

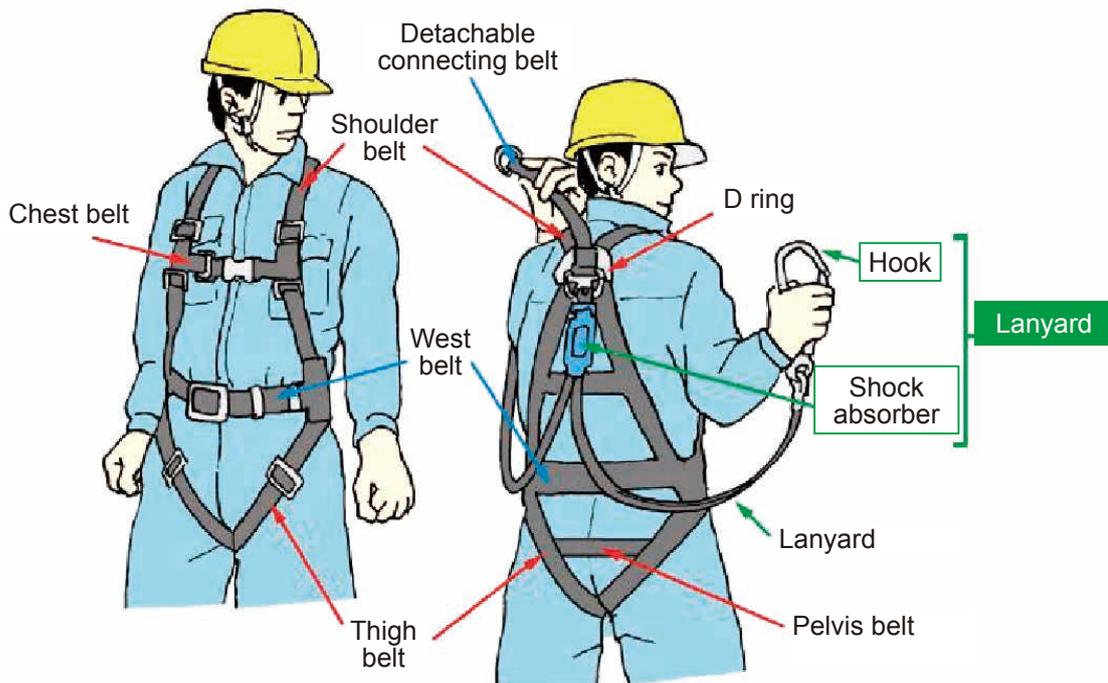
# “Telecommunications work”

The important points for Safety and health

## Work at high place, heavy machinery

### (1) Using of the personal fall arrest systems (fall prevention harness)

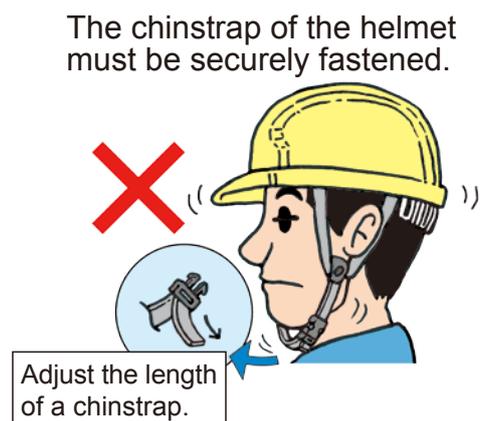
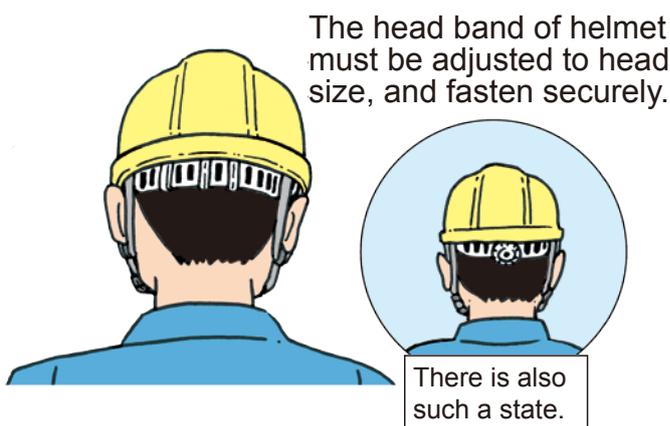
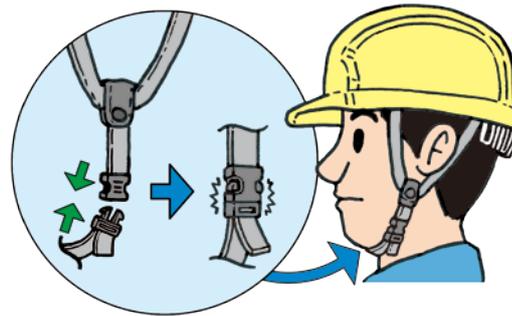
As a general rule, use a full-harness type personal fall arrest system (fall prevention harness).



### <Special education>

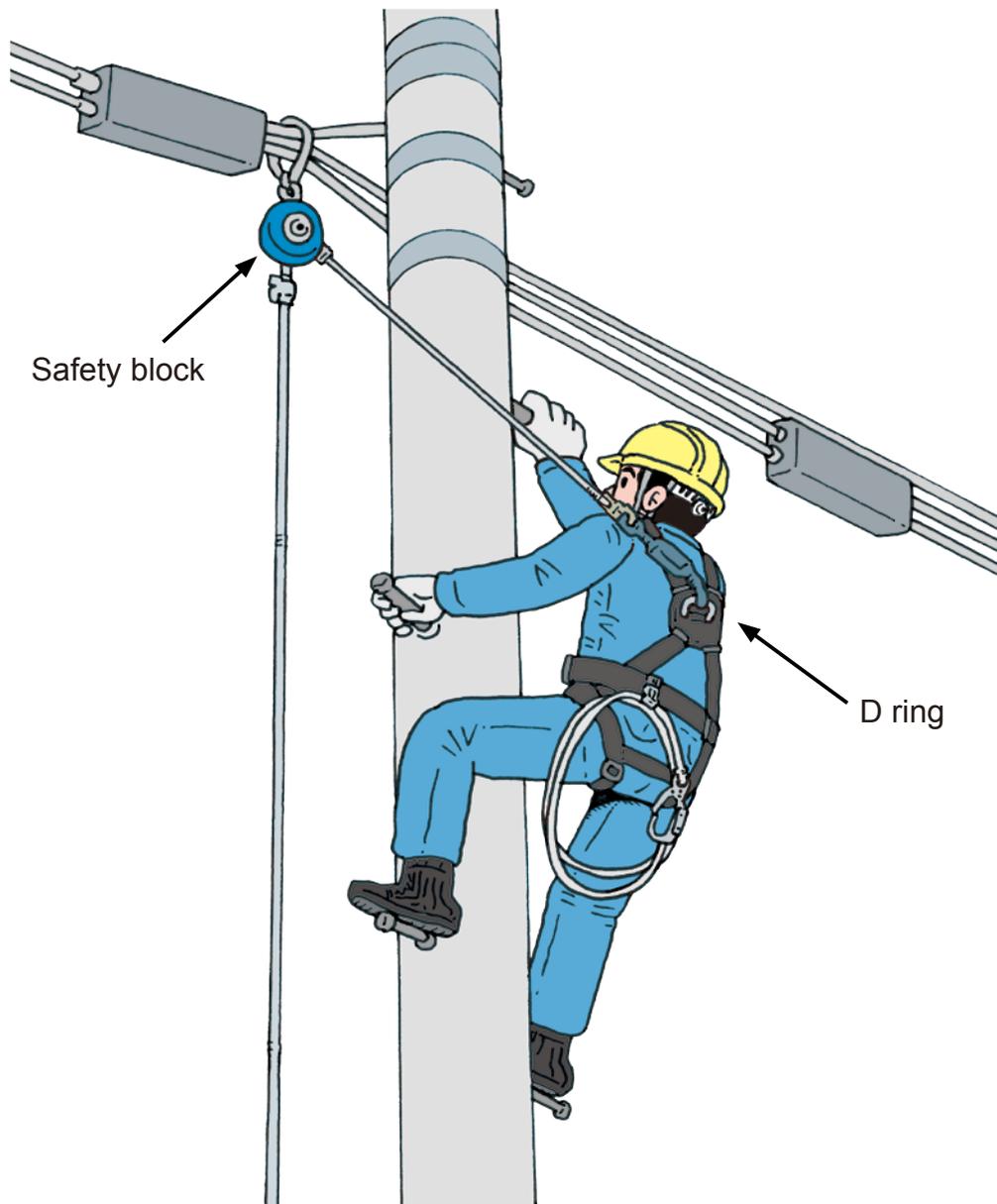
Special training (4.5 hours for lecture, 1.5 hours for practice) is required for those who are going to work at height of 2m or more, and where it is difficult to install a work platform, and have to use the full-harness type personal fall arrest system (excluding high place work with a rope).

## (2) Wearing of a Safety Helmet



1. For the high place work, wear a safety helmet (with a shock-absorbing liner of foamed polystyrene inside the safety helmet).
2. To use the safety helmet, length of the headband is adjusted at the back of the head, and the chinstrap is securely tightened to prevent wobbling during work.

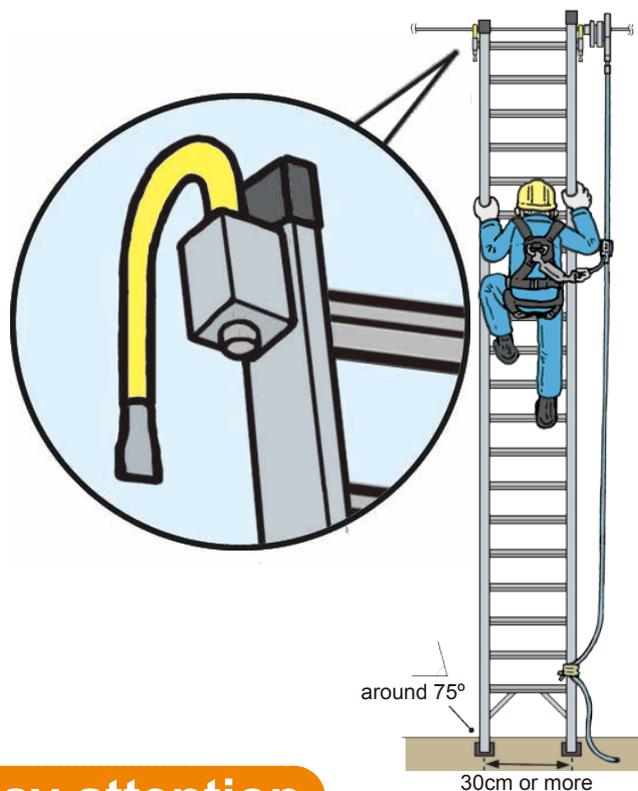
## (3) Work on the pillar



### Matters to pay attention

1. Never be a state of no rope situation.
2. Use the fall prevention safety device such as the safety blocks.
3. When you put the hook of the safety block on the D ring, check with sound, eyes, pointing and calling.

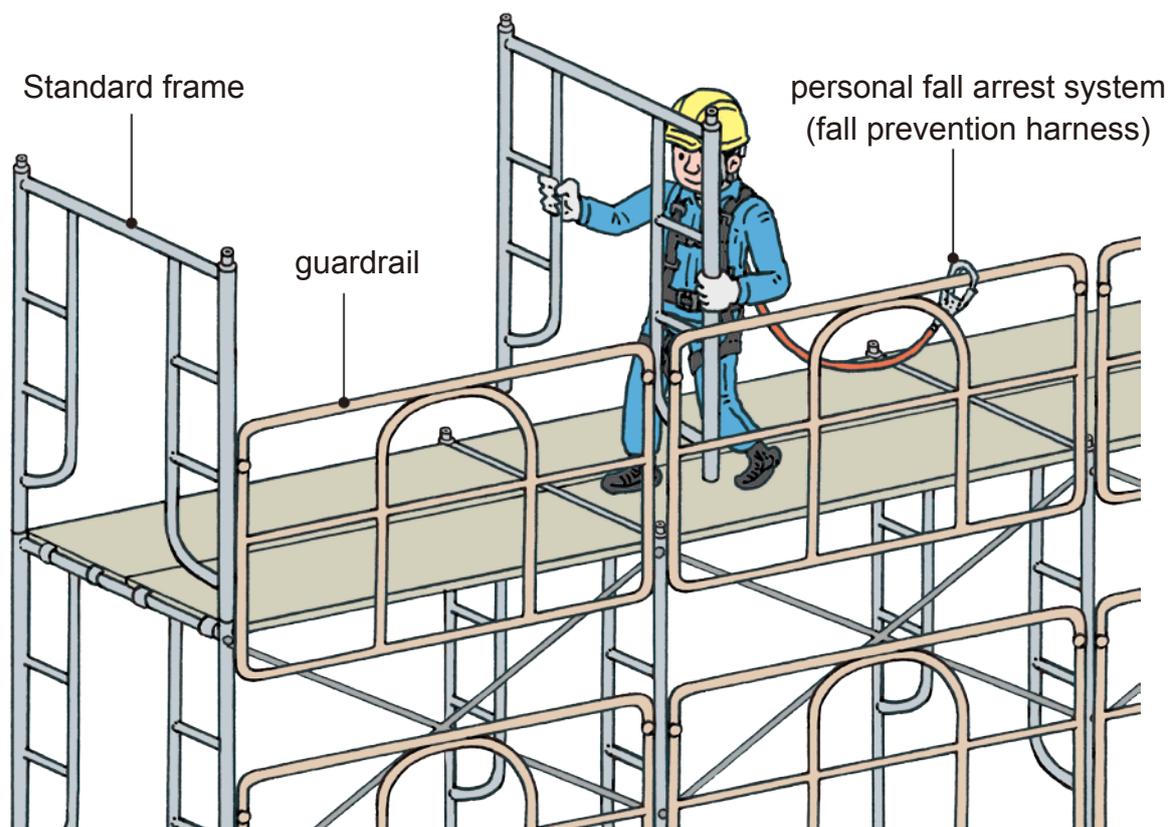
## (4) Working with a ladder



### Matters to pay attention

1. When the height and depth exceed 1.5m, install a safe temporary lift facility.
2. When there is a risk of crash, use a fall prevention device, etc. with a safe line.
3. Ladders should be installed in a stable condition.
4. The upper part of the ladder protrudes out more than 60cm.
5. Use a ladder with a width of 30cm or more with the equal interval ladder steps, and non-slips at bottom of the legs.
6. The installation angle is about 75°.
7. The ladder should be supported by other workers.
8. Do not carry out the reactionary work on the ladder.
9. Do not move up and down with objects.

## (5) Working on the scaffold



### Matters to pay attention

1. A passage will be installed between the scaffold and the building.
2. Do not leave materials on the scaffold.
3. Install the end stopper.
4. Install the vertical nets.
5. The loaded load should be 400kg or less per span.
6. The width of the deck should be 40cm or more, and the gap between the decks should be 3cm or less.
7. The clearance between the vertical pillar materials and the slab of the structure should be less than 12cm.
8. On the scaffold, use the personal fall arrest systems (fall prevention harness).

## (6) Pillar erection: Need a certificate of crane operation

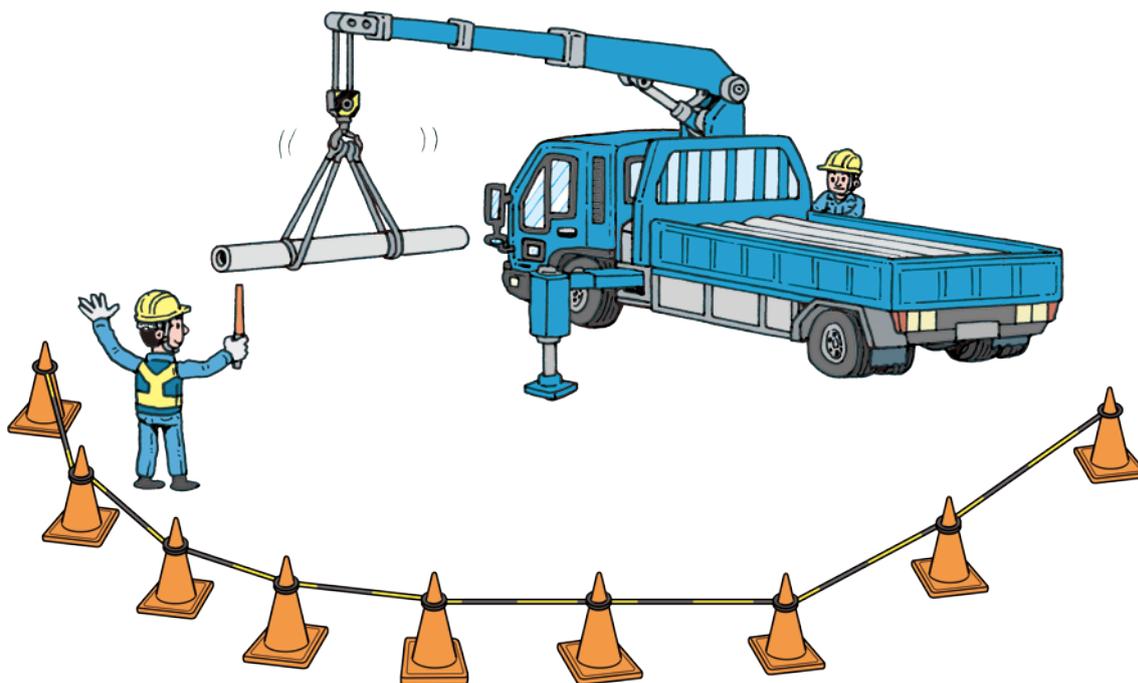
In order to operate an excavation pole erection car used for building pillar work, a qualification for driving a vehicle-type construction machine and a qualification for driving a mobile crane are required. In addition, one must be qualified for the slinging to do slinging works.

Work	Machine weight	Requisite qualifications
Driving work of vehicle-type construction machine	3 ton or more vehicle-type construction machine (excluding compaction machine, concrete pump car)	Skill training course for driving a vehicle-type construction machine
	Compaction machine, concrete pump car, and less than 3 ton vehicle-type construction machine	Special education for driving a vehicle-type construction machine

Work	Lifting loads	Requisite qualifications
Operation of mobile crane	Lifting loads is 5 ton or more	Operator for mobile crane
	Lifting loads is 1 ton or more, or less than 5 ton	Skill training course for operation of small sized mobile crane
Slinging	Lifting loads is 1 ton or more	Skill training course for the slinging
	Lifting loads is 0.5 ton or more, or less than 1 ton	Special education related slinging

\* The lifting loads is not the weight of the lifting object but the lifting loads of the mobile crane.

## (7) Unloading of heavy objects



### Matters to pay attention

1. The work area is off limits.
2. Once the loads is left the ground plane, stop the work and check the situation.
3. Do not enter under lifted loads.
4. Do not stand on the extension of a straight line of the boom.

## (8) Basic knowledge of safe driving

1. Wear a safety helmet and a safety gear, and straighten the clothes, and drive.
2. Drivers drive with their qualifications.
3. Before starting operation, be sure to conduct the star-up inspections such as a brake and a clutch to make sure there are no abnormalities.
4. Do not place people other than the driver in the driver's seat or other places.
5. When boarding on the vehicle use a built-in gangway ladder and a handrail.
6. Keep the vehicle body clean and do not operate the levers with oil-stained hands.
7. The driver must not leave the driver's seat with engine running.
8. After the work is stopped or finished, the attachment is lowered to the ground, the clutch is disengaged and the brake is applied securely, the engine is stopped, the key is removed, and the machine is parked in a proper place.

