

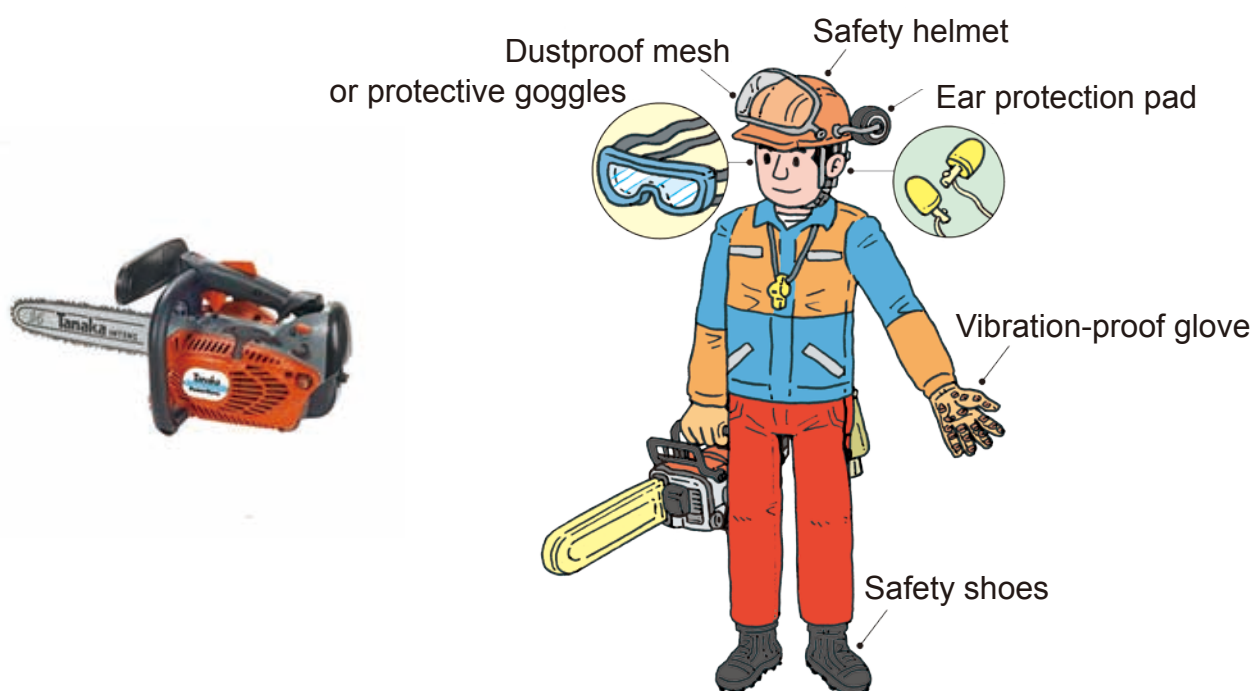


# “Telecommunications work”

## The important points for Safety and health

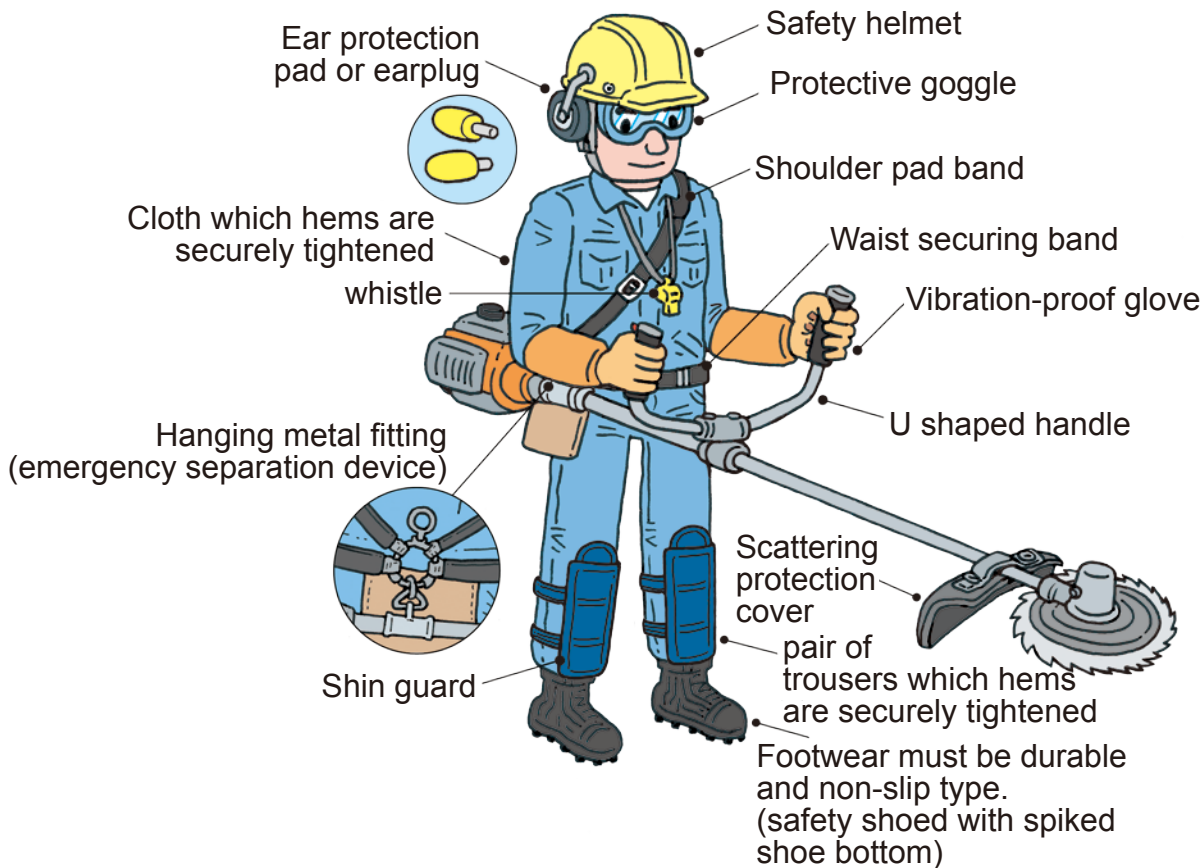
### Handling of power tools

#### (1) Chainsaw



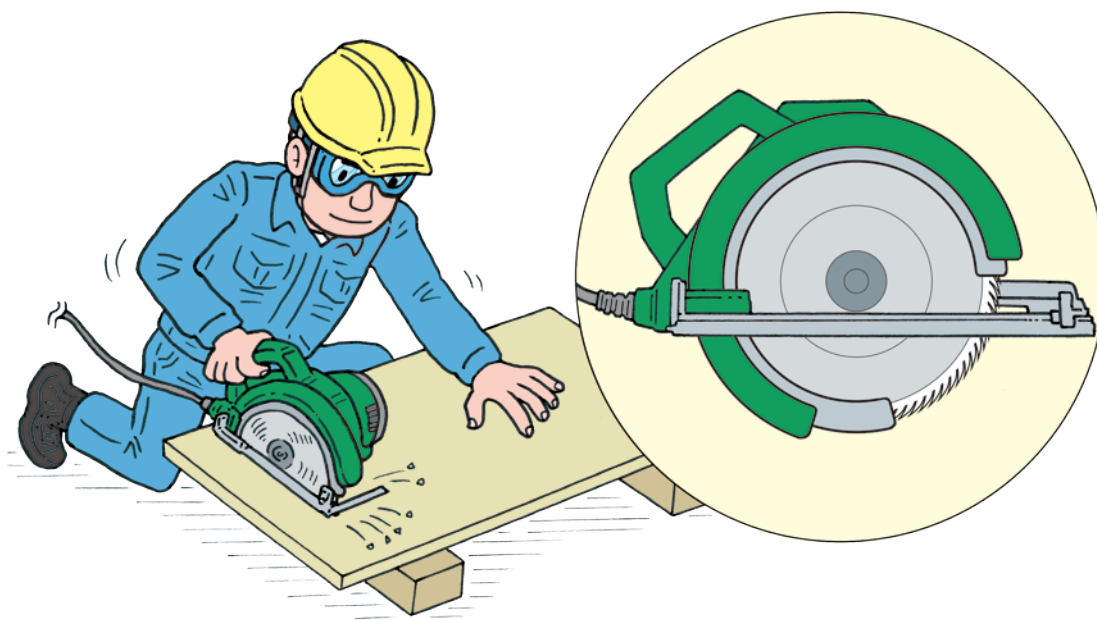
<b>Safety helmet</b>	Wear a safety helmet correctly.
<b>Protective goggles</b>	Wear protective glasses and safety goggles.
<b>Vibration control glove</b>	Wear vibration-proof gloves.
<b>Safety shoes</b>	Wear durable and non-slip safety shoes.
<b>Clothes</b>	<ol style="list-style-type: none"><li>1. Wear warm clothing according to the season and weather.</li><li>2. Wear clothing which fit your body, and that hems are securely tightened.</li><li>3. Wear gloves, socks, and other items with good thermal insulation.</li><li>4. Wear protective clothing for wound prevention.</li></ol>
<b>Earplug</b>	Attach earplugs and ear protectors to prevent loud noise.
<b>Special education</b>	Chainsaw work is carried out by a person who has received “Special training for chainsaw workers”.

## (2) Reaping machine



<b>Safety helmet</b>	Wear a protective cap correctly.
<b>Protective goggles</b>	Wear protective glasses (goggles) and safety goggles.
<b>Arm cover</b>	Wear arm covers.
<b>Vibration control glove</b>	Wear vibration control gloves
<b>Safety shoes</b>	Wear durable and non-slip type safety shoes.
<b>Earplug</b>	Attach ear plugs and ear protectors to prevent noise.
<b>whistle</b>	Always carry a whistle for communication and signaling.
<b>Shin guard</b>	Attach shin guard correctly.
<b>Safety and health education</b>	A person who has received the safety and health education about the handling of Reaping machines.

### (3) Portable circular saw

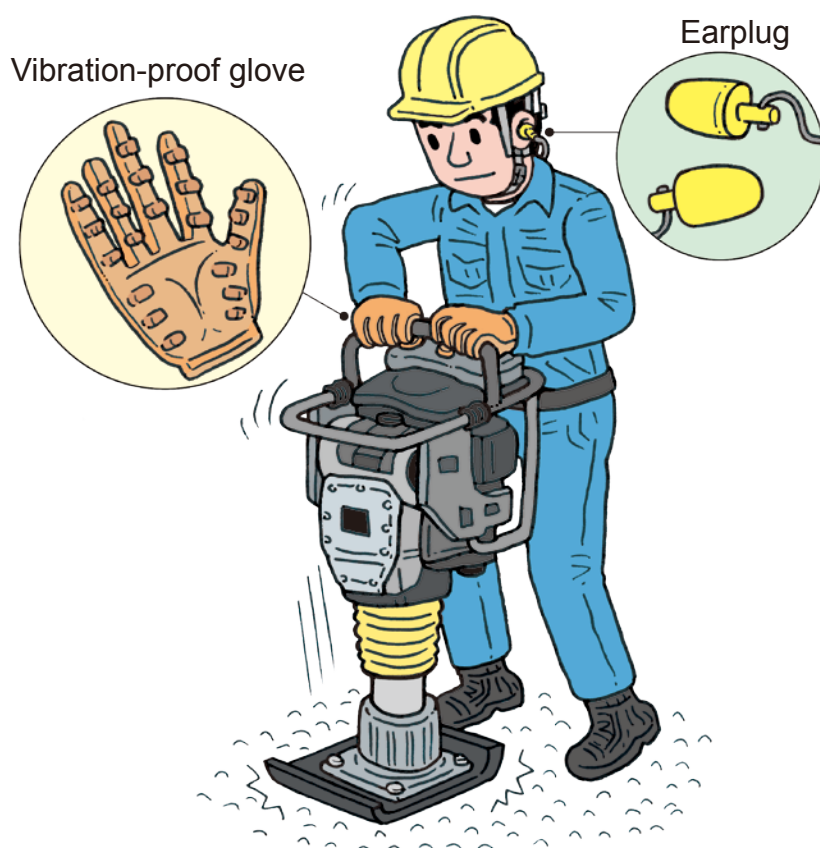


#### Matters to pay attention

1. Use a blade that is not damaged or that has no loose bolts or screws.
2. Check the damage in the cable and grounding.
3. Check the condition of the protective cover and effectiveness of the brake.
4. Work on a stable work table. Do not work with a portable circular saw in your hand.
5. Work wearing gloves is prohibited.
6. If abnormal noise is heard while using a circular saw, stop the work and check.
7. Do not move the circular saw with the blade rotating.
8. Check the cable position before starting the work.

## (4) Vibration tools (rammers, vibration drills, etc.)

Use of vibration tools such as rammer and vibration drill may cause vibration disorders such as numbness, chill, and stiffness in hands, fingers and arms.

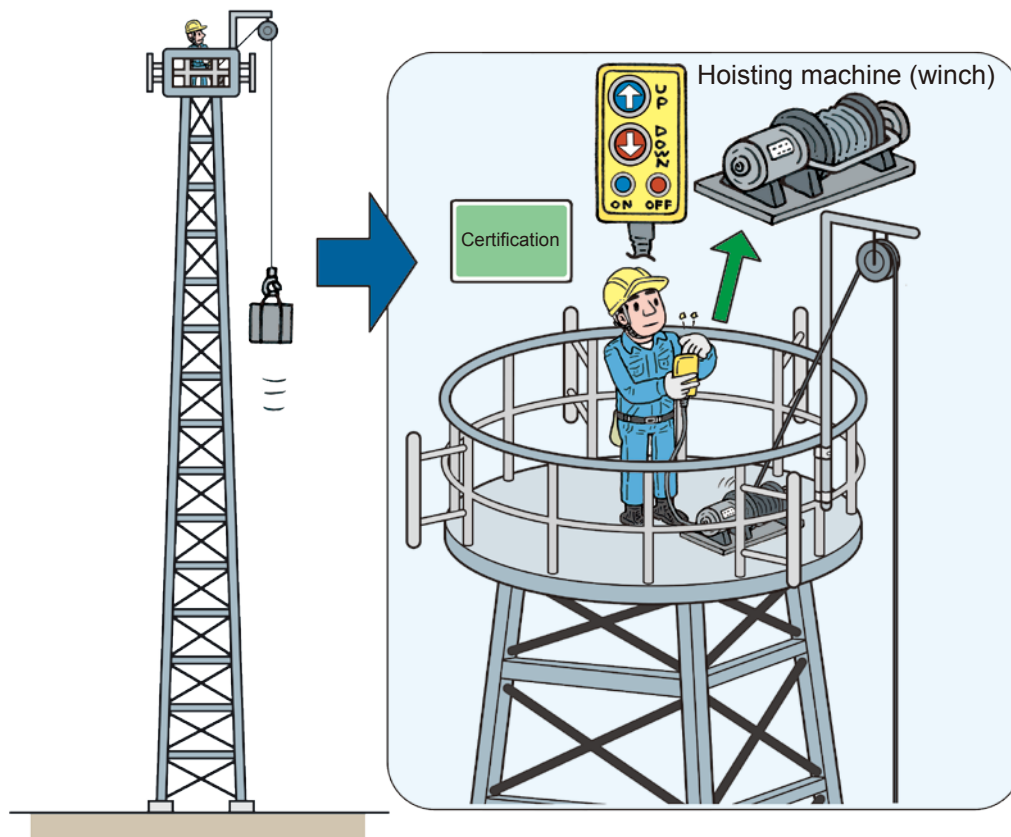


### Matters to pay attention

1. Work using a vibration tool is carried out by a person who has received the safety and health education for the handling of vibration tools.
2. Select vibration tools which are as light and less vibration as possible, and inspect and maintain regularly.
3. Use protective equipment such as vibration-proof glove and earplug.

## (5) Hoisting machine (winch)

Hoisting machines (winch) are used for raising and lowering materials, etc., and there is a risk of accident due to incorrect operation or carelessness during work.

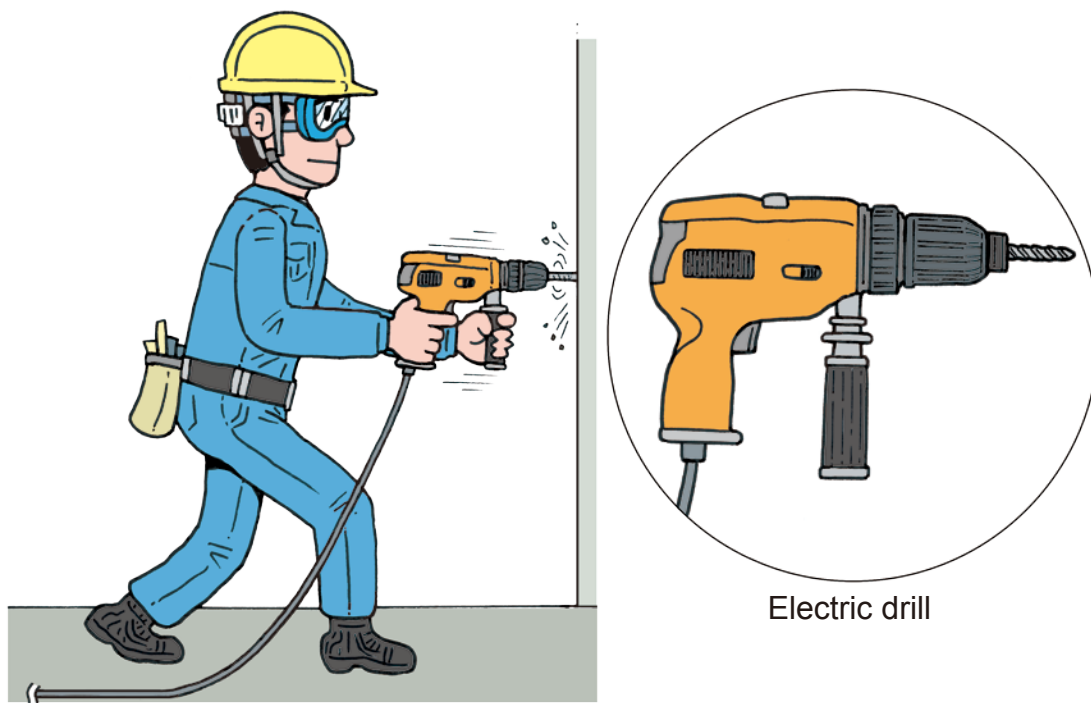


### Matters to pay attention

A hoist is operated by a person who has completed the “Special Education”



## (6) Electric drill

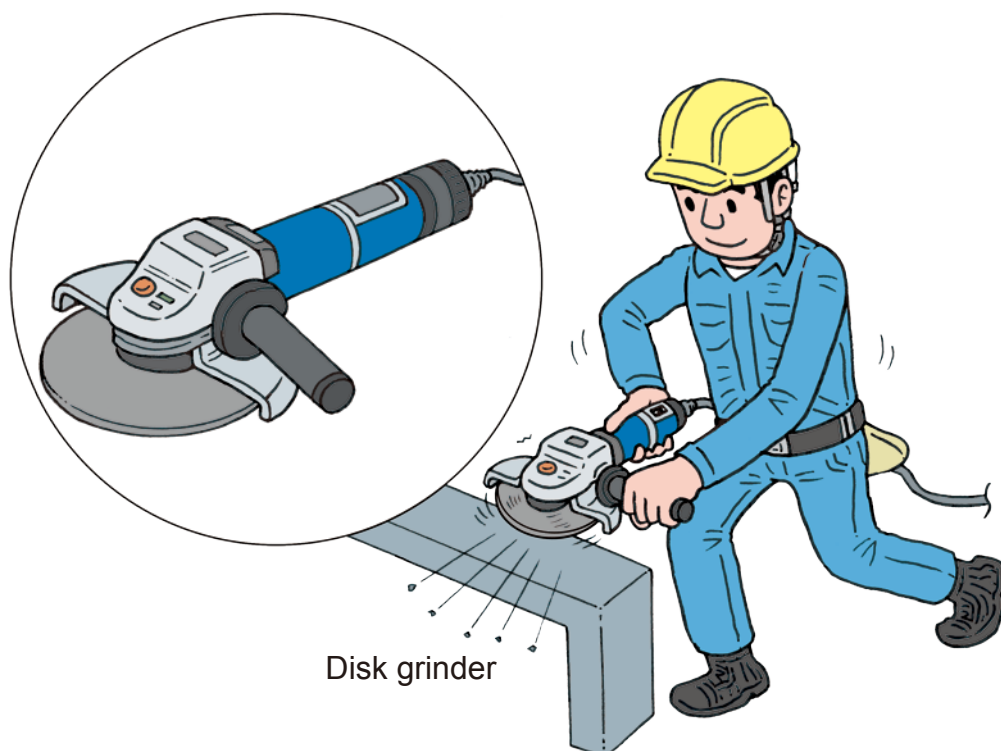


Electric drill

### Matters to pay attention

1. Check if there is damage to the bit and whether the switch operates normally.
2. Use a drill on the front of the body.
3. When you drill a hole in a vertical plane, make sure there are no persons at the back side of it.
4. When you work fix the material.
5. If there is abnormal sound or vibration during use, stop the operation immediately.
6. Check the damage in a cable and grounding.
7. While moving, switch off the drill.
8. Unplug from the outlet when not in use.

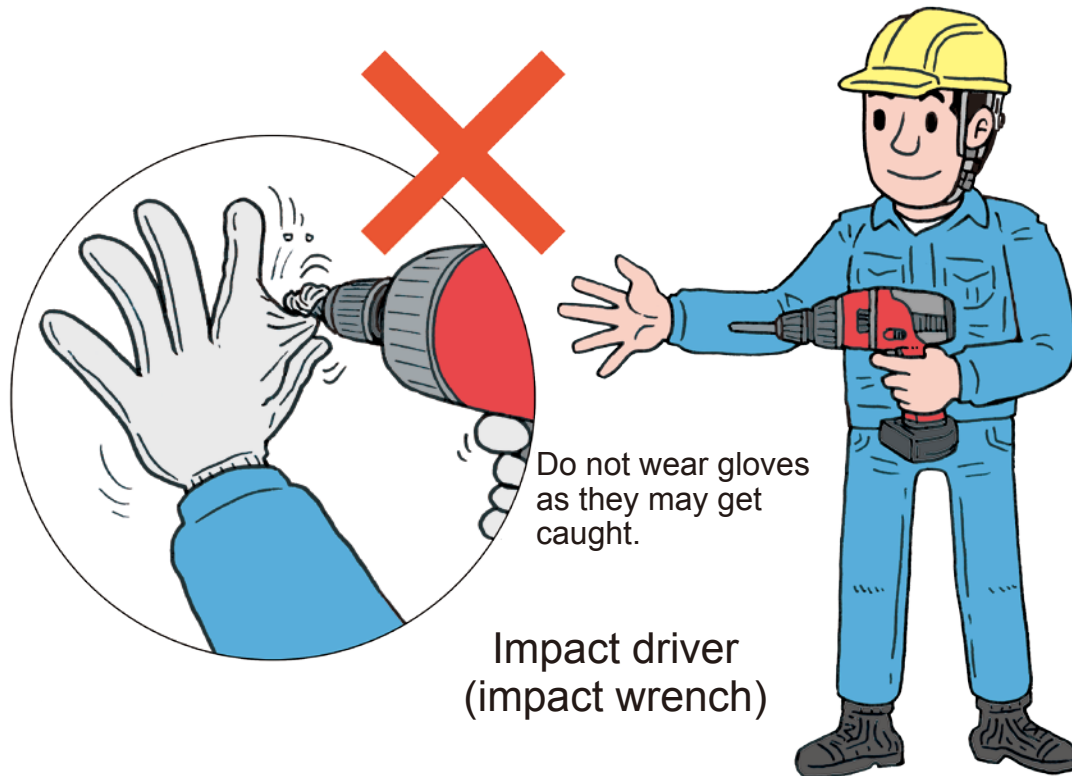
## (7) Disk grinder



### Matters to pay attention

1. Work by holding the disc grinder firmly with your both hands.
2. Replacement of a grinding wheel or trial operation at the time of replacement requires the special education.
3. For grinding wheels, carry out a trial run for at least 1 minute before starting the work, and at least 3 minutes when the wheel is replaced.

## (8) Impact driver (impact wrench)



### Matters to pay attention

1. While using electric power tools such as an impact driver, never place your hands or feet close to the rotating part.
2. Gloves should not be worn because your hand may get caught in the rotating impact driver bit (shaft).
3. Work using vibration tools such as impact drivers is carried out by the person who has received the safety and health education regarding the handling of vibration tools.