

厚生労働省委託

2020年東京オリンピック・パラリンピック競技大会に係る  
建設需要に対応した労働災害防止対策事業

## 外国人就労者に対する教育テキスト

Training Booklet for Foreign Workers

平成 28 年

建設業労働災害防止協会

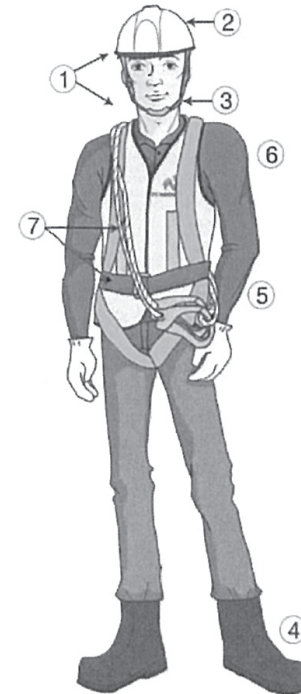
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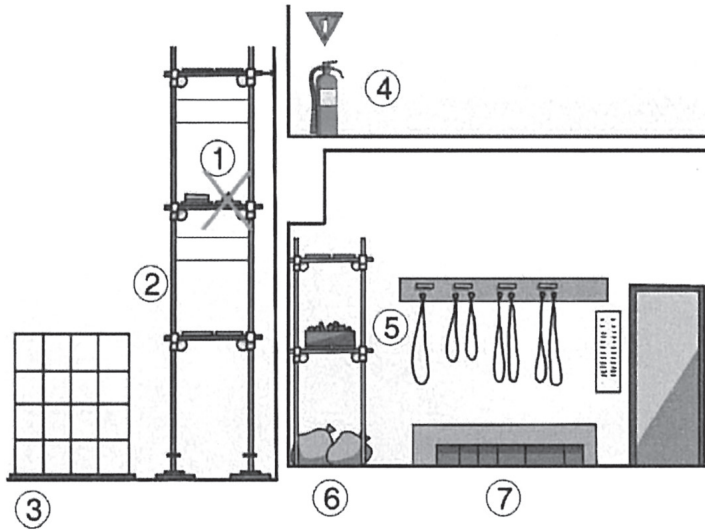
# I General Management

## I – 1 . Work clothes



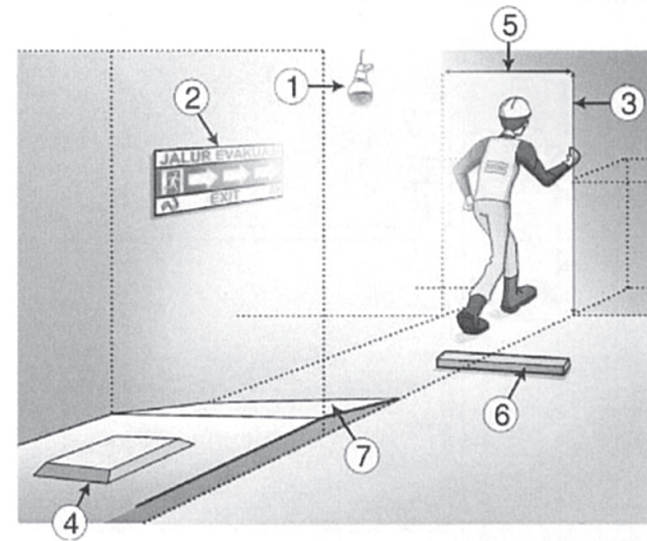
1. Is your helmet and chinstrap undamaged?
2. Is your helmet meant to protect both against falls and falling objects?
3. Is your helmet on straight?  
Is the chinstrap in place?
4. Are you wearing safety boots?
5. Are your sleeves buttoned at the cuff?
6. Do you avoid wearing torn clothes?
7. Are your safety belt and lanyard undamaged?

## I – 2. Keeping things tidy and in order



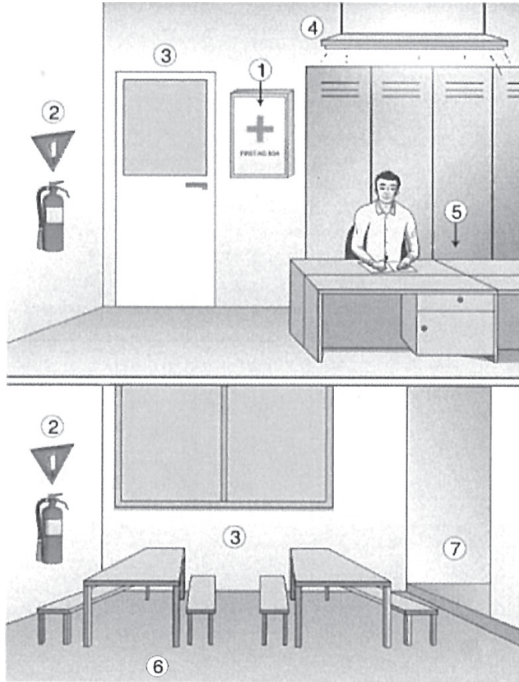
1. Is scaffolding clear of loads or materials that may fall?
2. Is there a safe passageway?
3. Are materials placed parallel to the passageway?
4. Is the area in front of the fuse box and fire extinguisher clear of materials?
5. Are tools and equipment sorted by type?
6. Are unneeded materials properly sorted?
7. Have dangerous materials been removed?

## I – 3. Safe passageways



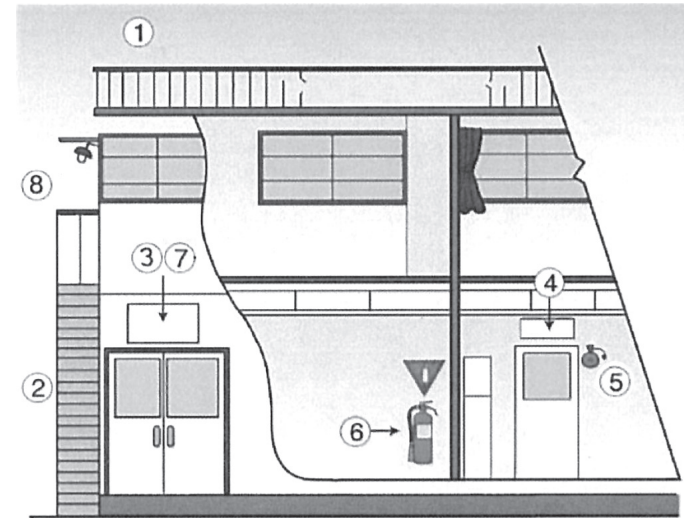
1. Is the lighting in place suitable for the workplace?
2. Are there safe passageways?  
Are they marked clearly?
3. Are there any obstacles in the passageway between the floor and a height of 1.8 meters?
4. Have openings and protruding rebars, etc. been covered?
5. Are safe passageways wide enough?
6. Are safe passageways free of equipment?
7. Are safe passageways slip and stumble free?

## I – 4. Office and rest area



1. Is there a first-aid kit?  
Is there enough medicine?
2. Are fire extinguishers in obvious locations?
3. Is the rest area adequately ventilated?
4. Is it adequately lit?
5. Is the room kept tidy and in order?
6. Are rest facilities in good order?
7. Is there a nap room for those who need a nap?

## I – 5. Dormitory



1. Is the dormitory kept clean, orderly, tidy, and in a hygienic condition?
2. Are passageways and stairs free of objects?
3. Is the name of the administrator displayed?
4. Is each occupant's name displayed?  
Is the capacity indicated?
5. Is there an emergency alarm?
6. Is there firefighting equipment?
7. Are dormitory rules posted?
8. Is there an evacuation staircase if the dormitory has bedrooms on the second floor?  
(Are there two staircases if there are 15 or more occupants?)

## I – 6. Fire-prevention equipment



1. Is the name of the person responsible for fire prevention displayed?
2. Is there water in all ashtrays?
3. Is there a designated smoking area?
4. Is there a fire extinguisher in the smoking area?
5. Are there signs for fire extinguishers?
6. Is the smoking area free of combustibles?

## I – 7. Safe work cycle

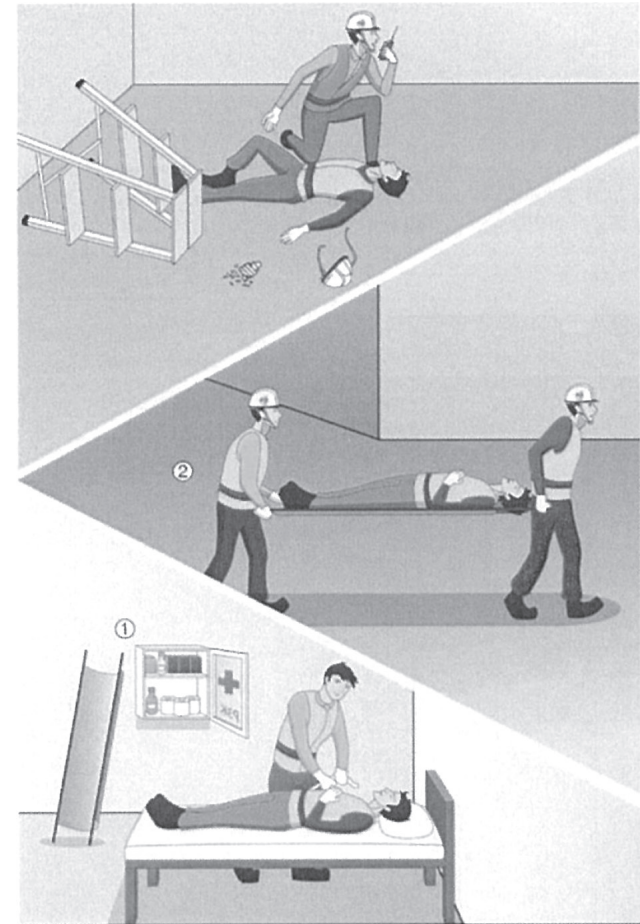


I - 8. Safety signs



Safety signs are posted on the worksite, at dangerous spots and locations with mutually agreed upon rules. Understand what the signs mean and obey them.

I - 9. In the event of an accident

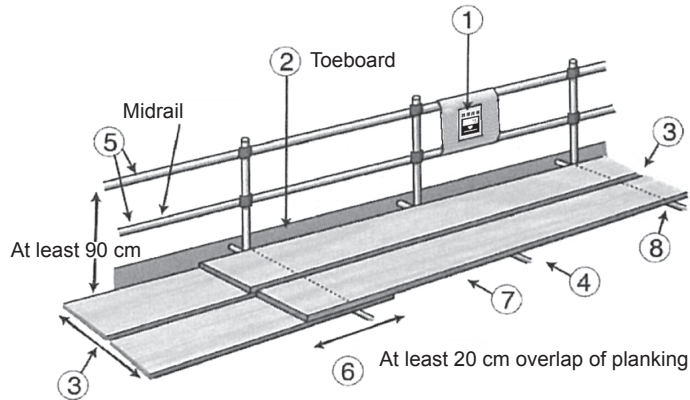


1. Are first-aid supplies available?
2. Is there a stretcher?



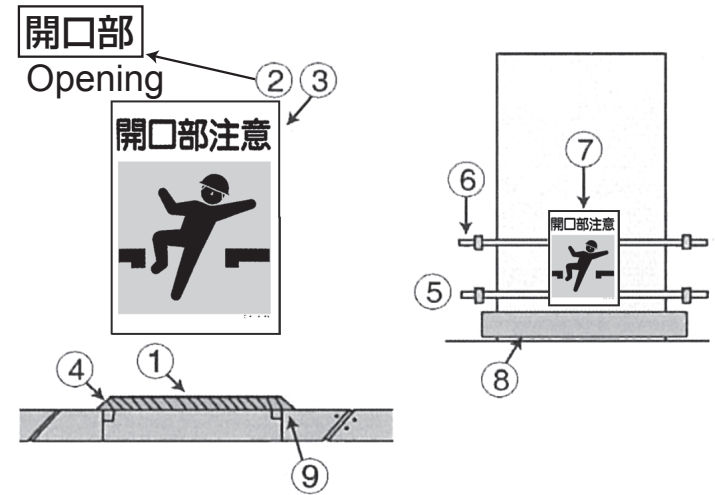
## II Preventing Accidents due to Falls and Falling Objects

### II - 1. Working platform



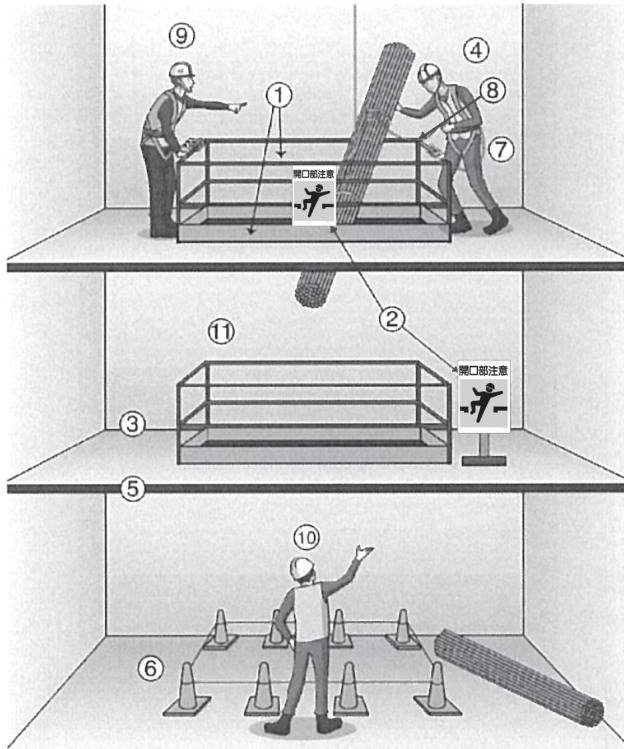
1. Are there signs indicating loading capacity?  
Are loading limits observed?
2. Is there a toeboard? (places where there is a danger of falling)
3. Is the platform at least 40 cm wide?  
Are gaps no more than 3 cm wide?
4. Is the support for the planking no more than 1.8 m long?
5. Is there a sturdy handrail at a height of at least 90 cm?  
Is there a midrail?
6. Do planks overlap each other by at least 20 cm?
7. Is planking supported at at least three points? (in the case of 4-meter long planks)
8. Is planking firmly secured?

### II - 2. Openings



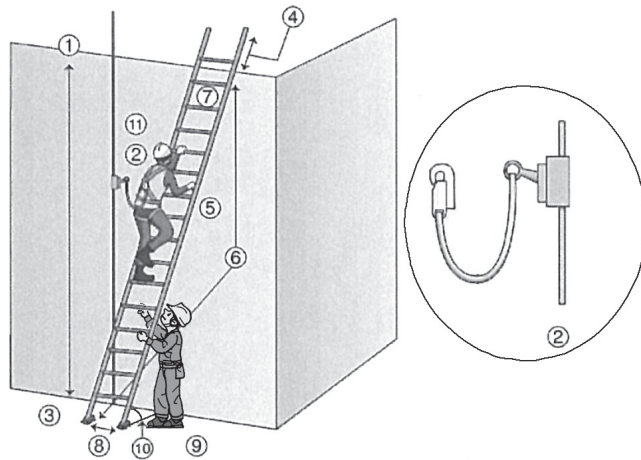
1. Have strong, durable materials been used for the opening cover?
2. Is the opening cover marked with a warning?
3. When the cover is opened for use, is the opening enclosed with a barricade prohibiting entrance?
4. Is the cover constructed so as to prevent stumbling?
5. Is the guardrail strong enough?
6. Has a strong, sturdy handrail been installed?
7. Is there a sign on the handrail marking the opening?
8. Are toeboards installed?
9. Is the opening closed when not in use?

## II – 3. Working around openings



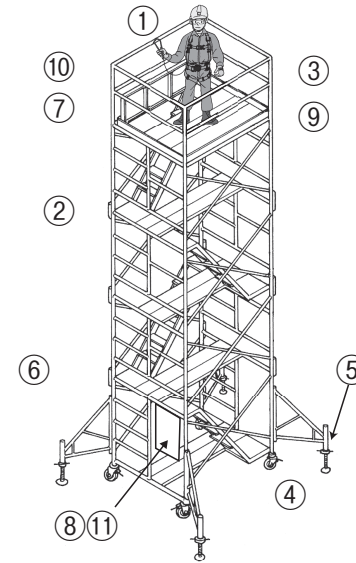
1. Is there a handrail at a height of at least 90 cm?  
Is there a toeboard?
2. Are there signs warning of the opening?
3. Is the area around the opening kept tidy and in order?
4. Has an appropriate area been selected for lifting and receiving loads?
5. Do you avoid performing multi-layer work?
6. Are safety barricades in place?
7. Are safety belts used when receiving objects?
8. Are you using a guide rope for long objects?
9. Is there an operations leader directing rigging work?
10. Are workers performing rigging work licensed to do so?
11. Has a horizontal safety net been installed?

## II – 4. Moveable ladders



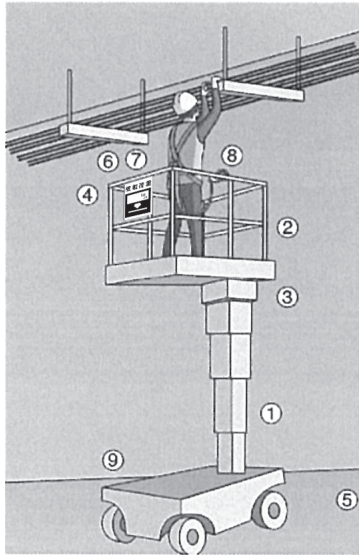
1. Has equipment been installed allowing safe scaling of heights and depths in excess of 1.5 m?
2. Are you using lifelines and safety grips when there is a danger of falling?
3. Are ladders stable?
4. Is the top of the ladder protruding at least 60 cm above its resting point?
5. Do you avoid undertaking work on a ladder that produces a rebound effect?
6. Are you using anti-slip rubber?
7. Is the distance between rungs equally spaced?
8. Is the ladder at least 30 cm wide?
9. Are other workers holding the ladder steady?
10. Is the ladders set at an angle of approximately 75 degrees?
11. Are you climbing up and down the ladder with nothing in your hands?

## II – 5. Rolling towers



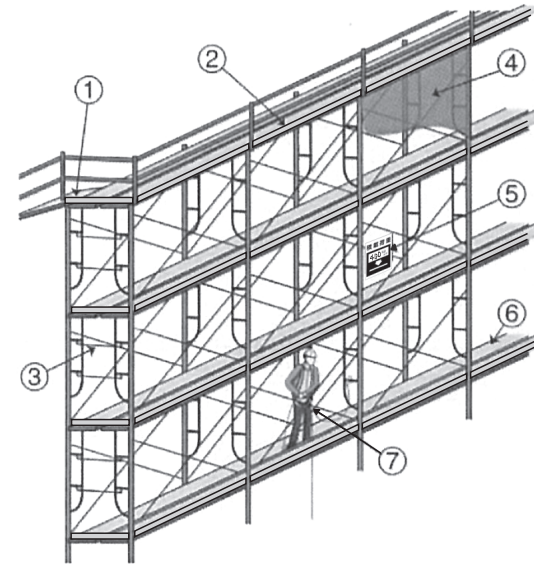
1. Are you using a safety belt?
2. Are there facilities allowing vertical access?
3. Do you climb up and down with nothing in your hands?
4. Do all four wheels of the tower have brakes?
5. Have outriggers been properly set up?
6. Are towers moved only when no one is on them?
7. Is the tower within the height limitation of five levels?
8. Is there a sign indicating who is in charge?
9. Do you avoid using a stepladder or stand on the working platform?
10. Is there a handrail at a height of at least 90 cm?
11. Has a checklist been posted?

## II – 6. Boom lifts



1. Are all parts and wire rope undamaged?
2. Are the working platform and lifting apparatus in good condition?
3. Is the safety apparatus operating normally?
4. Is there a sign indicating loading capacity?
5. Is the work site flat?
6. Do you avoid leaning out over the guardrail?
7. Do you avoid using a stepladder or stand on the working platform?
8. Are you using a safety belt?
9. Do you avoid lowering the working platform before moving the boom lift?
10. Are the outriggers in good condition?
11. The use of boom lifts on inclines is prohibited.

## II – 7. Framework scaffolding (upper section)



1. Is there a passageway between the scaffolding and the building?
2. Is the scaffolding clear of materials?
3. Have terminal blocks been installed?
4. Has vertical netting been installed?
5. Is the load less than 400 kg per span?
6. Is the working platform at least 40 cm wide?  
Are gaps in the working platform no more than 3 cm wide?
7. Are you using a safety belt on the scaffolding?
8. Is the space between the scaffolding and the building no more than 30 cm?
9. Has horizontal netting been installed where gaps exceed 30 cm?