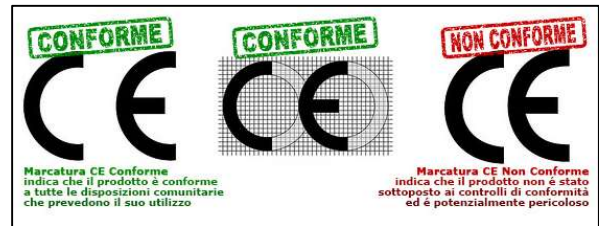


- ✓ Be arranged in such a way as to facilitate (also taking into account the mobile elements) the safe loading or extraction of the substances used or produced.

CE marking

Each machine must bear, legibly and indelibly, at least the following information:

- ✓ Name of the manufacturer and his address;
- ✓ The CE marking;
- ✓ Series or type designation;
- ✓ Any serial number;
- ✓ The year of construction.



The EC declaration of conformity must contain the following elements:

1. Name and address of the manufacturer or his authorized representative established in the community;
2. Description of the machine;
3. All relevant provisions with which the machine complies;
4. Information on the notified body involved;
5. Reference to harmonized standards;
6. Where applicable, national standards and technical specifications applied;
7. Identification of the signatory who has the delegation of the manufacturer or his authorized representative established in the community;



Risk from video terminals

A "VDT worker" is defined as a worker who uses equipment equipped with a video terminal (VDT) in a systematic or habitual manner for twenty hours per week after deducting breaks and interruptions. For this reason, the main physical disorders linked to the use of VDT concern the visual and musculoskeletal system.

Legislative Decree 81/08 defines the main obligations regarding risk assessment for:

- **Eyes and sight:**
 - Excess or insufficient ambient lighting;
 - Direct light on the VDTs (both artificial and natural).



▪ **Posture problems and physical and mental fatigue:**

- Inadequate workstations;
- Extended positions and times;
- Mobbing;
- Stress;
- Conflictual man-machine relationship;
- Complexity of the job.



▪ **Environmental ergonomic conditions:**

- Microclimate;
- Temperature;
- Humidity;



Oculo-visual disorders

Static, close-up and prolonged vision of objects less than one meter away from the eyes causes severe fatigue in the eye muscles.

The main symptoms that outline this fatigue are:

- Burning;
- Tears;
- Dryness;
- Foreign body sensation;
- Frequent blinking;
- Discomfort in the light;
- Heaviness;
- Blurred or double vision;
- Tiredness when reading;



They cause these symptoms:

- Uncorrected or poorly corrected visual defects;
- Unfavorable lighting conditions:

- Excess or insufficient general lighting;
- Presence of reflections from shiny surfaces;
- Direct light coming from windows or artificial sources;
- Poor definition of characters on the screen.
- Unfavorable environmental conditions:
 - Indoor air pollution:
 - Inefficient air conditioners;
 - Smoke;
 - Dust;
 - Photocopiers;
 - Dryness of the air.



Musculoskeletal disorders

They include: feeling of burden or discomfort; pain and numbness; stiffness in the neck, back, shoulders, arms, hands. The causes of these nuisances are: inadequate working positions due to the incorrect choice and arrangement of the furnishings and the VDT; fixed job positions maintained for prolonged periods even in the presence of well-structured jobs; rapid, repetitive hand movements, such as typing or using a mouse for long periods.



Stress related

Another effect that comes from working at the VDT is related stress. It occurs when a person's abilities are not adequate for the type and level of job demands. The type of reaction to a given situation also depends on personality: the same job can be satisfying, monotonous or complex for different people. Among the main causes we find:



- The conflictual relationship between man and machine;
- The content and complexity of the work;
- The workload;
- Responsibility;
- Relationships with colleagues or superiors;
- Environmental factors.

Related stress is therefore the cause of psychosomatic disorders:

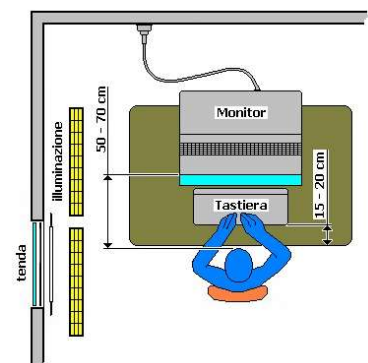
- Headache;
- Nervous tension;
- Irritability;
- Excessive tiredness;
- Insomnia;
- Difficult digestion;
- Anxiety;
- Depression.

VDT station

To prevent the formation of such disorders it is good to work on the VDT in certain conditions. VDT **workstations** must be positioned so that the screen is at 90° to the windows; in this way there are no reflections and you are not dazzled by external light. Furthermore, they should be placed at least 1 m from the windows, which should be screened with curtains or blinds.

The **screen** must be positioned so as to guarantee an optimal viewing distance of 50-70 cm and so that its highest point is at the same level or slightly lower than the operator's eye level.

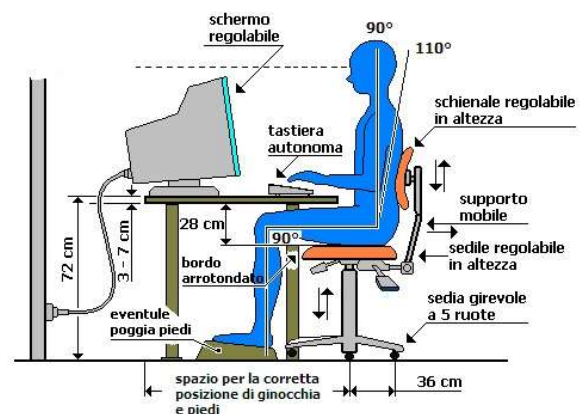
The **keyboard** should be positioned so as to leave a space in front towards the edge of the work surface, on which you can rest your forearms to avoid static fatigue of the shoulder muscles.



The **video unit** (or monitor) must be located on an independent support that is stable and orientable in space in all directions. It must guarantee the possibility of adjusting the contrast and brightness of the characters. The latter must be well defined and legible. The images must be stable.

The requirements that a **workstation** seat must have are:

- Height adjustability;
- Adjustability of the backrest in height and inclination;
- Anti-tipping base with 5 spokes;
- Adjustment controls accessible while maintaining the seated position, easy to handle and responsive;
- Medium-high backrest with lumbar support;
- Front rounded seat surface;
- Thick semi-rigid padding;
- Breathable lining.



Risk from manual handling of loads

When moving a load, first of all, some factors must be taken into account:

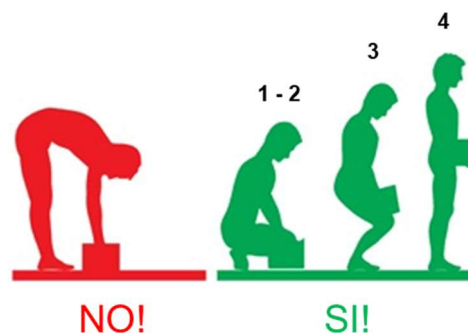
- ✓ Weight;
- ✓ The volume;
- ✓ The type of shape;
- ✓ The type of socket;
- ✓ Moving.
- ✓



Method of action

When the load to be moved is heavy, it is necessary to avoid getting hurt:

1. Stand as close as possible to the load, facing the direction of travel, with your feet slightly apart;
2. Flex your legs and not your back;
3. Grasp the load with a secure grip, being very careful to keep your back straight;
4. Bring the load towards yourself and lift yourself up by straightening your legs.



If the load is too heavy, cumbersome or difficult to manoeuvre, it must be handled by two people, whose movements must be coordinated and carried out simultaneously to prevent one of the two from making an excessive effort.



If the job involves the movement of sustained loads and weights, the employer provides the worker with adequate equipment (e.g. trolleys, forklifts, etc.).



Those responsible for the specific use of such equipment must receive adequate and specific training and related training.



Noise risk

It is one of the most underestimated risks because it does not create any problems at the moment, but assiduous and prolonged exposure to noise causes occupational diseases which do not tend to manifest themselves immediately, but after several years of activity.



For this reason it is mandatory to implement the following preventive actions:

- ✓ Inform and train workers;
- ✓ Carry out preventive and periodic health checks with the competent doctor;
- ✓ Provide adequate personal protective equipment;
- ✓ Wear PPE following precise instructions from the competent doctor.

Vibration risk

The risk from vibrations, even if it may appear less harmful, should not be underestimated since assiduous and prolonged long-term exposure can cause irreparable damage; for this reason there is an obligation on the part of employers to evaluate the risk of exposure to vibrations of workers during work.



Both in the case of exposure of the hand-arm system and in the case of exposure of the whole body, there are no anti-vibration PPE capable of adequately protecting workers and still bringing the worker's exposure levels below the set limit values by the Decree.



Signage

Safety signs mean signs which, referring to an object, an activity, or a specific situation, provide an indication or prescription concerning safety or health in the workplace, and which is used as appropriate, a sign, a colour, a signal, luminous or acoustic, a verbal communication or a gestural signal (art.1 of Legislative Decree 493/96).

Safety signs can be divided into 5 groups:

- **Distress** signal: provides information relating to emergency or rescue vehicles (square or rectangular shape, white pictogram on a solid background);
- **Prohibition** sign: prohibits behavior that could lead to or cause danger (round shape, black pictogram on a white background);
- **Warning** sign: warns of the presence of a risk or danger (triangular shape, black pictogram on a yellow background, black border);
- **Prescription** sign: prescribes a certain behavior (round shape, white pictogram on a light blue background);
- **Rescue** sign: provides information relating to emergency exits (square or rectangular shape, white pictogram on a green background).



SELF-ASSESSMENT TEST

Question	True	False
1. "Specific" training is defined because each worker must receive training relevant to his job?	☐	☐
2. "Risk" is defined as the possible consequence of the presence of a danger?	☐	☐
3. A fire is the result of the combined action of an oxidizer and a fuel?	☐	☐
4. If a person is under tension, it is advisable to intervene quickly by pulling them with your hands to disconnect them from the current?	☐	☐
5. The Safety Data Sheet helps identify the chemical risks to which a worker is exposed?	☐	☐
6. The use of electronic devices reduces the risk of electromagnetic radiation?	☐	☐
7. The passage of a current of 100mA through the human body can cause ventricular fibrillation?	☐	☐
8. Statistically, fatal falls from heights happen to people with more experience in the sector?	☐	☐
9. To move a heavy load you need to flex your back and not your legs?	☐	☐
10. Working in a noisy environment causes, over time, damage to the hearing system?	☐	☐

Solutions									
1	2	3	4	5	6	7	8	9	10
True	False	False	False	True	False	True	True	False	True

This handout is a concise guide which aims to provide initial information to all workers who are subject, by Legislative Decree 81/2008, to having specific training on health and safety in the workplace.

Article 36 of Legislative Decree 81/2008 and subsequent amendments. requires the employer to ensure that each worker receives adequate information on the risks to health and safety at work connected to the company's activity in general and on the company roles that derive from it. This booklet was prepared by MaFran Srl to be distributed to all workers in order to give them information that must be easily understandable and allow them to acquire the relevant knowledge.



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