

COURSE: NR-10 – BASIC SAFETY COURSE ABOUT ELECTRICAL FACILITIES AND SERVICES

SCOPE AND APPLICABILITY:

Participants will be able to organize and address the guidelines of Regulatory Standards for accident prevention as well as recognize hazards and educate other workers about their rights and duties as employees while performing work with electricity.

REGULATIONS & STANDARDS

- NR10;
- NR37;
- NBR 5410;
- NBR 14039.

COURSE CONTENT:

1. Introduction to safety with electricity;
2. Risks at installations and services with electricity;
3. Risk Analysis Techniques;
4. Electrical Risk Control Measures;
5. Brazilian Technical Standards - ABNT NBR: NBR-5410, NBR 14039 and others;
6. Brazilian Labor Regulations;
7. Collective protection equipment;
8. Personal protective equipment;
9. Work routines - procedures;
10. Documentation required for electrical installations;
11. Additional risks;
12. Fire protection and fire-fighting;
13. Accidents with electrical origin;
14. First Aid;
15. Responsibilities.

COURSE DESIGN:

Theoretical Class – 32 hours

Practical Class – 08 hours

TOTAL: 40 hours

PREREQUISITE(S):

None

MINIMUM/MAXIMUM NUMBER OF DELEGATES

This course requires a minimum of 1, and a maximum number of 12 trainees.

To offshore trainings, the course number of attendees will comply with the vessels/rig necessity.

MAIN SAFETY ISSUES:

- Special cares with tools that are used in energized machinery;
- Selection, inspection and use of related tools and PPEs;
- Individual and Collective measures of protection against electricity;
- Risk evaluation in the workplace;
- Risk Control in the workplace;
- Distractions and fatalities;
- Electricity Detection.

REQUIRED EQUIPMENT:

- Switchboards;
- Access to Generators room (recommended);
- Access to Transformers room (recommended);
- Fire extinguishers of different types;
- Basic first aid equipment: Cervical collars, splints, stretchers, respirator;
- Electrical Rescue Hook.

PROCEDURES FOR PRACTICAL EXERCISES:

- Demonstration on how to use the rescue hook;
- How to identify equipment Voltage and define safe distances according to NR-10 Annex I;
- Safety visit to electrical equipment areas to reinforce the importance to keep distance from all equipment and explain the importance of PPE use: Gloves, coveralls, insulated tools;
- Explain what fire extinguishers are recommendable in case of fire in electrical equipment and how to use them properly;
- Electricity accidents first aid techniques demonstration.

CERTIFICATION:

Training certificate signed by responsible Engineer accredited by Brazilian CREA.

CERTIFICATE VALIDITY PERIOD:

2 years.