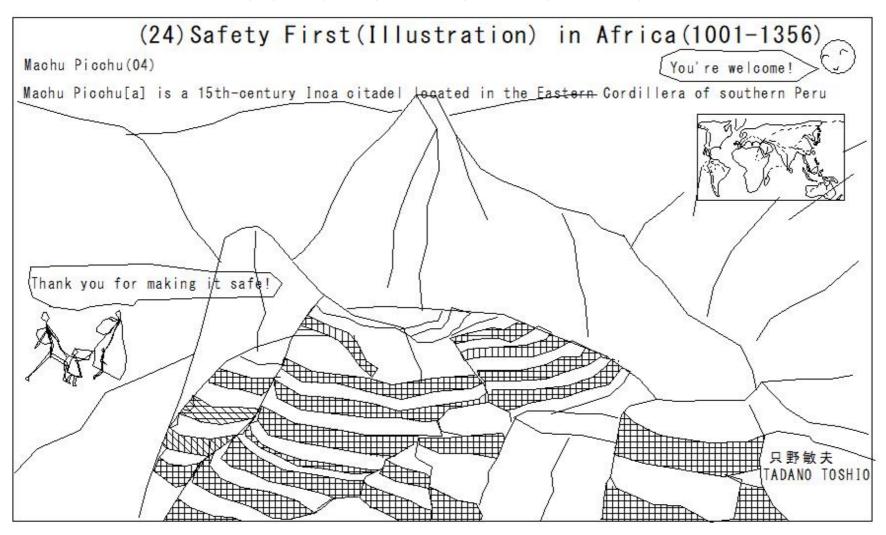
(24)Safety First(Illustration) in Africa(1001-1356)



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1001 (S1001) Handling of hazardous materials, etc.	Handling of hazardous materials
1002 (S1002) Handling of hazardous materials, etc.	Handling of hazardous materials
1003 (S1003) Handling of hazardous materials, etc.	Handling of hazardous materials
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1012 (S1012) Handling of hazardous materials, etc.	Handling of hazardous materials
1013 (S1013) Handling of hazardous materials, etc.	Handling of hazardous materials
1014 (S1014) Handling of hazardous materials, etc.	Handling of hazardous materials
1015 (S1015) Handling of hazardous materials, etc.	Handling of hazardous materials
1016 (S1016) Management of fire, etc.	Management of fire, etc.
1017 (S1017) Management of fire, etc.	Management of fire, etc.
1018 (S1018) Management of fire, etc.	Management of fire, etc.
1019 (S1019) Management of fire, etc.	Management of fire, etc.
1020 (S1020) Management of fire, etc.	Management of fire, etc.
1021 (S1021) Management of fire, etc.	Management of fire, etc.
1022 (S1022) Management of fire, etc.	Management of fire, etc.
1023 (S1023) Management of fire, etc.	Management of fire, etc.
1024 (S1024) Management of fire, etc.	Management of fire, etc.
1025 (S1025) Fire prevention management and fire extinguishing equipment	•
1026 (S1026) Fire prevention management and fire extinguishing equipment	•
1027 (S1027) Fire prevention management and fire extinguishing equipment	•
1028 (S1028) Fire prevention management and fire extinguishing equipment	
1029 (S1029) Fire prevention management and fire extinguishing equipment	,
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1128 (S1128) High pressure rooms work	High pressure rooms work
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1198 (S1198) Oxygen Deficiency	Oxygen Deficiency
1199 (S1199) Oxygen Deficiency	Oxygen Deficiency
1200 (S1200) Oxygen Deficiency	Oxygen Deficiency
1201 (S1201) Oxygen Deficiency	Oxygen Deficiency
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1226 (S1226) Oxygen Deficiency	Oxygen Deficiency
1227 (S1227) Oxygen Deficiency	Oxygen Deficiency
1228 (S1228) Organic Solvent Poisoning	Organic Solvent Poisoning
1229 (S1229) Organic Solvent Poisoning	Organic Solvent Poisoning
1230 (S1230) Organic Solvent Poisoning	Organic Solvent Poisoning
1231 (S1231) Organic Solvent Poisoning	Organic Solvent Poisoning
1232 (S1232) Organic Solvent Poisoning	Organic Solvent Poisoning
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1235 (S1235) Organic Solvent Poisoning	Organic Solvent Poisoning
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1237 (S1237) Organic Solvent Poisoning	Organic Solvent Poisoning
1238 (S1238) Organic Solvent Poisoning	Organic Solvent Poisoning

1239 (S1239) Demolition Work for Waste Incineration Facilities
1240 (S1240) Demolition Work for Waste Incineration Facilities
1241 (S1241) Demolition Work for Waste Incineration Facilities
1242 (S1242) Demolition Work for Waste Incineration Facilities
1243 (S1243) Demolition Work for Waste Incineration Facilities
1244 (S1244) Demolition Work for Waste Incineration Facilities
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1246 (S1246) Demolition Work for Waste Incineration Facilities
1247 (S1247) Demolition Work for Waste Incineration Facilities
1248 (S1248) Demolition Work for Waste Incineration Facilities
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1309 (S1309) Pneumoconiosis Act	Pneumoconiosis Act
1310 (S1310) Pneumoconiosis Act	Pneumoconiosis Act
1311 (S1311) Pneumoconiosis Act	Pneumoconiosis Act
1312 (S1312) Chainsaw	Chainsaw
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1326 (S1326) Chainsaw	Chainsaw
1327 (S1327) Vibration Disorders	Vibration Disorders
1328 (S1328) Vibration Disorders	Vibration Disorders
1329 (S1329) Vibration Disorders	Vibration Disorders
1330 (S1330) Vibration Disorders	Vibration Disorders
1331 (S1331) Noise Disorders	Noise Disorders
1332 (S1332) Noise Disorders	Noise Disorders
1333 (S1333) Noise Disorders	Noise Disorders
1334 (S1334) Noise Disorders	Noise Disorders
1335 (S1335) Noise Disorders	Noise Disorders
1336 (S1336) Noise Disorders	Noise Disorders
1337 (S1337) Noise Disorders	Noise Disorders
1338 (S1338) Noise Disorders	Noise Disorders
1339 (S1339) Noise Disorders	Noise Disorders
1340 (S1340) Noise Disorders	Noise Disorders

1341 (S1341) Noise Disorders

1342 (S1342) Noise Disorders

1343 (S1343) Noise Disorders

1344 (S1344) Noise Disorders

1345 (S1345) Noise Disorders

1346 (S1346) Noise Disorders

1347 (S1347) Vibration Regulation

1348 (S1348) Vibration Regulation

1349 (S1349) Vibration Regulation

1350 (S1350) Hazardous chemical substances

1351 (S1351) Hazardous chemical substances

1352 (S1352) Hazardous chemical substances

1353 (S1353) Health Examinations

1354 (S1354) Health Examinations

1355 (S1355) Health Examinations

1356 (S1356) Health Examinations

Noise Disorders

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Vibration Regulation

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1184 (S1184) Bridges Bridges	1184 (S1184) Bridges Bridges	1249 (S1249) Asbestos 1250 (S1250) Asbestos 1251 (S1251) Asbestos 1252 (S1252) Asbestos 1253 (S1253) Asbestos 1254 (S1254) Asbestos 1255 (S1255) Asbestos 1256 (S1256) Asbestos 1257 (S1257) Asbestos 1258 (S1258) Asbestos 1259 (S1259) Asbestos 1260 (S1260) Asbestos 1261 (S1261) Asbestos 1262 (S1262) Asbestos 1263 (S1263) Asbestos 1264 (S1264) Asbestos 1265 (S1265) Asbestos 1266 (S1266) Asbestos 1267 (S1267) Asbestos 1268 (S1268) Asbestos 1269 (S1269) Asbestos 1269 (S1269) Asbestos 1270 (S1270) Asbestos 1271 (S1271) Asbestos 1272 (S1272) Asbestos 1273 (S1273) Asbestos 1274 (S1274) Asbestos 1275 (S1275) Asbestos 1276 (S1276) Asbestos 1276 (S1276) Asbestos 1276 (S1276) Asbestos 1276 (S1276) Asbestos 1037 (S1037)Blasting 1038 (S1038)Blasting 1040 (S1040)Blasting 1040 (S1041)Blasting	Asbestos
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1185 (S1185) Bridges	Bridges
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1326 (S1326) Chainsaw	Chainsaw
1044 (S1044) Concrete Crusher	Concrete Crusher
1045 (S1045) Concrete Crusher	Concrete Crusher
1046 (S1046) Concrete Crusher	Concrete Crusher

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1290 (S1290) Decontamination Ionization Law
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1291 (S1291) Decontamination Ionization Law
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1292 (S1292) Decontamination Ionization Law
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1293 (S1293) Decontamination Ionization Law
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1294 (S1294) Decontamination Ionization Law
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1295 (S1295) Decontamination Ionization Law
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1296 (S1296) Decontamination Ionization Law
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1297 (S1297) Decontamination Ionization Law
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1298 (S1298) Decontamination Ionization Law
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1299 (S1299) Decontamination Ionization Law
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1300 (S1300) Decontamination Ionization Law
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1301 (S1301) Decontamination Ionization Law
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1302 (S1302) Decontamination Ionization Law
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1303 (S1303) Decontamination Ionization Law
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1304 (S1304) Decontamination Ionization Law
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1305 (S1305) Decontamination Ionization Law
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1306 (S1306) Decontamination Ionization Law
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1239 (S1239) Demolition Work for Waste Incineration Facilities
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1240 (S1240) Demolition Work for Waste Incineration Facilities
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1277 (S1277) Dust Hazard	Dust Hazard
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1280 (S1280) Dust Hazard	Dust Hazard
1281 (S1281) Dust Hazard	Dust Hazard
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1288 (S1288) Dust Hazard	Dust Hazard
1289 (S1289) Dust Hazard	Dust Hazard
1042 (S1042) Explosives	Explosives
1043 (S1043) Explosives	Explosives
1025 (S1025) Fire prevention management and fire extinguishing equipment	•
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1027 (S1027) Fire prevention management and fire extinguishing equipment	
1028 (S1028) Fire prevention management and fire extinguishing equipment	Fire prevention management

1029 (S1029) Fire prevention management and fire extinguishing equipment 1030 (S1030) Fire prevention management and fire extinguishing equipment 1031 (S1031) Fire prevention management and fire extinguishing equipment 1032 (S1032) Fire prevention management and fire extinguishing equipment 1033 (S1033) Fire prevention management and fire extinguishing equipment 1034 (S1034) Fire prevention management and fire extinguishing equipment 1035 (S1035) Fire prevention management and fire extinguishing equipment 1036 (S1036) Fire prevention management and fire extinguishing equipment 1001 (S1001) Handling of hazardous materials, etc. 1002 (S1002) Handling of hazardous materials, etc. 1004 (S1004) Handling of hazardous materials, etc. 1005 (S1005) Handling of hazardous materials, etc.	Fire prevention management Handling of hazardous materials
1006 (S1006) Handling of hazardous materials, etc. 1007 (S1007) Handling of hazardous materials, etc.	Handling of hazardous materials Handling of hazardous materials
1008 (S1008) Handling of hazardous materials, etc.	Handling of hazardous materials
1009 (S1009) Handling of hazardous materials, etc.	Handling of hazardous materials
1010 (S1010) Handling of hazardous materials, etc.	Handling of hazardous materials
1011 (S1011) Handling of hazardous materials, etc.	Handling of hazardous materials
1012 (S1012) Handling of hazardous materials, etc.	Handling of hazardous materials
1013 (S1013) Handling of hazardous materials, etc.	Handling of hazardous materials
1014 (S1014) Handling of hazardous materials, etc.	Handling of hazardous materials
1015 (S1015) Handling of hazardous materials, etc.	Handling of hazardous materials
1350 (S1350) Hazardous chemical substances	Hazardous chemical substances
1351 (S1351) Hazardous chemical substances	Hazardous chemical substances
1352 (S1352) Hazardous chemical substances	Hazardous chemical substances
1353 (S1353) Health Examinations	Health Examinations
1354 (S1354) Health Examinations	Health Examinations
1355 (S1355) Health Examinations	Health Examinations
1356 (S1356) Health Examinations	Health Examinations
1128 (S1128) High pressure rooms work	High pressure rooms work
1129 (S1129) High pressure rooms work	High pressure rooms work
1130 (S1130) High pressure rooms work	High pressure rooms work
1131 (S1131) High pressure rooms work	High pressure rooms work

1132 (S1132) High pressure rooms work 1133 (S1133) High pressure rooms work 1134 (S1134) High pressure rooms work 1135 (S1135) High pressure rooms work 1136 (S1136) High pressure rooms work 1137 (S1137) High pressure rooms work 1138 (S1138) High pressure rooms work 1139 (S1139) High pressure rooms work 1140 (S1140) High pressure rooms work 1141 (S1141) High pressure rooms work 1142 (S1142) High pressure rooms work 1143 (S1143) High pressure rooms work 1144 (S1144) High pressure rooms work 1145 (S1145) High pressure rooms work 1146 (S1146) High pressure rooms work 1147 (S1147) High pressure rooms work 1148 (S1148) High pressure rooms work 1149 (S1149) High pressure rooms work 1150 (S1150) High pressure rooms work 1151 (S1151) High pressure rooms work 1152 (S1152) High pressure rooms work 1153 (S1153) High pressure rooms work 1154 (S1154) High pressure rooms work 1155 (S1155) High pressure rooms work 1156 (S1156) High pressure rooms work 1157 (S1157) High pressure rooms work 1158 (S1158) High pressure rooms work 1159 (S1159) High pressure rooms work 1160 (S1160) High pressure rooms work 1161 (S1161) High pressure rooms work 1016 (S1016) Management of fire, etc. 1017 (S1017) Management of fire, etc. 1018 (S1018) Management of fire, etc. 1019 (S1019) Management of fire, etc.

High pressure rooms work Management of fire, etc. Management of fire, etc. Management of fire, etc. Management of fire, etc.

1199 (S1199) Oxygen Deficiency

Management of fire, etc. **Noise Disorders Noise Disorders Noise Disorders** Noise Disorders **Noise Disorders Noise Disorders** Organic Solvent Poisoning Oxygen Deficiency

Oxygen Deficiency

Oxygen Deficiency Pneumoconiosis Act Pneumoconiosis Act Pneumoconiosis Act Pneumoconiosis Act Pneumoconiosis Act Quarrying work

1109 (S1109) Quarrying work 1110 (S1110) Quarrying work 1111 (S1111) Quarrying work 1112 (S1112) Quarrying work 1113 (S1113) Quarrying work 1114 (S1114) Quarrying work 1115 (S1115) Quarrying work 1116 (S1116) Quarrying work 1117 (S1117) Quarrying work 1118 (S1118) Quarrying work 1119 (S1119) Quarrying work 1120 (S1120) Quarrying work 1121 (S1121) Quarrying work 1122 (S1122) Quarrying work 1123 (S1123) Quarrying work 1124 (S1124) Quarrying work 1124 (S1124) Quarrying work 1047 (S1047) Tunnel 1048 (S1048) Tunnel 1050 (S1050) Tunnel 1051 (S1051) Tunnel 1052 (S1052) Tunnel 1053 (S1053) Tunnel 1055 (S1055) Tunnel 1056 (S1056) Tunnel 1057 (S1057) Tunnel 1058 (S1058) Tunnel 1059 (S1059) Tunnel 1059 (S1059) Tunnel 1060 (S1060) Tunnel 1061 (S1061) Tunnel	Quarrying work Tunnel
1062 (\$1062) Tunnel 1063 (\$1063) Tunnel 1064 (\$1064) Tunnel	Tunnel Tunnel Tunnel

1065 (S1065) Tunnel	Tunnel
1066 (S1066) Tunnel	Tunnel
1067 (S1067) Tunnel	Tunnel
1068 (S1068) Tunnel	Tunnel
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1097 (S1097) Tunnel	Tunnel
1098 (S1098) Tunnel	Tunnel

1099 (S1099) Tunnel	Tunnel
1100 (S1100) Tunnel	Tunnel
1101 (S1101) Tunnel	Tunnel
1102 (S1102) Tunnel	Tunnel
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1104 (S1104) Tunnel	Tunnel
1105 (S1105) Tunnel	Tunnel
1106 (S1106) Tunnel	Tunnel
1107 (S1107) Tunnel	Tunnel
1327 (S1327) Vibration Disorders	Vibration Disorders
1328 (S1328) Vibration Disorders	Vibration Disorders
1329 (S1329) Vibration Disorders	Vibration Disorders
1330 (S1330) Vibration Disorders	Vibration Disorders
1347 (S1347) Vibration Regulation	Vibration Regulation
1348 (S1348) Vibration Regulation	Vibration Regulation
1349 (S1349) Vibration Regulation	Vibration Regulation

(S1001) Handling of hazardous materials, etc.

(S1001) Handling of hazardous materials, etc.

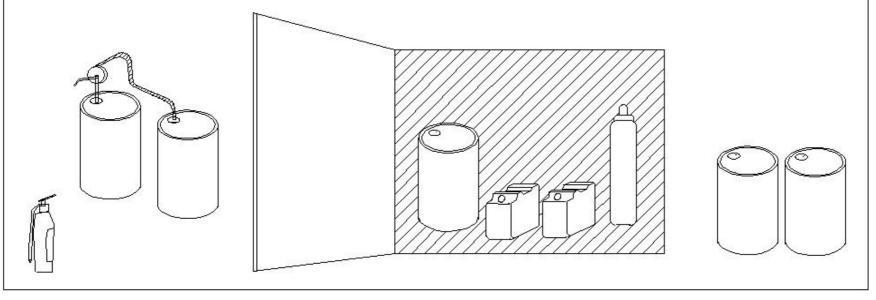
Handling of hazardous materials, etc.

Safety and Health Regulations Article 257

Appointment → Work supervisor

Work involving the manufacture and handling of hazardous materials

- 1 Equipment that manufactures or handles hazardous materials and associated equipment
- 2 Regularly inspect, and if abnormalities are found, immediately take necessary measures.
- 3 Regularly inspect temperature, humidity, shading, lighting, ventilation conditions, etc.
- 4 In case of abnormalities are found, immediately take necessary measures.



(S1002) Handling of hazardous materials, etc.

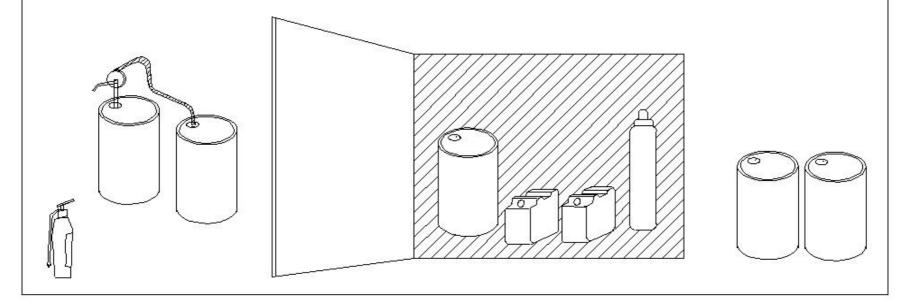
(S1002) Handling of hazardous materials, etc.

Handling of hazardous materials, etc.

Safety and Health Regulations Article 257 Appointment → Work supervisor

Work involving the manufacture and handling of hazardous materials

- (5) Regularly inspect the status of handling of hazardous materials, and if any abnormality is found, immediately take necessary measures.
- 6 Keep a record of the measures taken.



(S1003) Handling of hazardous materials, etc.

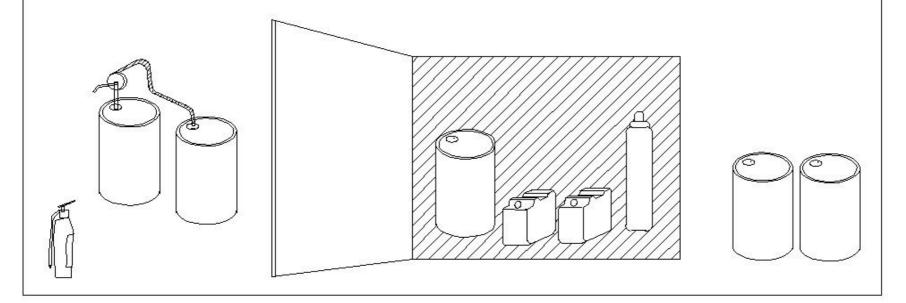
(S1003) Handling of hazardous materials, etc.

Handling of hazardous materials, etc.

Safety and Health Regulations Article 256

(Measures for manufacturing hazardous materials, etc.)

- 1 Explosive materials
- 2 Do not place near fire or other sources of ignition
- 3 Do not heat, rub, or impact.
- 4 Do not place in contact with water or materials that promote oxidation, or heat or impact.



(S1004) Handling of hazardous materials, etc.

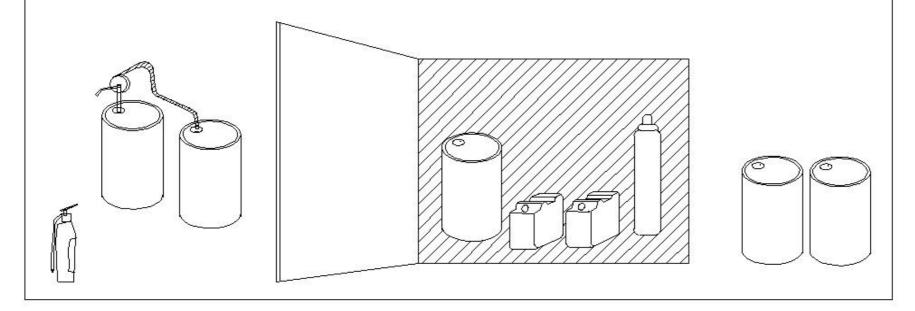
(S1004) Handling of hazardous materials, etc.

Handling of hazardous materials, etc.

Safety and Health Regulations Article 256

(Measures for manufacturing hazardous materials, etc.)

- ⑤Do not pour, evaporate, or heat the product near flammable materials, fire, or other ignition sources.
- ©Keep hazardous materials manufacturing or handling equipment areas tidy at all times.
- Do not place flammable or oxidizing materials around the area.



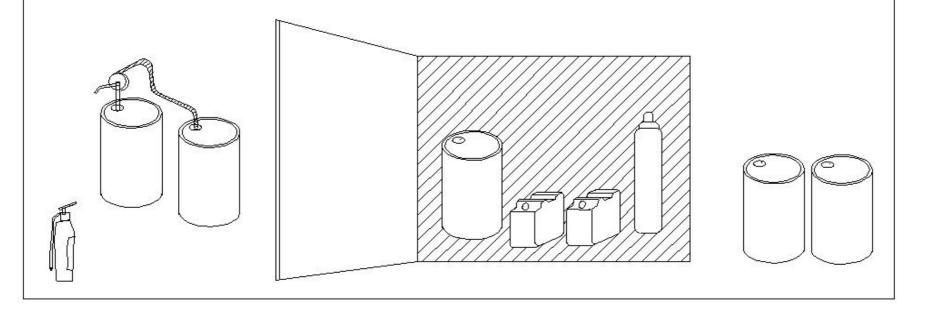
(S1005) Handling of hazardous materials, etc.

(S1005) Handling of hazardous materials, etc.

Handling of hazardous materials, etc.

(Prevention of explosions or fires due to ventilation, etc.)

- ① In places where there is a risk of explosion or fire due to the presence of flammable vapor, combustible gas, or combustible dust,
- 2 The employer must take measures such as ventilation, ventilation, and dust removal to prevent explosions or fires due to the vapor, gas, or dust.



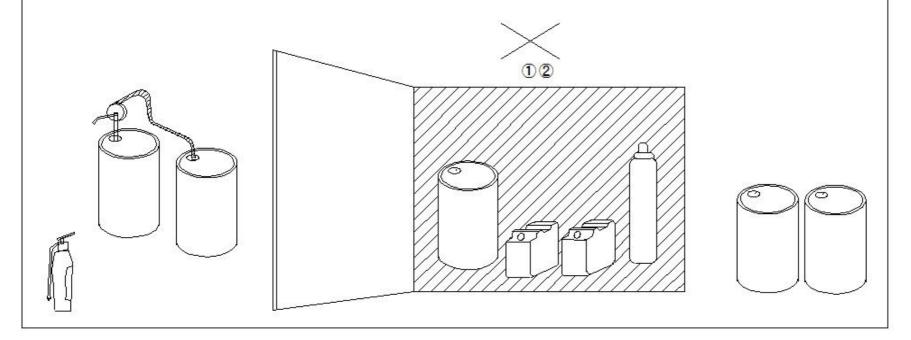
(S1006) Handling of hazardous materials, etc.

(S1006) Handling of hazardous materials, etc.

Handling of hazardous materials, etc.

(Prevention of fires, etc. caused by contact between different objects)

- 1 In case of there is a risk of fire or explosion due to contact between different objects,
- 2 An employer must not store these objects in close proximity or load them on the same transport vehicle.



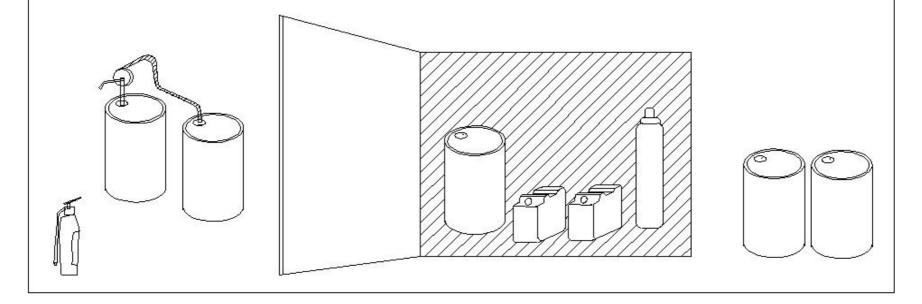
(S1007) Handling of hazardous materials, etc.

(S1007) Handling of hazardous materials, etc.

Handling of hazardous materials, etc.

(Places of work where there is a risk of fire, etc.)

- ①Employers must ensure that places where work such as raising and depilling is carried out or where large amounts of cotton, wool, rags, wood wool, straw, waste paper, and other flammable materials are handled.
- 2Facilities, etc. are located or constructed appropriately to prevent fires.



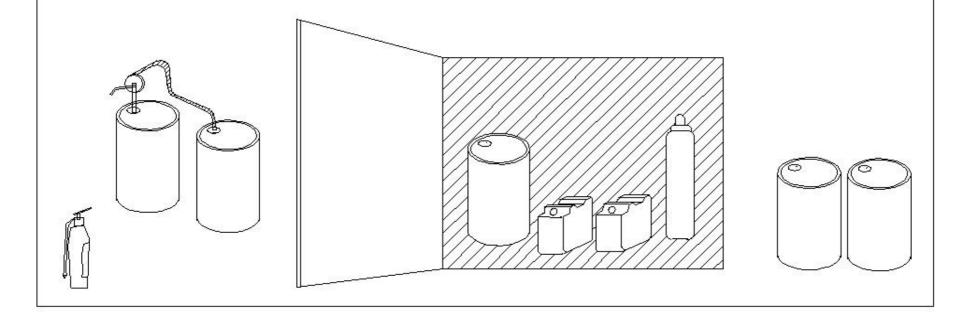
(S1008) Handling of hazardous materials, etc.

(S1008) Handling of hazardous materials, etc.

Handling of hazardous materials, etc.

(Handling of rags, etc. soaked in oil, etc.)

- ① Employers must take measures to prevent fires, such as storing rags, waste paper, etc. soaked in oil or printing ink, in non-flammable containers.
- ② Measures to prevent fire, such as storing the waste in a non-flammable shell container, must be taken.



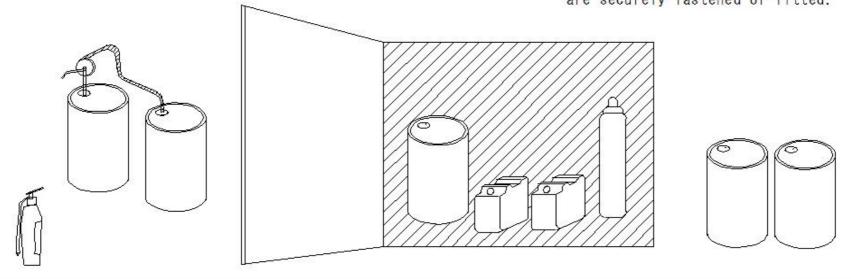
(S1009) Handling of hazardous materials, etc.

(\$1009) Handling of hazardous materials, etc.

Handling of hazardous materials, etc.

(Injection of flammable materials, etc. using a hose)

- ① In case of an employer injects liquid flammable materials or combustible gases (meaning the combustible gases listed in Item 5 of Attached Table 1 of the Ordinance; the same applies below)
- 2 using a hose into chemical equipment (excluding piping), tank cars, tank vehicles, drums, etc.,
- 3 the employer must not carry out the work unless he or she has confirmed that the hose joints are securely fastened or fitted.



(S1010) Handling of hazardous materials, etc.

(S1010) Handling of hazardous materials, etc.

Handling of hazardous materials, etc.

(Injecting kerosene, etc. into equipment containing remaining gasoline)

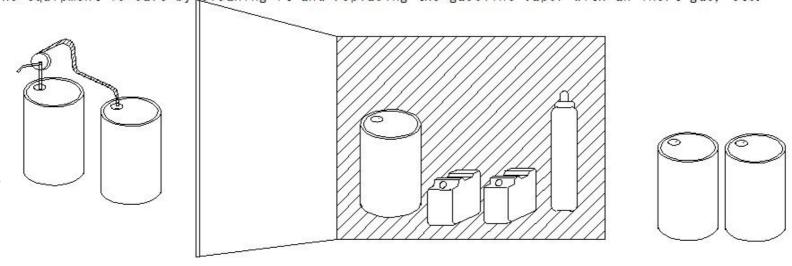
Safety and Health Regulations Article 259

① An employer must not inject kerosene or diesel into chemical equipment containing remaining gasoline (limited to equipment storing hazardous materials, excluding piping.

The same applies in the next article)

2 In case of injecting kerosene or diesel into tank cars, tank vehicles, drums, etc.,

3 The employer must not carry out the said work unless it has been confirmed that the inside of the equipment is safe by cleaning it and replacing the gasoline vapor with an inert gas, etc.



(S1011) Handling of hazardous materials, etc.

(S1011) Handling of hazardous materials, etc.

Handling of hazardous materials, etc.

Hazardous materials

Fire Service Act Article 2, Section 7

Class 4: Flammable liquids

Name · Definition

①Special flammables: Ignition point < 100°C, flash point < -20°C and boiling point < 40°C

②First petroleum: Flash point < 21°C

③Alcohols: Saturated alcohol up to C3

4Second petroleum: 21°C<Flash point < 70°C (kerosene, light oil)

5 Third petroleum: 70°C < Flash point < 200°C (heavy oil, creos

6 Fourth petroleum: 200°C<Flash point < 250°C (gear oil, cylinder oil)

②Animal and vegetable oils: Flash point < 250°C (animal and vegetable oils)

(S1012) Handling of hazardous materials, etc.

(S1011) Handling of hazardous materials, etc.

Handling of hazardous materials, etc.

Hazardous materials

Fire Service Act Article 2, Section 7

Class 4: Flammable liquids

Name · Definition

①Special flammables: Ignition point < 100°C, flash point < -20°C and boiling point < 40°C 50l

②First petroleum: Flash point < 21°C 200I (water-insoluble)/400I (water-soluble)

③Alcohols: Saturated alcohol up to C3 400l

4Second petroleum: 21°C<Flash point < 70°C (kerosene, light oil) 1000l (water-insoluble)/2000l (water-soluble)

(5) Third petroleum: 70°C<Flash point < 200°C (heavy oil, creosote oil) 2000l (water-insoluble)/4000l (water-soluble)

6 Fourth petroleum: 200°C<Flash point < 250°C (gear oil, cylinder oil) 6000l

⑦Animal and vegetable oils: Flash point < 250°C (animal and vegetable oils) 10000l

(S1013) Handling of hazardous materials, etc.

(S1013) Handling of hazardous materials, etc.

Handling of hazardous materials, etc.

Storage volume and permission/notification

①Storage volume	②Category and type of regulation	③Addressee	4 Laws	
⑤Specified quantity or more	⑦Permission: Hazardous materials manufacturing, storage, handling, installation permission application	Mayor of city/town/village	①Regulations regarding hazardous materials	
©1/5 or more of specified quantity - less than specified quantity	Notification: Small quantity of hazardous materials, storage, handling, notification	①Fire chief or fire station chief	City/town/village fire prevention ordinance	

(S1014) Handling of hazardous materials, etc.

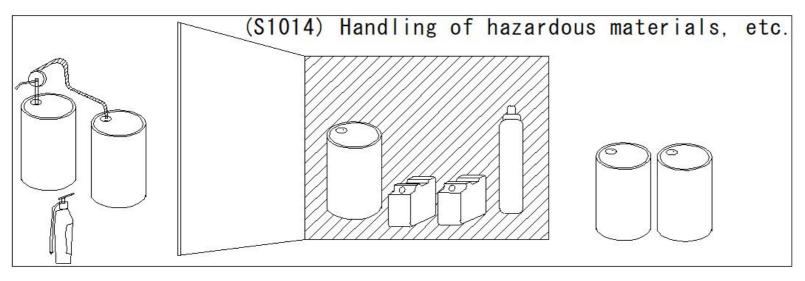
(S1014) Handling of hazardous materials, etc.

Handling of hazardous materials, etc.

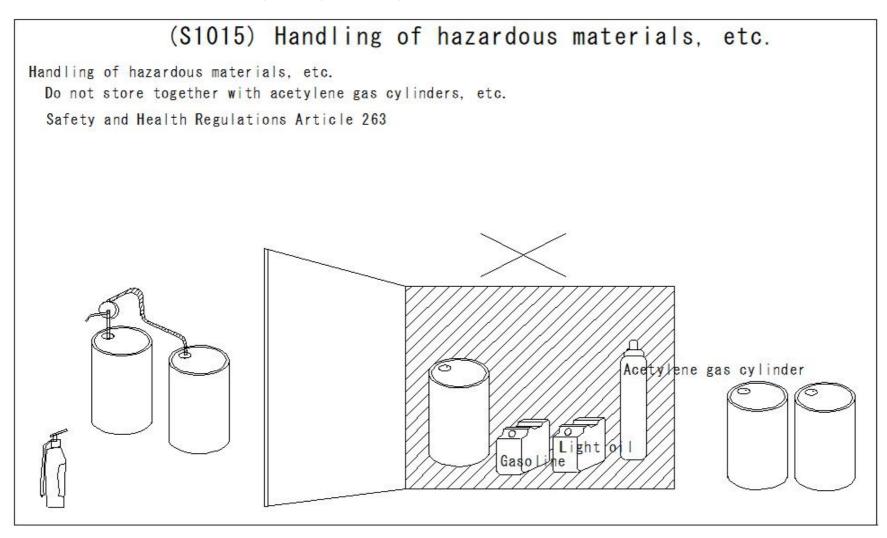
Restrictions on storage and handling of hazardous materials

Cabinet Order on Regulation of Hazardous Materials, Articles 24 to 27

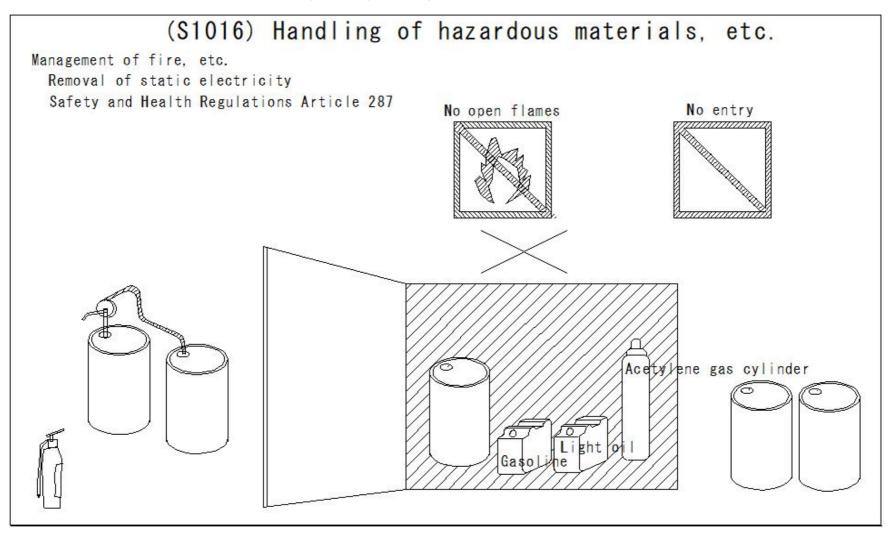
- ①Do not store hazardous materials other than those permitted.
- ②Do not store hazardous materials in quantities greater than a multiple of the designated quantity.
- 3Do not use open flames without due caution.
- 4) Prevent hazardous materials from leaking, overflowing, or scattering.
- (5) Maintain temperature, humidity, and pressure according to the nature of the hazardous materials.
- 6 Dispose of hazardous material waste in a safe place.
- Tensure that hazardous materials storage facilities have a safe distance and open space.
- 8 Indoor hazardous materials storage facilities are single-story buildings with eaves heights of less than 6m and floor area of less than
- (9)Use non-flammable materials for the roof of indoor hazardous materials storage facilities.
- **1**DHandled by qualified personnel.
- ①Always organize and clean.



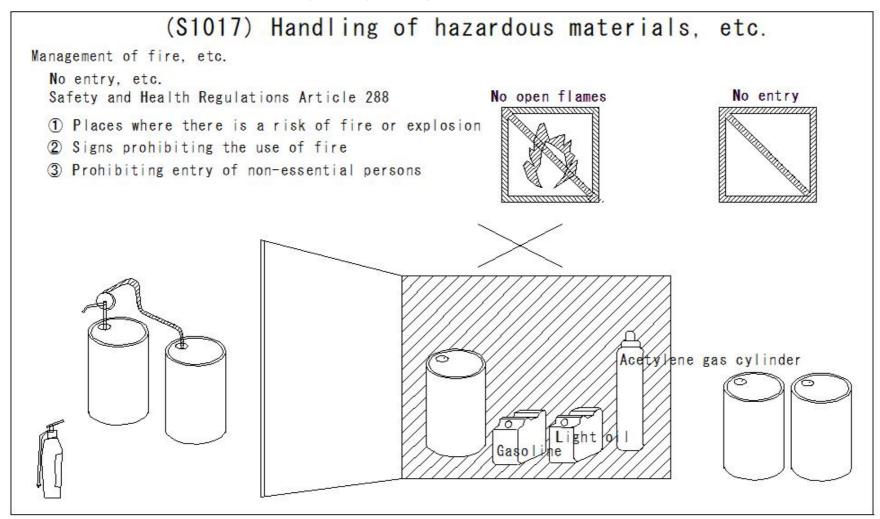
(S1015) Handling of hazardous materials, etc.



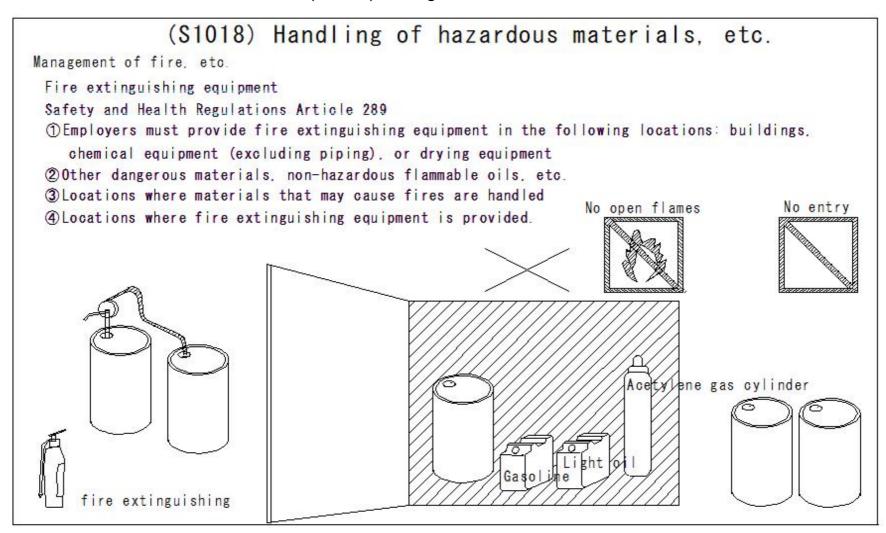
(S1016) Management of fire, etc.



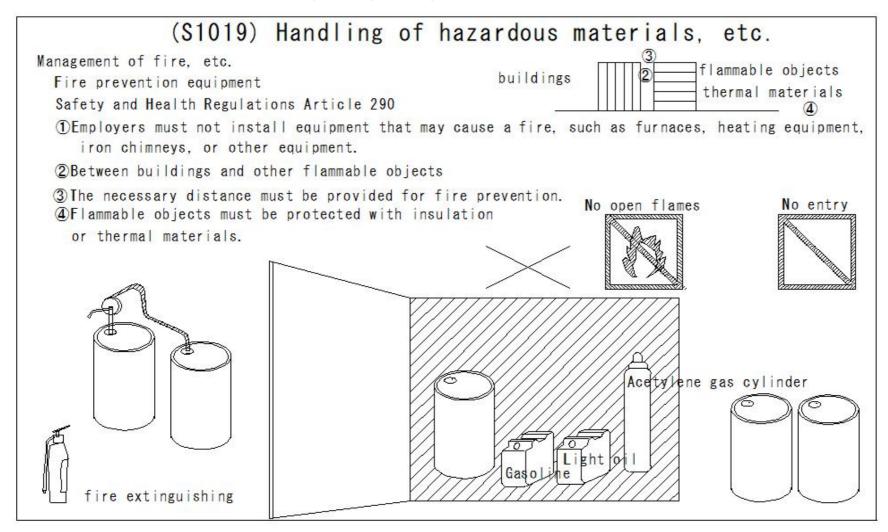
(S1017) Management of fire, etc.



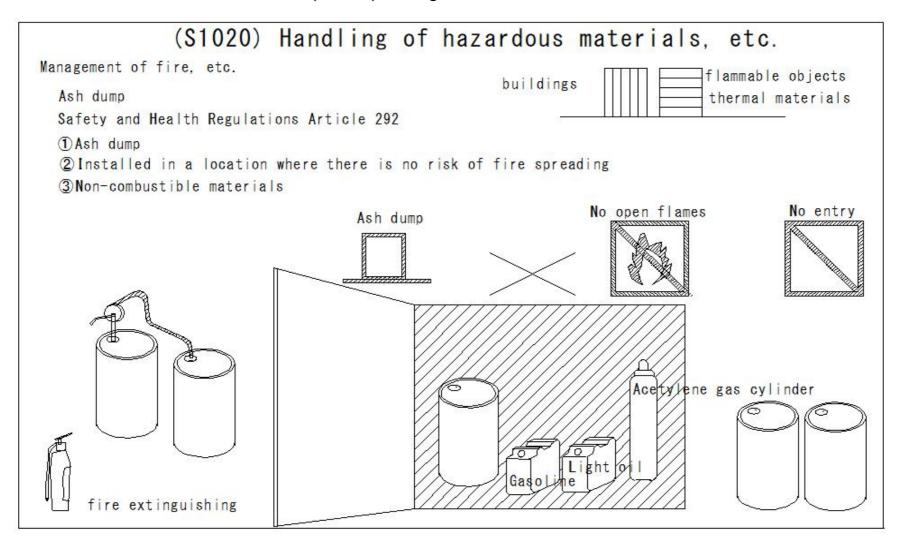
(S1018) Management of fire, etc.



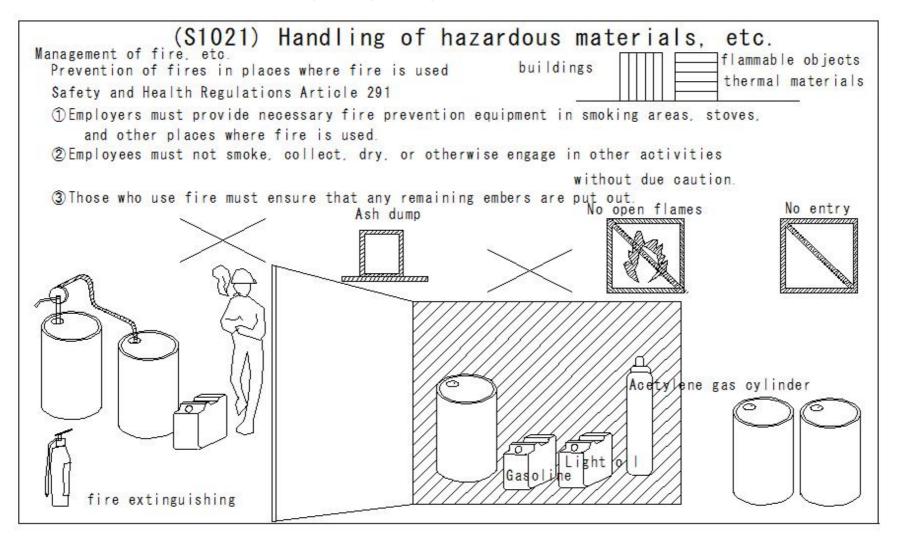
(S1019) Management of fire, etc.



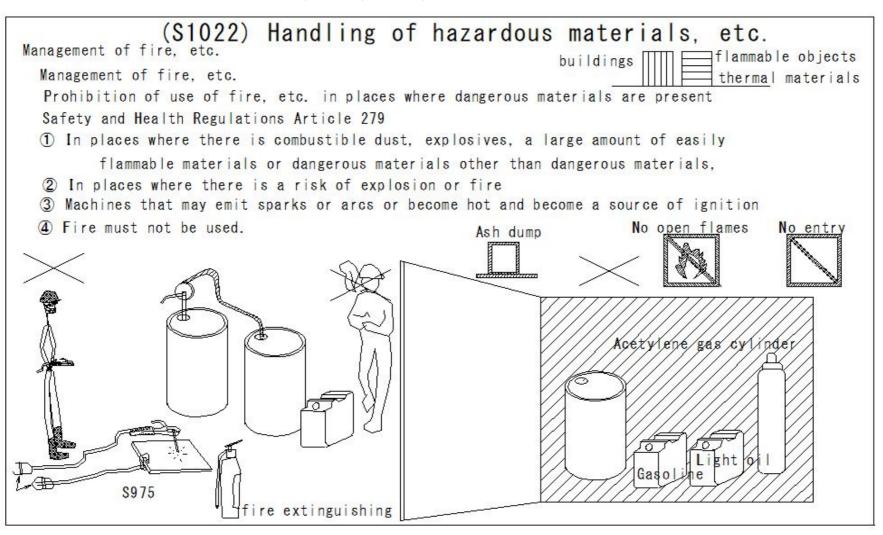
(S1020) Management of fire, etc.



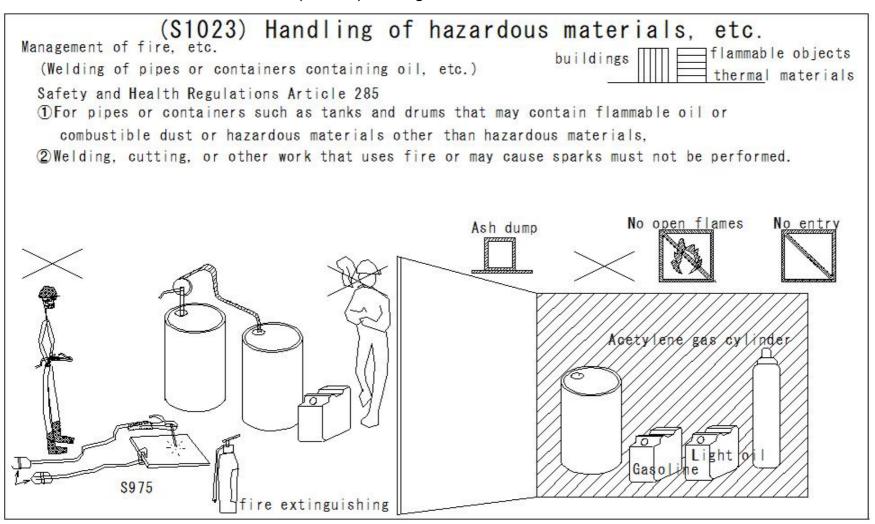
(S1021) Management of fire, etc.



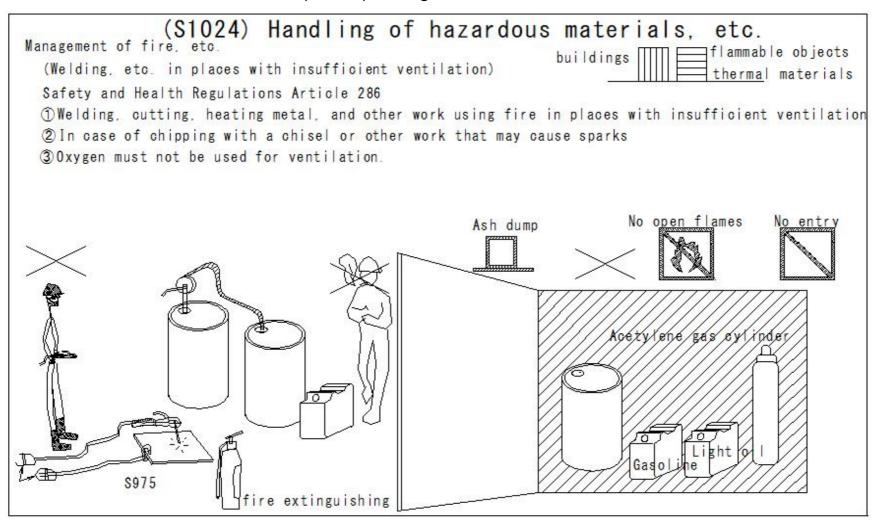
(S1022) Management of fire, etc.



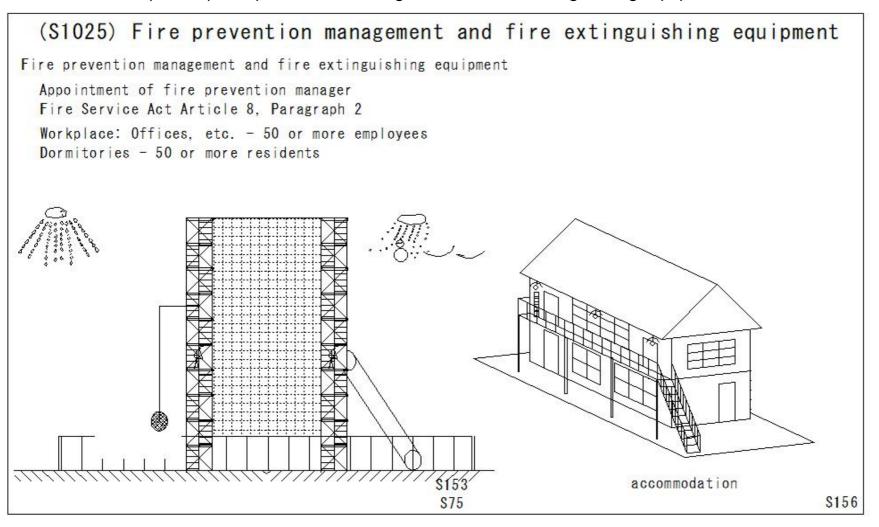
(S1023) Management of fire, etc.



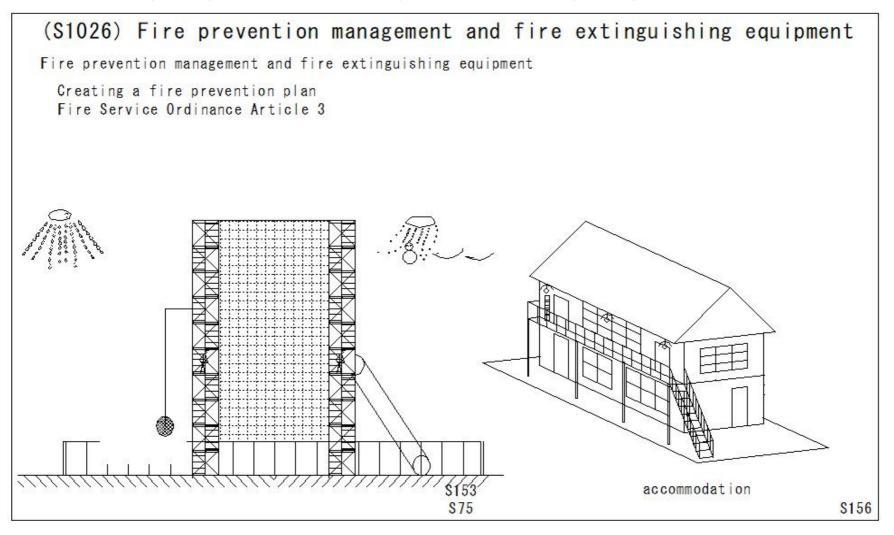
(S1024) Management of fire, etc.



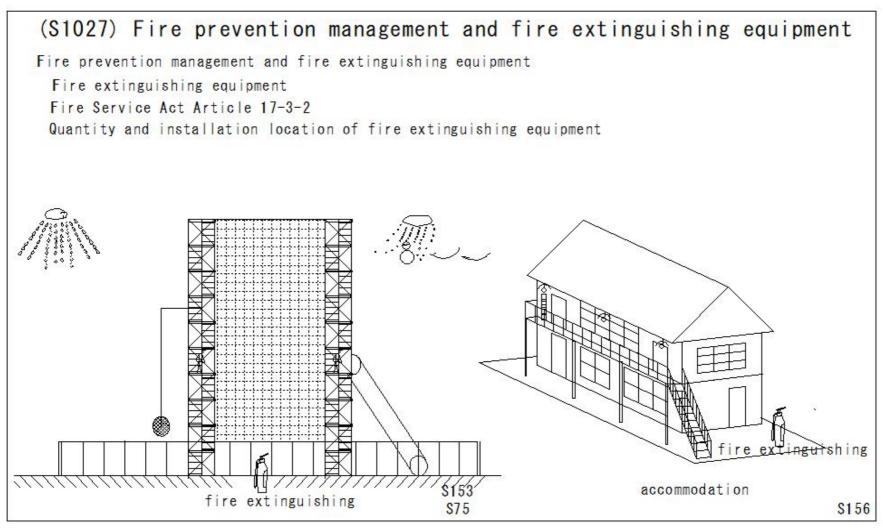
(S1025) Fire prevention management and fire extinguishing equipment



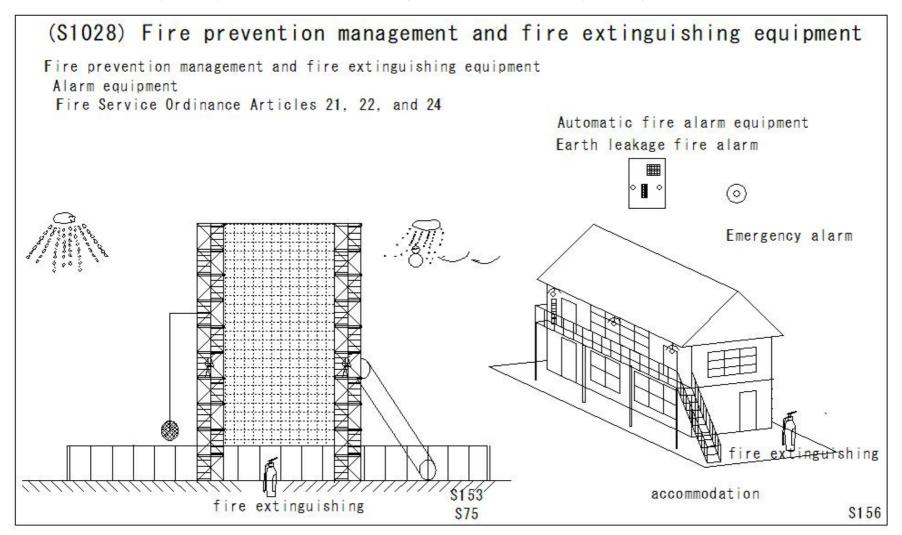
(S1026) Fire prevention management and fire extinguishing equipment



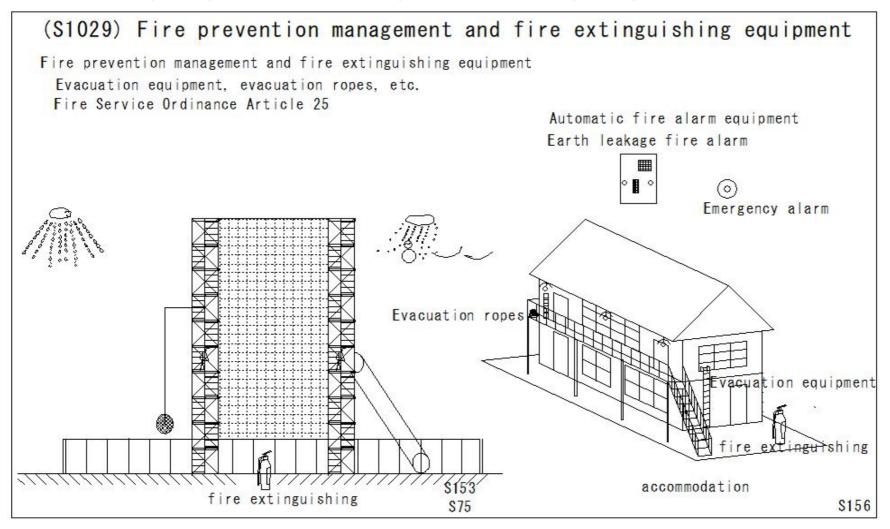
(S1027) Fire prevention management and fire extinguishing equipment



(S1028) Fire prevention management and fire extinguishing equipment



(S1029) Fire prevention management and fire extinguishing equipment

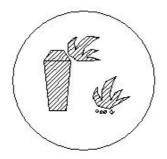


(S1030) Fire prevention management and fire extinguishing equipment

(S1030) Fire prevention management and fire extinguishing equipment

Fire prevention management and fire extinguishing equipment Types of fire and fire extinguishers

A fire: Ordinary fire
Wood, paper, fiber, etc. (white circle)





fire extinguishing

(S1031) Fire prevention management and fire extinguishing equipment

(\$1031) Fire prevention management and fire extinguishing equipment

Fire prevention management and fire extinguishing equipment Types of fire and fire extinguishers

B fire: Oil fire

Petroleum, flammable liquids (yellow circle)





fire extinguishing

(S1032) Fire prevention management and fire extinguishing equipment

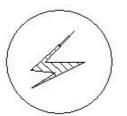
(S1032) Fire prevention management and fire extinguishing equipment

Fire prevention management and fire extinguishing equipment

Types of fire and fire extinguishers

Electrical fire

Iransformers, distribution boards, etc. (blue circle)



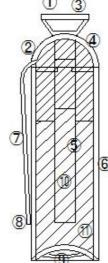


fire extinguishing

(S1033) Fire prevention management and fire extinguishing equipment

(S1033) Fire prevention management and fire extinguishing equipment Fire prevention management and fire extinguishing equipment Types of fire and fire extinguishers Foam fire extinguisher Regular fire For oil fires ①Safety valve ②Filter

- 3 Cap
- 4 Cap gasket
- 5 Inner space
- 60uter space
- (7) Hose
- 8 Nozzle
- Mandle
- **DLiquid** B
- (11) Solution A



fire extinguishing

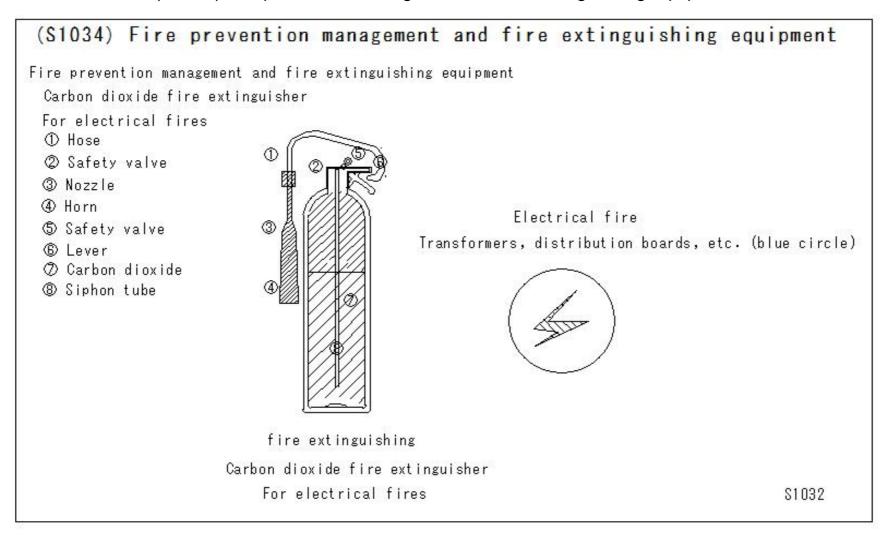
B fire: Oil fire

Petroleum, flammable liquids (yellow circle)

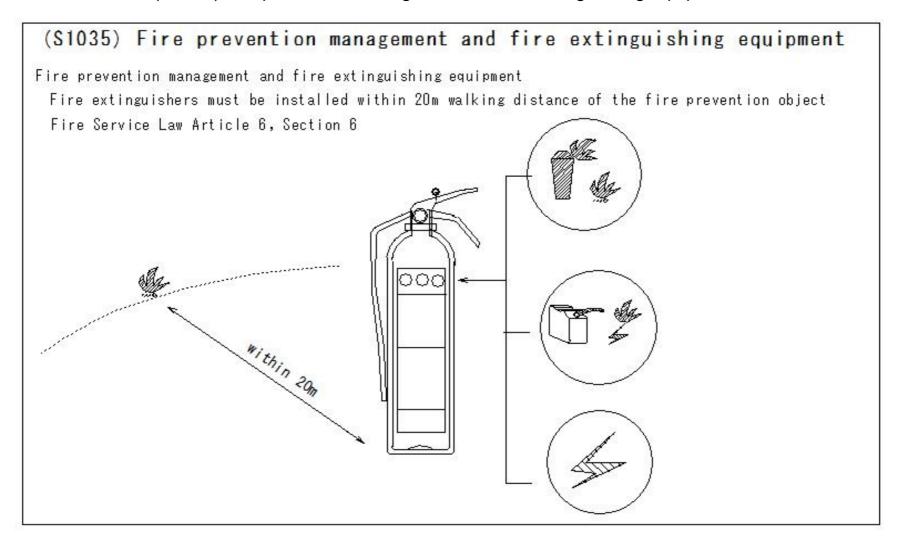


\$1031

(S1034) Fire prevention management and fire extinguishing equipment



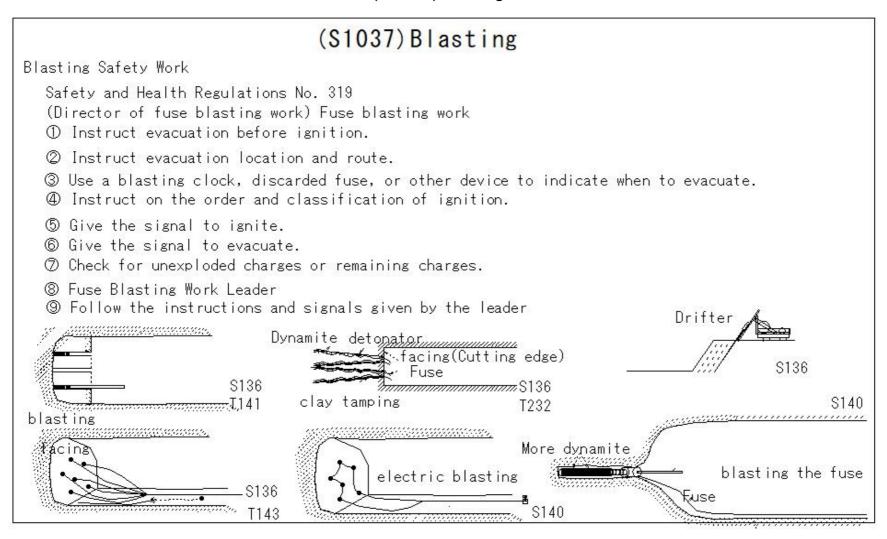
(S1035) Fire prevention management and fire extinguishing equipment



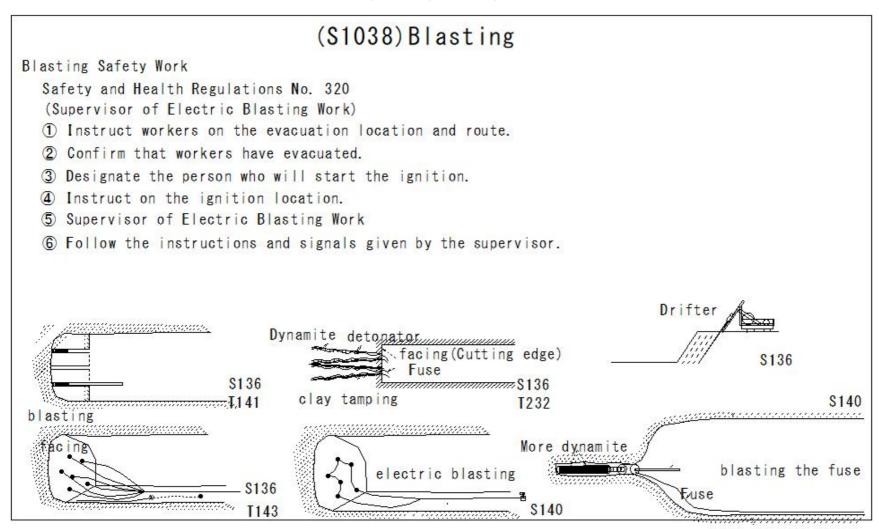
(S1036) Fire prevention management and fire extinguishing equipment

(\$1036) Fire prevention management and fire extinguishing equipment Fire prevention management and fire extinguishing equipment Install at a height of 1.5m or less from the floor and mark the fire extinguisher Fire Service Act Article 9 1.5m or less fire extinguishing

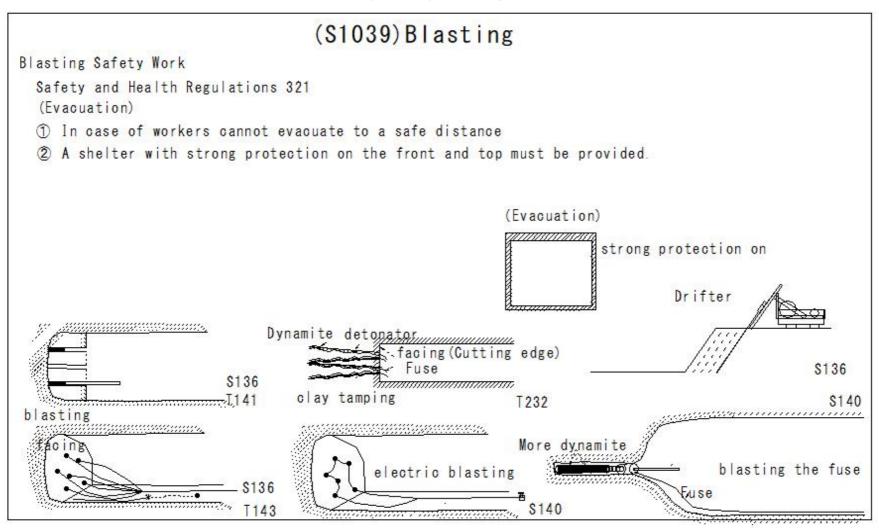
(S1037)Blasting



(S1038)Blasting



(S1039) Blasting



(S1040) Blasting

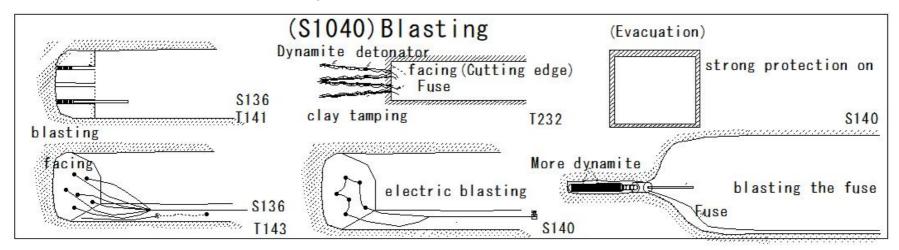
(S1040) Blasting

Safe blasting operations

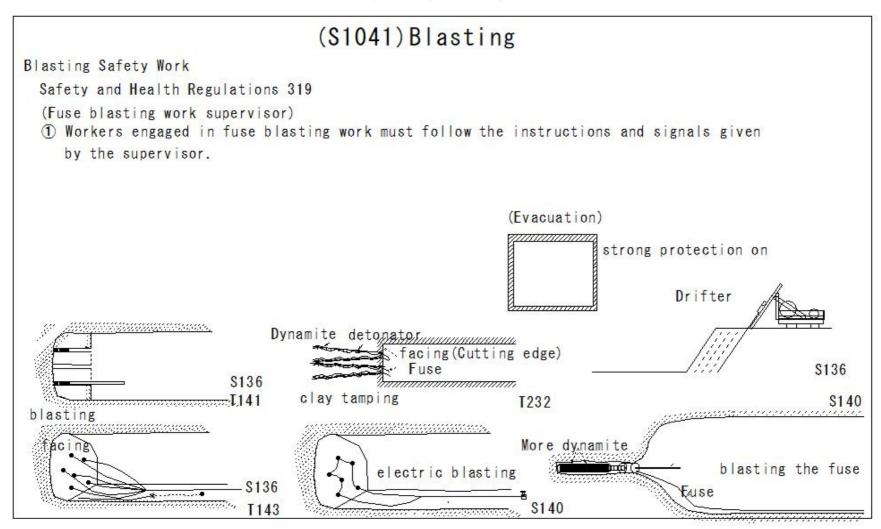
Safety and Health Regulations No. 318

(Standards for blasting operations)

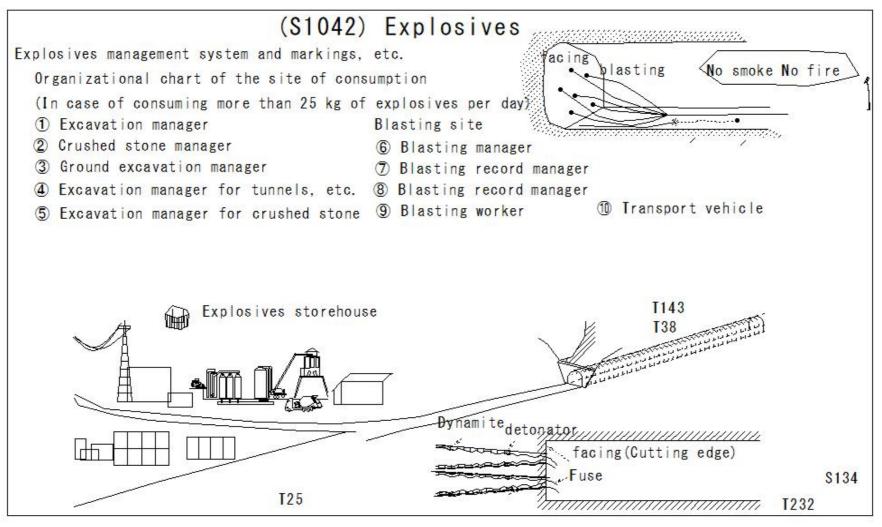
- ① Frozen dynamite should not be melted in a dangerous manner, such a
- 2 In case of loading gunpowder or explosives, do not use open flames or smoke in the vicinity.
- ③ Use safe loading tools that are not likely to cause explosions due to fri
- 4 Use materials such as clay, sand, and other materials that are not likely to ignite or catch fire.
- ⑤ If the loaded explosives do not explode after ignition, or if it is difficult to confirm that the loaded explosives have exploded, follow the following.
- 6 In case of using an electric detonator, remove the blasting main wire f
- 7 For anything other than an electric detonator, do not approach the area where explosives are loaded until at least 15 minutes have passed since ignition.



(S1041) Blasting



(S1042) Explosives



(S1043) Explosives

(S1043) Explosives

Explosives management system and signs, etc.

Signs, etc.

	③ Location ② Type	④ Explosives magazine, external storage	⑤ Handling area	Pyrotechnics factory	⑦ Office
① Signs and notices	Security management organization chart	0	0	0	0
	Emergency contact chart				0
	10 Facility name	0	0	0	
	① Name of person in charge, etc.	0	0	0	
	Regulations and handling guidelines	0	0	0	
	③ No entry, no open flames	0	0	0	
	(1) Maximum storage amount, maximum remaining amount	® Storage amount	① Remaining amount		
	(15) Person in charge of automatic alarm system management and inspection	0			0
	(lb) Capacity		0	0	
	Blasting period, time, signaling method	Necessary locations such as roads leading to dangerous areas			

(S1044) Concrete Crusher

(S1044) Concrete Crusher

Management of concrete crusher work

Concrete crusher

Safety and Health Regulations Article 321-3

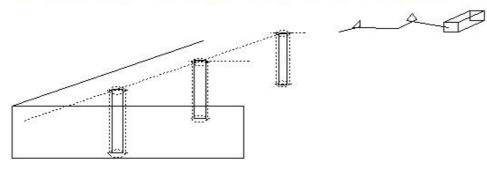
Work to destroy concrete or rock using a concrete crusher

Duties of the concrete crusher work chief)

Safety and Health Regulations Article 321-4

The employer must have the concrete crusher work chief perform the following:

- 1. Determine the method of work and directly supervise the work.
- 2. Instruct the workers engaged in the work on the evacuation location and route.
- 3. Confirm that workers have evacuated from the danger zone before ignition.
- 4. Designate the igniter.
- 5. Give the signal to ignite.
- 6. Check for the presence of unexploded charges or remaining charges.



(S1045) Concrete Crusher

(S1045) Concrete Crusher

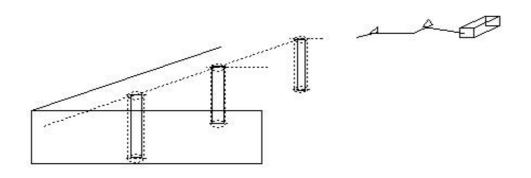
Management of concrete crusher work

Safety and Health Regulations 321-2

(Standards for concrete crusher work)

In case of performing crushing work using a concrete crusher

- 1. Prohibit the use of open flames or smoking.
- 2. Use loading tools that will not pose a risk of the concrete crusher catching fire.
- 3. Use materials that will not ignite or catch fire.
- 4. Measures to prevent scattering of crushed materials, etc.
- 5. In case of the material does not ignite after ignition or if it is difficult to confirm that it has ignited, do not allow workers to approach the loading area of the concrete crusher.



(S1046) Concrete Crusher

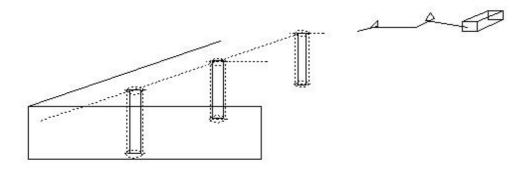
(S1046) Concrete Crusher

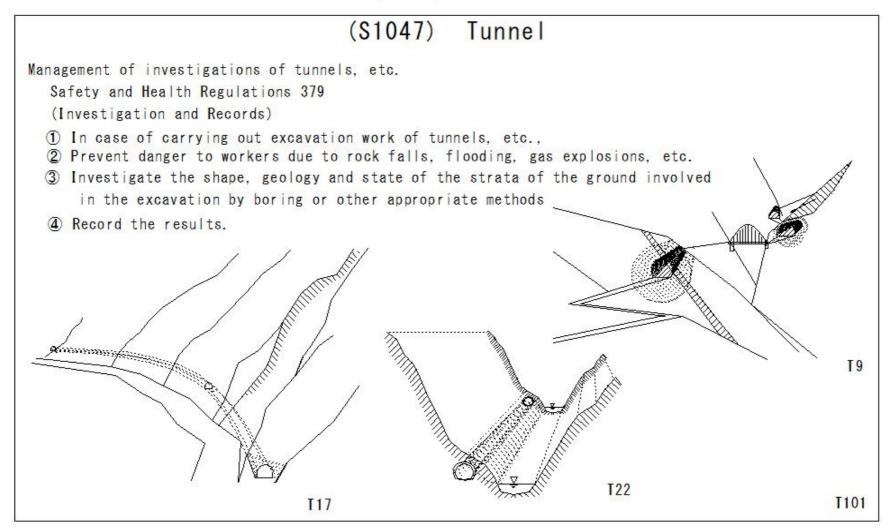
Management of concrete crusher work

Management of concrete crusher work

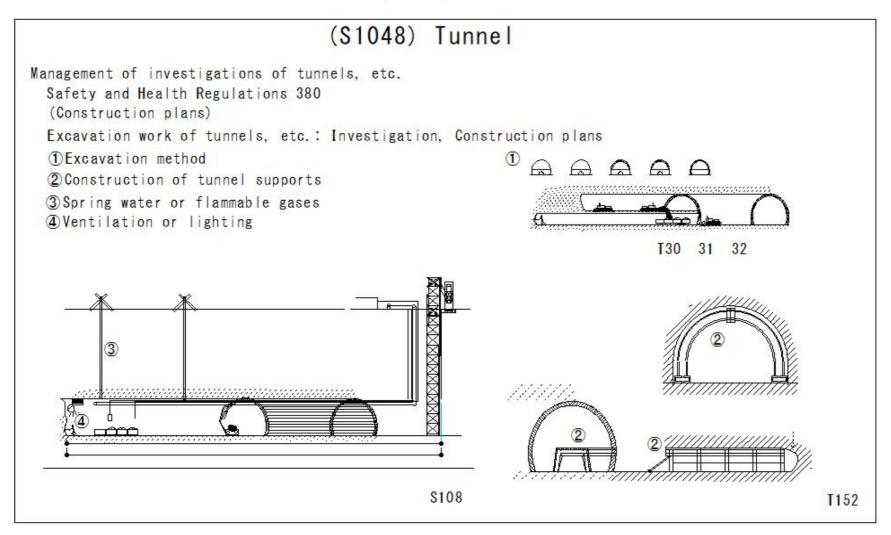
(Standards for concrete crusher work)

- (1) Work using concrete crushers: Industrial Safety and Health Act
- 2 Loading concrete crushers: Prohibit use of open flames and smoking
- ③Use loading tools that do not pose a risk of ignition due to friction, impact, static electricity, etc.
- ④ Use materials that do not pose a risk of ignition or fire, such as cement mortar or sand, for loading materials
- ⑤ Take measures to prevent scattering of crushed materials, etc.
- © In case of the loaded concrete crusher does not ignite after ignition or if it is difficult to confirm ignition, do not allow workers engaged in the work to approach the loading area.





(S1048) Tunnel



(S1049) Tunnel

(S1049) Tunnel

Management of investigations of tunnels, etc.

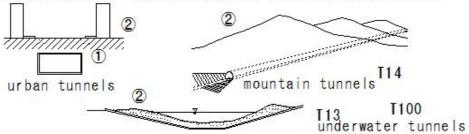
Management of tunnel surveys, etc.

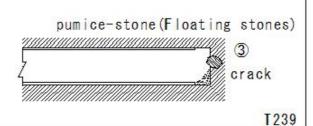
Safety and Health Regulations 381

(Observation and Recording)

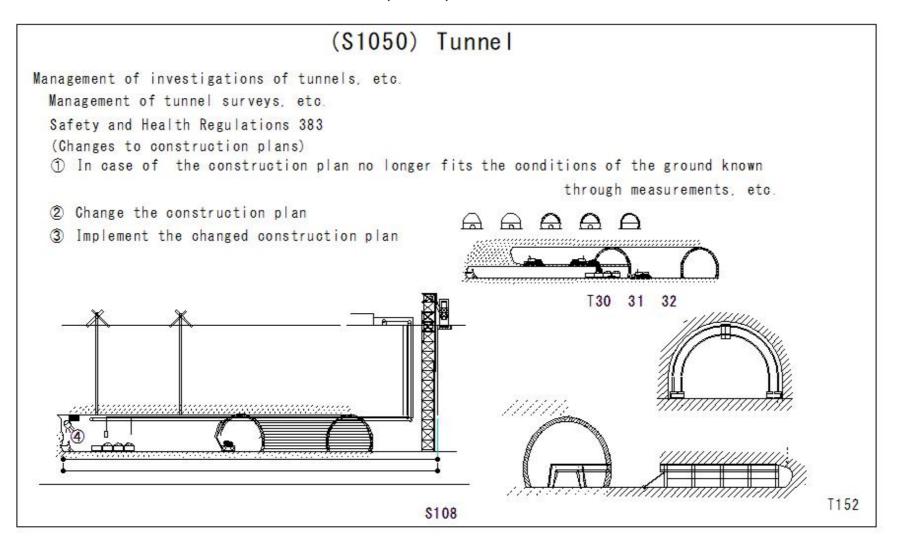
In case of excavating tunnels, etc., observations of the excavation site and surrounding ground must be recorded daily to prevent workers from falling rocks, flooding,

- 1. Geology and stratum condition
- 2. Presence and condition of water and spring water
- 3. Presence and condition of flammable gas
- 4. Presence and condition of high-temperature gas and steam
- O In case of excavation work is performed by covering the excavation site and surrounding ground with a machine, observations must be performed using measuring equipment.
- ① Daily and for moderate earthquakes and above
- 2 Inspect and check the ground
- 3 Hazard prevention measures such as removing loose stones





(S1050) Tunnel



(S1051) Tunnel

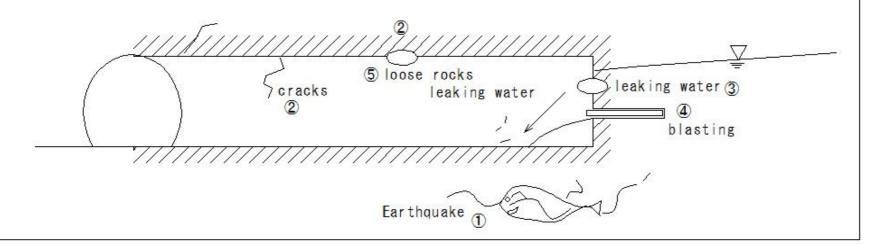
(S1051) Tunnel

Inspection and management of tunnels, etc.

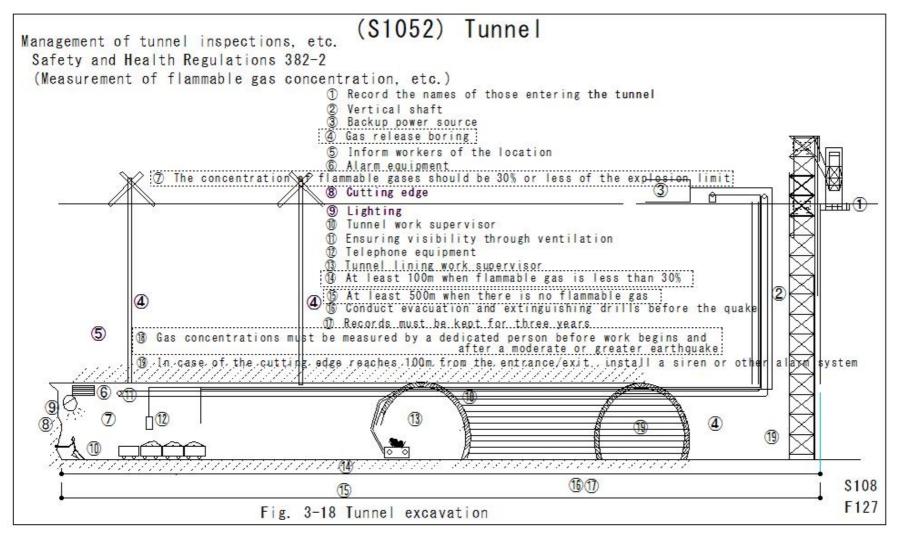
Safety and Health Regulations 382

- 1 Every day and after earthquakes of moderate magnitude or greater,
- 2 The presence and condition of loose rocks and cracks
- 3 Changes in water content and leaking water
- 4 After blasting
- (5) The presence and condition of loose rocks and cracks must be inspected.

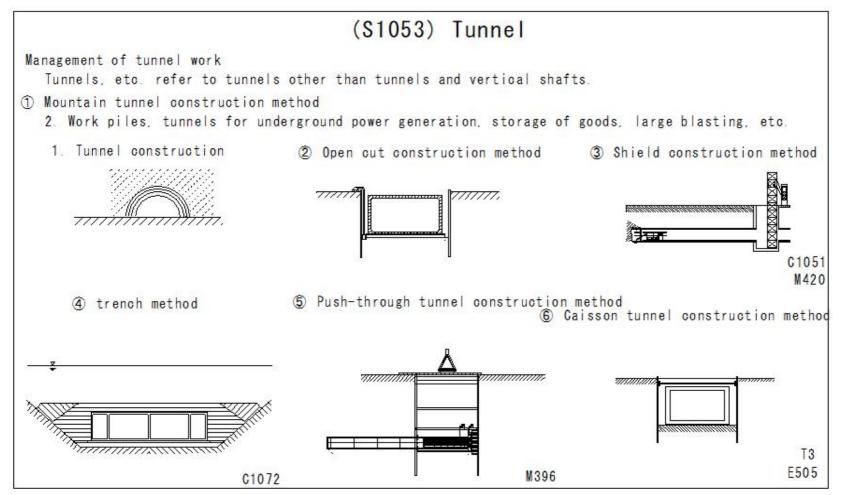
(Inspection)



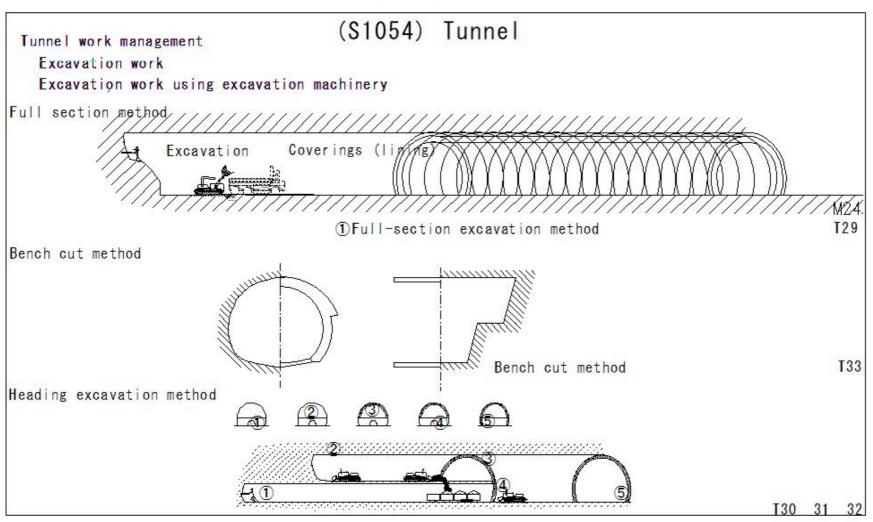
(S1052) Tunnel



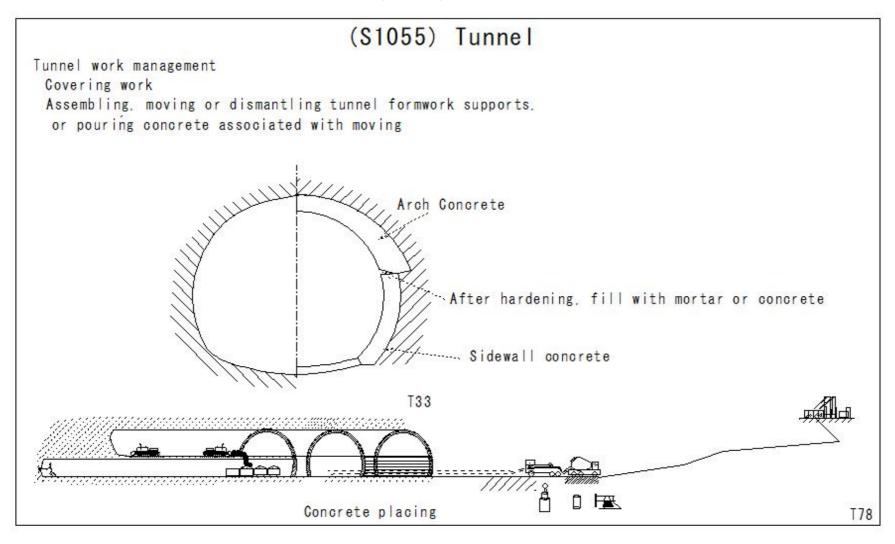
(S1053) Tunnel



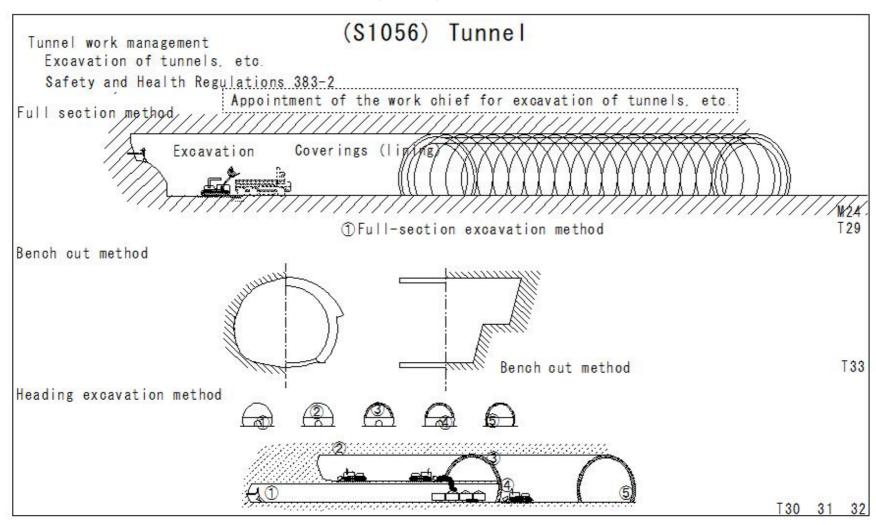
(S1054) Tunnel



(S1055) Tunnel



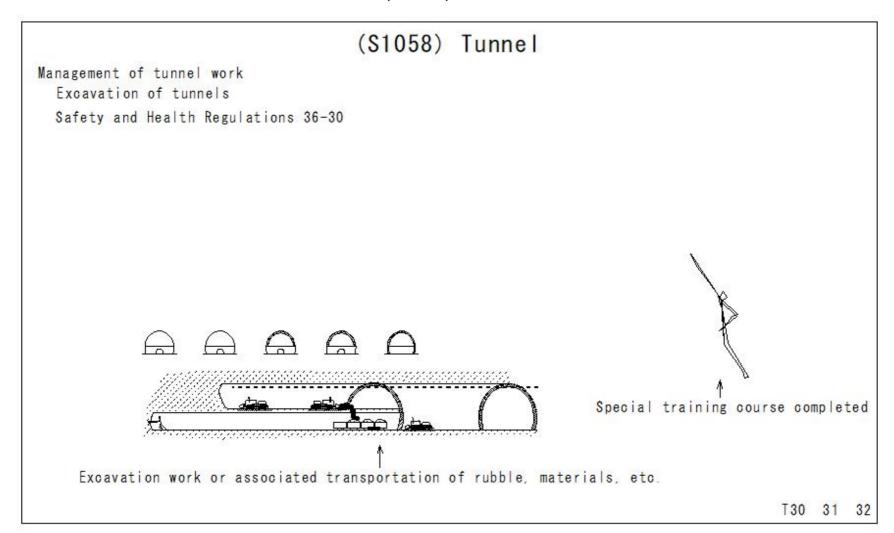
(S1056) Tunnel



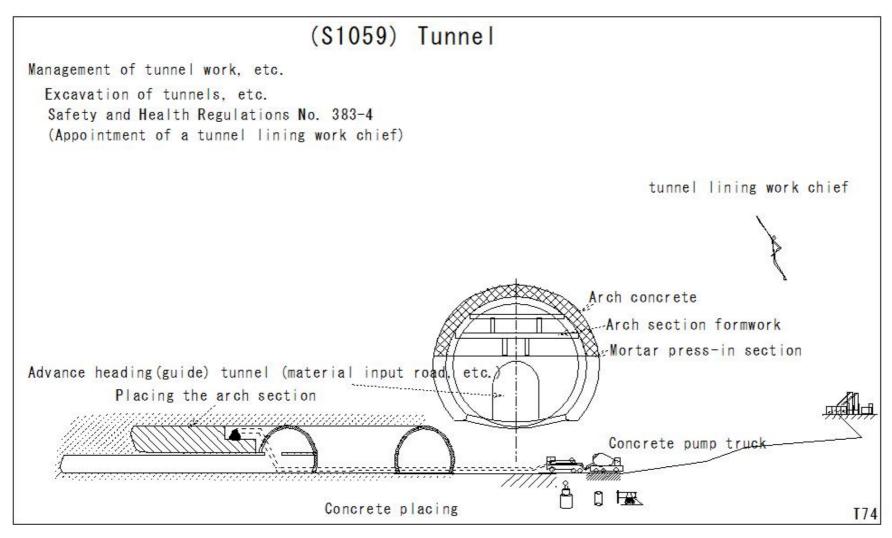
(S1057) Tunnel

(S1057) Tunnel Management of tunnel work Excavation of tunnels etc. Safety and Health Regulations 383-3 (Duties of the tunnel excavation work chief) Article 383-3: The employer must have the tunnel excavation work chief perform the following: 1. Determine the method of work and the placement of workers, and directly supervise the work. 2. Determine the ventilation method, etc., and select respiratory protective equipment to be used by workers. 3. Check the function of tools, fall protection equipment with required performance, protective helmets, and respiratory protective equipment, and remove defective items. 4. Monitor the use of fall protection equipment with required performance, protective helmets, and respiratory protective equipment. respiratory protective equipment (Duties of the tunnel excavation work chief) fall protection equipment safety helmets tools ventilation tunnel excavation work chief T30 31 32

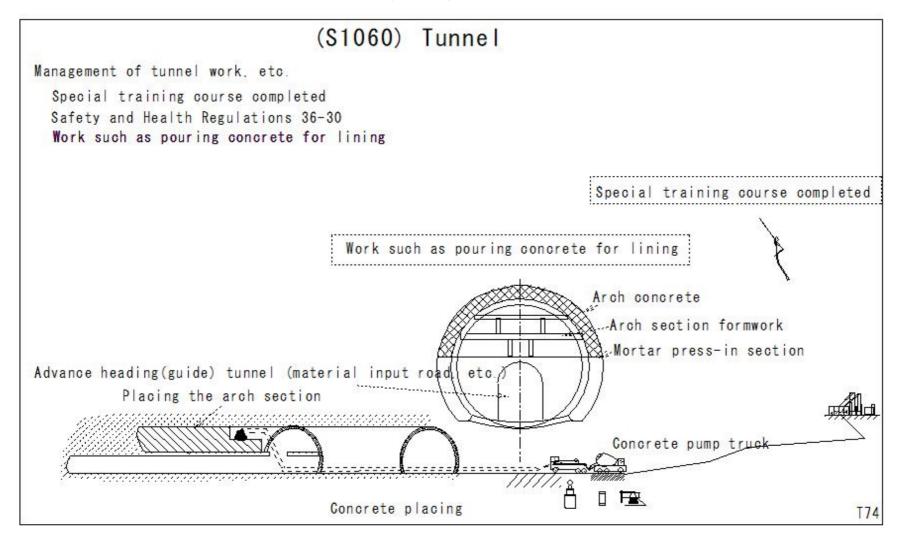
(S1058) Tunnel



(S1059) Tunnel



(S1060) Tunnel



(S1061) Tunnel

(S1061) Tunnel

Management of tunnel work

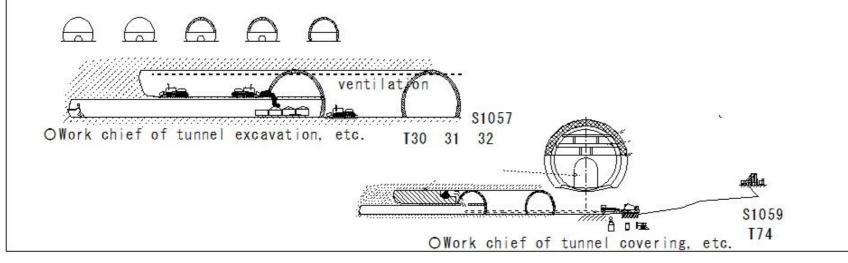
Work requiring the appointment of a work chief

O Work chief of tunnel excavation, etc.

This is an important qualification for the excavation of tunnels, etc. (tunnels and tunnels other than vertical tunnels) or the associated work of piling muck, assembling tunnel supports, installing rock bolts, or spraying concrete, etc.

O Work chief of tunnel covering, etc.

The person responsible for supervising the assembly of tunnel formwork and the work of covering the tunnel inner wall, etc.



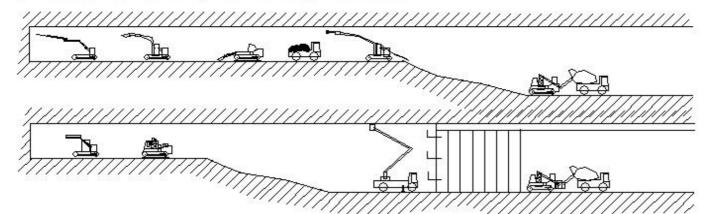
(S1062) Tunnel

Work management for tunnels, etc.

Prevention of dangers due to rock falls, collapse of ground, etc.

Safety and Health Regulations No. 384

- 1 Methods for excavating tunnels, etc.,
- 2 Methods for piling rubble
- 3 Types and structures of tunnel supports
- 4 Methods for assembling tunnel supports
- (5) Methods for installing lock bolts
- 6 Methods for spraying concrete, etc.
- 7 Treatment of loose rocks
- Methods for treating and draining floodwaters



T215

(S1063) Tunnel

(S1063) Tunnel

Management of tunnel work

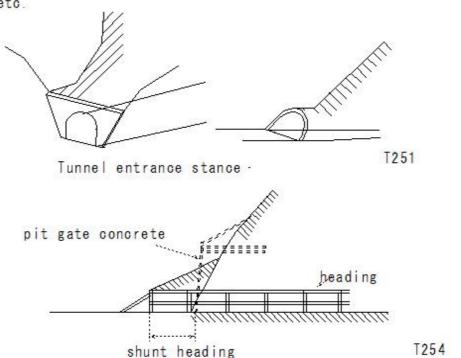
Prevention of dangers due to rock falls, ground collapse, etc.

Safety and Health Regulations 385

(Prevention of dangers due to ground collapse near entrances and exits)

Around the entrances and exits of tunnels, etc.

- 1 Install earth retaining supports.
- 2 Install protective nets.
- Remove loose rocks.
- Spray mortar



(S1064) Tunnel

(S1064) Tunnel

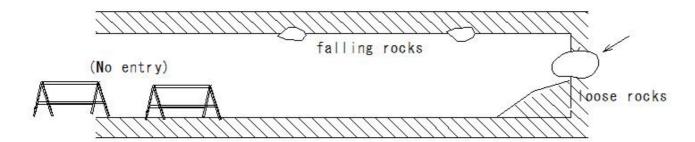
Management of tunnel work

Prevention of dangers due to rock falls, ground collapse, etc.

Safety and Health Regulations No. 386

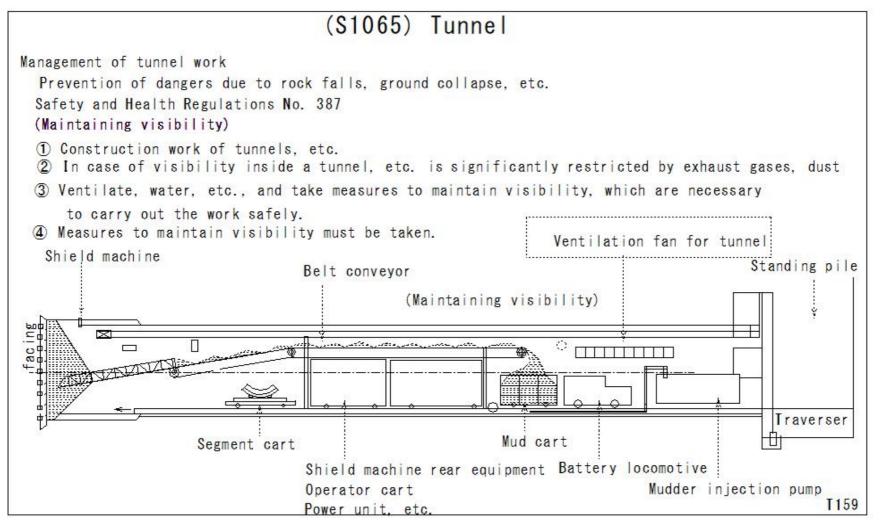
(No entry)

- 1 Workers must not enter.
- 2 Areas where loose rocks are being removed or areas where reinforcement or repair work for tunnel supports is being carried out due to falling loose rocks
- 3 Areas where rocks have fallen or surface damage has occurred
- 4 Areas where rocks have fallen or surface damage has occurred



E497

(S1065) Tunnel



(S1066) Tunnel

(S1066) Tunnel

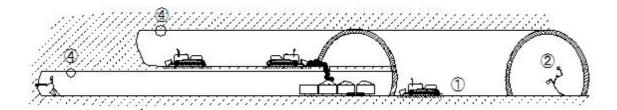
Management of tunnel work

Prevention of dangers due to rock falls, ground collapse, etc.

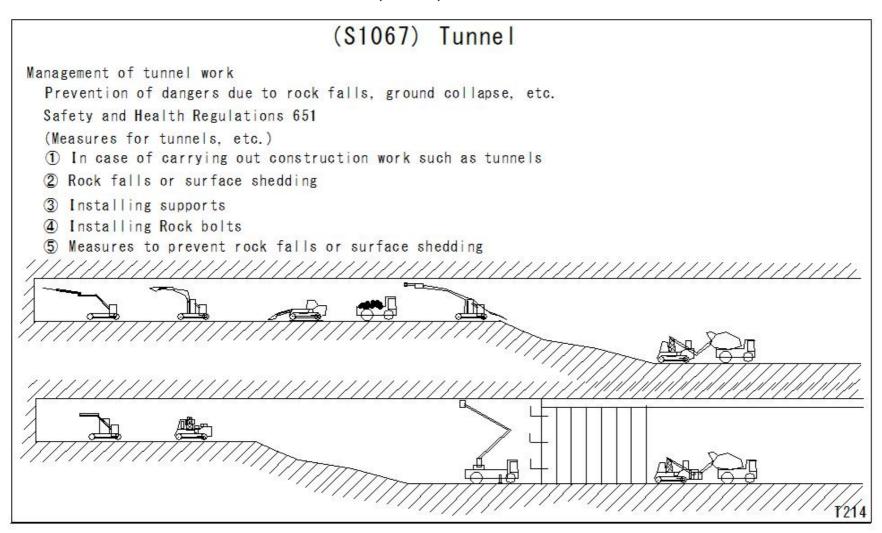
Safety and Health Regulations No. 388 Safety and Health Regulations No. 364-367

- ① Routes of transport machinery, etc.
- 2 Placement of guides
- 3 Wearing protective helmets
- 4 Maintaining illumination

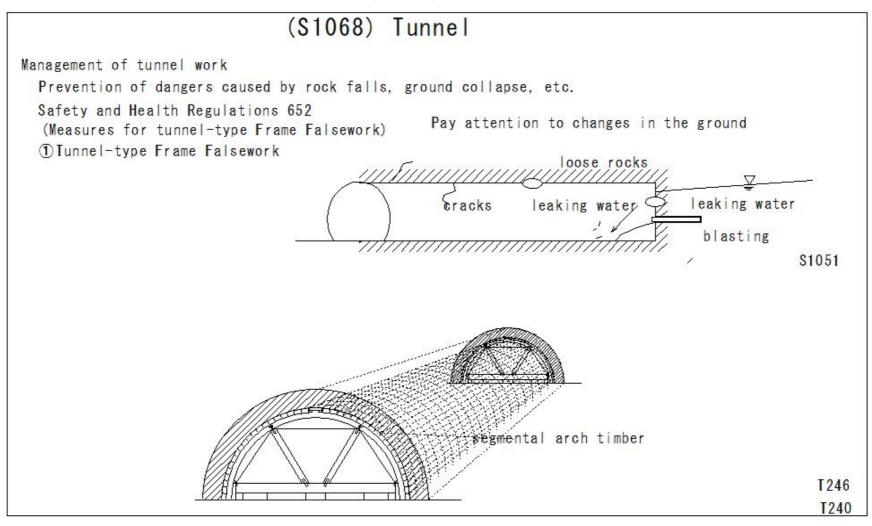




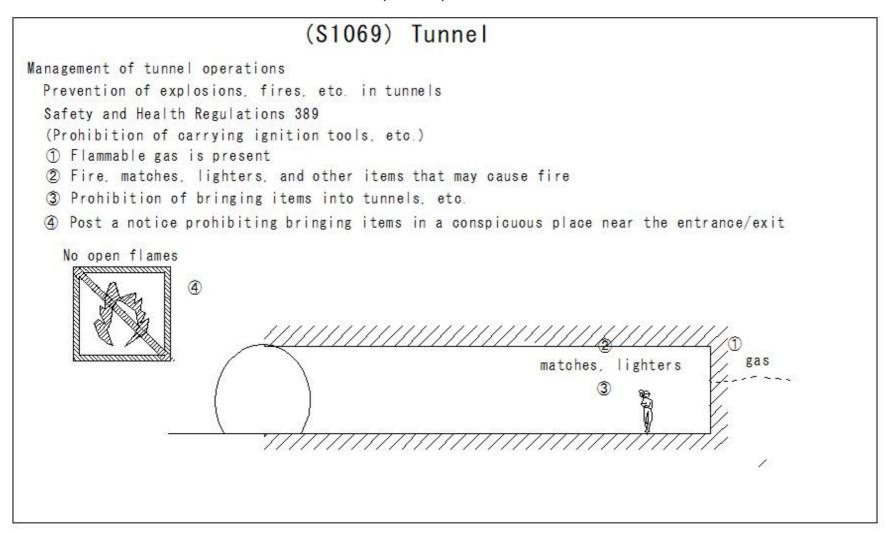
(S1067) Tunnel



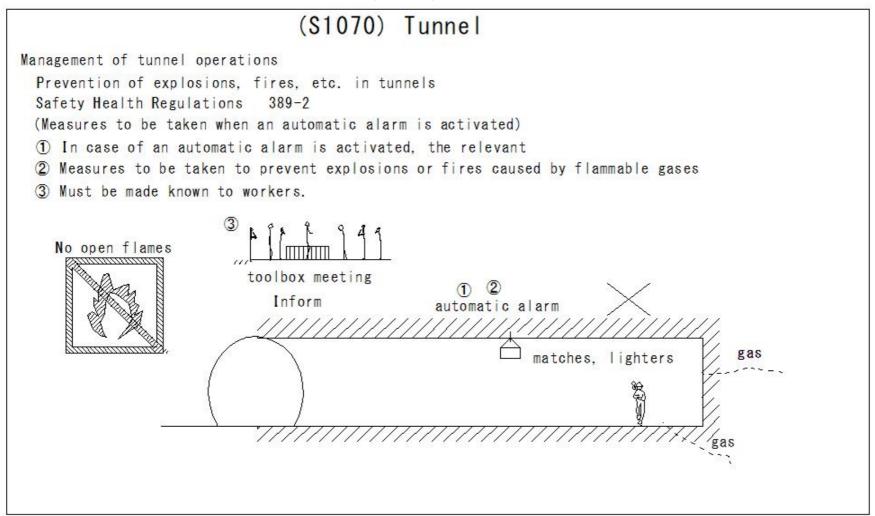
(S1068) Tunnel



(S1069) Tunnel



(S1070) Tunnel



(S1071) Tunnel

(\$1071) Tunnel Management of tunnel operations Prevention of explosions, fires, etc. in tunnels The Safety and Health Regulations 389-2-2 (Measures such as gas release) 1 In case of flammable gas is present. 2 To prevent explosions or fires caused by the flammable gas, 3 Gas release by drilling 4 Necessary measures must be taken to prevent the escape of flammable gas. No open flames automatic alarm Pressure gauge gas Blower matches, lighters

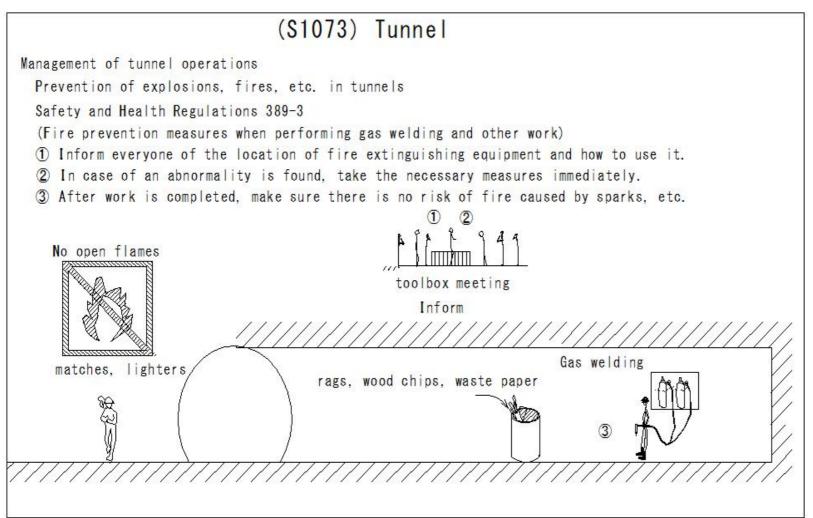
Water collection device

Gas release Gas release by drilling

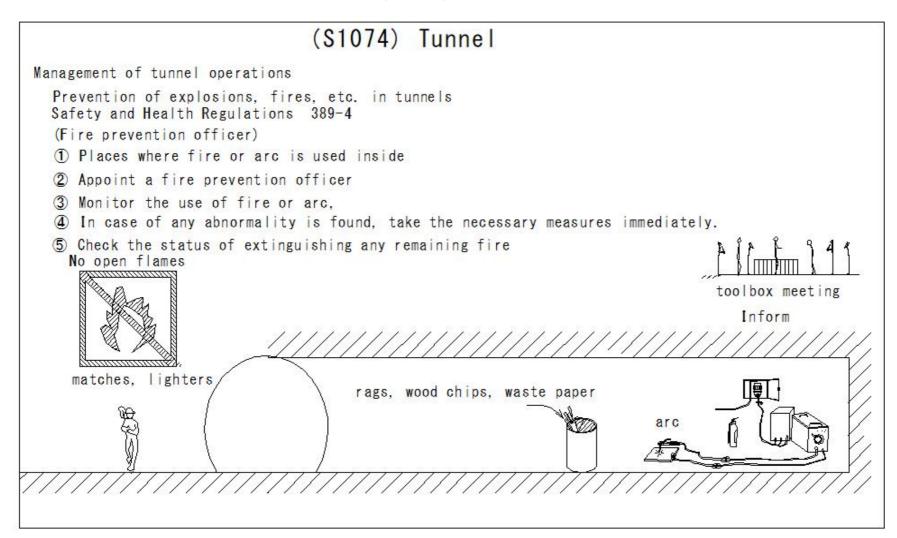
(S1072) Tunnel

(S1072) Tunnel Management of tunnel operations Prevention of explosions, fires, etc. in tunnels Safety and Health Regulations 389-3 (Fire prevention measures when performing gas welding and other work) 1 Remove rags, wood chips, waste paper, and other flammable materials in the vicinity 2 Cover flammable materials with non-flammable materials 3 Install partitions to prevent the scattering of sparks, etc. No open flames Gas welding matches, lighters rags, wood chips, waste paper 123

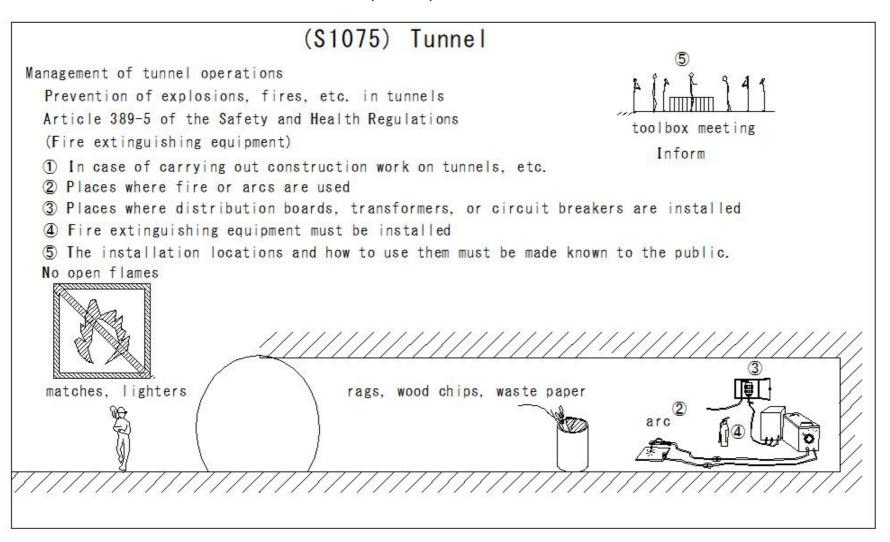
(S1073) Tunnel



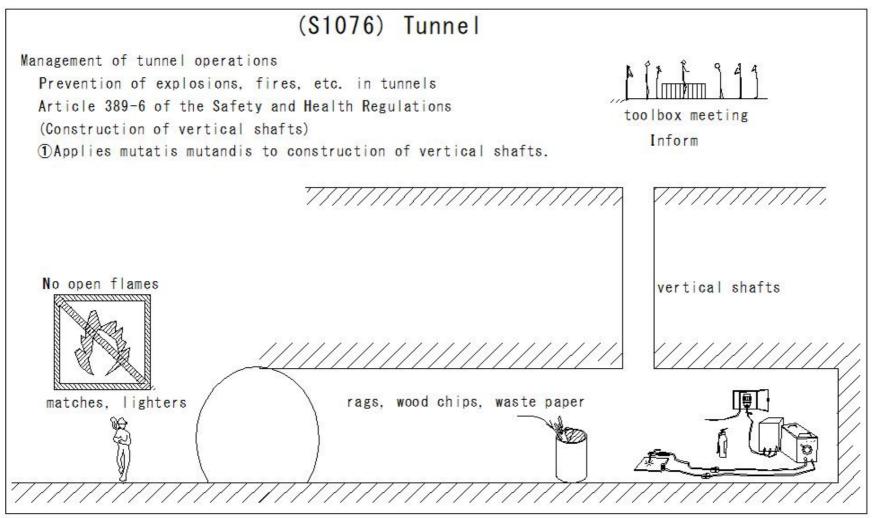
(S1074) Tunnel



(S1075) Tunnel



(S1076) Tunnel



(S1077) Tunnel

toolbox meeting

(2) Inform

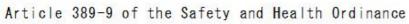
(S1077) Tunnel

Management of tunnel operations

Prevention of explosions, fires, etc. in tunnels

Work management for tunnels, etc.

Evacuation of tunnels, etc.



(Alarm equipment, etc.) In case of constructing tunnels, etc.,

- 1 In the event of a rock fall, flooding, gas explosion, fire, or other emergency
- 2 In order to promptly inform the workers concerned,
- 3 The equipment listed in each item must be installed.
- 4 The location of the equipment must be made known to the workers concerned.
- (5) In case of the distance to the face reaches 100 meters
- 6 Alarm equipment such as sirens and emergency bells (alarm equipment)
- In case of the distance reaches 500 meters Alarm equipment and telephones and other communication devices
- 8 Only those that can make calls between the outside and inside of the mine (communication devices)
- Alarm equipment and communication devices must be kept in working order at all times.
 - 10 A backup power source must be provided.

(a) arm equipment) 100 meters rock fall, flooding, gas explosion, fire

78 communication devices 500 meters

(S1078) Tunnel

(S1078) Tunnel

Management of tunnel operations

Prevention of explosions, fires, etc. in tunnels

Work management for tunnels, etc.

Evacuation of tunnels, etc.

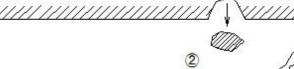
Article 389-7 of the Safety and Health Regulations

(Evacuation)

- (1) Construction of tunnels
- 2 In case of there is an imminent danger of a workplace accident due to a rock fall, flooding, etc
- 3 Stop work immediately
- 4 Workers must be evacuated to a safe place.

rock fall, flooding, gas explosion, fire

toolbox meeting



(S1079) Tunnel

(S1079) Tunnel Management of tunnel operations Prevention of explosions, fires, etc. in tunnels Work management for tunnels, etc. toolbox meeting Evacuation of tunnels, etc. Article 389-8 of the Safety and Health Regulations (Evacuation) (1) In case of it is confirmed that the concentration of flammable gas is 30% or more of the lower explosion limit, 2 Evacuate workers to a safe place immediately, 3 Stop using fire or other sources of ignition, 4 Take measures such as ventilation. 5 Until it is confirmed that the concentration of flammable gas is less than 30% of the lower explosion limit, 6 Entry by persons other than those involved must be prohibited, 7) It must be displayed in a conspicuous place. flammable gas (4) ventilation. No Entry

(S1080) Tunnel

(\$1080) Tunnel Work management for tunnels, etc. Evacuation from tunnels, etc. Article 389-10 of the Safety and Health Regulations toolbox meeting (Evacuation equipment) 1 Rockfalls, flooding, gas explosions 2 Evacuation equipment 3 Publicize the installation locations and usage methods 4 Distance to the face is 100 meters (5) Portable lighting equipment such as flashlights ("portable lighting equipment") 6 In case of it reaches 500 meters, respiratory protective equipment, portable lighting equipment 7 Respiratory protective equipment - keep it effective and clean 8 Ensure lighting 100 meters- portable lighting equipment 500 meters-respiratory protective equipment, portable lighting equipment flammable gas 、lighting⑤® Rockfalls Portable lighting λ5% Evacuate

(S1081) Tunnel

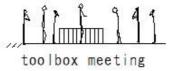
(S1081) Tunnel

Work management for tunnels, etc.

Evacuation from tunnels, etc.

Article 389-11 of the Safety and Health Regulations

(Training for evacuation, etc.)



- 1 For tunnels, etc., where the distance to the face is 100 meters (where flammable gas is present and there is a risk of explosion or fire).
- 2 Evacuation and firefighting training must be conducted once every six months.
- ③ In case of training for evacuation, etc. is conducted, the following items must be recorded and kept for three years.
 - 1. Date of implementation
 - 2. Name of person who received training
 - 3. Content of training

(Training for evacuation, etc.)

flammable gas

lammable gas

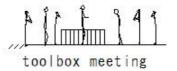
(S1082) Tunnel

(S1082) Tunnel

Work management for tunnels, etc.

Evacuation from tunnels, etc.

Article 642-2 of the Safety and Health Regulations Unification of methods for carrying out Evacuation Training



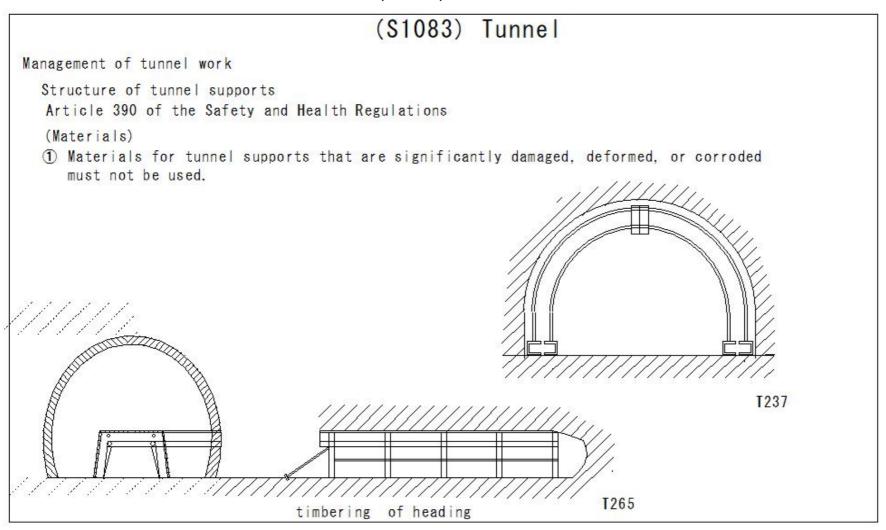
Evacuation Training (Training for evacuation, etc.)

flammable gas

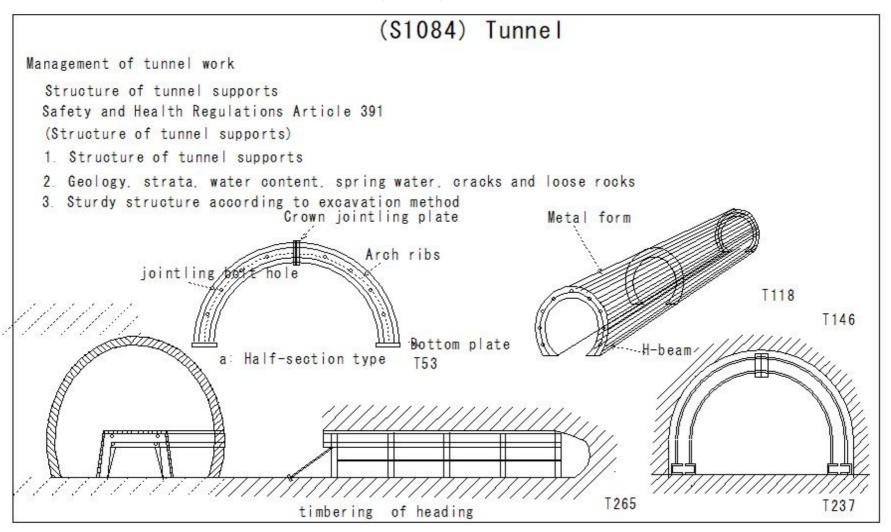
λλ Evacuate

flammable gas

(S1083) Tunnel



(S1084) Tunnel



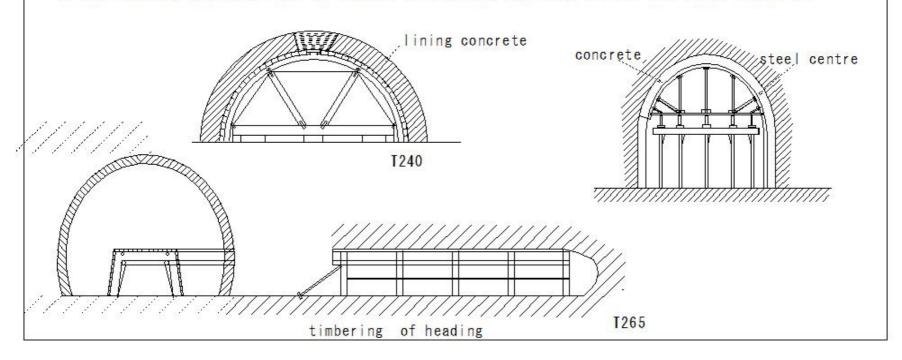
(S1085) Tunnel

(S1085) Tunnel Management of tunnel work

Structure of tunnel supports Article 392 of the Safety and Health Regulations

(Standard drawings)

- ① Assembling tunnel supports Standard drawings must be created and assembled.
- 2 The standard drawings show the layout, dimensions, and materials of the tunnel supports.



(S1086) Tunnel

(S1086) Tunnel Management of tunnel work Structure of tunnel supports Article 393 of the Safety and Health Regulations (Assembly or modification) Assembling and modifying tunnel supports 1. A set of components that make up the main structure must be placed on the same plane. 2. In the case of wooden tunnel supports, the degree of compression of each component of the tunnel support must be uniform. lining concrete Tunnel support T240 ////steel centre concrete T189 bracing T265 timbering of heading

(S1087) Tunnel

(S1087) Tunnel

Management of tunnel work

Structure of tunnel supports

Article 394 of the Safety and Health Regulations

(Prevention of dangers in tunnel supports)

Tunnel supports

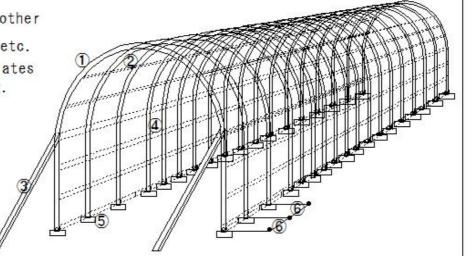
- O Steel arch supports
- 1 Take measures such as driving in wedges.
- 2 Install sheet piles, arrow beams, liner plates, etc.
- ③ Install guardrails at the entrances and exits of tunnels, etc.

4 Firmly connect the main materials to each other

using tie bolts, tie beams, braces, etc.

(5) Take measures such as using countersunk plates for the legs to prevent them from sinking.

6 The erection interval should be 1.5 meters or less.



(S1088) Tunnel

(S1088) Tunnel Management of tunnel work Structure of tunnel supports Safety and Health Regulations Article 395 (Removal of components) 1 In case of removing components of tunnel supports 2 After taking measures to transfer the load to tunnel frame supports, etc. 3 Remove the components lining concrete T240 ////steel centre concrete

(S1089) Tunnel

(S1089) Tunnel

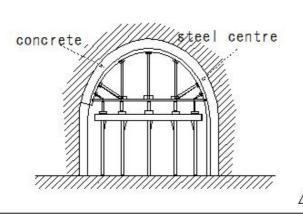
Management of tunnel work

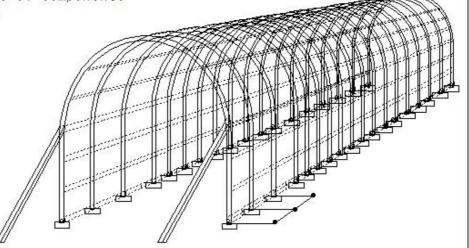
Structure of tunnel supports

Article 396 of the Safety and Health Regulations

(Inspection)

- 1 Inspect every day and after an earthquake of moderate magnitude or greater.
- 2 In case of any abnormality is found, reinforce or repair must be made immediately.
- 1. Presence and condition of damage, deformation, corrosion, displacement, and falling off of components
- 2. Degree of compression of components
- 3. Condition of connections and intersections of components
- 4. Presence and condition of sinking of legs





Earthquake

(S1090) Tunnel

(S1090) Tunnel

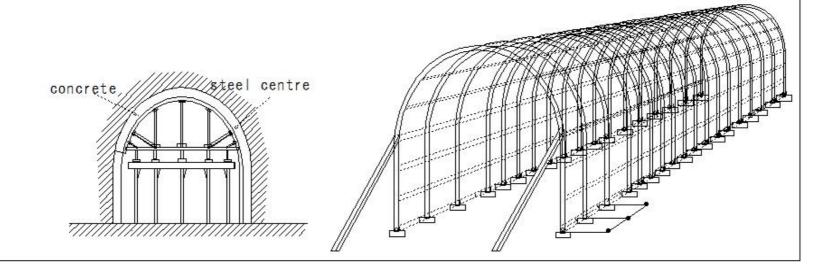
Management of tunnel work

Structure of tunnel supports

Article 397/398 of the Safety and Health Regulations

(Materials)

- ① Materials for supports must not be used that are significantly damaged, deformed or corroded. (Structure)
- 2 Materials must be sturdy according to the load, shape of the formwork, etc.



(S1091) Tunnel

(S1091) Tunnel Measures for rescue in tunnels, etc. Article 9-2 of the Industrial Safety and Health Ordinance ① Work at a location 1,000 meters or more away from the entrance/exit 2 Vertical shafts with a depth of 50 meters or more 3 Work involving compressed air, with a gauge pressure of 0.1 megapascals or more Measures for rescue in tunnels, etc. entical shafts Entrance/exit Cutting edge ① 1,000 meters Distance from entrance/exit

(S1092) Tunnel

(S1092) Tunnel

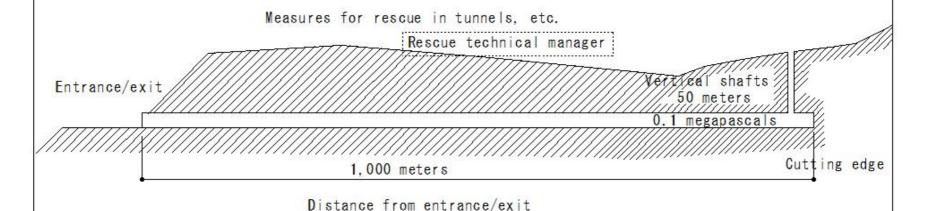
Measures for rescue in tunnels, etc.

Article 24-7 · 8 of the Safety and Health Regulations Appoint a dedicated person at the workplace.

Rescue technical manager

(Qualifications for a person who manages technical matters related to rescue)

- 1. A person who has more than three years of experience in construction work on tunnels, etc.
- 2. A person who has more than three years of experience in work using compressed air construction methods



(S1093) Tunnel

(S1093) Tunnel		
Measures for rescue in tunnels, etc. Article 24-3 of the Safety and Health Regulations (Machinery, etc. necessary for rescue) ① Respiratory or oxygen respirator	② Measuring equipment ④ Ropes	
Measuring equipment necessary for measuring the concecarbon monoxide, and oxygen Portable lighting equipment such as flashlights	entration of methane, hydrogen sulfide, 3 Portable lighting	
Machinery, etc. necessary for rescue of workers Ladders, ropes Respiratory apparatus Evacuation equipment Don't forget to check and confirm Ladders		
Measures for rescue in tunnels,	Oxygen respirator etc.	
Rescue technica		
Entrance/exit//////////////////////////////////	Vertical shafts 50 meters 0.1 megapascals	
1,000 meters	Cutting edge	

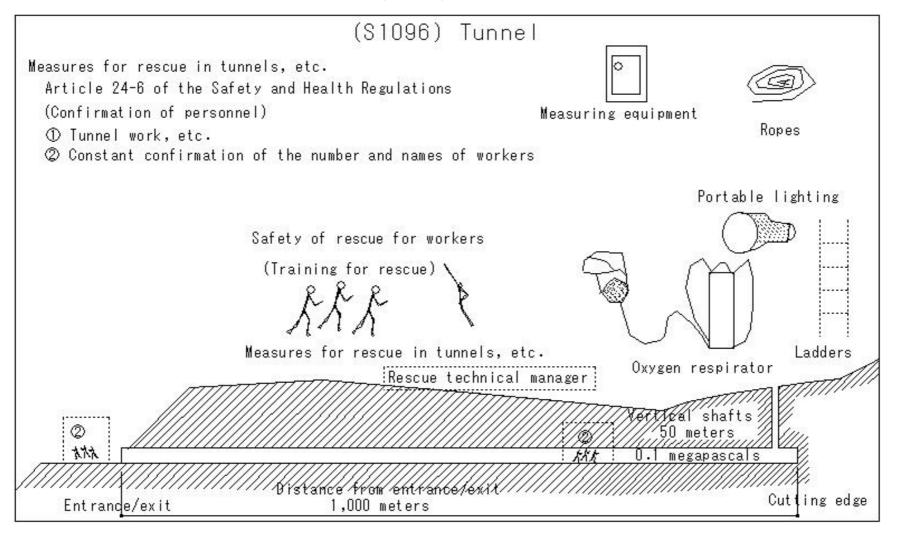
(S1094) Tunnel

(S1094) Tunnel
Measures for rescue in tunnels, etc. Article 24-4 of the Safety and Health Ordinance
(Training for rescue) Training 1. How to use machines, etc. 2. First aid
3. Safe rescue Portable lighting
2. Training is to be conducted once and once every year thereafter 3. Retained for three years 1. Date of implementation 2. Name of person who received training 3. Contents of training
Measures for rescue in tunnels, etc Ladders
Rescue technical manager Oxygen respirator
Entrance/exit 50 meters 0.1 megapascals
Outting edge

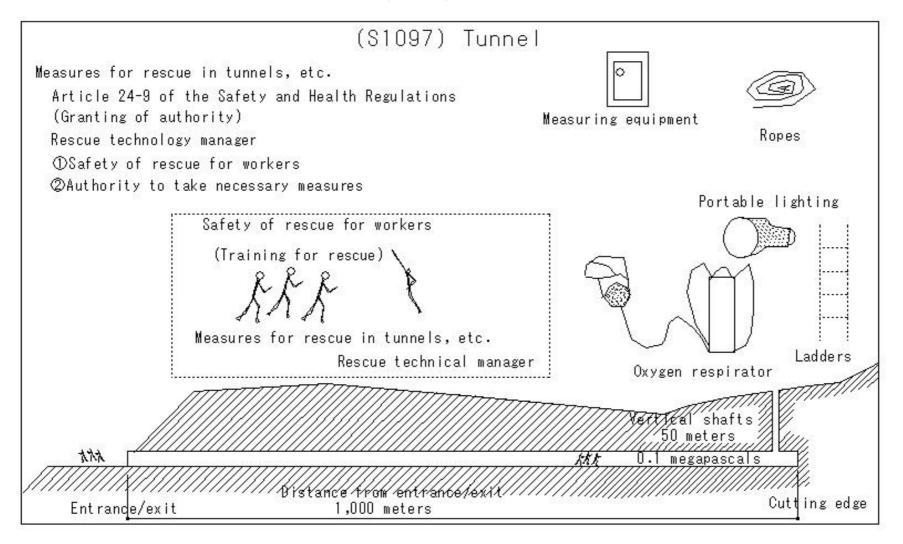
(S1095) Tunnel

(S1095) Tunnel	
Measures for rescue in tunnels, etc. Article 24-5 of the Safety and Health Ordinance (Regulations for rescue safety) Safety of rescue for workers ① Organization for rescue	nes
② Inspection and maintenance of machinery, etc. necessary for rescue ③ Implementation of rescue training Portable I	ighting
© Safety of rescue Safety of rescue for workers (Training for rescue)	D
Measures for rescue in tunnels, etc.	Ladders
Rescue technical manager Oxygen respirator Entrance/exit 50 meters	77777711111111111111111111111111111111
0.1 megapascals Oil megapascals	it ing edge

(S1096) Tunnel



(S1097) Tunnel

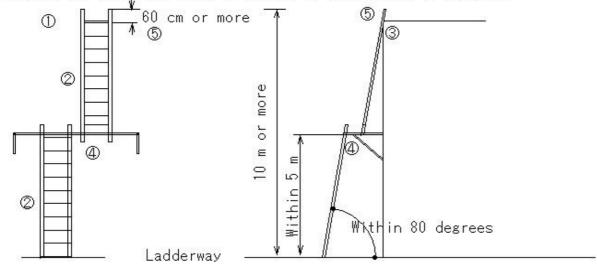


(S1098) Tunnel

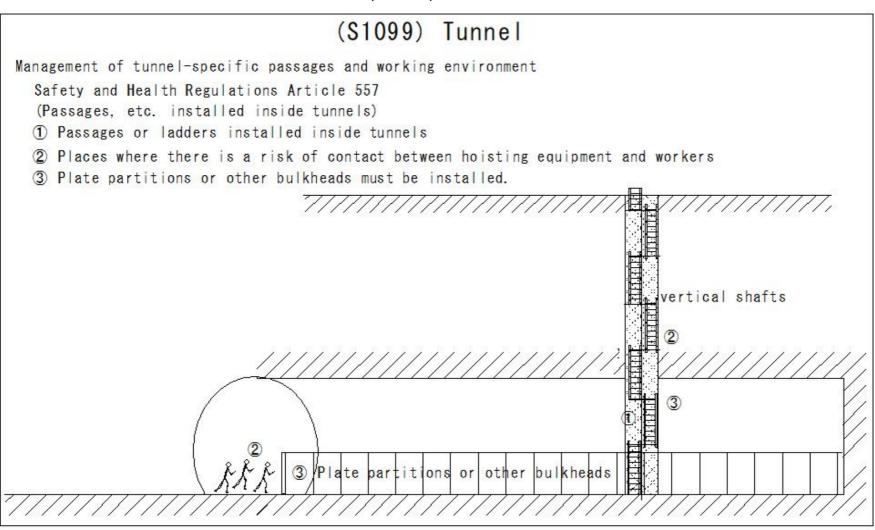
(S1098) Tunnel

Management of tunnel-specific passages and working environment Article 556 of the Safety and Health Regulations (Ladderway)

- ① The structure must be sturd.
- ② Steps must be installed at equal intervals.
- 3 An appropriate distance must be maintained between the steps and the wall.
- @ Measures must be taken to prevent the ladder from shifting.
- (5) The top of the ladder must protrude at least 60 cm above the floor.
- 6 Steps must be installed every 5 meters on ladderways in tunnels.



(S1099) Tunnel



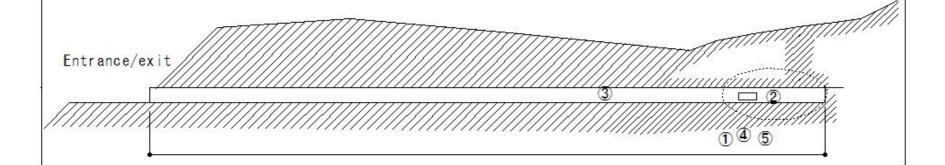
(S1100) Tunnel

(S1100) Tunnel

Management of tunnel-specific passages and working environments

Article 578 of the Safety and Health Regulations

- 1 In places where natural ventilation is insufficient
- 2 Do not use machines with internal combustion engines
- Article 578 of the Industrial Safety and Health Regulations (prohibition of use of internal combustion engines)
- 3 Inside tunnels, wells, caisson hulls, tanks or holds
- 4 In places where natural ventilation is insufficient
- 5 Do not use machines with internal combustion engines



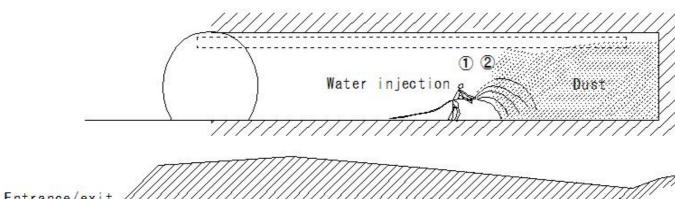
(S1101) Tunnel

(S1101) Tunnel

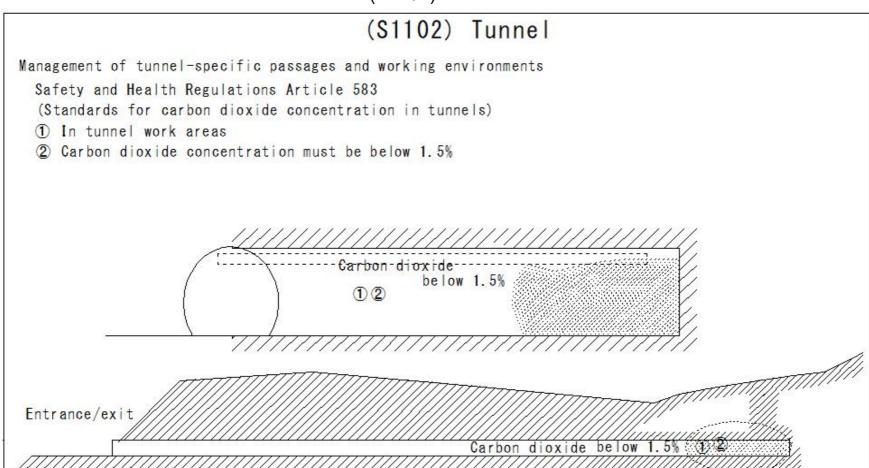
Management of tunnel-specific passages and working environments Article 582 of the Safety and Health Regulations

(Prevention of dust dispersion)

- ① Outdoor or underground work areas where dust is significantly dispersed
- 2 Water injection and other measures to prevent dust dispersion



(S1102) Tunnel



(S1103) Tunnel

(S1103) Tunnel			
Management of tunnel-specific passages and working environments Article 592 of the Safety and Health Regulations			
Measurement of carbon dioxide gas concentration in tunnels)			
① Measure carbon dioxide gas concentration regularly once a month ② Measurement record - keep for three years Carbon dioxide			
1. Measurement date and time			
2. Measurement method 3. Measurement location 4. Measurement conditions 5. Measurement results 6. Name of person who carried out the measurement 7. Measures to be taken			
Entrance/exit			
Measurement of carbon dioxide gas			

(S1104) Tunnel

(S1104) Tunnel Management of tunnel-specific passages and working environments Safety and Health Regulations Article 602 (Ventilation equipment in tunnels) 1 Work area in tunnels 2 Install ventilation equipment (Ventilation equipment in tunnels) 2ventilation

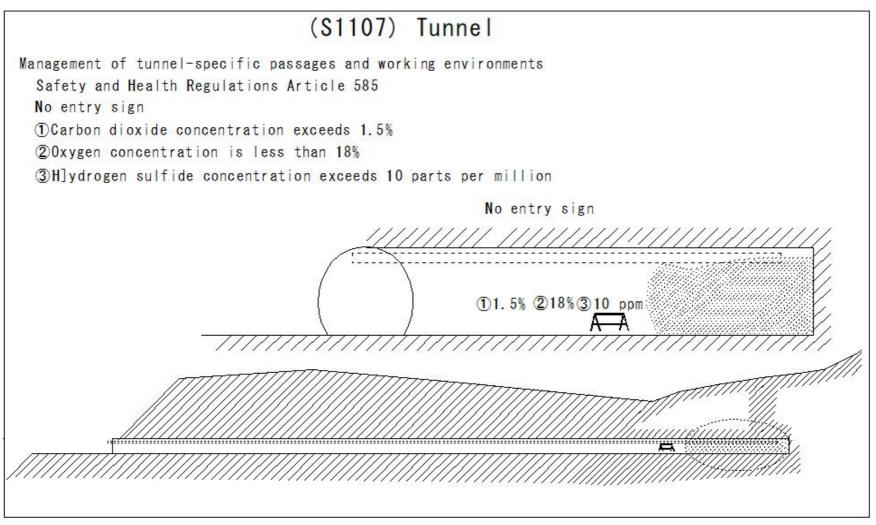
(S1105) Tunnel

(S1105) Tunnel Management of tunnel-specific passages and working environments Safety and Health Regulations Article 603 (Measurement of ventilation in tunnels) 1 Measure ventilation once every two weeks 2 Measure ventilation on a regular basis (Measurement of ventilation in tunnels) 1) Measure ventilation

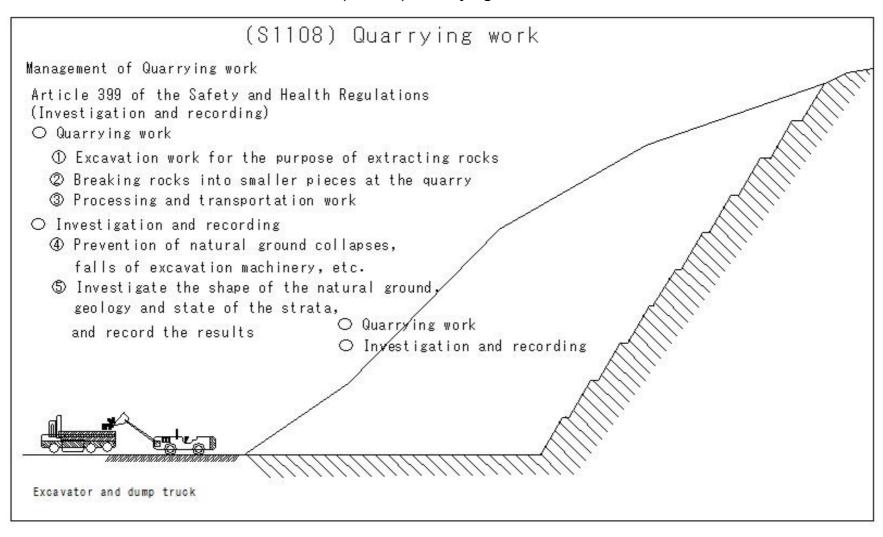
(S1106) Tunnel

(S1106) Tunnel Management of tunnel-specific passages and working environments Safety and Health Regulations Article 611 • 612 Temperature inside the tunnel ① Maintain the temperature inside the tunnel below 37 degrees Temperature inside the tunnel 1 below 37 degrees 1 below 37 degrees

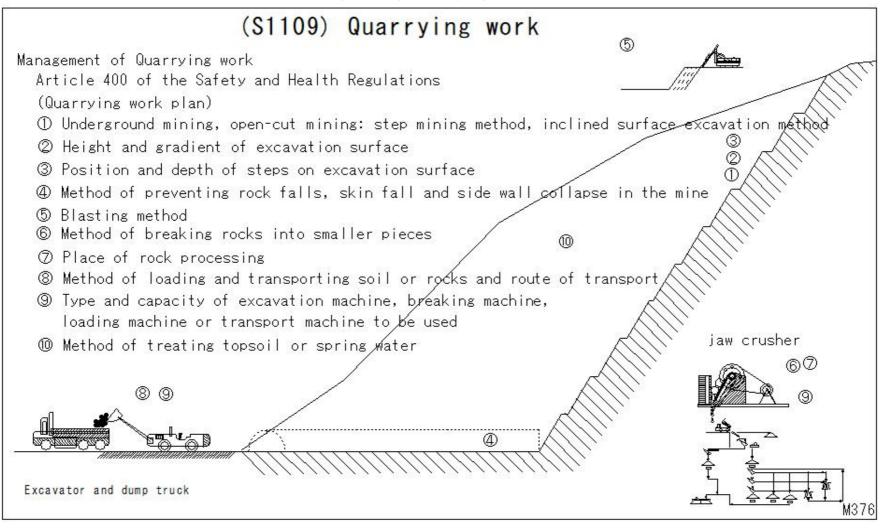
(S1107) Tunnel



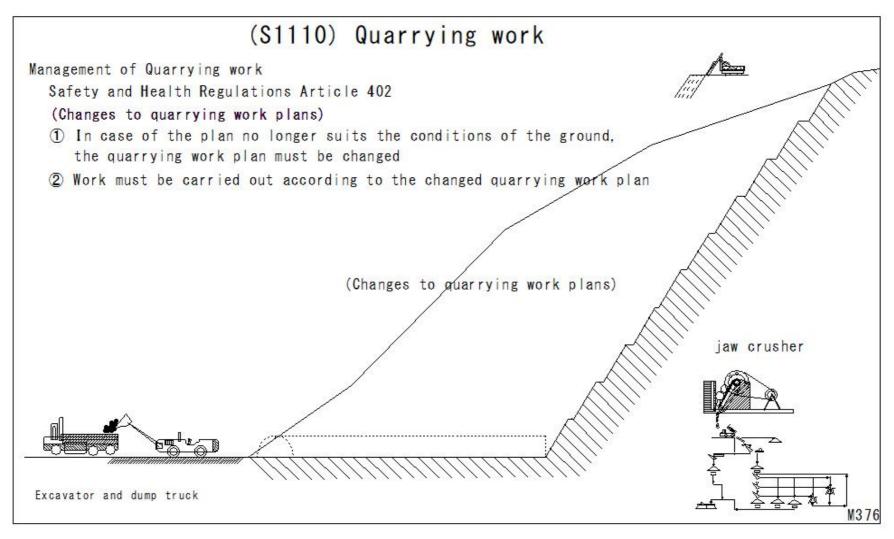
(S1108) Quarrying work



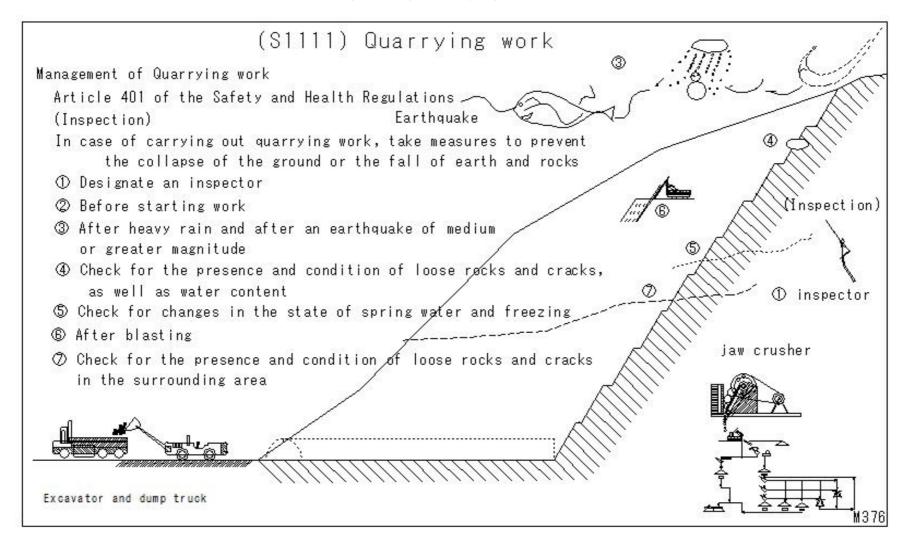
(S1109) Quarrying work



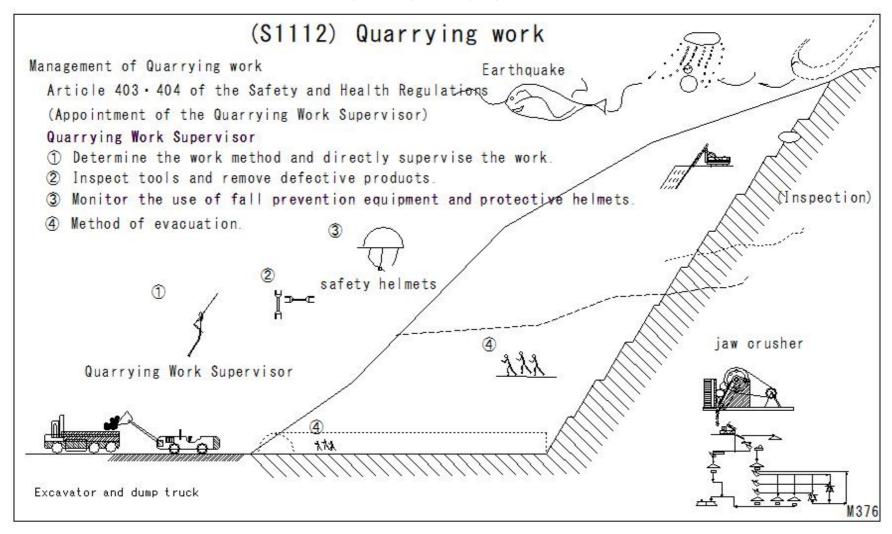
(S1110) Quarrying work



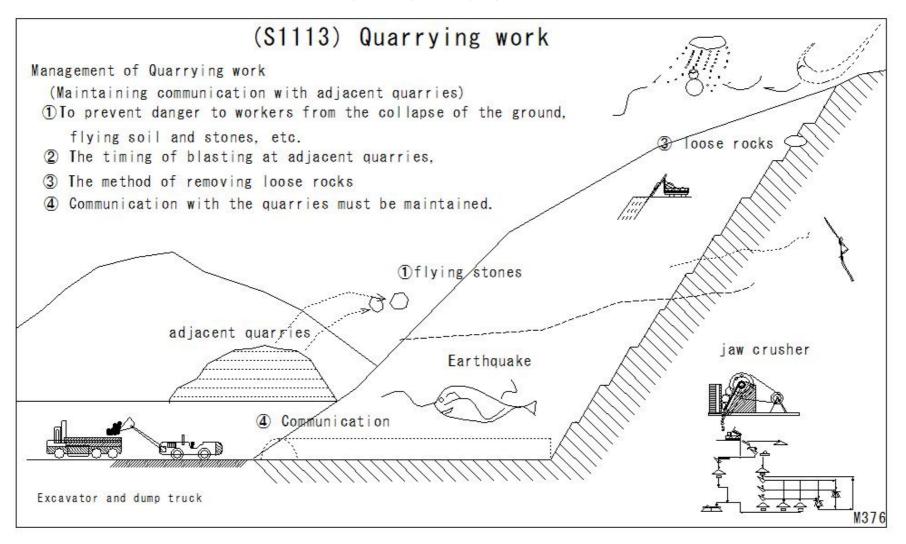
(S1111) Quarrying work



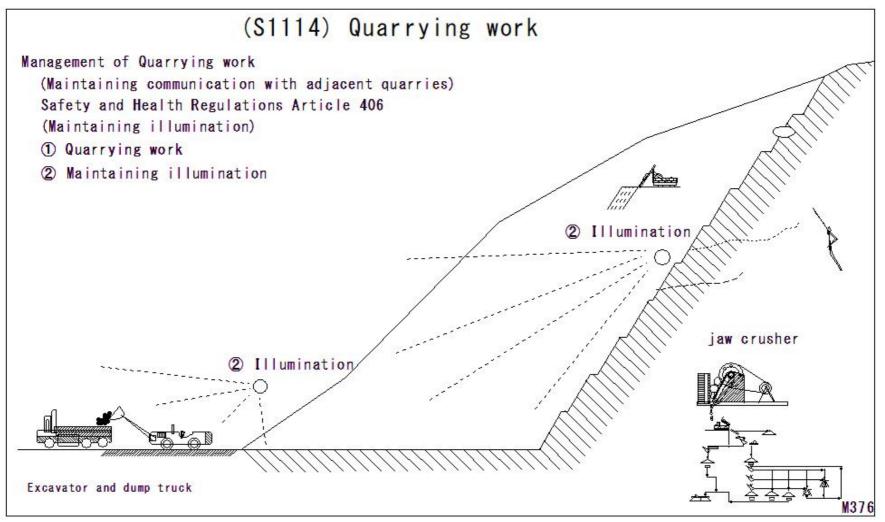
(S1112) Quarrying work



(S1113) Quarrying work



(S1114) Quarrying work



(S1115) Quarrying work

(S1115) Quarrying work

Management of crushing work

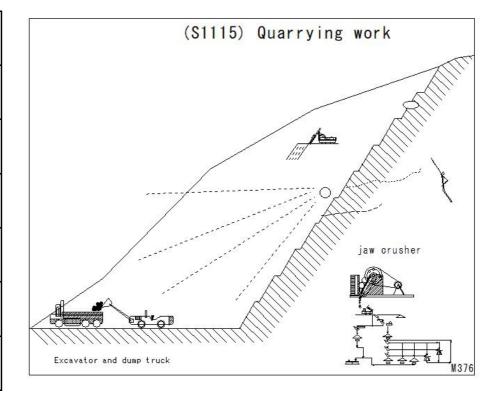
Safety and Health Regulations Article 407

(Standards for slope of excavation surface)

Excavation work for extracting rocks

Slope of excavation surface

Olope of excavation		-
	Height of	Slope of excavation
Type of ground	excavation surface	surface (unit:
	(unit: meters)	degrees)
	Less than 20m	90°
	20m or more	75°
Ground consisting of bedrock without cracks that could cause collapse or fall	less than 5m	90°
	5m or more	60°
Ground consisting of bedrock other than the above	less than 2m	90°
	2m or more	45°



(S1116) Quarrying work

(S1116) Quarrying work

Management of crushing work

Article 408 of the Safety and Health Regulations

(Prevention of danger due to collapse, etc.)

- ① Quarrying work
- ② In case of there is soil, stones, standing trees, etc. that may cause danger due to collapse or falling, remove them in advance
- 3 Put up protective nets: Measures to prevent

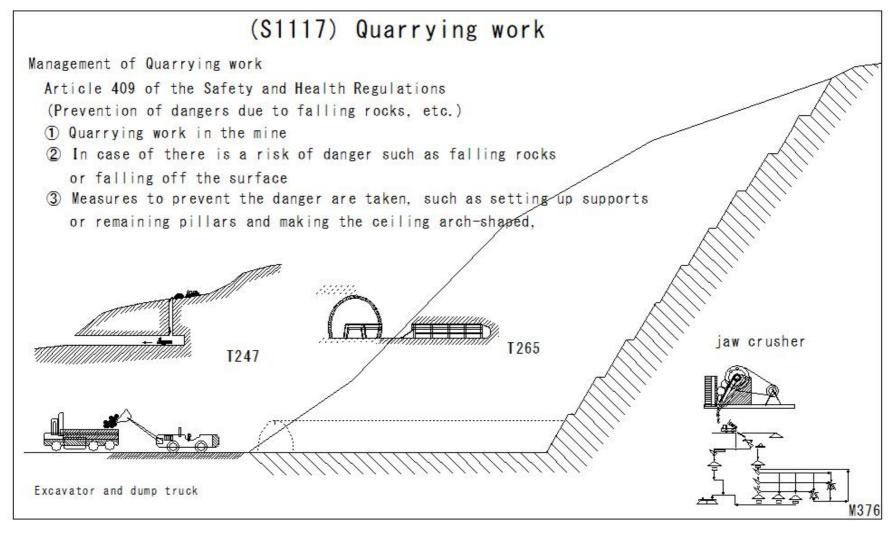
① Quarrying work

②soil, stones, standing trees

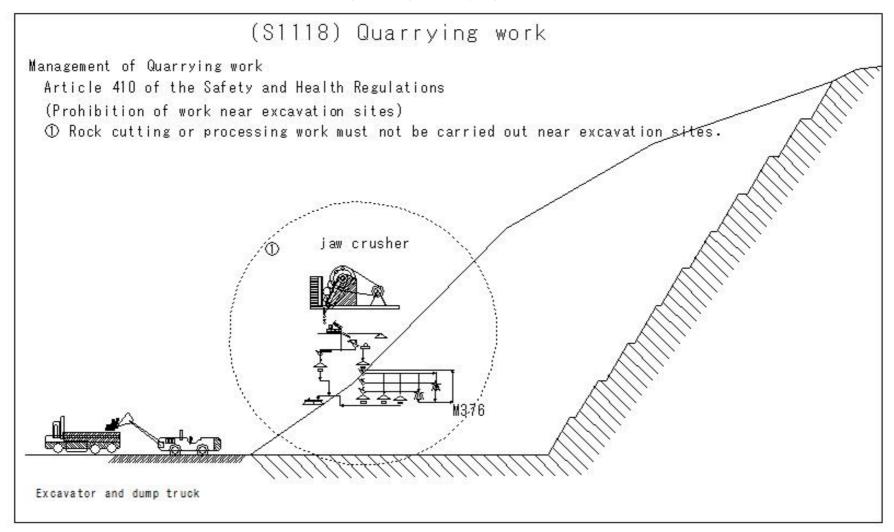
③protective nets

Excavator and dump truck

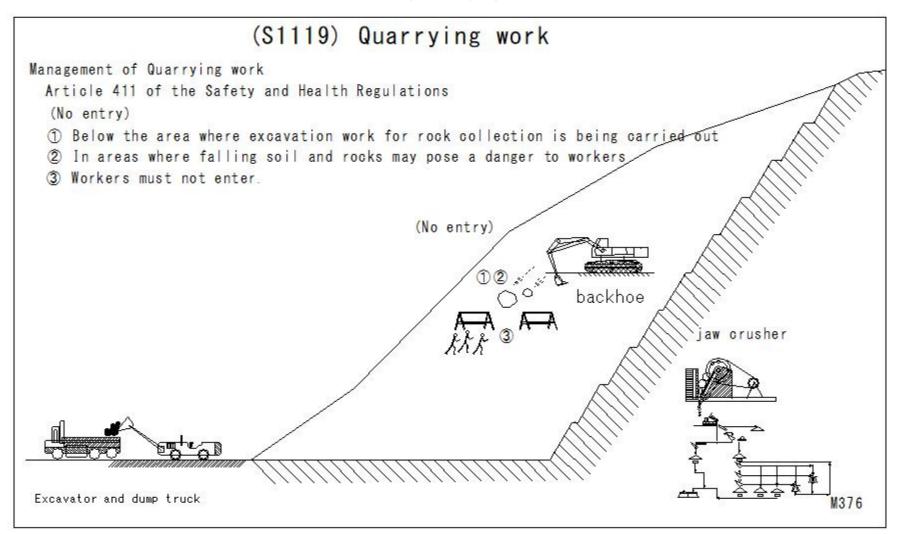
(S1117) Quarrying work



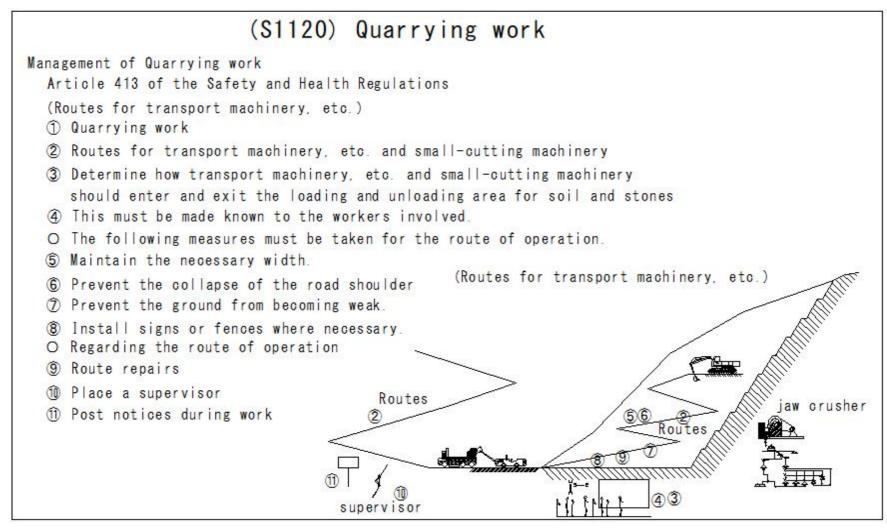
(S1118) Quarrying work



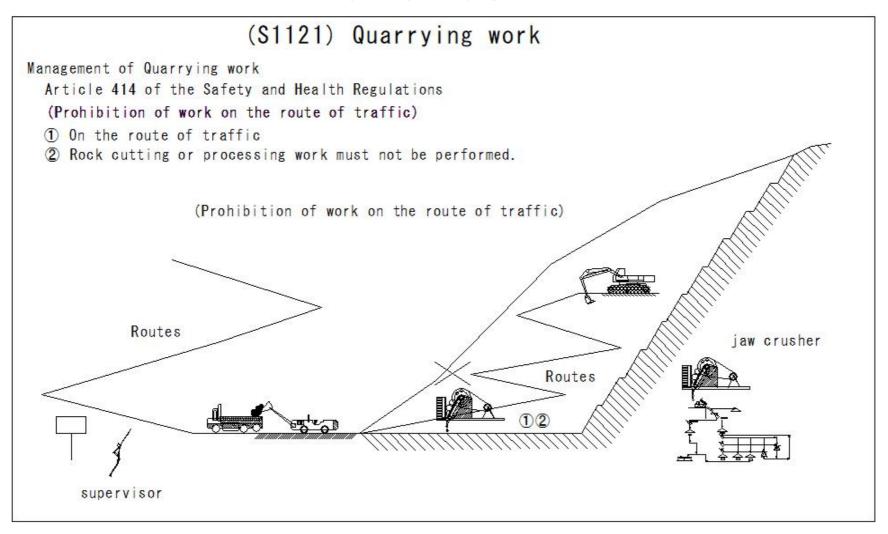
(S1119) Quarrying work



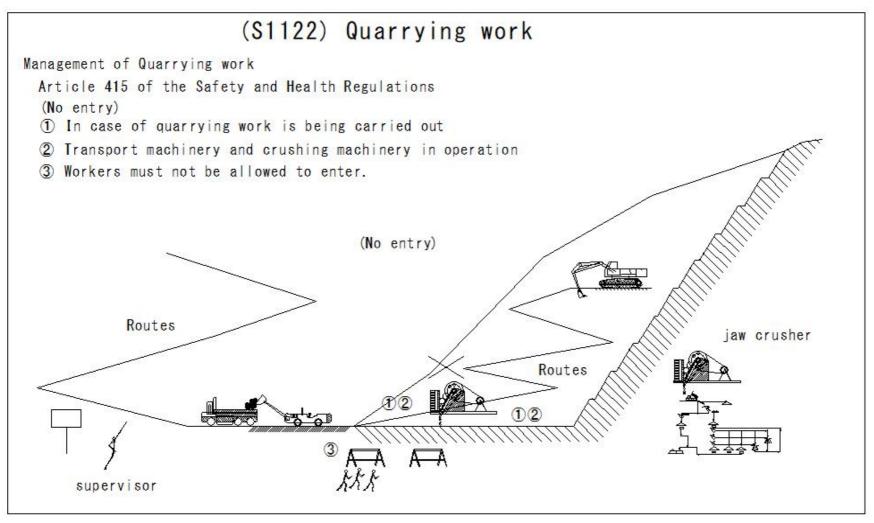
(S1120) Quarrying work



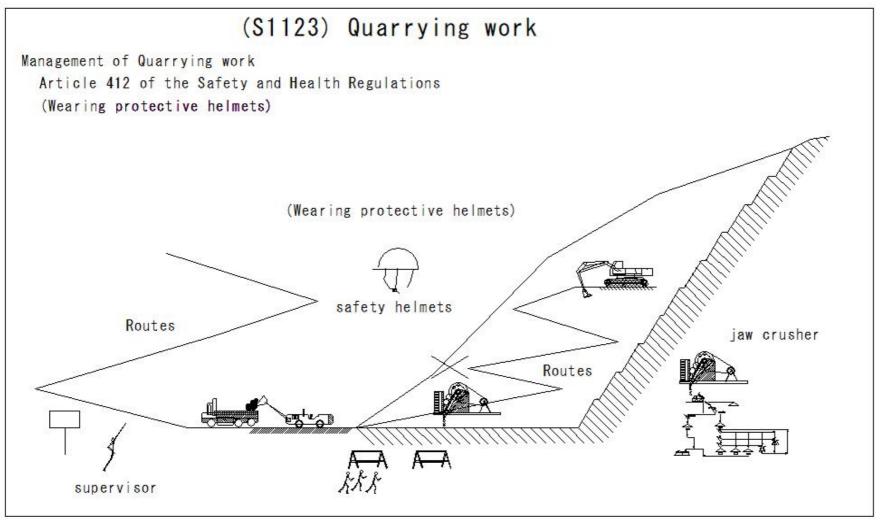
(S1121) Quarrying work



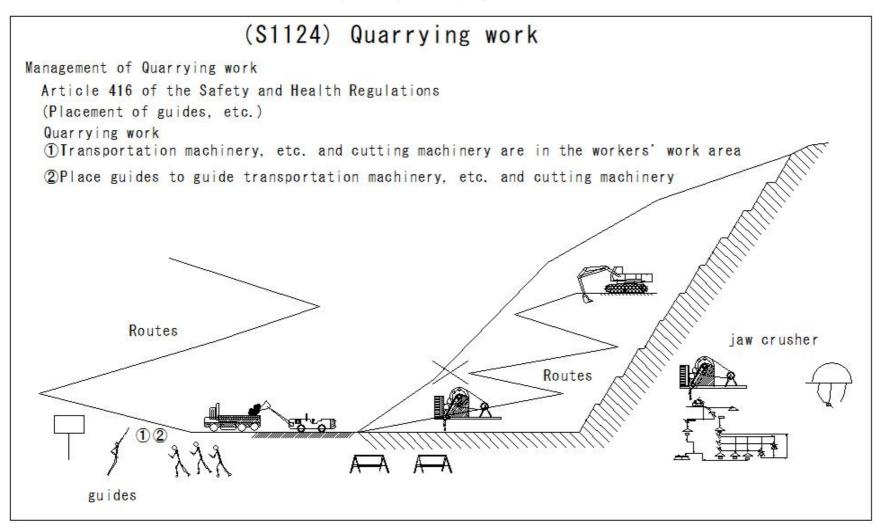
(S1122) Quarrying work



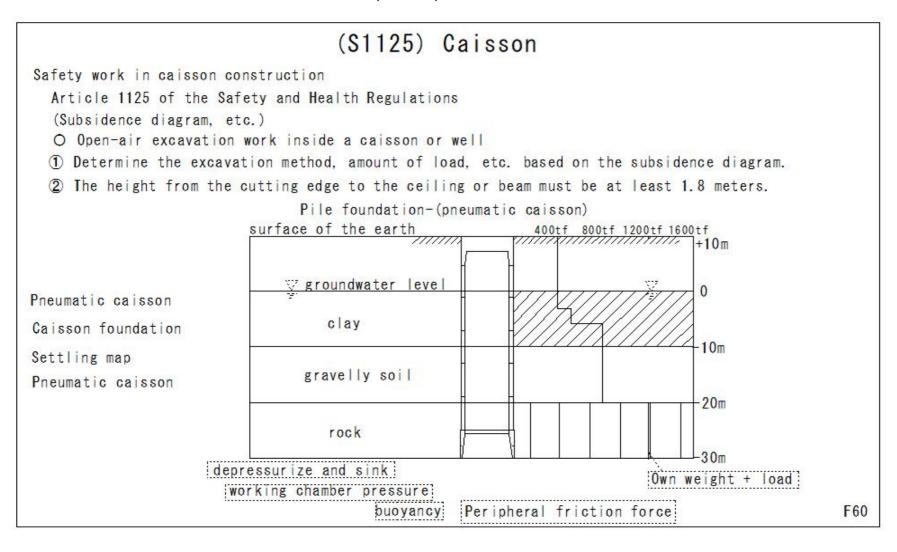
(S1123) Quarrying work



(S1124) Quarrying work



(S1125) Caisson



(S1126) Caisson

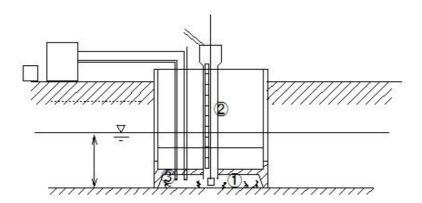
(S1126) Caisson

Safety work in caisson construction

Safety and Health Regulations Article 377

(Work inside caissons, etc.)

- O Caissons, wells, shafts, wells: open-air excavation work
- 1 Measuring oxygen concentration
- 2 Lifting equipment
- 3 Communication equipment (telephone, electric bell, etc.)



M262

F59

(S1127) Caisson

(S1127) Caisson

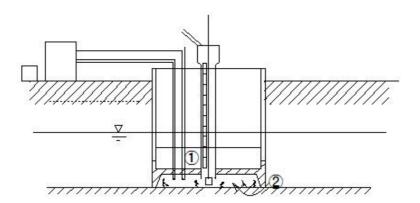
Safety work in caisson construction

Article 378 of the Safety and Health Regulations

(Prohibition of work)

- O Open-air excavation work must not be performed inside caissons, etc.
- 1 Equipment failure
- 2 Risk of large amounts of water entering the caisson, etc.

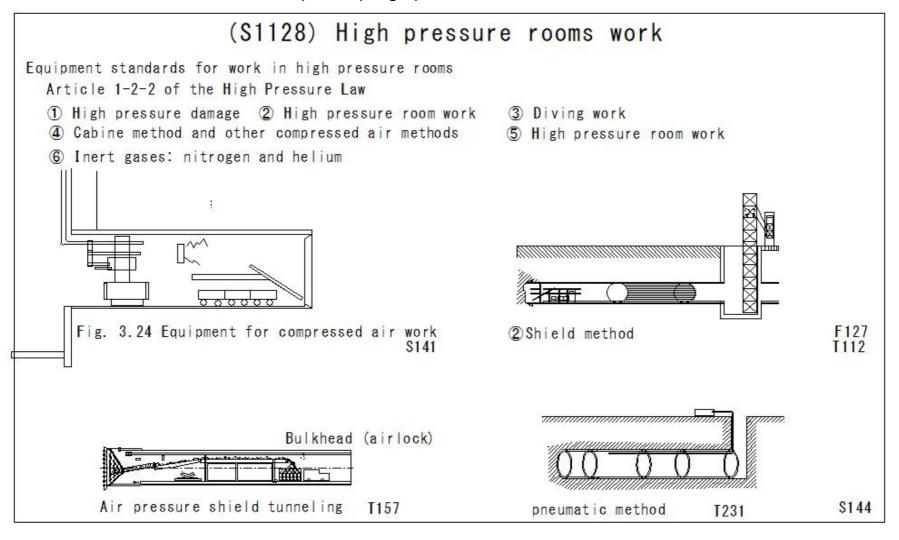
(Prohibition of work)



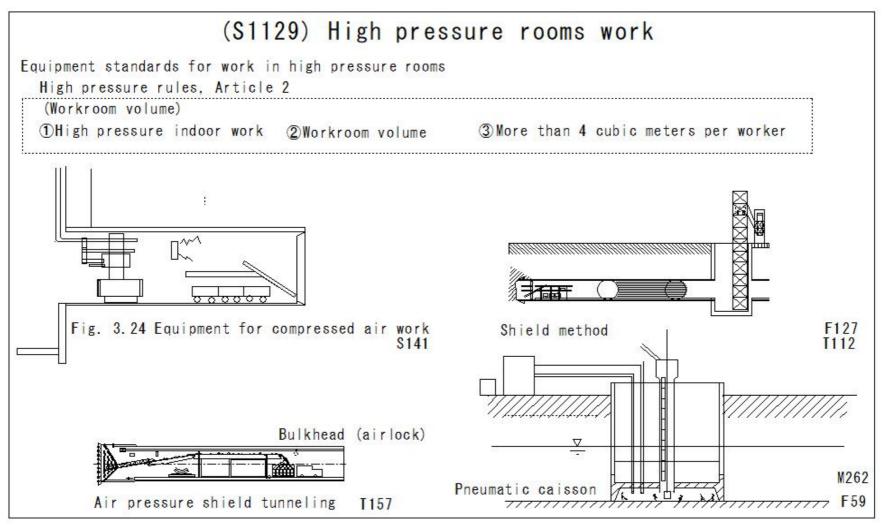
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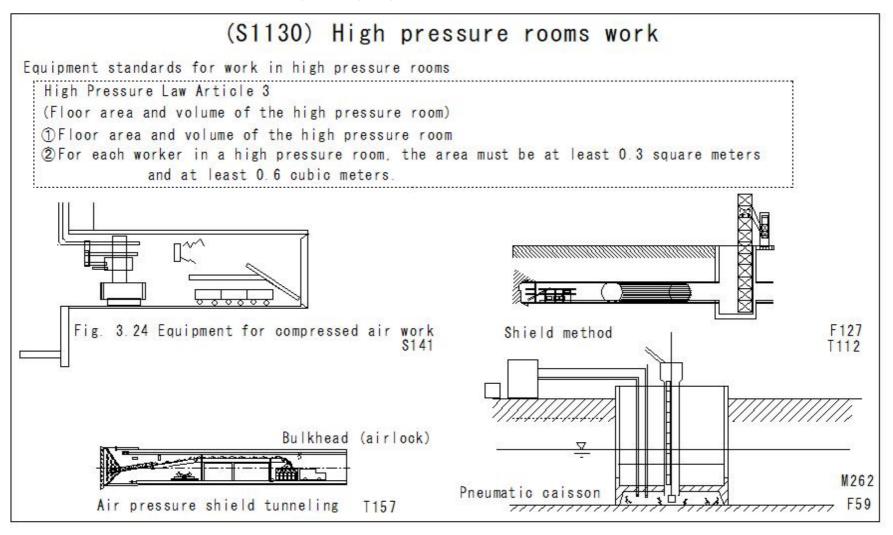
(S1128) High pressure rooms work



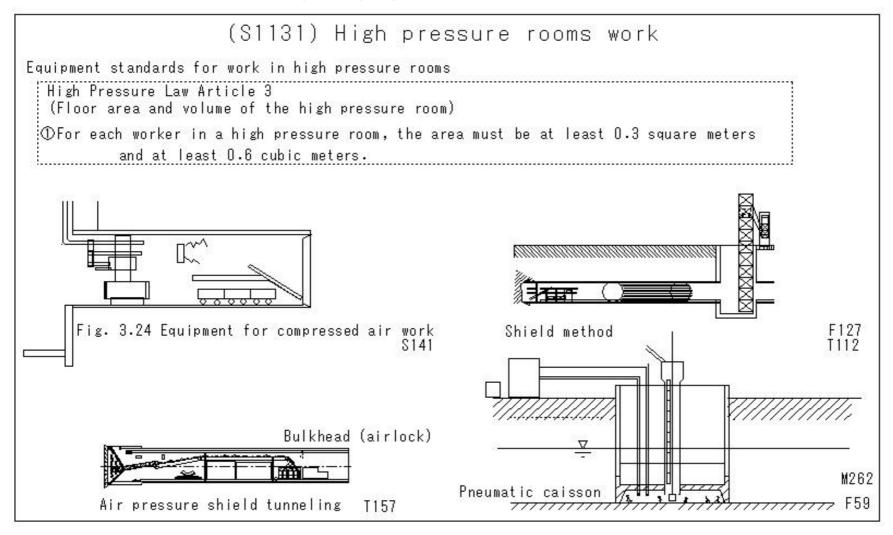
(S1129) High pressure rooms work



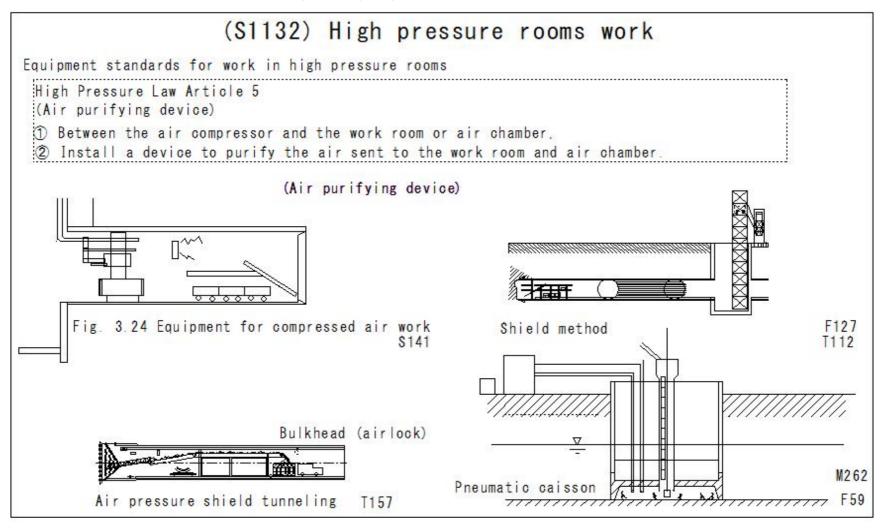
(S1130) High pressure rooms work



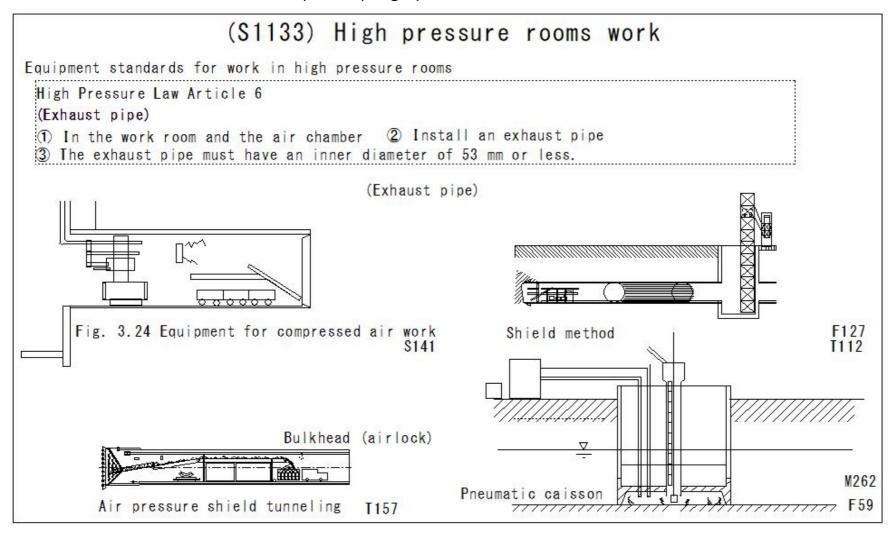
(S1131) High pressure rooms work



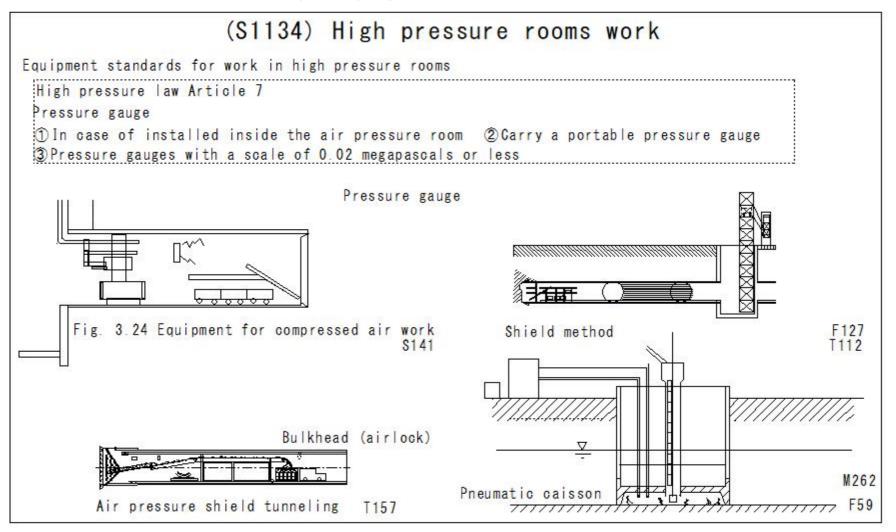
(S1132) High pressure rooms work



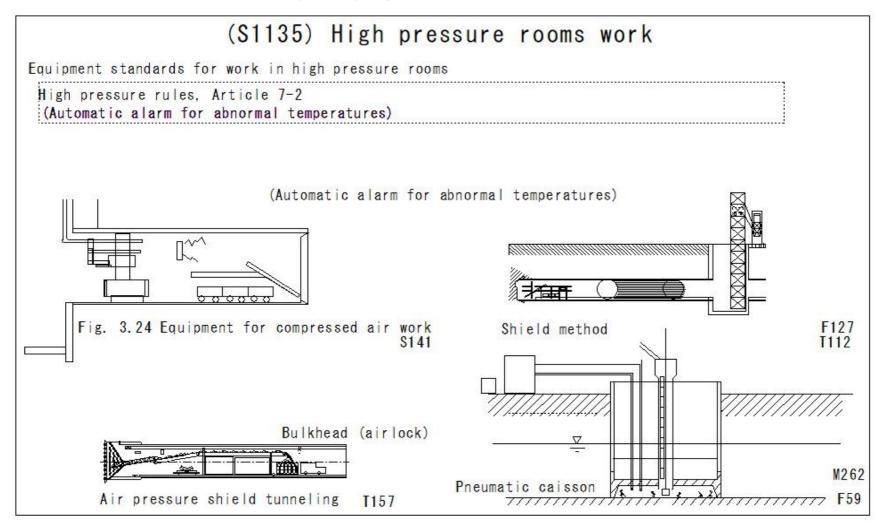
(S1133) High pressure rooms work



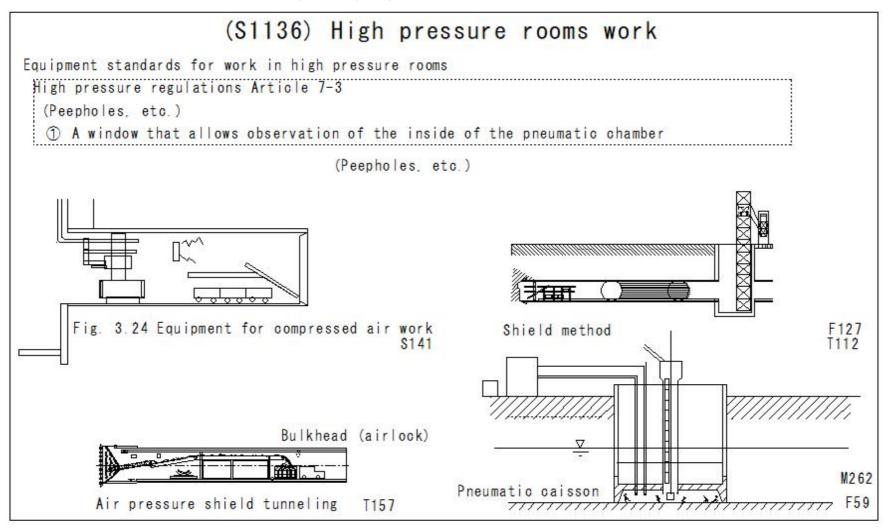
(S1134) High pressure rooms work



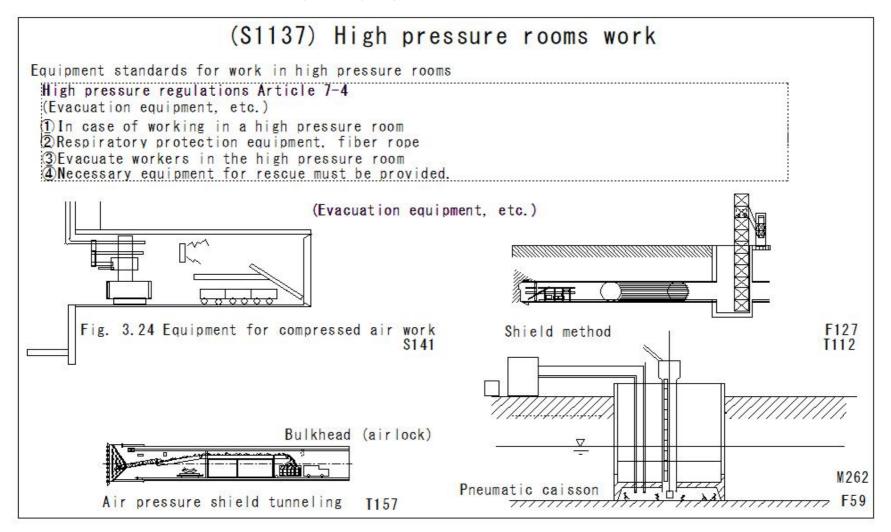
(S1135) High pressure rooms work



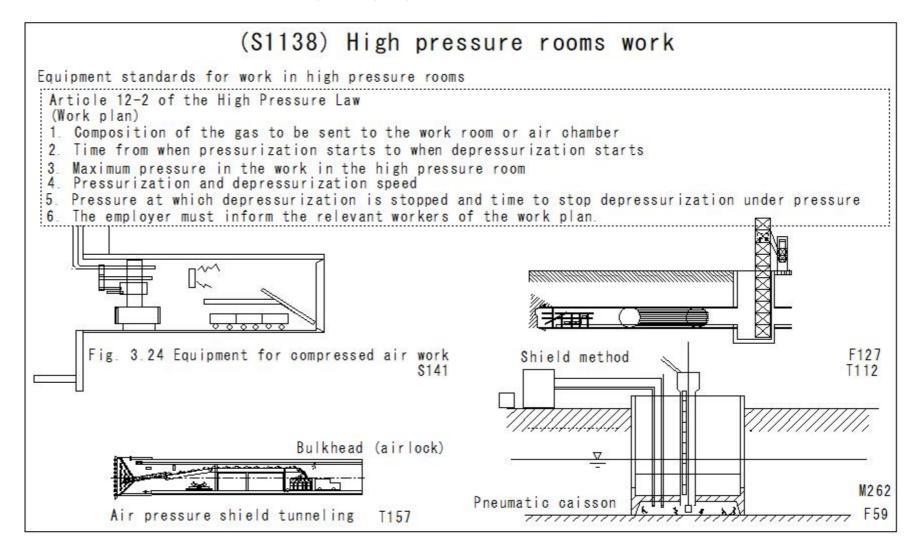
(S1136) High pressure rooms work



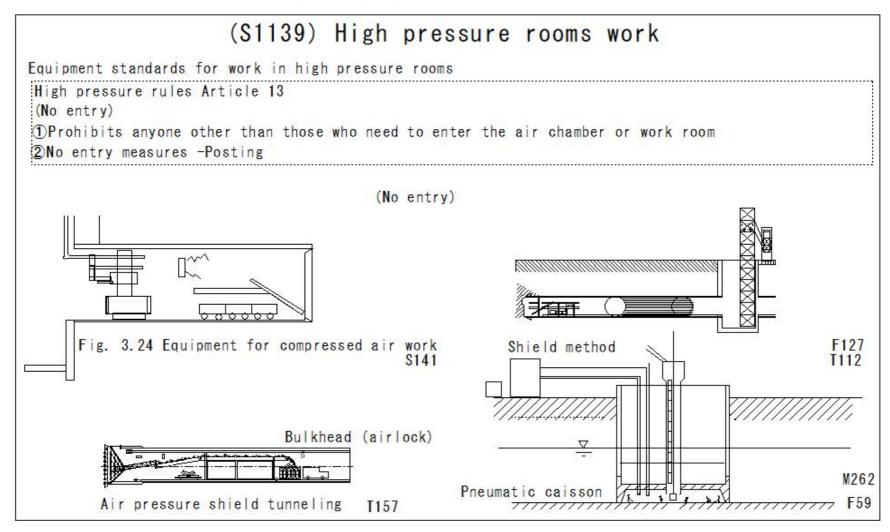
(S1137) High pressure rooms work



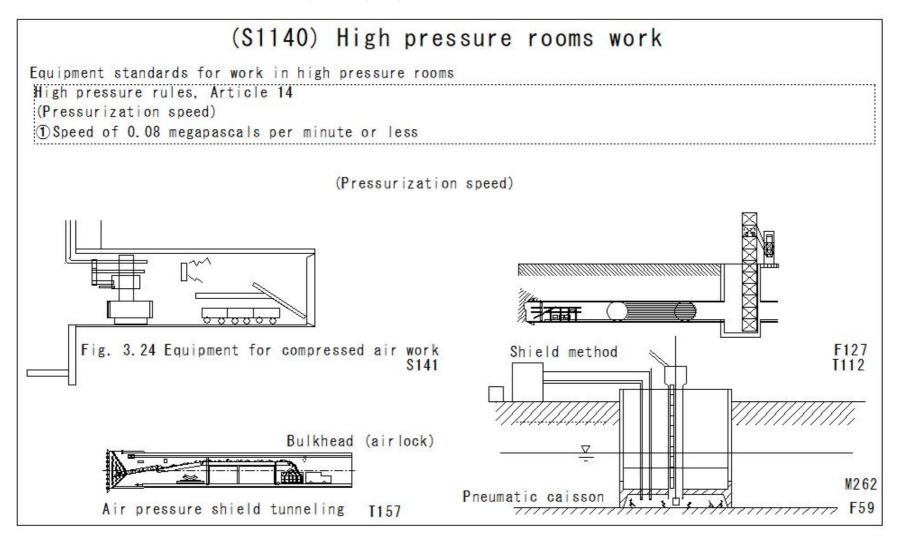
(S1138) High pressure rooms work



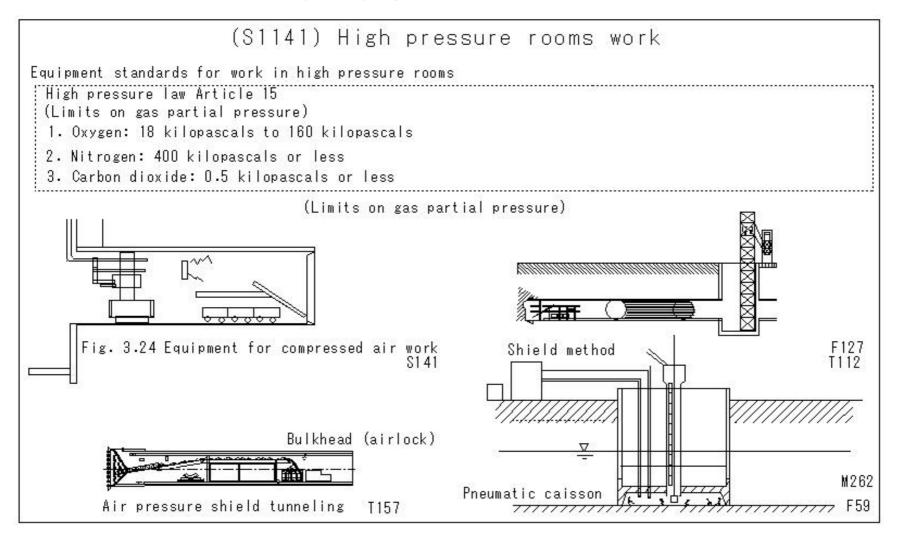
(S1139) High pressure rooms work



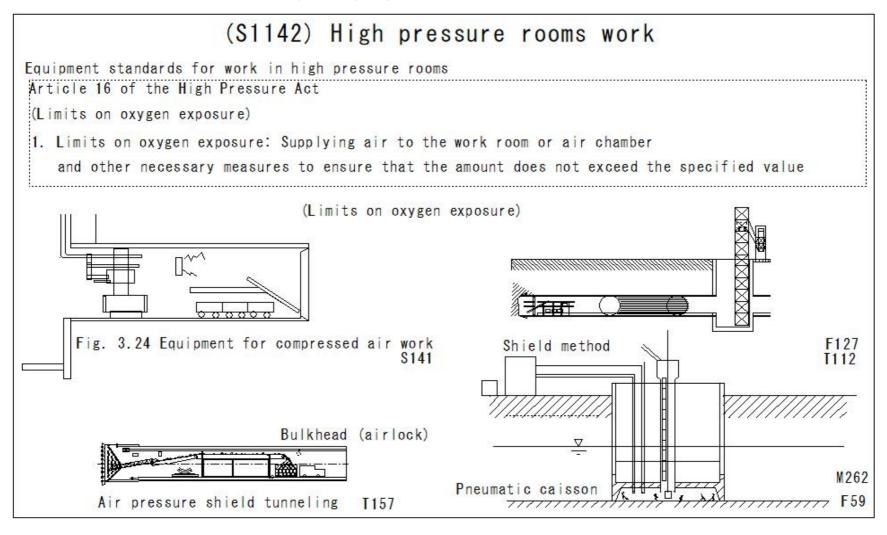
(S1140) High pressure rooms work



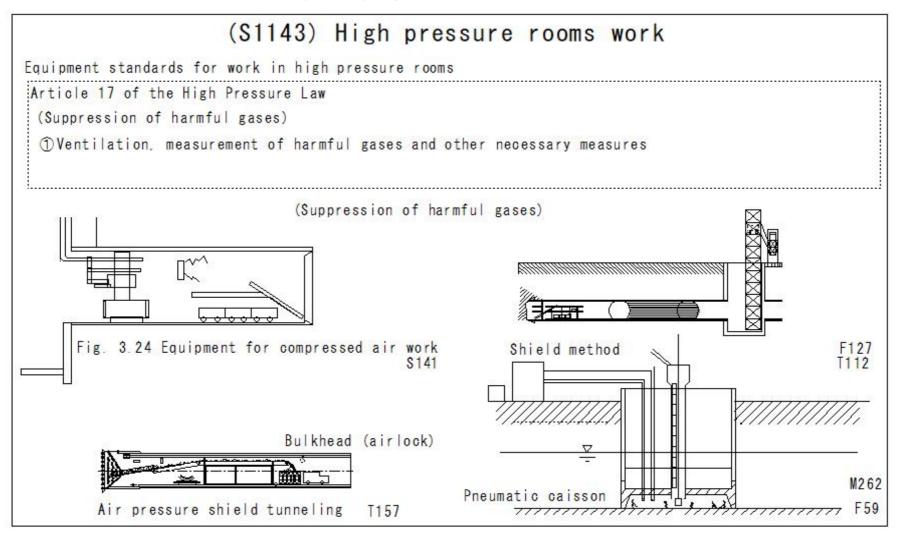
(S1141) High pressure rooms work



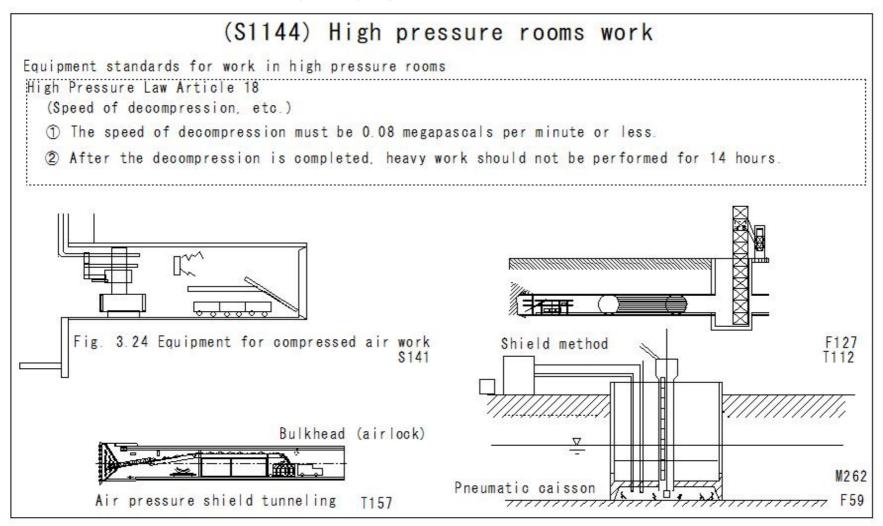
(S1142) High pressure rooms work



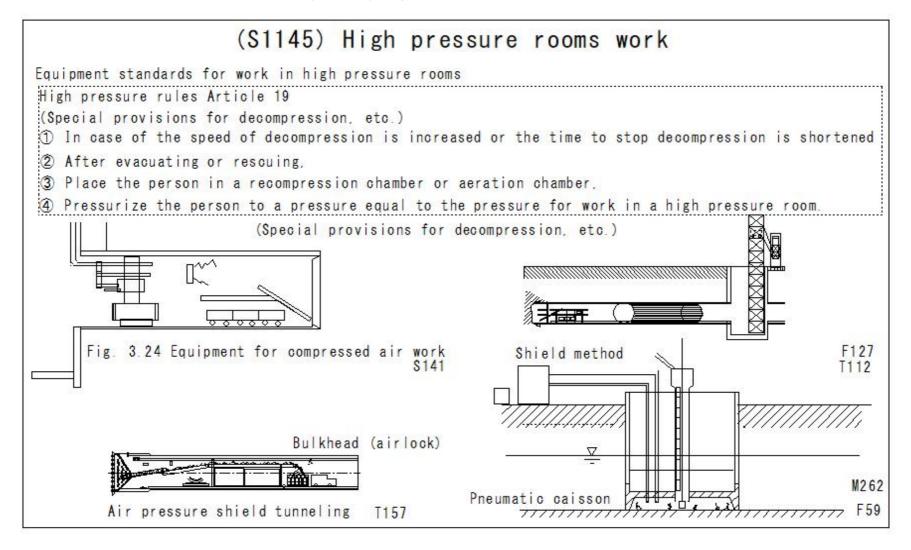
(S1143) High pressure rooms work



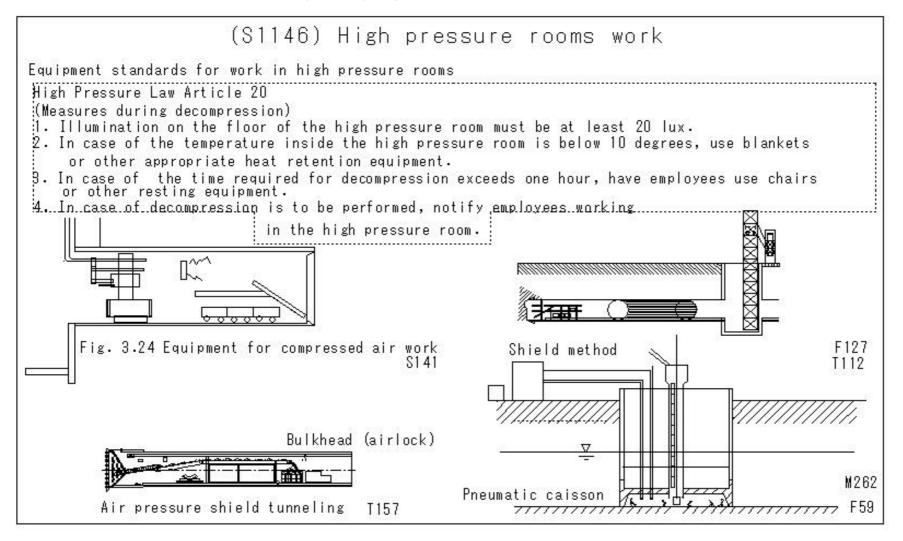
(S1144) High pressure rooms work



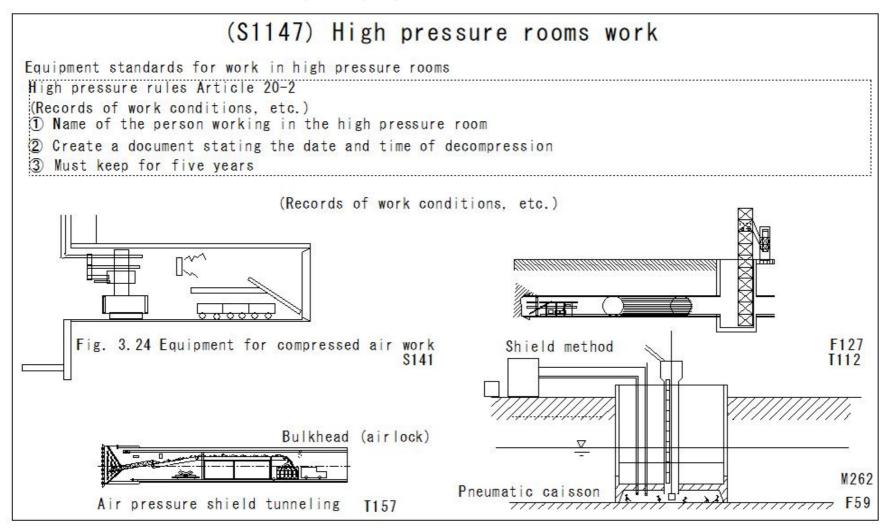
(S1145) High pressure rooms work



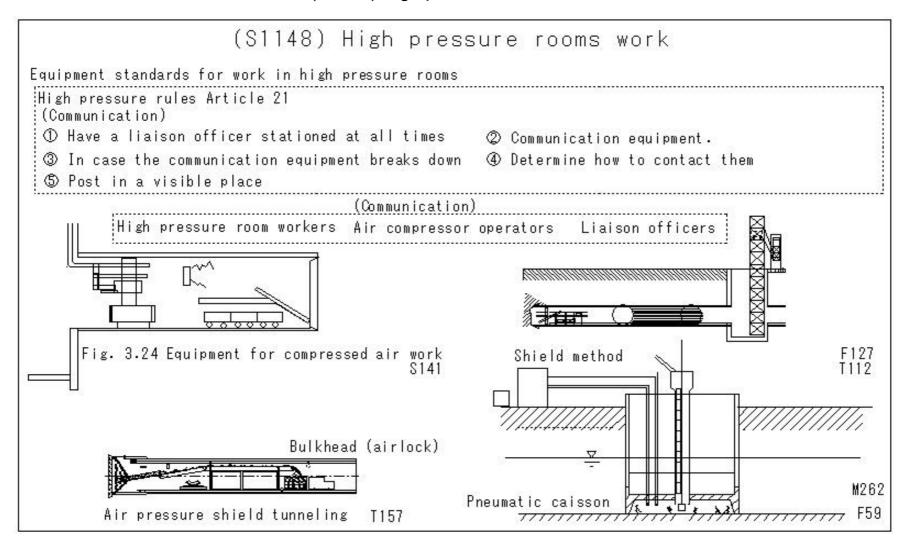
(S1146) High pressure rooms work



(S1147) High pressure rooms work



(S1148) High pressure rooms work



(S1149) High pressure rooms work

(S1149) High pressure rooms work

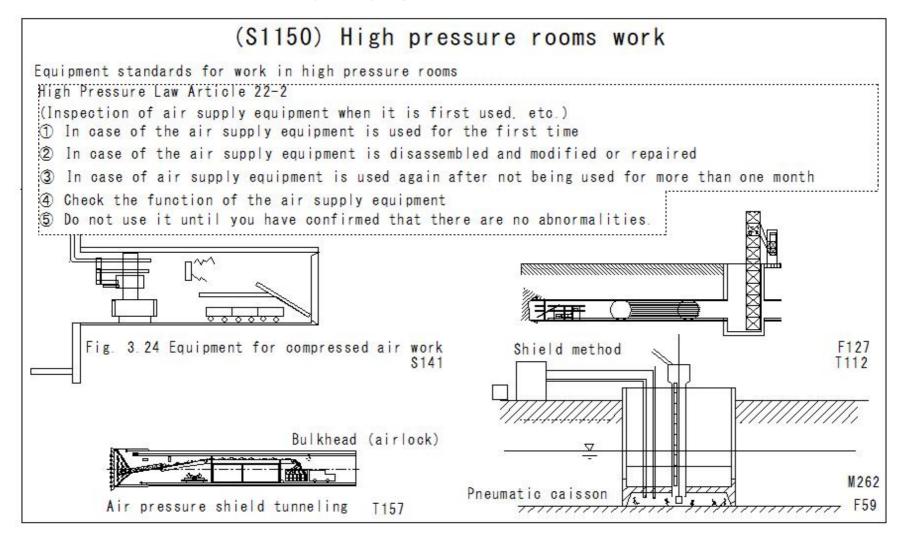
Management of work in high pressure rooms

High pressure regulations Article 22

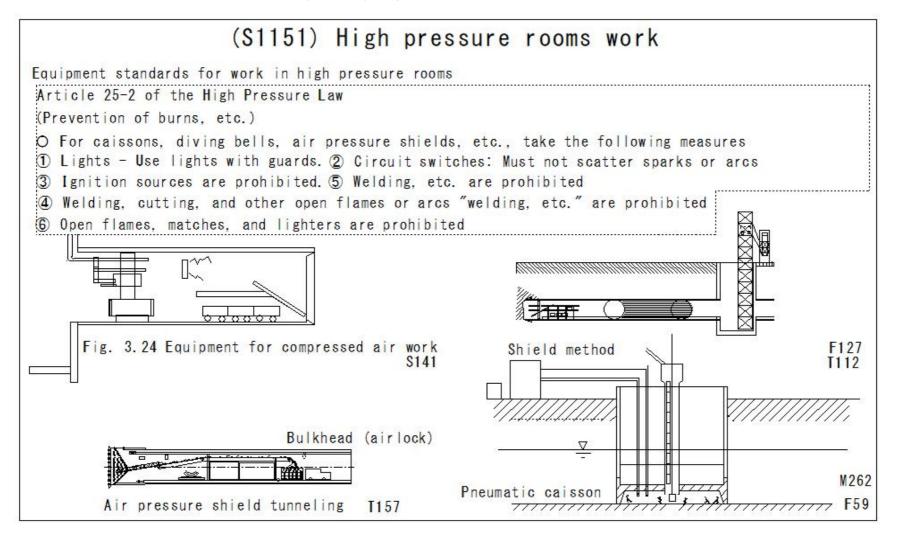
(Inspection and repair of equipment)

- 1 Air supply pipes, exhaust pipes, communication devices-One day
- 2 Valves or cocks for adjusting the supply of air to
- 3 Valves or cocks for adjusting the exhaust from work rooms and air chambers-One day
- 4 Cooling devices attached to air compressors for supplying air to work rooms and air chambers-One day
- 5 Tools-One day
- 6 Automatic alarm devices-One week
- Air compressors for supplying air to work rooms:
- 8 Pressure gauges-One month
- Air purifying devices-One month
- 1 Electrical circuits installed in caissons, diving bells, air shields, etc.-One month
- O Whenever an inspection is carried out, repairs or other necessary measures are taken, a summary of the inspection or repairs must be recorded and kept for three years.

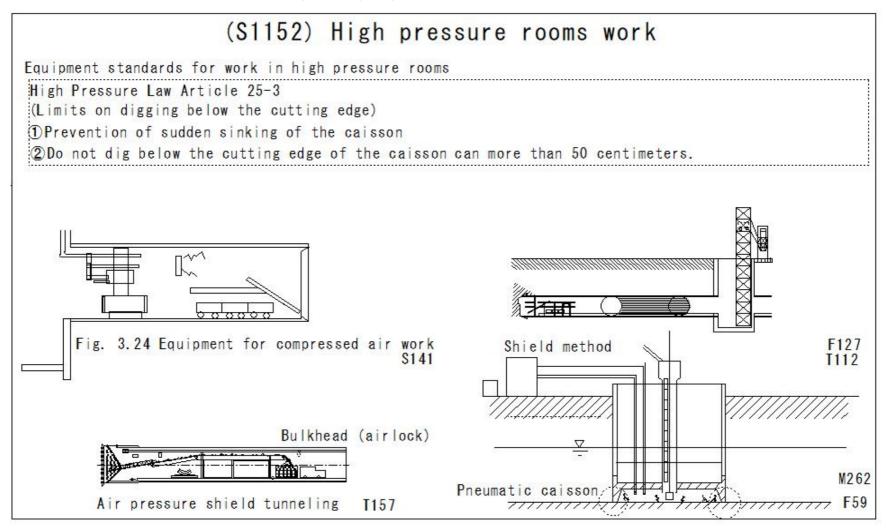
(S1150) High pressure rooms work



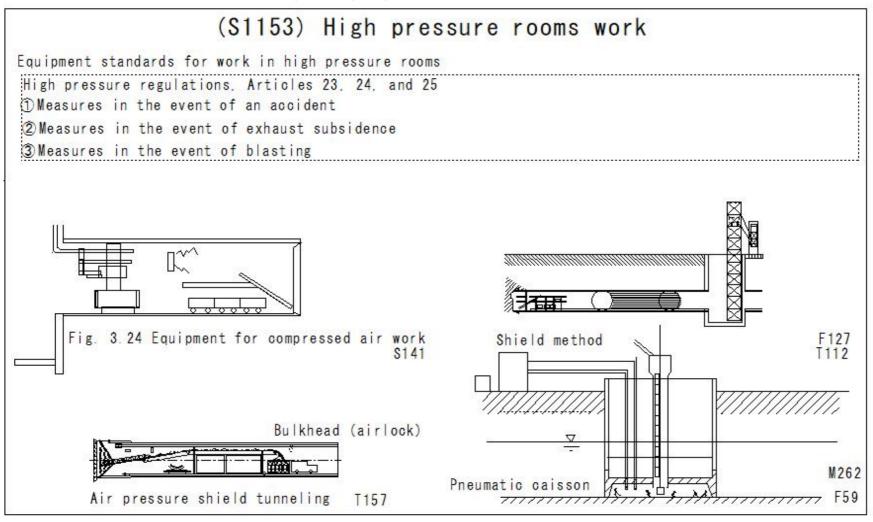
(S1151) High pressure rooms work



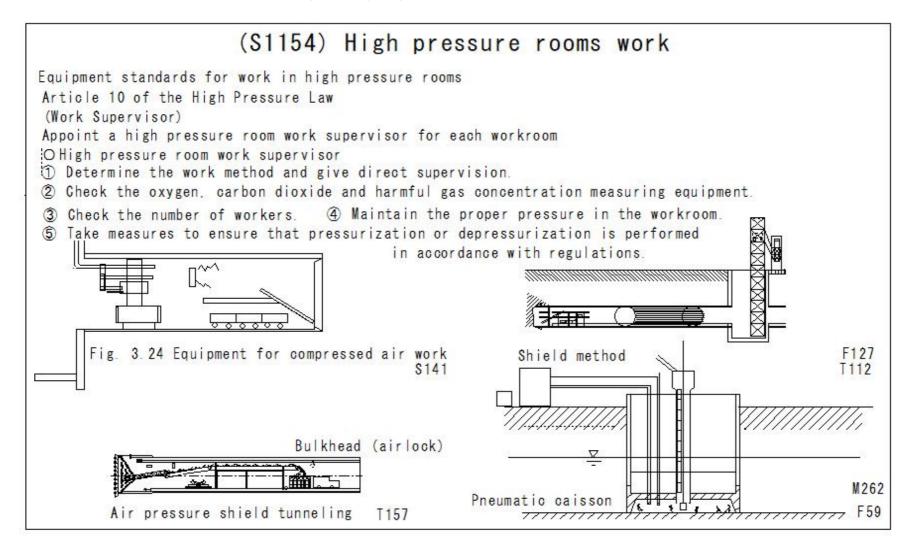
(S1152) High pressure rooms work



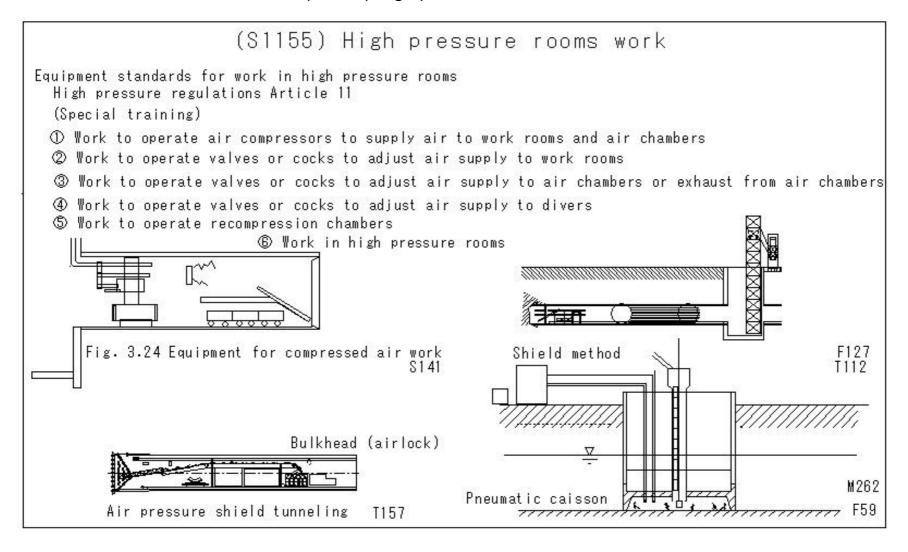
(S1153) High pressure rooms work



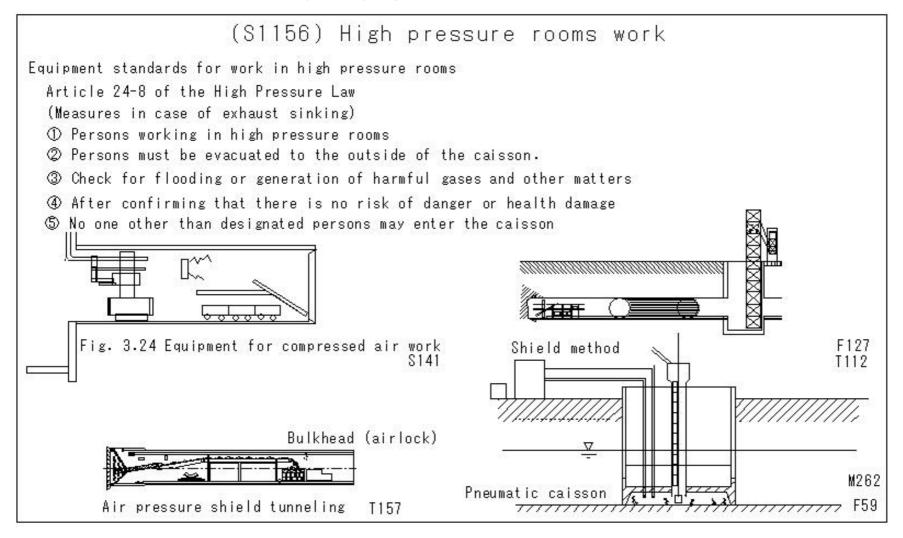
(S1154) High pressure rooms work



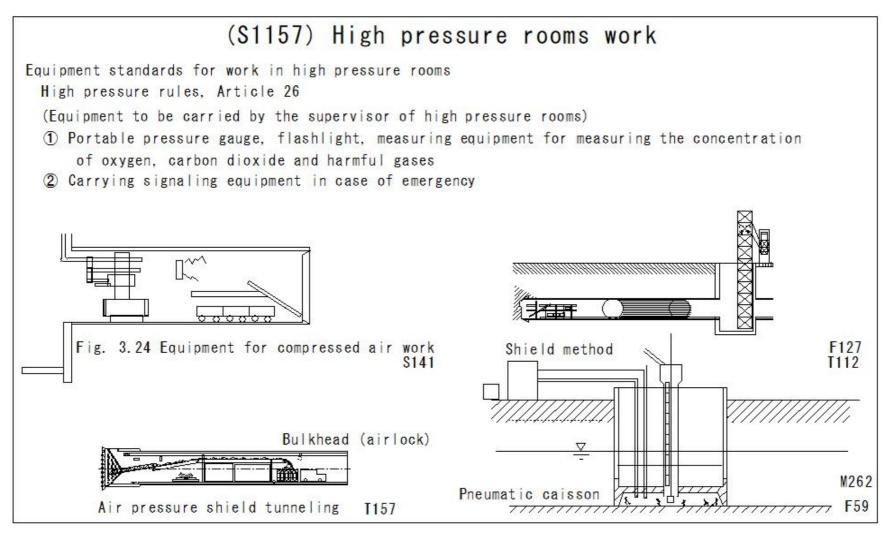
(S1155) High pressure rooms work



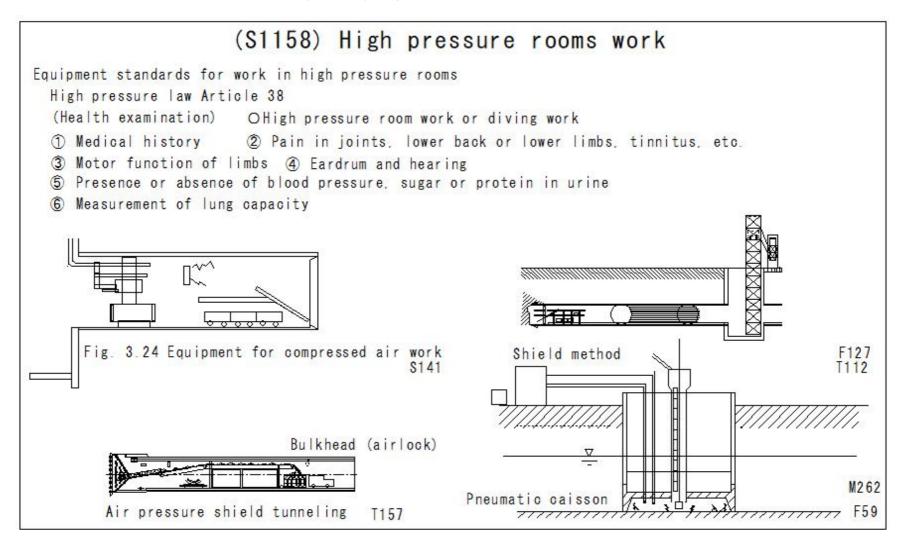
(S1156) High pressure rooms work



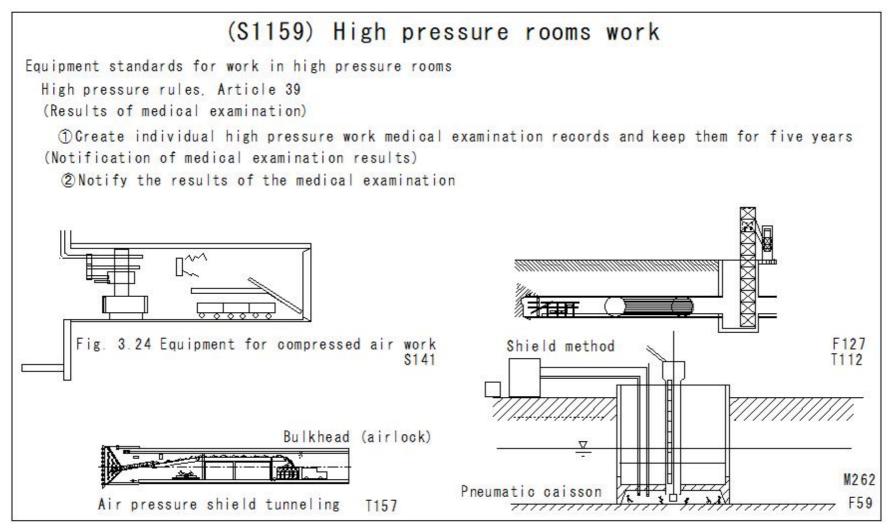
(S1157) High pressure rooms work



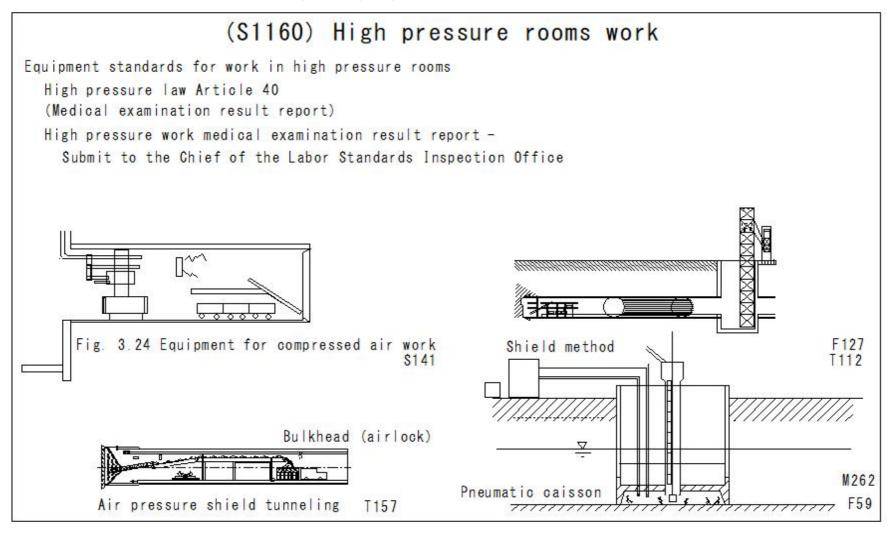
(S1158) High pressure rooms work



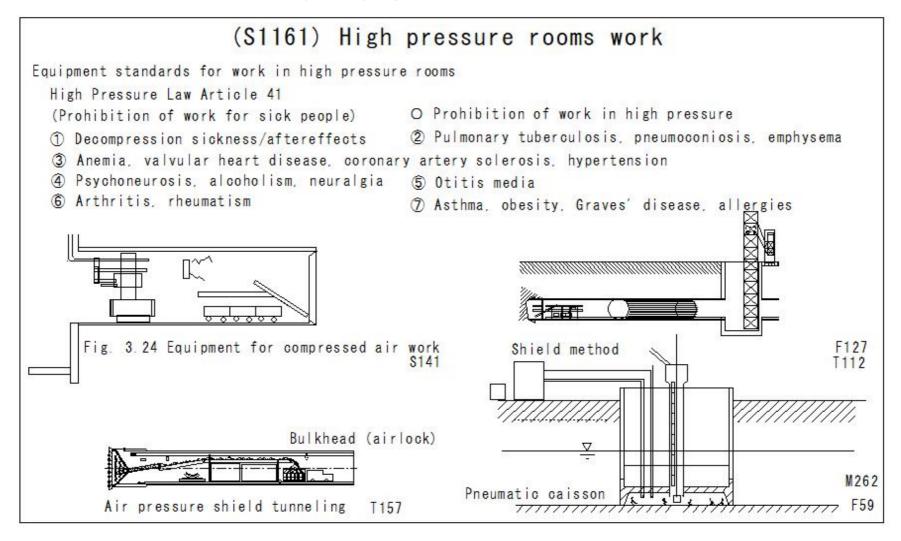
(S1159) High pressure rooms work



(S1160) High pressure rooms work



(S1161) High pressure rooms work



(S1162) Diving

(S1162) Diving

Diving safety

High Pressure Regulations Article 1-2, 20-9

Diving methods

① Scuba: Diving with a compressed air tank

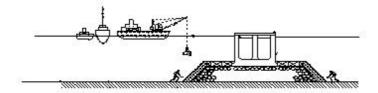
2 Hookah: Air is pumped from above the water with a compressor

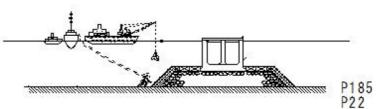
3 Helmet: Air is pumped from the compressor through a hose to the helmet and diving suit

① Scuba

② Hookah

3 Helmet





(S1163) Diving

(S1163) Diving

Diving safety

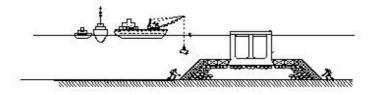
High Pressure Act Article 8

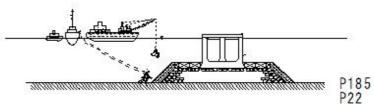
(Air Tank)

- ① The air pressure in the spare air tank must always be at least 1.5 times the pressure at the maximum diving depth.
- The capacity of the spare air tank must be at least the value calculated using the method specified by the Minister of Health, Labor and Welfare.
- 3 Spare cylinder (a cylinder that stores the air needed in case of an accident)



- 2 Hookah
- 3 Helmet





(S1164) Diving

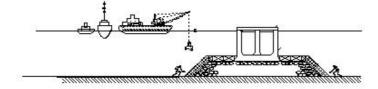
(S1164) Diving

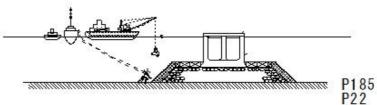
Diving safety

High pressure regulations, Article 9

(Air purifier, pressure gauge and flow meter)

- 1 In case of air is supplied to diving personnel by an air compressor
- ② In addition to a device for purifying the air to be supplied
- 3 In case of using a pressure regulator, a pressure gauge for measuring the supply pressure
- (4) A flow meter for measuring the amount of air supplied must be provided.





(S1165) Diving

(S1165) Diving

Diving safety

High pressure regulations, Article 12

(Diver) Diver license - Diving work

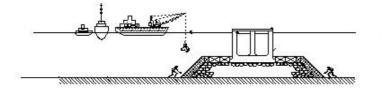
High pressure regulations, Article 11

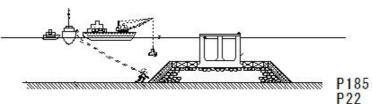
(Special training)

- 1 Work to operate an air compressor
- 2 Work to operate a valve or cock to adjust the air supply to the work room
- $\ensuremath{\mathfrak{J}}$ Work to operate a valve or cock to adjust the air supply to the air chamber

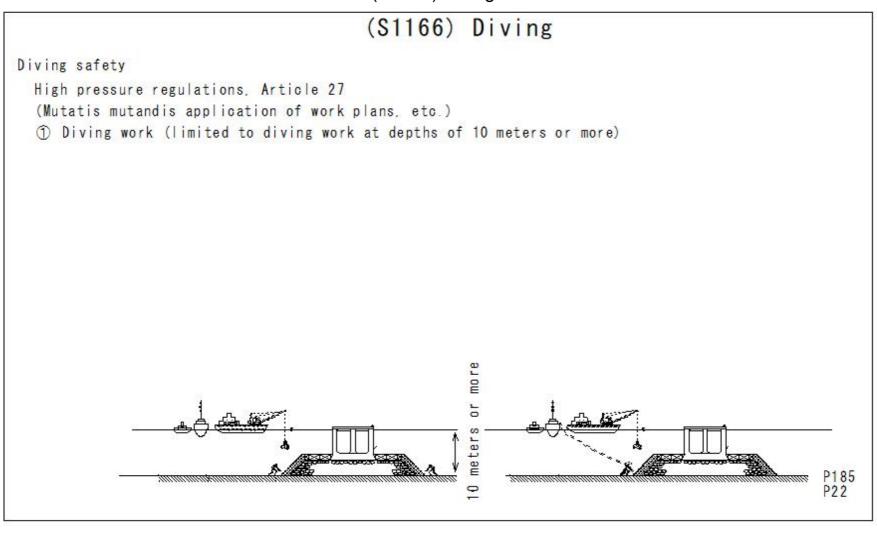
or the exhaust from the air chamber

- 4 Work to operate a valve or cock to adjust the air supply to the diver
- 5 Work to operate the recompression chamber
- 6 Work inside the high pressure room





(S1166) Diving



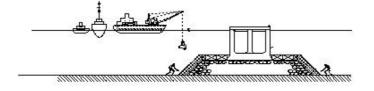
(S1167) Diving

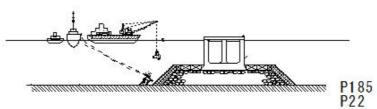
(S1167) Diving

Diving safety

High pressure regulations Article 12, Paragraph 2

- 1 Work in a high pressure room or diving
- 2 Establish a work plan and inform workers of the plan
- 3 Keep the partial pressure of breathing gases oxygen, nitrogen, and carbon dioxide within range





(S1168) Diving

(S1168) Diving

Diving safety

High pressure regulations, Article 15

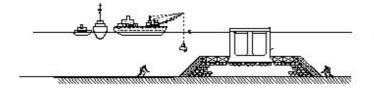
(Limits on partial gas pressure)

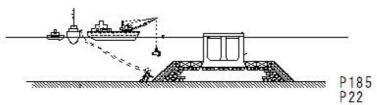
Oxygen, nitrogen or carbon dioxide

① Oxygen: 18 kilopascals to 160 kilopascals

2 Nitrogen: 400 kilopascals or less

3 Carbon dioxide: 0.5 kilopascals or less





(S1169) Diving

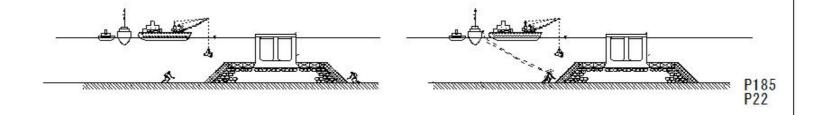
(S1169) Diving

Diving safety

High pressure regulations, Article 16

(Limits on oxygen exposure)

① Take care to ensure that oxygen exposure does not exceed the specified value by supplying air to the work room or gas chamber.



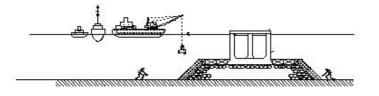
(S1170) Diving

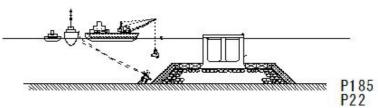
(S1170) Diving

Diving safety

High Pressure Regulations Article 18 (Speed of Decompression, etc.)

- 1 The speed of decompression must be 0.08 megapascals per minute or less.
- 2 After completing decompression, you must not engage in heavy work for 14 hours.





(S1171) Diving

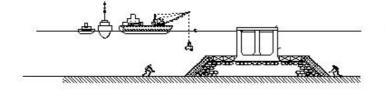
(S1171) Diving

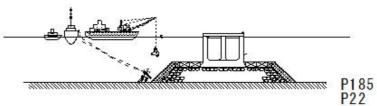
Diving safety

High pressure regulations Article 20-2

(Records of work conditions, etc.)

① High pressure indoor work - Documents containing records, names of indoor workers, and the date and time of decompression must be prepared and kept for five years.





(S1172) Diving

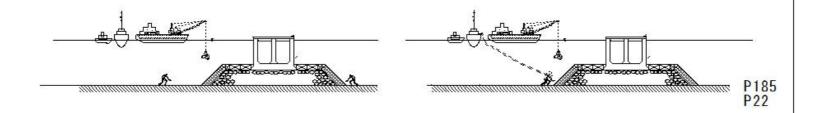
(S1172) Diving

Diving safety

High pressure law Article 28

(Air supply volume and supply pressure)

- 1 In case of supplying air to diving workers using an air compressor or hand pump, the supply volume must be at least 60 liters per minute.
- ②Use a pressure regulator and an air compressor capable of supplying at least 40 liters per minute, and the supply pressure must be at least the pressure at that depth plus 0.7 megapascals.



(S1173) Diving

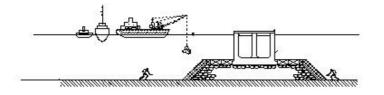
(S1173) Diving

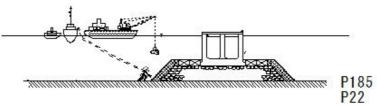
Diving safety

High pressure regulations, Article 29

(Diving work using air supplied from a cylinder)

- 1 Inform the cylinder's air supply capacity.
- 2 Have a supervisor stationed.





(S1174) Diving

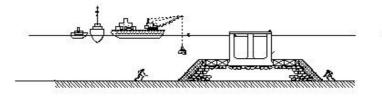
(S1174) Diving

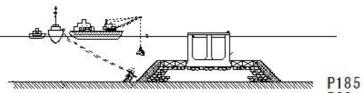
Diving safety

High pressure regulations, Article 30

(Pressure regulator)

- 1 In case of receiving air at a pressure of 1 megapascal or more
- 2 Pressure regulator with two or more stages of pressure reduction





P22

(S1175) Diving

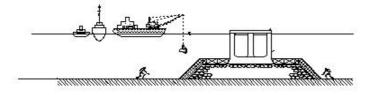
(S1175) Diving

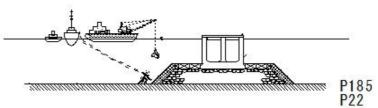
Diving safety

High pressure regulations, Article 32

(Special provisions for surfacing, etc.)

- 1 In the event of an accident, the speed of surfacing can be increased to shorten the time.
- 2 After surfacing, the person can be placed in a recompression chamber.





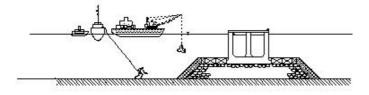
(S1176) Diving

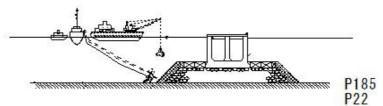
(S1176) Diving

Diving safety

High pressure regulations Article 33 (Drop line)

- ① Diving work (descent and ascent) Equip with a drop line
- 2 Attach wooden or cloth signs indicating the water depth every three meters





(S1177) Diving

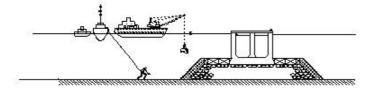
(S1177) Diving

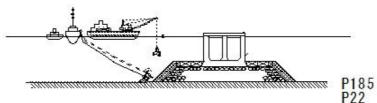
Diving safety

High pressure regulations Article 3, paragraph 1

(Inspection and repair of equipment, etc.)

- O Inspect diving equipment, repair and other necessary measures.
- ① Diving work performed by supplying air with an air compressor or hand pump: Diving equipment, air supply pipe, signal line, drop line and pressure regulator
- 2 Diving work performed by receiving air from a cylinder: Diving equipment, air supply pipe, signal line, drop line and pressure regulator
- 3 Diving work performed by receiving air from a cylinder carried by the diver: Diving equipment and pressure regulator





(S1178) Diving

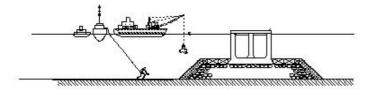
(S1178) Diving

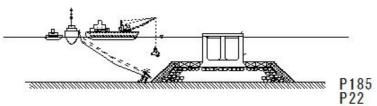
Diving safety

High pressure regulations Article 3, paragraph 2

(Inspection and repair of equipment, etc.)

- O Diving work performed by supplying air using an air compressor or hand pump
 - ① Air compressor or hand pump: 1 week
 - 2 Air purifying device: 1 month
 - 3 Depth gauge: 1 month
 - 4 Underwater watch: 3 months
 - (5) Flow meter: 6 months
- O Diving work performed by receiving air from a cylinder
 - 6 Depth gauge: 1 month
 - (7) Underwater watch: 3 months
 - 8 Cylinder: 6 months





(S1179) Diving

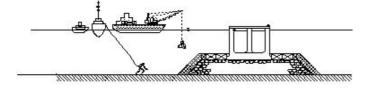
(S1179) Diving

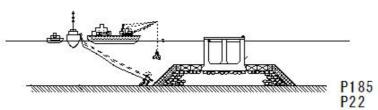
Diving safety

High pressure regulations, Article 3, paragraph 3

(Inspection and repair of equipment, etc.)

1 Inspection, repair, and measures must be recorded and kept for three years





(S1180) Diving

(S1180) Diving

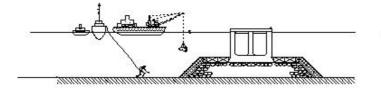
Diving safety

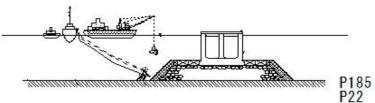
High Pressure Law Article 36

(Contact Officer)

One should be assigned for every two or less diving personnel.

- ① Contact the diving personnel and ensure that they descend and ascend properly.
- Supply the necessary amount of air to the diving personnel.
- 3 Promptly contact the diving personnel in the event of a breakdown in the air supply equipment or other accidents.
- 4 Check that the diving personnel's helmet is attached to the helmet stand immediately before descending.





(S1181) Diving

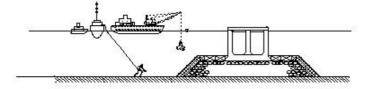
(S1181) Diving

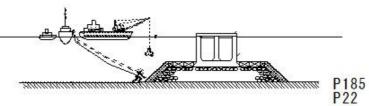
Diving safety

Article 37 of the High Pressure Act

(Items to be carried during diving work)

- ① Diving work performed with air supplied by an air compressor or hand pump, or carrying a signal line, underwater watch, depth gauge, and sharp blades.
- 2 In addition to carrying an underwater watch, depth gauge, and sharp blades, wear a life jacket or buoyancy adjustment device.





(S1182) Diving

(S1182) Diving

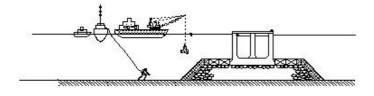
Diving safety

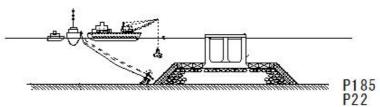
Article 38 of the High Pressure Act

(Medical examination)

- ① High pressure indoor work or diving work
- 2 At the time of employment or transfer to the relevant work
- 30nce every six months, regularly
- 4 Perform a medical examination

(Medical examination)





(S1183) Diving

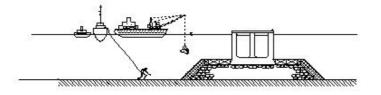
(S1183) Diving

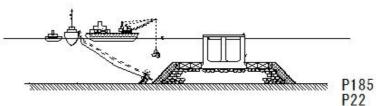
Diving safety

Article 39 of the High Pressure Act Article 39, paragraphs 2 and 3 of the High Pressure Act (Results of medical examination)

- (1) Medical examination
- 2 Within 3 months
- 3 High pressure work medical examination individual record
- 4 Retain for 5 years

(Results of medical examination)





(S1184) Bridges

(S1184) Bridges

Safety work for bridge erection, etc.

Steel bridges

Article 517-8 of the Safety and Health Regulations

(Appointment of a work supervisor for steel bridge erection, etc.)

Work supervisor for steel bridge erection, etc.

Completed the skills training course for work supervisor for steel bridge erection, etc.

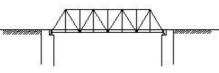
Steel bridges

deck bridge

through bridge

half-through bridge







(S1185) Bridges

(S1185) Bridges

Safety work for bridge erection, etc.

Steel bridges

Article 517-9 of the Safety and Health Regulations

(Duties of the Work Supervisor for Steel Bridge Construction, etc.)

- ① Determine the work method and worker placement, and directly supervise the work.
- ② Check the functionality of equipment, tools, fall prevention equipment with required performance, and protective helmets, and remove defective items.
- 3 Monitor the use of fall prevention equipment with required performance, and protective helmets.

Steel bridges

Work Supervisor for Steel Bridge Construction

deck bridge through bridge half-through bridge

B136

(S1186) Bridges

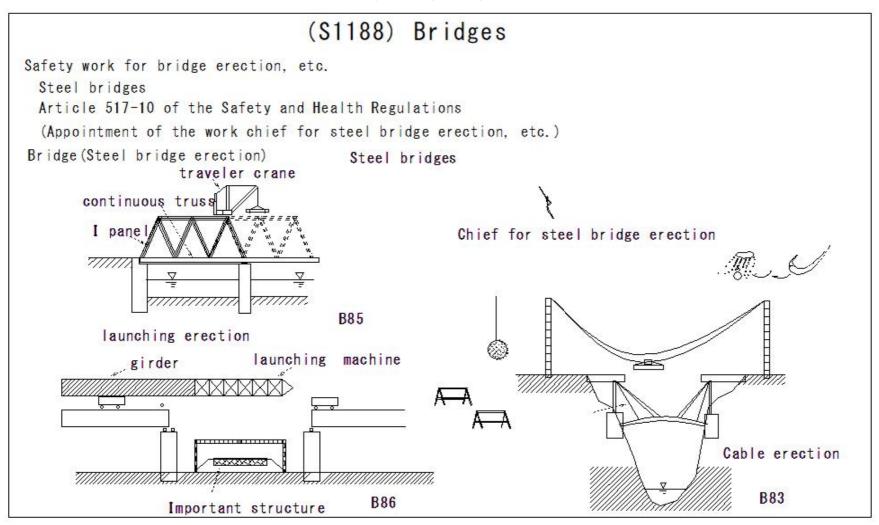
(S1186) Bridges Safety work for bridge erection, etc. Steel bridges Article 517-6 of the Safety and Health Regulations (Work plan) (1) Method and sequence of work 2 Method to prevent falling or collapsing components 3 Method of installing equipment to prevent danger from falling 4 Type and capacity of machines, etc. to be used (5) Inform relevant workers. Steel bridges (Work plan) deck bridge through bridge half-through bridge 7////////

B136

(S1187) Bridges

(S1187) Bridges Safety work for bridge erection, etc. Steel bridges Article 517-7 of the Safety and Health Regulations (Work for steel bridge construction, etc.) (1) Prohibit workers other than those involved from entering the area where work is being carried out 2 In case of danger to the work is expected due to bad weather such as strong winds, heavy rain, or heavy snow, suspend the work. 3 In case of raising or lowering materials, equipment, tools, etc., have workers use slings, slings, etc. 4 Take measures such as setting up braces and installing reinforcing materials to prevent buckling or deformation of materials or construction equipment. deck bridge Steel bridges (Work plan) 7//////// through bridge A 1 Cable erection half-through bridge 7/// B83 B136

(S1188) Bridges



(S1189) Bridges

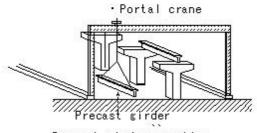
(S1189) Bridges

Safety work for bridge construction, etc.

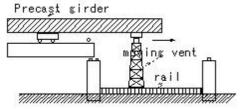
Concrete bridges

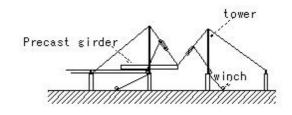
Article 517-22 of the Safety and Health Regulations

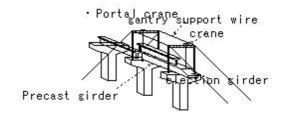
(Appointment of work chief for concrete bridge construction, etc.)



Precast girder erection







(S1190) Bridges

(S1190) Bridges

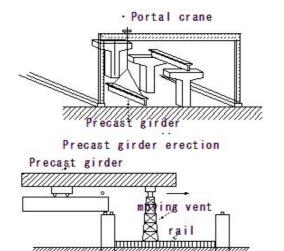
Safety work for bridge construction, etc.

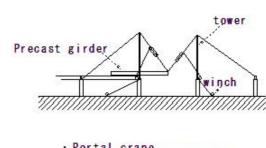
Concrete bridges

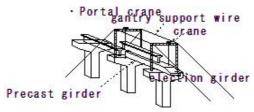
Article 517-23 of the Safety and Health Regulations

(Duties of the work chief for concrete bridge construction, etc.)

- 1 Determine the work method and worker placement, and directly supervise the work.
- (2) Check the function of equipment, tools, fall prevention equipment with required performance, etc., and protective helmets, and remove defective items.
- 3 Monitor the use of fall prevention equipment with required performance, etc., and protective helmets.

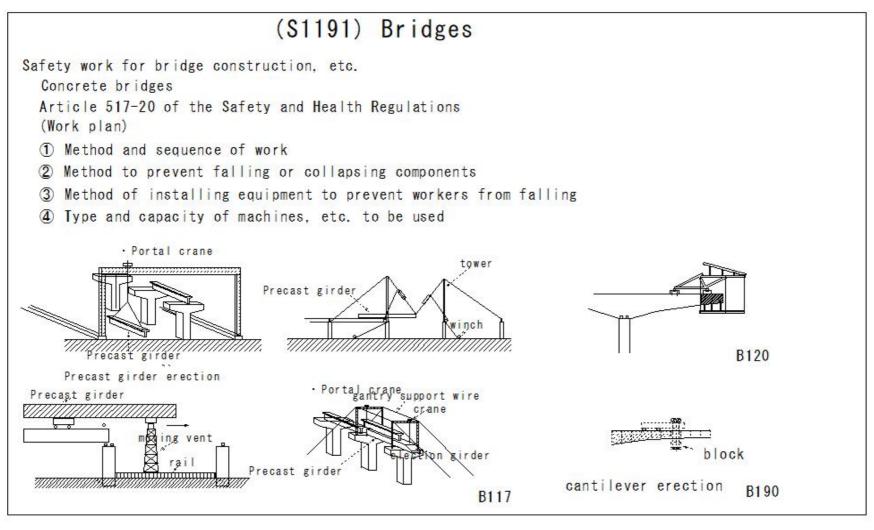






B117

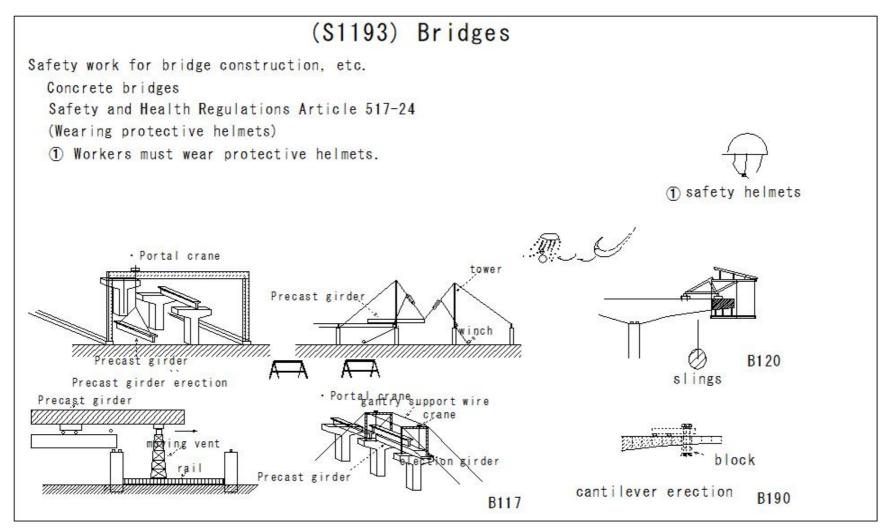
(S1191) Bridges



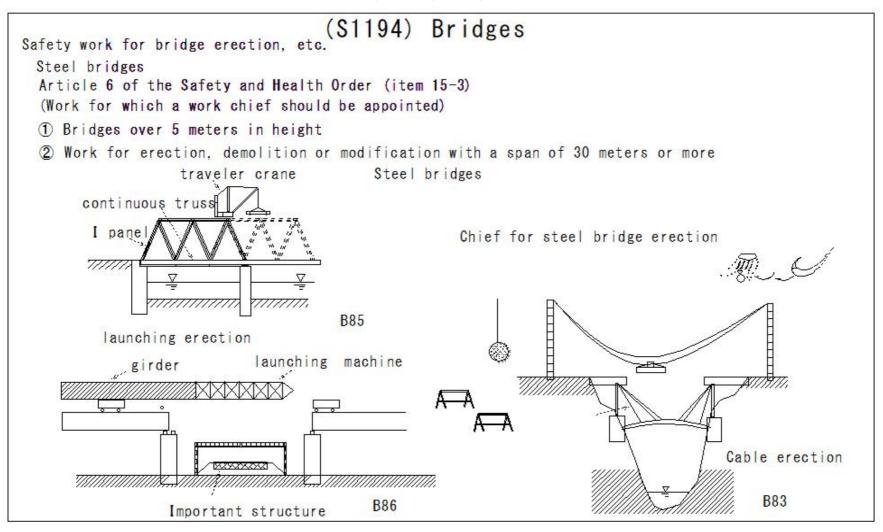
(S1192) Bridges

(S1192) Bridges Safety work for bridge construction, etc. Concrete bridges Article 517-21 of the Safety and Health Ordinance (Concrete bridge construction, etc.) 1 Prohibit workers other than those involved from entering the area where the work is to be carried out. In case of it is expected that the work will be dangerous due to bad weather such as strong winds, heavy rain, or heavy snow, the said work must be stopped. 3 In case of raising or lowering materials, equipment, tools, etc., have workers use slings, slings, etc. · Portal crane tower Precast girder winch B120 A O A 3slings Precast girder erection · Portal gantry support wire Precast girder moring vent Precast girder cantilever erection B190 B117

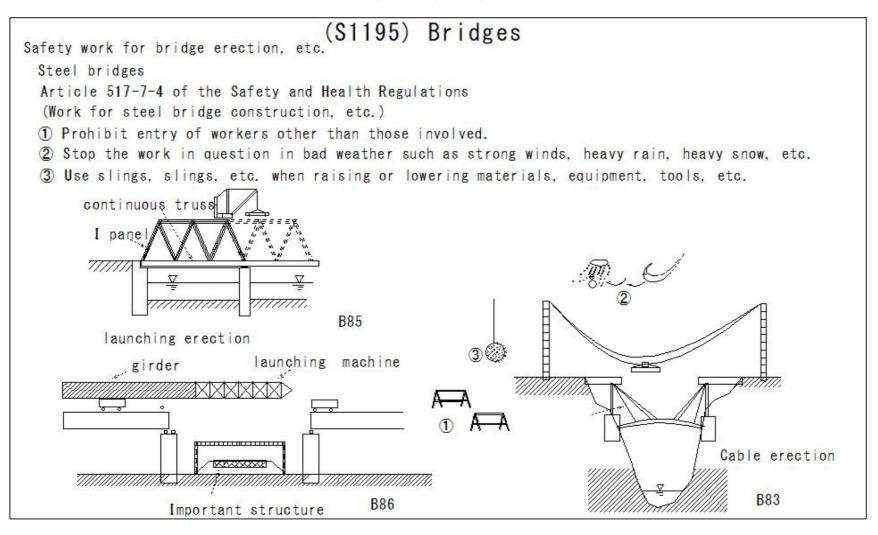
(S1193) Bridges



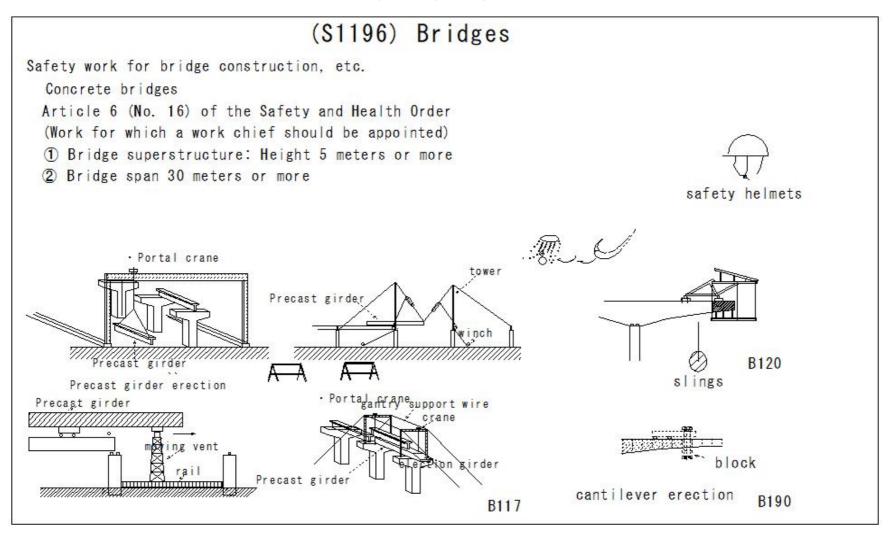
(S1194) Bridges



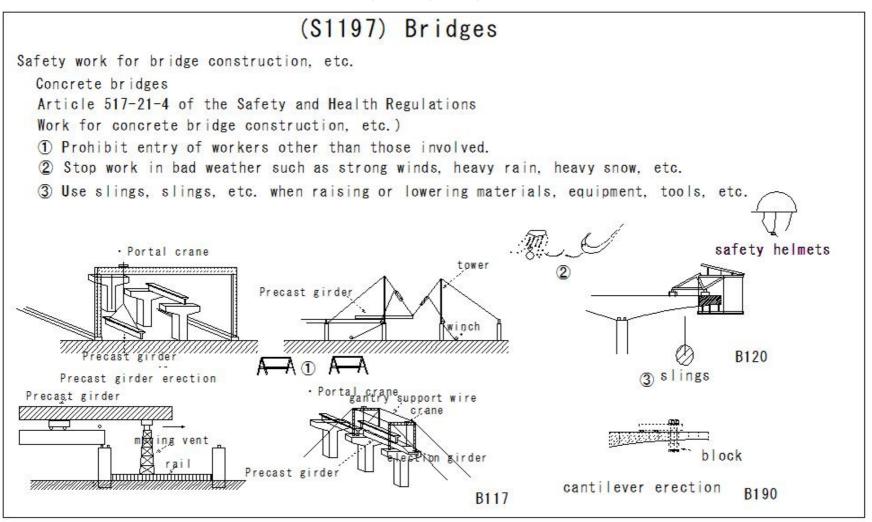
(S1195) Bridges



(S1196) Bridges



(S1197) Bridges



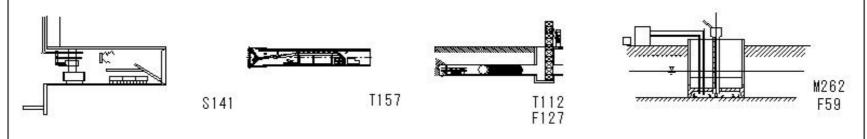
(S1198) Oxygen Deficiency

(S1198) Oxygen Deficiency

Prevention of oxygen deficiency, etc.

Oxygen deficiency law, Article 2

- ① Oxygen deficiency: The concentration of oxygen in the air is less than 18 percent.
- ② Oxygen deficiency, etc. A state in which the concentration of hydrogen sulfide in the air exceeds 10 parts per million.
- 3 Oxygen deficiency: Symptoms caused by inhaling oxygen-deficient air.
- 4 Hydrogen sulfide poisoning: The concentration of hydrogen sulfide exceeds 10 parts per million.
- ⑤ Oxygen deficiency, etc.: Oxygen deficiency or hydrogen sulfide poisoning.
- © Oxygen deficiency hazardous work Oxygen deficiency hazardous place Industrial Safety and Health Act Enforcement Order
- 🛡 Type 1 oxygen deficiency hazardous work Oxygen deficiency hazardous work.
- ® Oxygen deficiency hazardous place: Oxygen deficiency, hydrogen sulfide poisoning



(S1199) Oxygen Deficiency

(S1199) Oxygen Deficiency

Prevention of oxygen deficiency, etc.

Article 6, item 21 of the Industrial Safety and Health Regulations

Article 2, items 7 and 8 of the Oxygen Deficiency Regulations

Differences between type 1 and type 2 work

- ① Type 1 is work in places where there is a risk of oxygen deficiency
- 2 Type 2 is work in places where there is a risk of both oxygen deficiency and hydrogen sulfide poisoning
- ③ Examples of type 2 oxygen deficiency hazard work: work in manholes, groundwater construction, work in basements, work in pits.

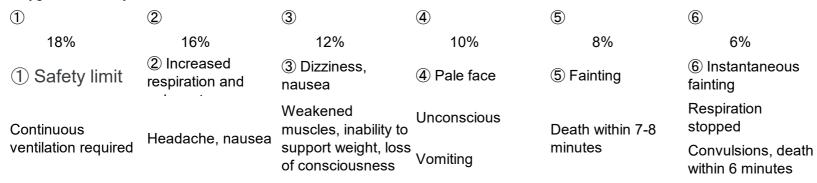


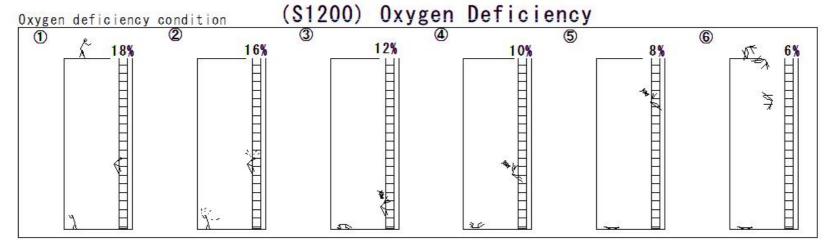
(S1200) Oxygen Deficiency

(S1200) Oxygen Deficiency

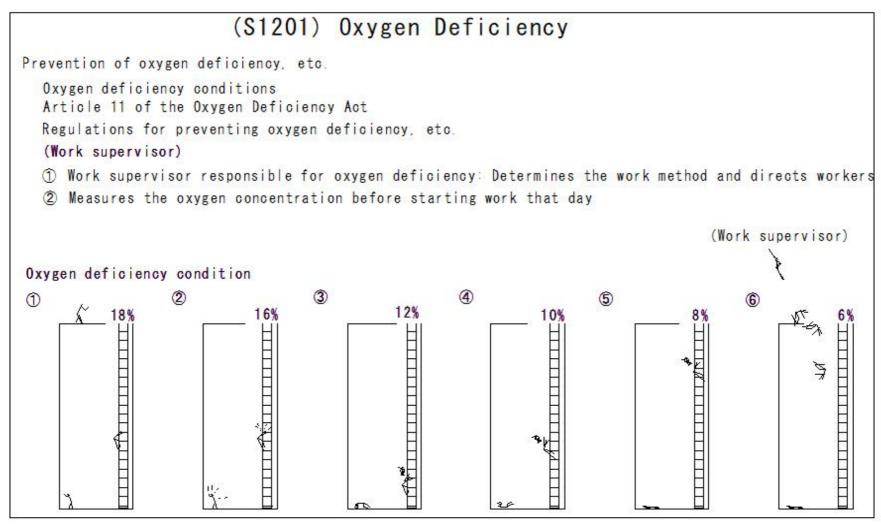
Prevention of oxygen deficiency, etc.

Oxygen deficiency condition

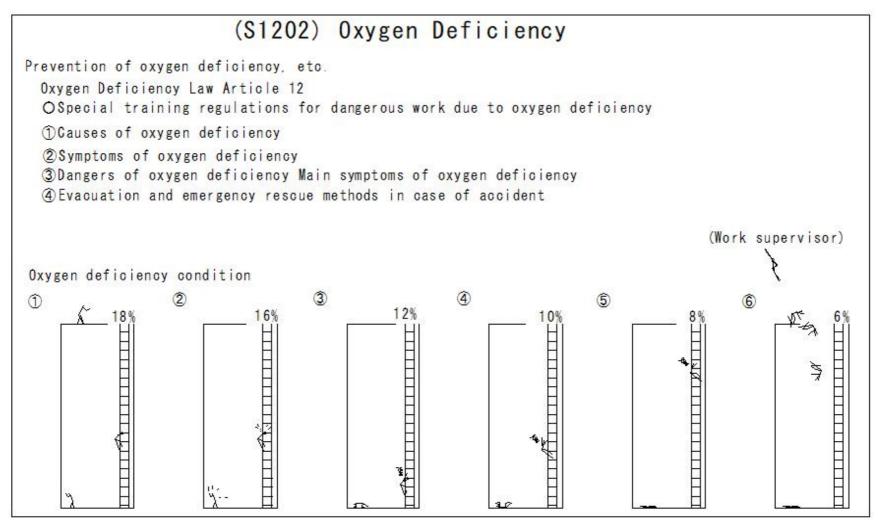




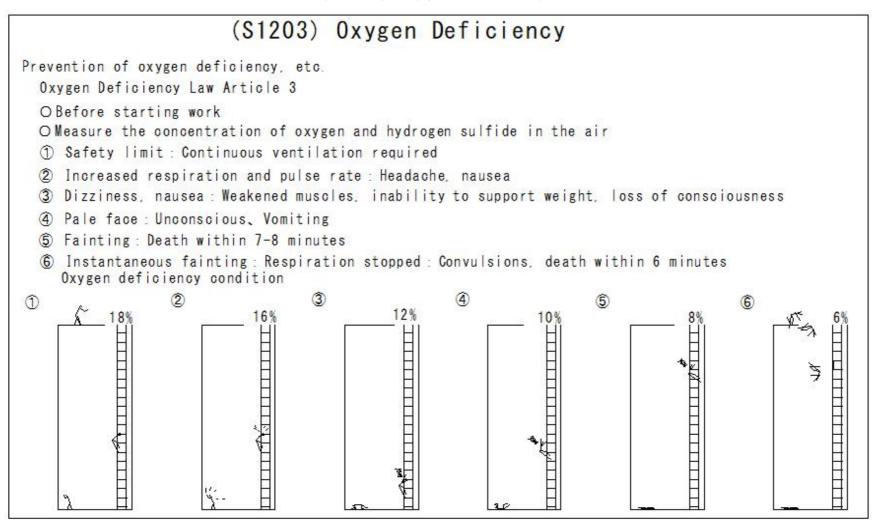
(S1201) Oxygen Deficiency



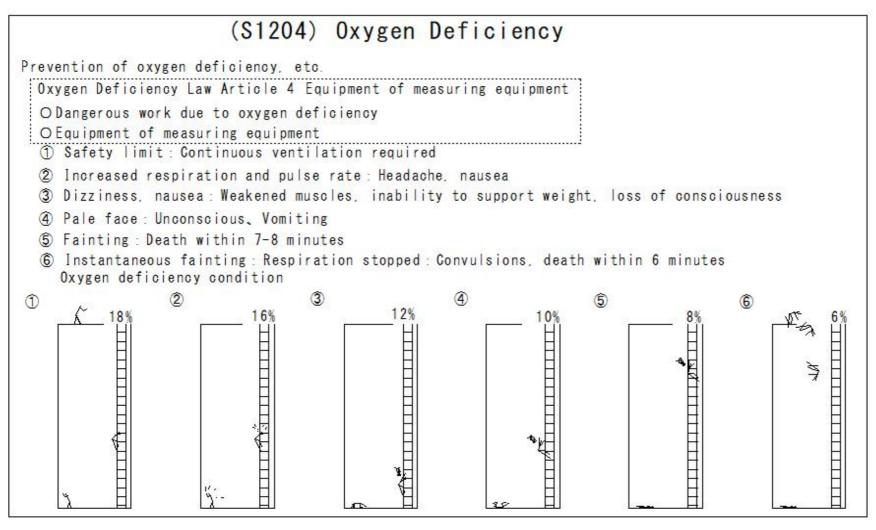
(S1202) Oxygen Deficiency



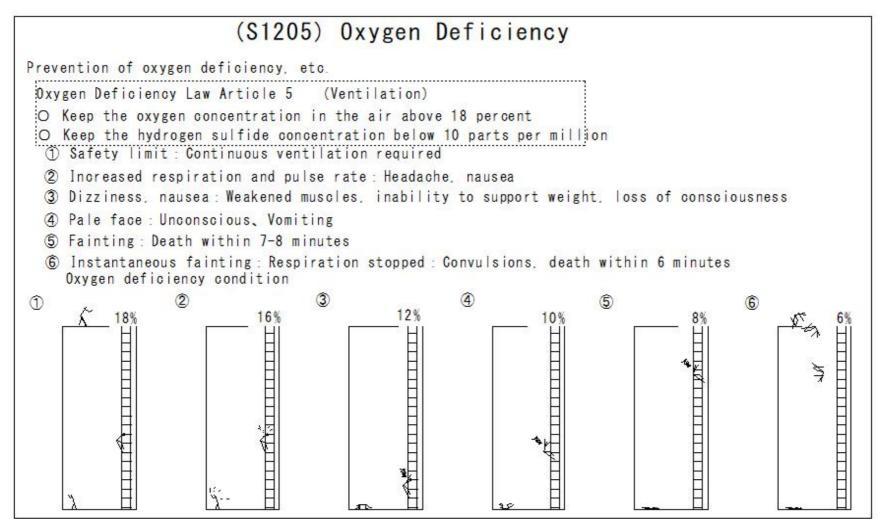
(S1203) Oxygen Deficiency



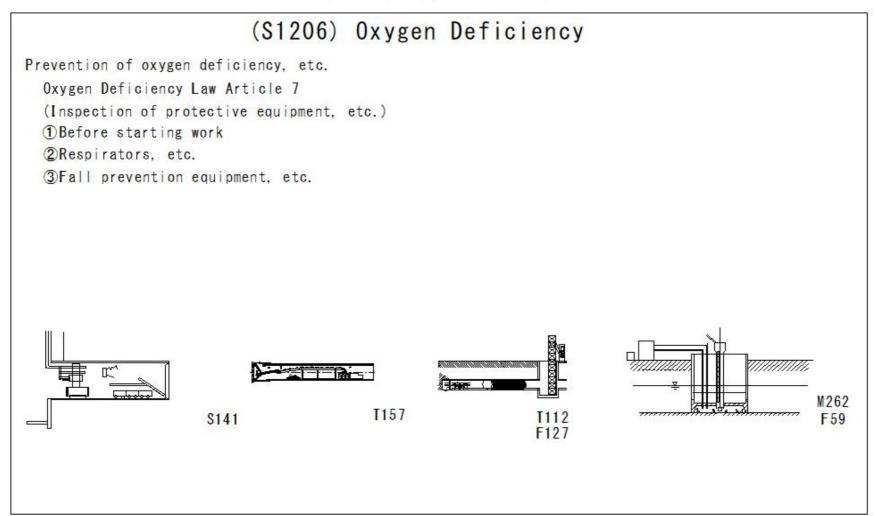
(S1204) Oxygen Deficiency



(S1205) Oxygen Deficiency



(S1206) Oxygen Deficiency



(S1207) Oxygen Deficiency

(S1207) Oxygen Deficiency

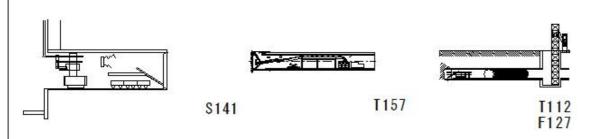
Prevention of oxygen deficiency, etc.

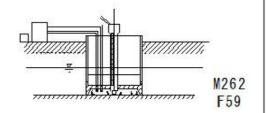
Oxygen Deficiency Law Article 8

(Personnel Inspection)

- 1 Dangerous work involving oxygen deficiency.
- 2 Personnel must be inspected when workers enter and leave the facility.

(Personnel Inspection)





(S1208) Oxygen Deficiency

(S1208) Oxygen Deficiency

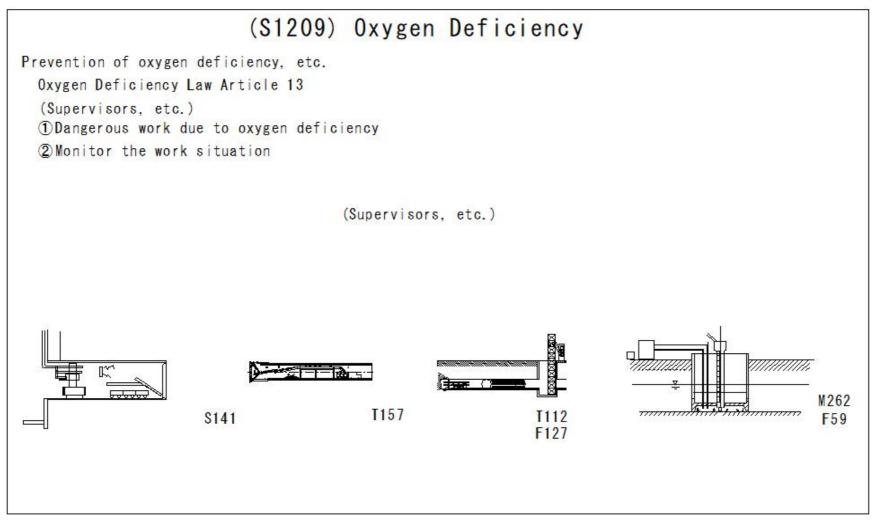
Prevention of oxygen deficiency, etc.

Oxygen Deficiency Law Article 10 (contact)

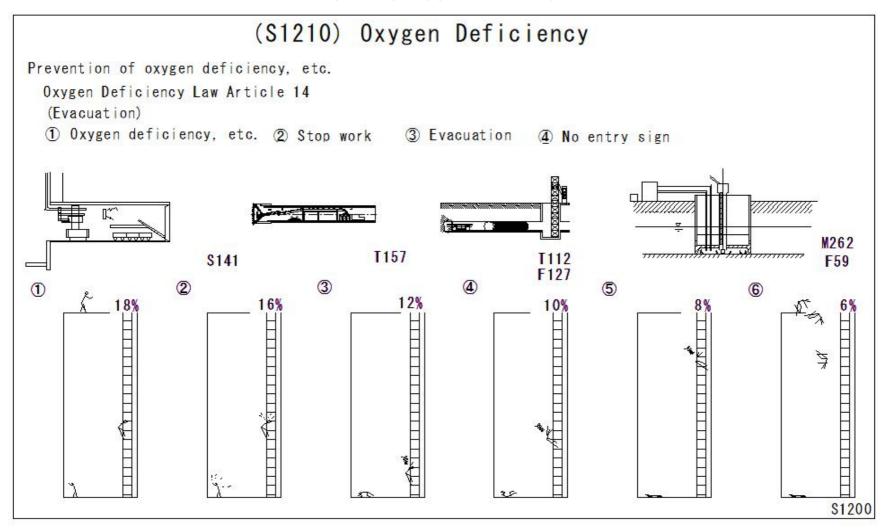
- ①Dangerous work due to oxygen deficiency
- 2 In case of there is a risk of oxygen deficiency, etc.
- 3 Communication between the workplace



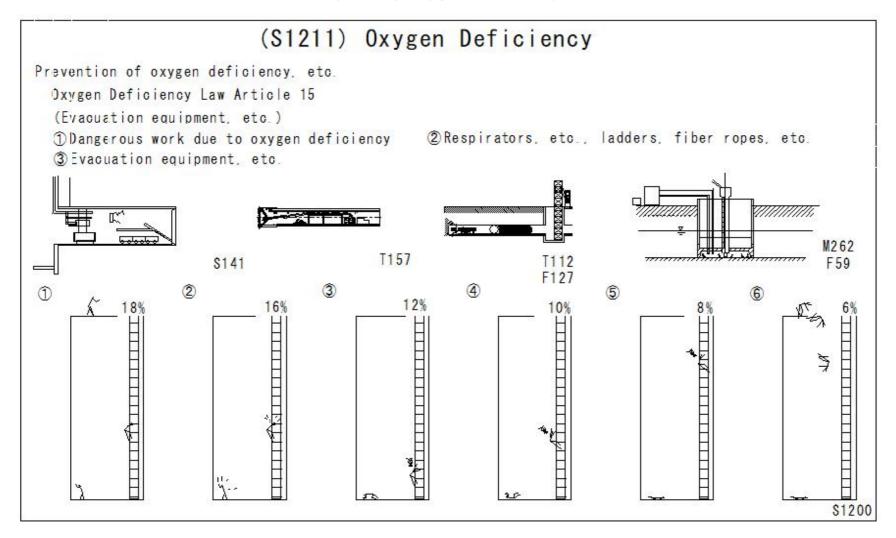
(S1209) Oxygen Deficiency



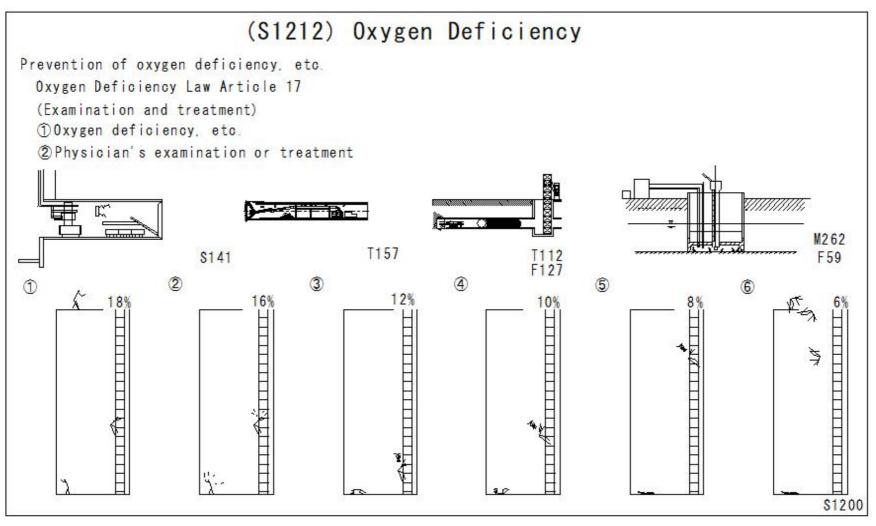
(S1210) Oxygen Deficiency



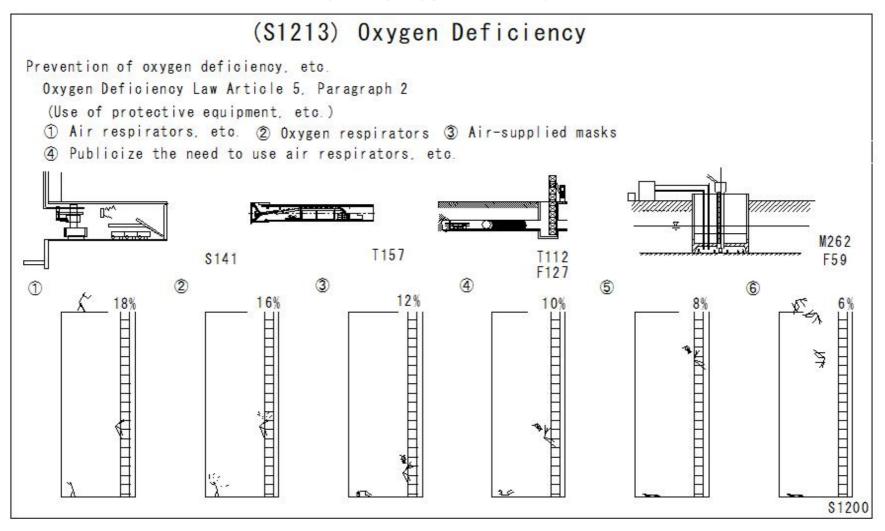
(S1211) Oxygen Deficiency



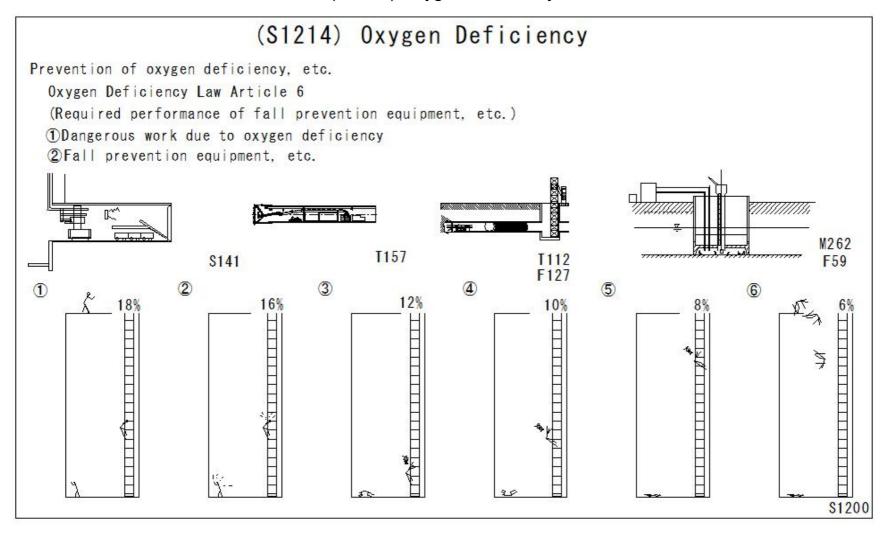
(S1212) Oxygen Deficiency



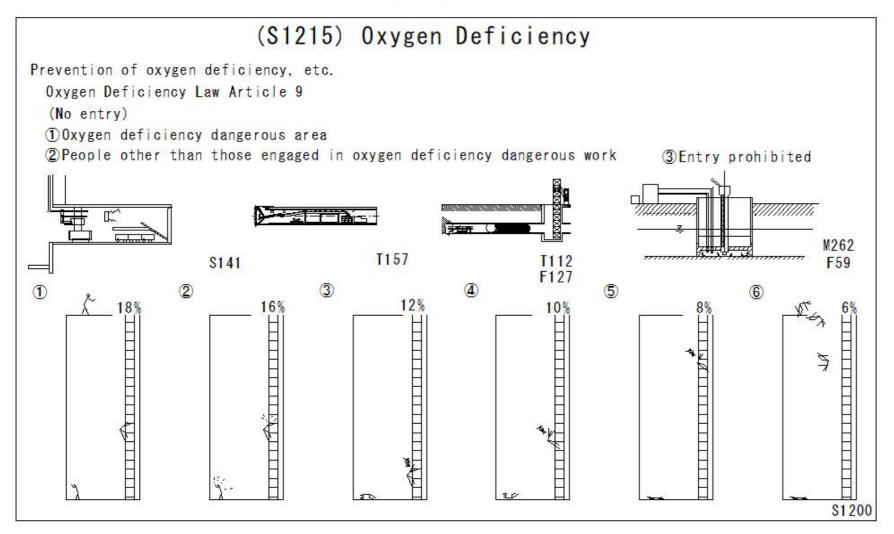
(S1213) Oxygen Deficiency



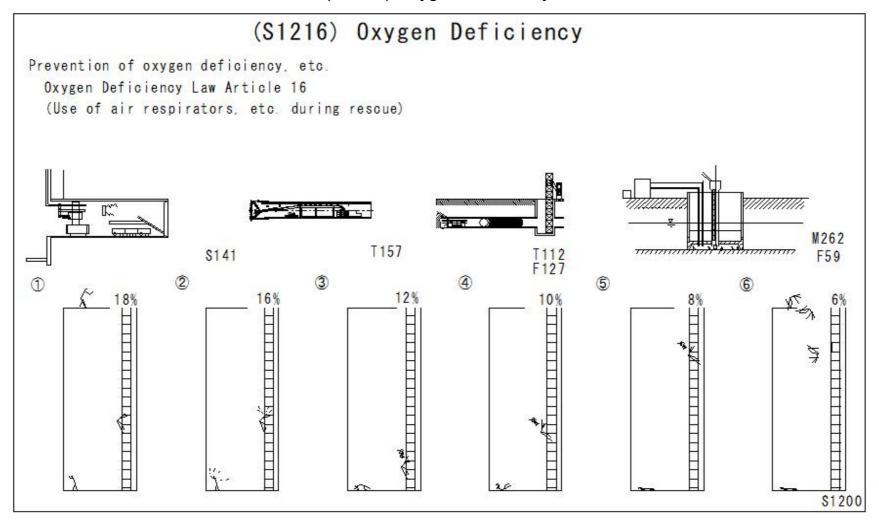
(S1214) Oxygen Deficiency



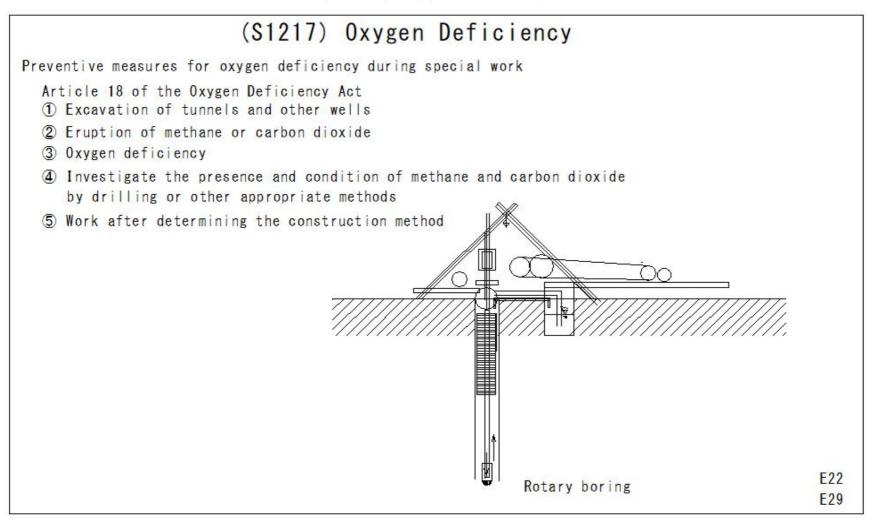
(S1215) Oxygen Deficiency



(S1216) Oxygen Deficiency



(S1217) Oxygen Deficiency



(S1218) Oxygen Deficiency

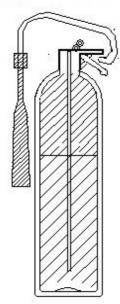
(S1218) Oxygen Deficiency

Preventive measures for oxygen deficiency during special work

Article 19 of the Oxygen Deficiency Act

(Measures related to fire extinguishing equipment, etc.)

- 1 Basements, engine rooms, holds, and other places with insufficient ventilation
- 2 Fire extinguishers or fire extinguishing equipment (uses carbon dioxide)
- 3 Measures to prevent falling over or handles that cannot be easily operated



fire extinguishing \$1034

(S1219) Oxygen Deficiency

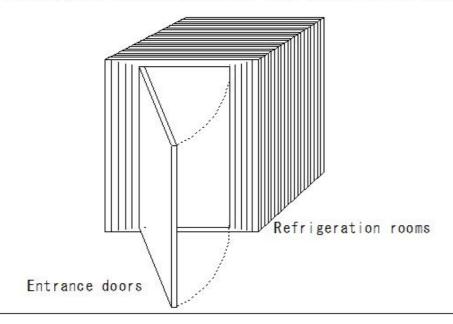
(S1219) Oxygen Deficiency

Preventive measures for oxygen deficiency during special work

Article 20 of the Oxygen Deficiency Act

(Measures related to refrigeration rooms, etc.)

- ① Refrigeration rooms, freezers, cellars, and other facilities used in a sealed condition
- ② Measures to prevent the doors or lids of the entrances and exits of facilities or equipment from closing
- 3 Structure in which the entrance doors or lids can be easily opened from the inside



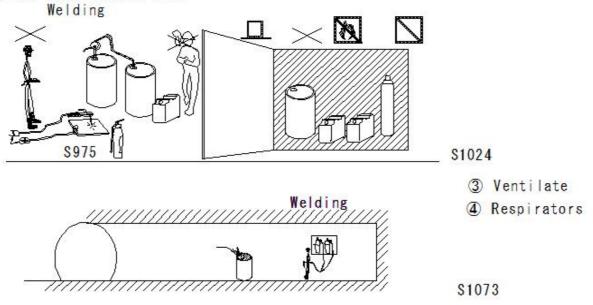
(S1220) Oxygen Deficiency

(S1220) Oxygen Deficiency

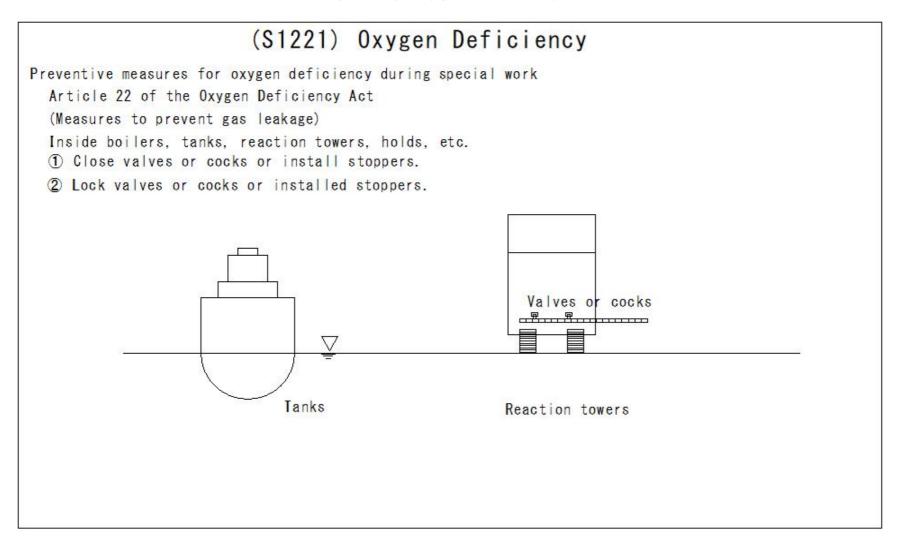
Preventive measures for oxygen deficiency during special work Article 21 of the Oxygen Deficiency Act

(Measures relating to welding)

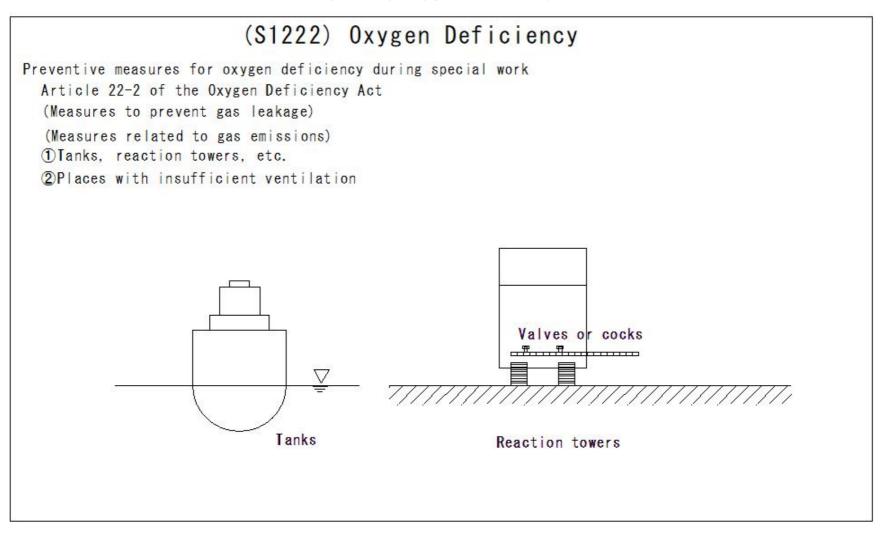
- 1 Inside tanks, boilers, or reactors, or other places with insufficient ventilation
- 2 Welding work using argon, carbon dioxide, or helium
- 3 Ventilate the air to keep the oxygen concentration at 18% or higher.
- 4 Have workers use respirators, etc.



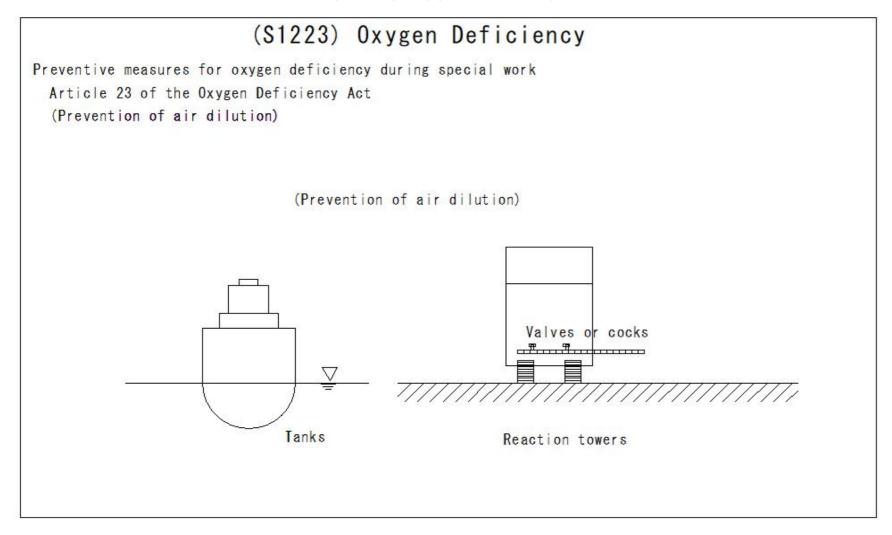
(S1221) Oxygen Deficiency



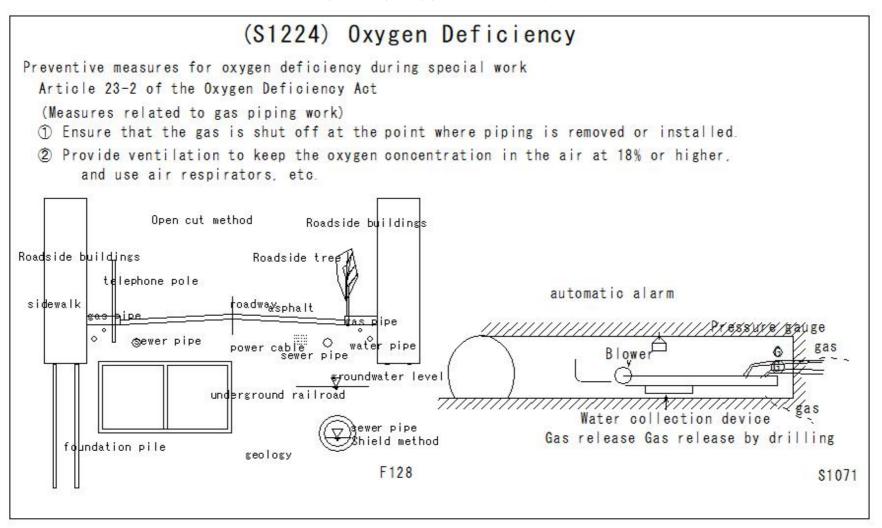
(S1222) Oxygen Deficiency



(S1223) Oxygen Deficiency



(S1224) Oxygen Deficiency



(S1225) Oxygen Deficiency

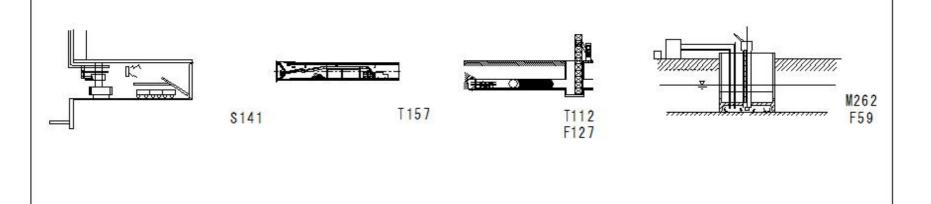
(S1225) Oxygen Deficiency

Preventive measures for oxygen deficiency during special work

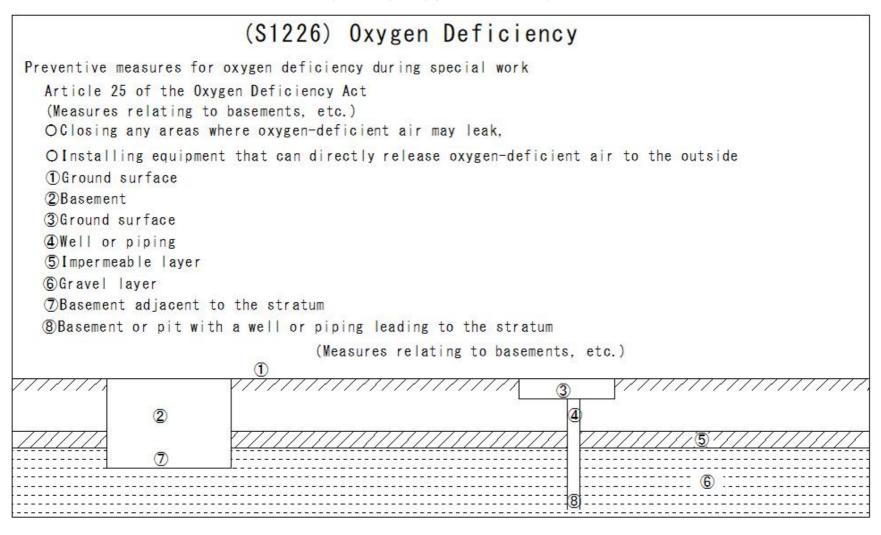
Article 24 of the Oxygen Deficiency Law

(Measures related to compressed air construction)

- Work using compressed air construction
- ②Wells or pipes that may leak oxygen-deficient air
- ③ Investigations must be conducted to determine whether there is an air leak and the oxygen concentration.
- @ Report to the Chief of the Labor Standards Inspection Office



(S1226) Oxygen Deficiency



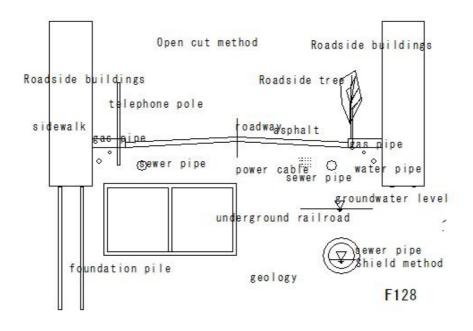
(S1227) Oxygen Deficiency

(S1227) Oxygen Deficiency

Preventive measures for oxygen deficiency during special work Article 25-2 of the Oxygen Deficiency Act

(Work to modify equipment, etc.)

Measures to be taken when modifying equipment for human waste, sludge, sewage, etc.



(S1228) Organic Solvent Poisoning

(S1228) Organic Solvent Poisoning

Prevention of organic solvent poisoning

Organic solvent law Article 1

Organic solvent poisoning prevention regulations

- 1 Organic solvents, etc. Organic solvents or substances containing organic solvents
- 2 A mixture containing more than 5% of the weight of the mixture contains an organic solvent

Widely used in painting, cleaning, printing, and other tasks painting,



Organic compounds that have the ability to dissolve other substances Organic solvents

(S1229) Organic Solvent Poisoning

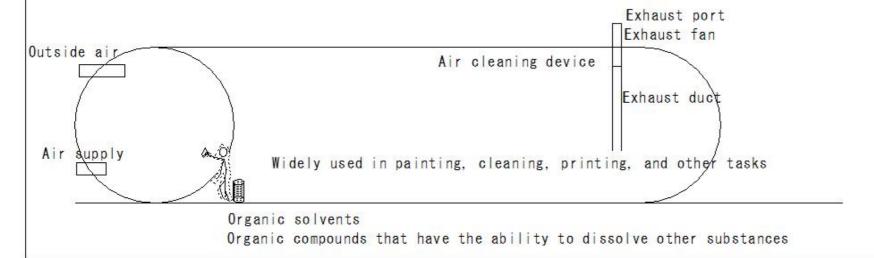
(S1229) Organic Solvent Poisoning

Prevention of organic solvent poisoning

Article 19-2 of the Organic Solvent Law

(Duties of the Organic Solvent Work Supervisor)

- ① Determine the work method and supervise workers so as not to be contaminated by or inhale organic solvents.
- ② Inspect local exhaust ventilation systems, push-pull type ventilation systems, or general ventilation systems at intervals not exceeding one month.
- 3 Monitor the use of protective equipment.
- 4 In case of organic solvent work is performed inside a tank,



(S1230) Organic Solvent Poisoning

(S1230) Organic Solvent Poisoning Prevention of organic solvent poisoning Article 19-2 of the Organic Solvent Law (Duties of the Organic Solvent Work Supervisor) ① Determine the work method and supervise workers so as not to be contaminated by or inhale organic solvents. (2) Inspect local exhaust ventilation systems, push-pull type ventilation systems, or general ventilation systems at intervals not exceeding one month. 3 Monitor the use of protective equipment. (4) In case of organic solvent work is performed inside a tank, Exhaust port Local exhaust system Exhaust fan Duct Air cleaning device Fan Blower Outside air Exhaust duct Exhaust Dust and dirt Air supply Push-pull type ventilation equipment \$1231

\$1232

(S1231) Organic Solvent Poisoning

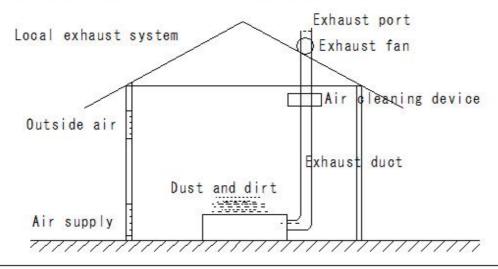
(S1231) Organic Solvent Poisoning

Prevention of organic solvent poisoning

Article 19-2 of the Organic Solvent Law

(Duties of the Organic Solvent Work Supervisor)

- ① Determine the work method and supervise workers so as not to be contaminated by or inhale organic solvents.
- ② Inspect local exhaust ventilation systems, push-pull type ventilation systems, or general ventilation systems at intervals not exceeding one month.
- 3 Monitor the use of protective equipment.
- 4 In case of organic solvent work is performed inside a tank,



(S1232) Organic Solvent Poisoning

(S1232) Organic Solvent Poisoning

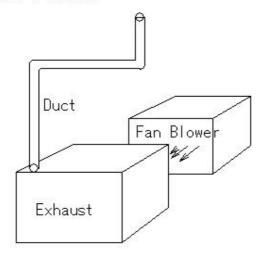
Prevention of organic solvent poisoning

Article 20-2 of the Organic Solvent Law

Periodic voluntary inspection of push-pull type ventilation equipment

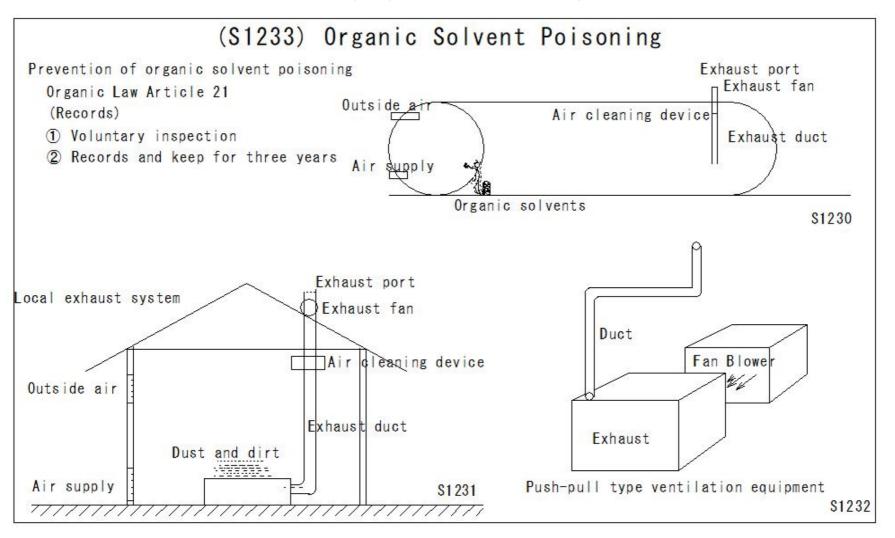
Push-pull type ventilation equipment (organic solvent work)

Blowers and exhaust fans "Air supply, intake"

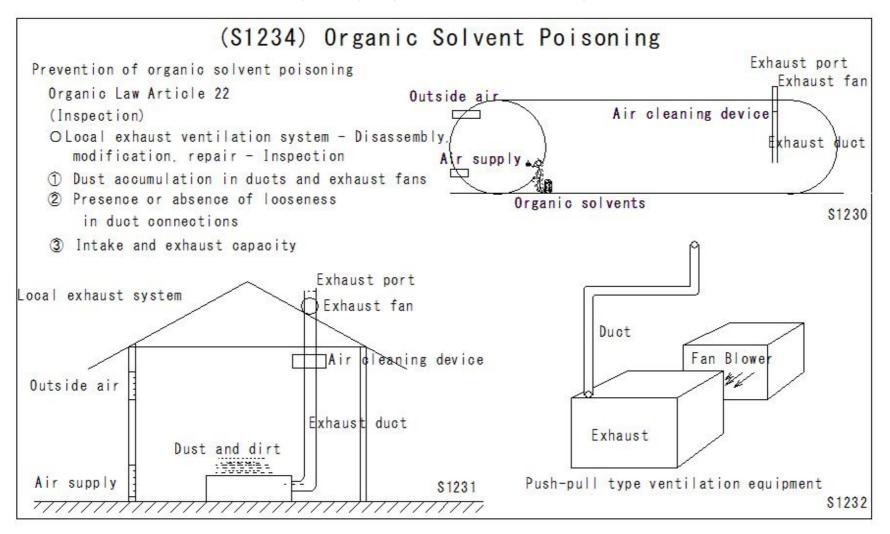


Push-pull type ventilation equipment

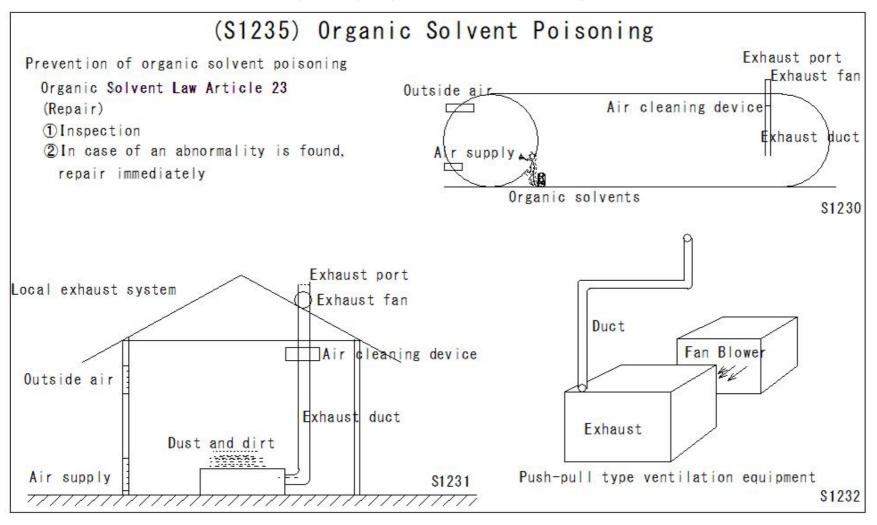
S1233) Organic Solvent Poisoning



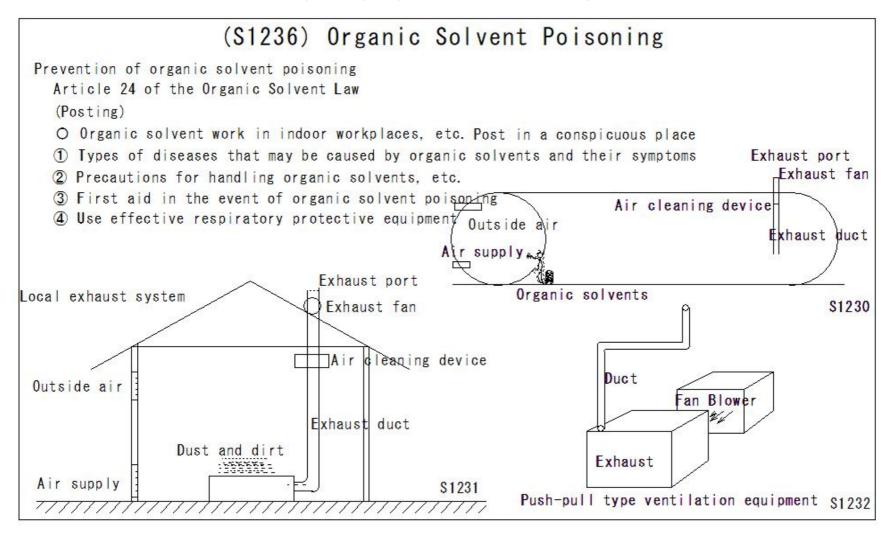
(S1234) Organic Solvent Poisoning



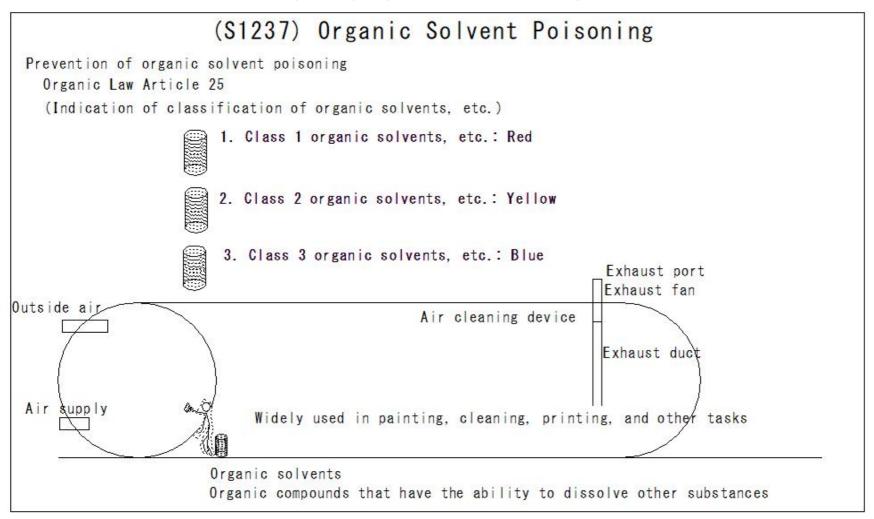
(S1235) Organic Solvent Poisoning



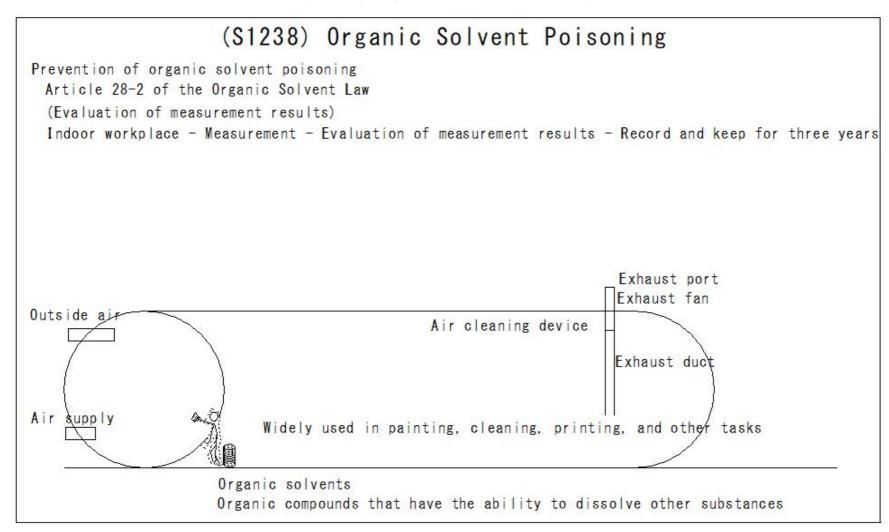
(S1236) Organic Solvent Poisoning



(S1237) Organic Solvent Poisoning



(S1238) Organic Solvent Poisoning



(S1239) Demolition Work for Waste Incineration Facilities

Management of demolition work for waste incineration facilities

Article 88, paragraph 3 of the Industrial Safety and Health Act

Article 90, item 5-3 of the Industrial Safety and Health Ordinance

- 1 Demolition work for waste incineration facilities
- 2 Preventing health damage caused by hazardous substances such as dioxins and heavy metals
- 3 Carrying out work while taking safety measures

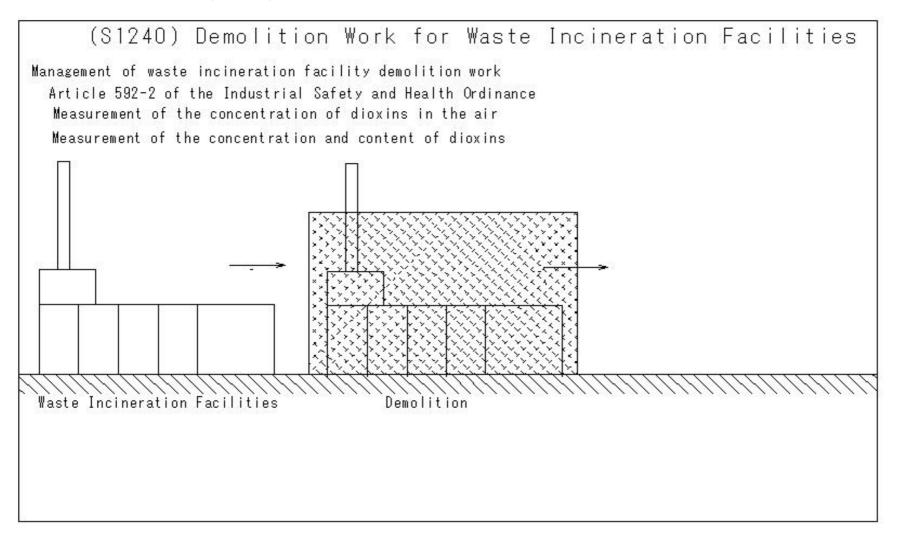
[Safety measures]

- ① Preventing exposure to workers
- 2 Preventing contamination of the surrounding environment
- 3 Proper processing and disposal of waste

[Specific examples of safety measures]

- ① Surveys such as measuring the work environment and analyzing attached materials
- 2 Measures to prevent exposure before demolition work
- 3 Implementation of special training
- 4 Removal of attached materials
- 5 Preventing exposure of workers
- 6 Determination of controlled areas (selection of protective equipment)

(S1240) Demolition Work for Waste Incineration Facilities



(S1241) Demolition Work for Waste Incineration Facilities

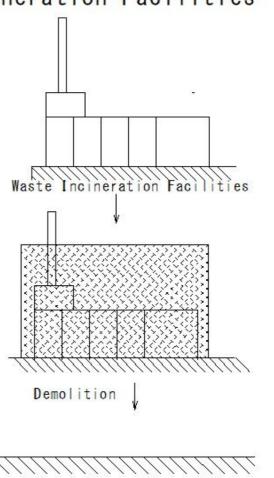
(S1241) Demolition Work for Waste Incineration Facilities

Management of waste incineration facility demolition work

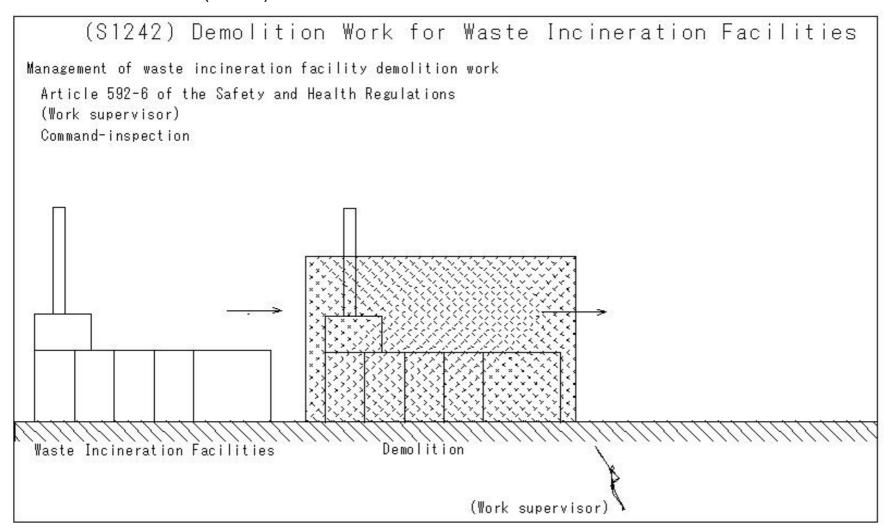
Article 592-6 of the Safety and Health Regulations

Deciding on the demolition method: Demolition work manual

- 1. Preface
- 2. Safety and health management system
- 3. Drafting the work plan
- 4. Measuring dioxin concentrations in the air
- Preliminary evaluation of the facility to be demolished, including sampling
- 6. Use of protective equipment
- 7. Carrying out the work of removing attached material
- 8. Choosing the demolition method
- 9. Separating and protecting the work area
- 10. Preparation for demolition work
- 11. Carrying out the demolition work
- 12. Points to note and transportation work for mobile demolition
- 13. Response to the surrounding environment



(S1242) Demolition Work for Waste Incineration Facilities



(S1243) Demolition Work for Waste Incineration Facilities

(S1243) Demolition Work for Waste Incineration Facilities Management of waste incineration facility demolition work Article 592-7 of the Safety and Health Regulations (Special training) 1 Harmfulness of dioxins 2 Work methods and measures in case of accidents 3 Equipment inspection at the start of work 4 How to use protective equipment 5 Other matters necessary to prevent exposure to dioxins, in addition to those listed in the preceding paragraphs Waste Incineration Facilities Demolition

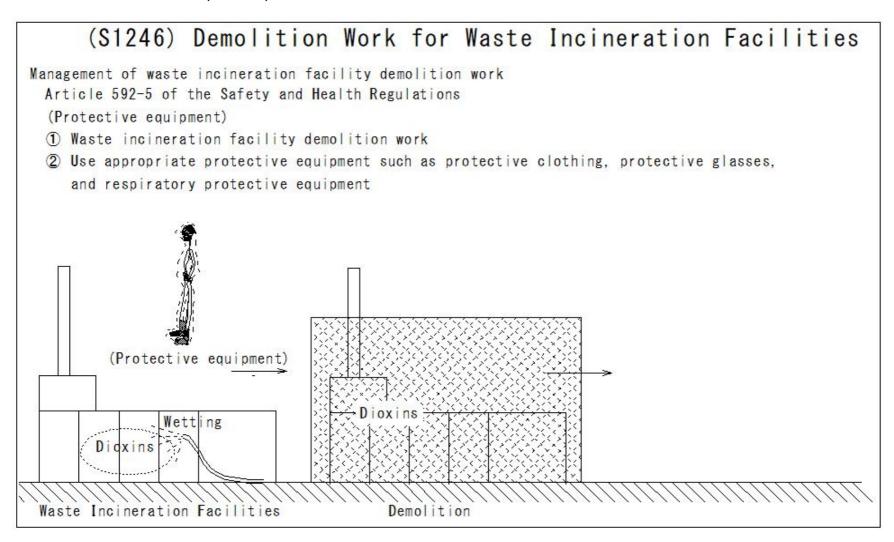
(S1244) Demolition Work for Waste Incineration Facilities

(S1244) Demolition Work for Waste Incineration Facilities Management of waste incineration facility demolition work Article 592-3 of the Safety and Health Regulations (Removal of attached materials) ① Removal of materials containing dioxins attached to the inside of the equipment Waste Incineration Facilities Demolition

(S1245) Demolition Work for Waste Incineration Facilities

(S1245) Demolition Work for Waste Incineration Facilities Management of waste incineration facility demolition work Article 592-4 of the Safety and Health Regulations (Wetting of sources of dioxin-containing substances) Wetting Dioxins Waste Incineration Facilities Demolition

(S1246) Demolition Work for Waste Incineration Facilities



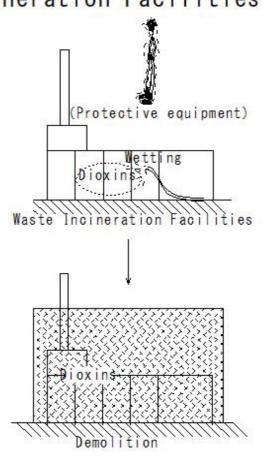
(S1247) Demolition Work for Waste Incineration Facilities

(S1247) Demolition Work for Waste Incineration Facilities

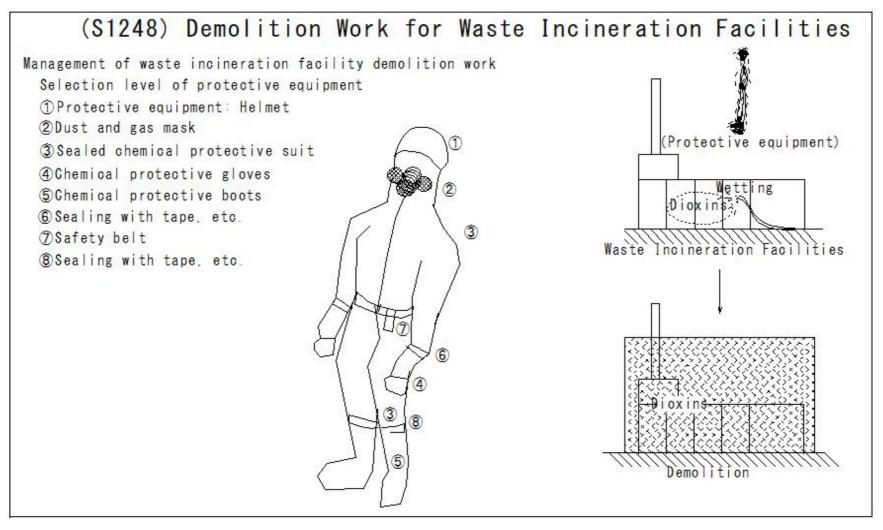
Management of waste incineration facility demolition work
Article 592-5 of the Safety and Health Ordinance

Demolition work flow (demolition work manual)

- 1 Investigation of target installation
- ② Sampling of contaminants Air concentration measurement
- 3 Dioxin analysis
- 4 Additional sampling
- ⑤ Deciding demolition method
- 6 Arrangement of necessary equipment
- Notification of plan
- Special training
- ® Removal of attached materials
- 1 Confirmation of removal of attached materials
- (f) Demolition work
- 12 Air concentration measurement
- (13) Additional sampling
- (4) Discharge of contaminants



(S1248) Demolition Work for Waste Incineration Facilities



(S1249) Asbestos

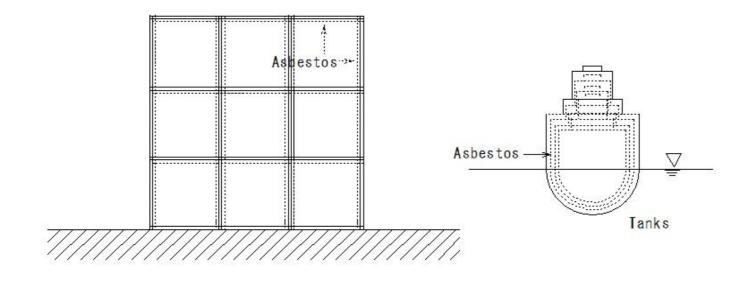
(S1249) Asbestos

Asbestos Hazard Prevention Regulations

Asbestos Regulations Article 3

(Preliminary surveys and analytical surveys)

- 1 Buildings, structures, or ships (dismantling of steel ships) or renovations
- 2 Health hazards to workers caused by asbestos
- 3 The presence or absence of asbestos, etc. must be investigated.



(S1250) Asbestos

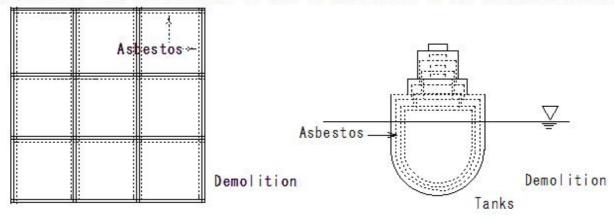
(S1250) Asbestos

Asbestos Hazard Prevention Regulations

Asbestos Regulations Article 4

(Work Plan)

- O Buildings, etc. that contain asbestos, etc. and are subject to demolition, etc.
- O A work plan must be established and demolition work of asbestos-containing buildings, etc. must be carried out according to the work plan.
- ① Method and sequence of work for demolition of asbestos-containing buildings, etc.
- 2 Methods for preventing or suppressing the emission of asbestos dust, etc.
- 3 Methods for preventing exposure to asbestos dust, etc., for workers performing demolition work of asbestos-containing buildings, etc.
- 4 In case of a work plan has been established, it must be made known to the workers concerned.



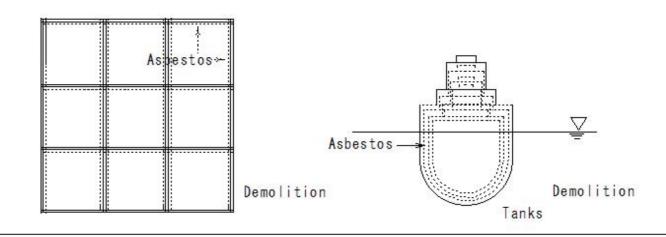
(S1251) Asbestos

(S1251) Asbestos

Asbestos Hazard Prevention Regulations Asbestos Regulations Article 5

(Notification of Work)

- O Submit to the Chief of the Local Labor Standards Inspection Office along with a drawing showing the outline of the building, etc.
- ① Removal of asbestos, etc. sprayed onto buildings, etc. to be demolished, etc.
- ② Removal of insulation materials and fireproof coating materials containing asbestos, etc., attached to buildings, etc. to be demolished, etc.



(S1252) Asbestos

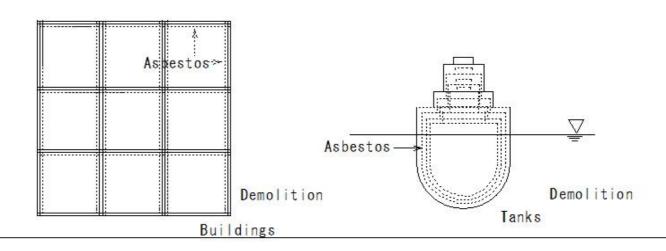
(S1252) Asbestos

Asbestos Hazard Prevention Regulations

Asbestos Regulations Article 6

Isolation and Prohibition of Entry

- 1 Removal and containment of sprayed asbestos during demolition of buildings, etc.
- 2 Enclosure work involving cutting of asbestos, etc.
- 3 Removal and containment work involving cutting of asbestos from heat-insulating materials, fire-resistant coating materials, and insulation materials
- 4 Containment work



(S1253) Asbestos

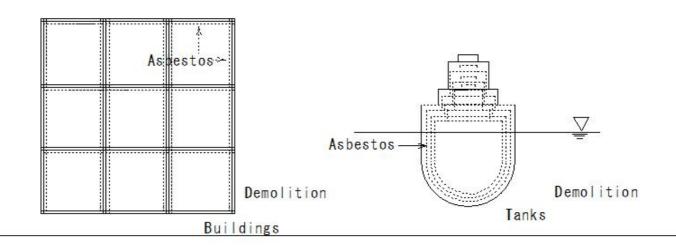
(S1253) Asbestos

Asbestos Hazard Prevention Regulations

Asbestos Regulations Article 7, No. 1

No entry - Displayed in a visible location

- ① Spraying, removing and containing asbestos during demolition of buildings, etc.
- 2 Enclosure work involving cutting asbestos, etc.



(S1254) Asbestos

(S1254) Asbestos

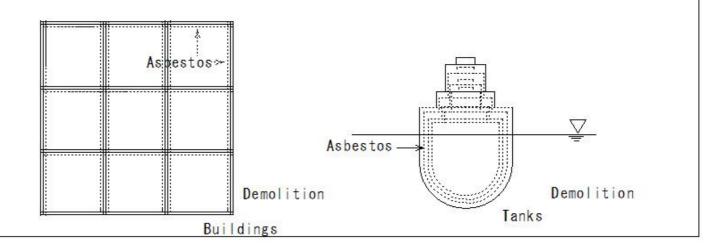
Asbestos Hazard Prevention Regulations

Asbestos Regulations Article 10

Measures relating to work involving the handling of asbestos, etc.

Measures relating to work involving exposure to asbestos dust, etc.

- 1 Buildings or ships, or structures installed in said buildings or ships
- 2 In case of workers are at risk of exposure to the dust
- ③ Measures such as removal, containment, or enclosure of sprayed asbestos, etc., or asbestos-containing insulation materials, etc.



(S1255) Asbestos

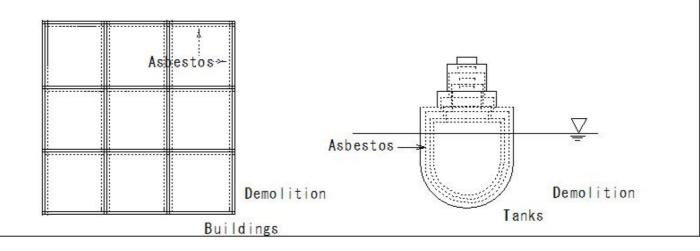
(S1255) Asbestos

Asbestos Hazard Prevention Regulations

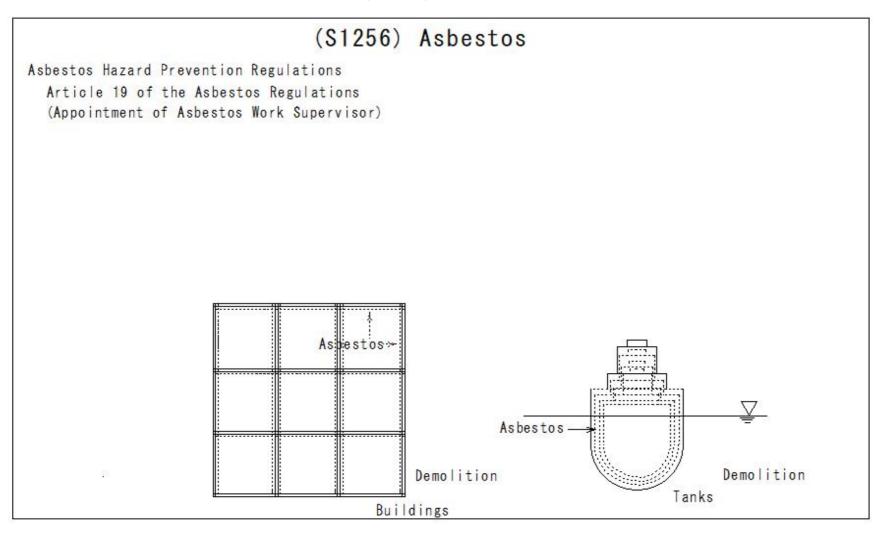
Asbestos Regulations Article 13

(Measures for work such as cutting asbestos, etc.)

- 1 Asbestos, etc. must be kept in a moist state.
- 2 Electric tools with dust removal capabilities must be used.
- 3 Measures must be taken to prevent the dispersion of asbestos, etc. dust.



(S1256) Asbestos



(S1257) Asbestos

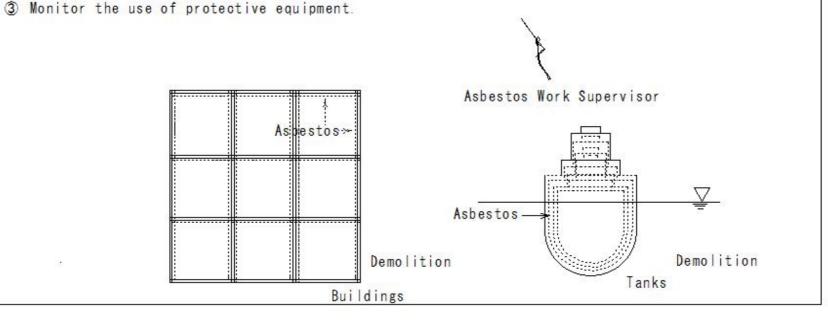
(S1257) Asbestos

Asbestos Hazard Prevention Regulations

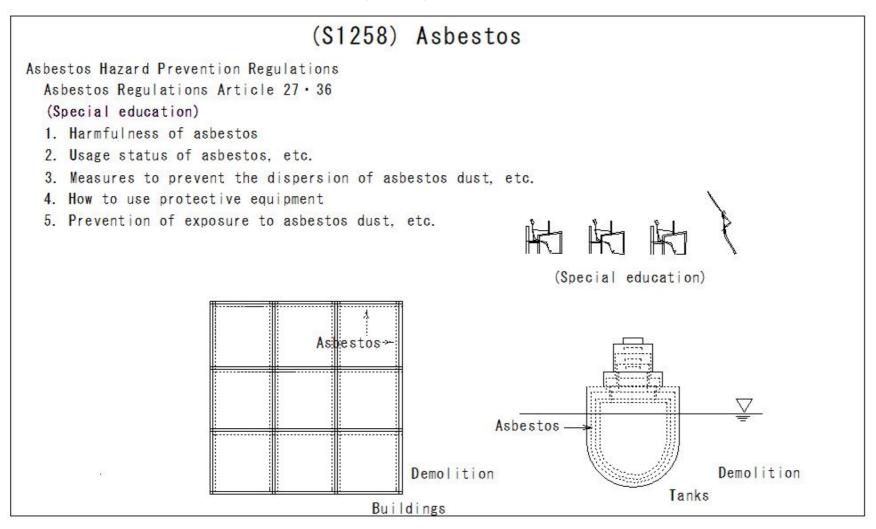
Asbestos Regulations Article 20

(Duties of Asbestos Work Supervisor)

- ① Determine the work method and supervise workers so as not to become contaminated by or inhale asbestos dust.
- 2 Local exhaust ventilation systems, push-pull type ventilation systems, and dust removal systems
 - inspect them at intervals not exceeding one month.



(S1258) Asbestos



(S1259) Asbestos

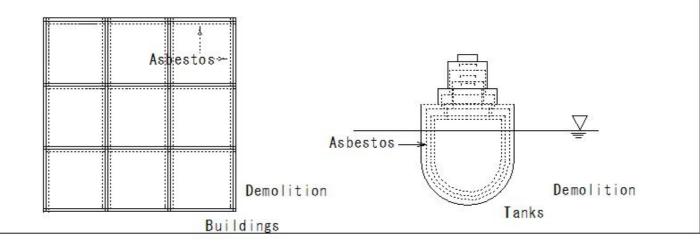
(S1259) Asbestos

Asbestos Hazard Prevention Regulations

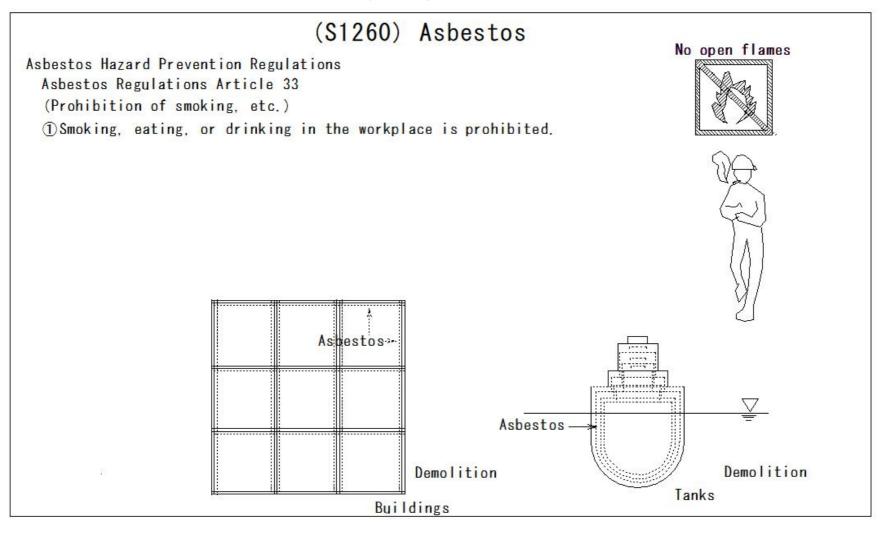
Asbestos Regulations Article 31

(Washing facilities)

- ① Work involving handling asbestos, manufacturing for testing and research, or manufacturing samples for asbestos analysis
- 2 Equipment for washing eyes, washing the body or gargling, changing facilities and laundry facilities.



(S1260) Asbestos



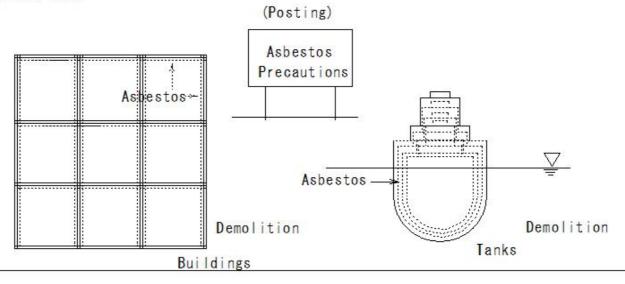
(S1261) Asbestos

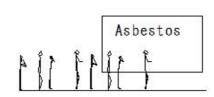
(S1261) Asbestos

Asbestos Hazard Prevention Regulations

Asbestos Regulations Article 34 (Posting)

- O Workplaces where asbestos, etc. are handled or manufactured
- O Posting in a conspicuous place
- (1) Workplaces where asbestos, etc. are handled or manufactured
- 2 Types of diseases that may be caused by asbestos and their symptoms
- 3 Precautions for handling asbestos, etc.
- 4 Protective equipment, etc.

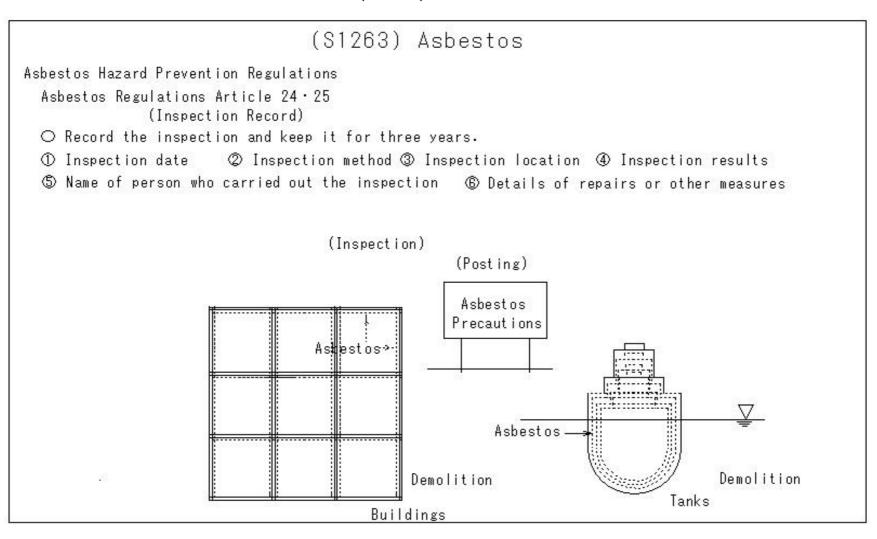




(S1262) Asbestos

(S1262) Asbestos Asbestos Hazard Prevention Regulations Asbestos Regulations Article 22 Asbestos (Regular Voluntary Inspection) O Periodic voluntary inspection once every year 1 Local exhaust ventilation system 2 Push-pull type ventilation system 3 Dust removal equipment (Regular Voluntary Inspection) (Posting) Asbestos Precautions Aspestos -Asbestos -Demolition Demolition Tanks Buildings

(S1263) Asbestos



(S1264) Asbestos

(S1264) Asbestos

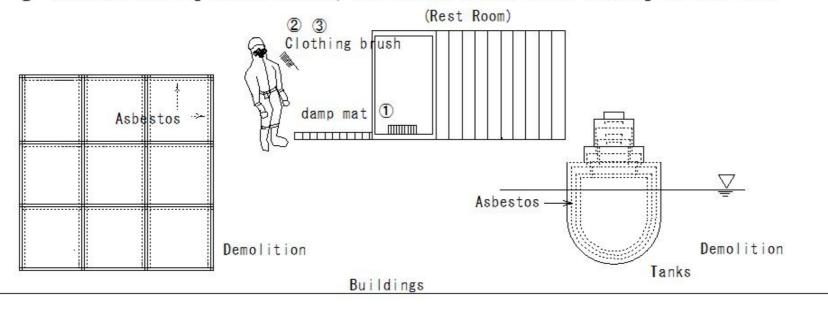
Asbestos Hazard Prevention Regulations

Asbestos Regulations Article 28

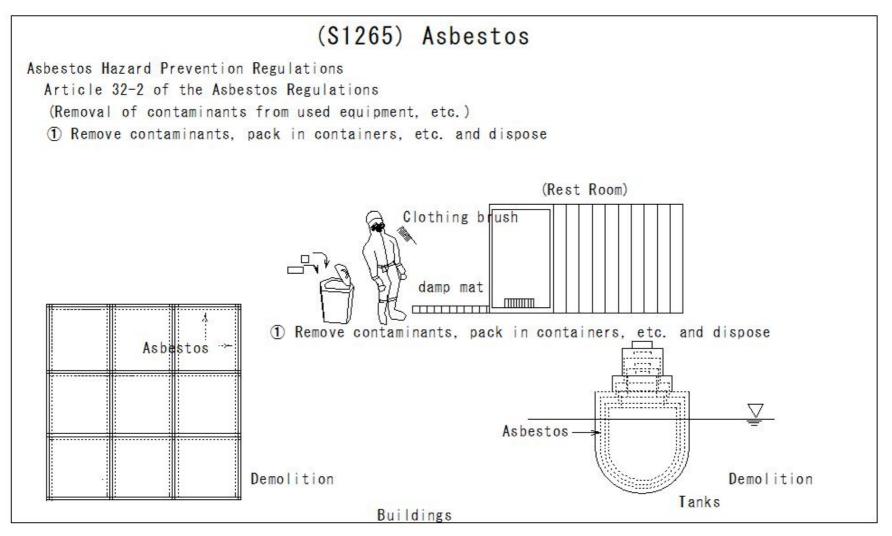
(Rest Room)

ORest rooms must be provided in locations other than the workplace.

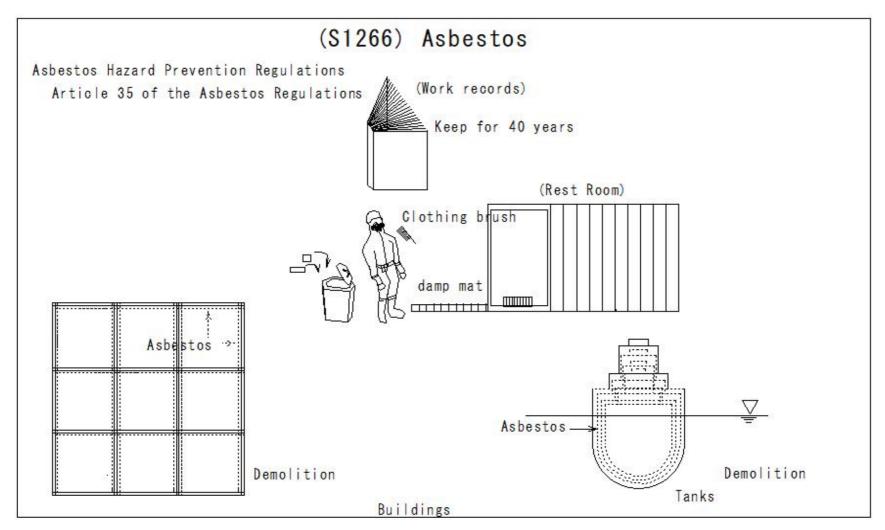
- ① Equipment must be provided at the entrance, such as running water or placing a sufficiently damp mat, to remove any material adhering to worker's feet.
- 2 A clothing brush must be provided at the entrance.
- 3 Materials adhering to work clothes, etc. must be removed before entering the rest room.



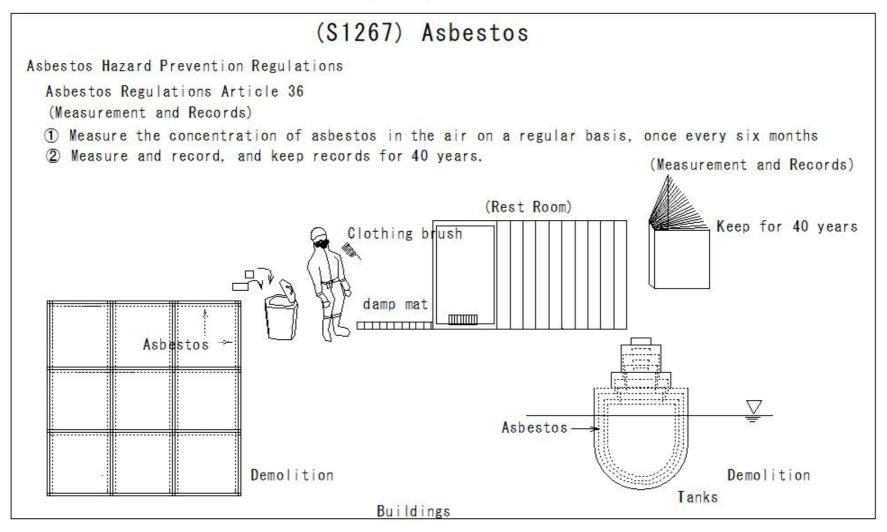
(S1265) Asbestos



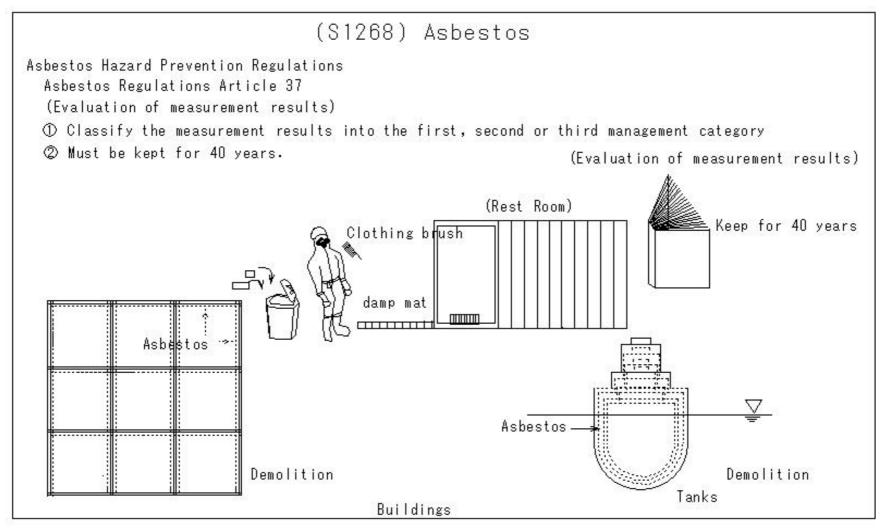
(S1266) Asbestos



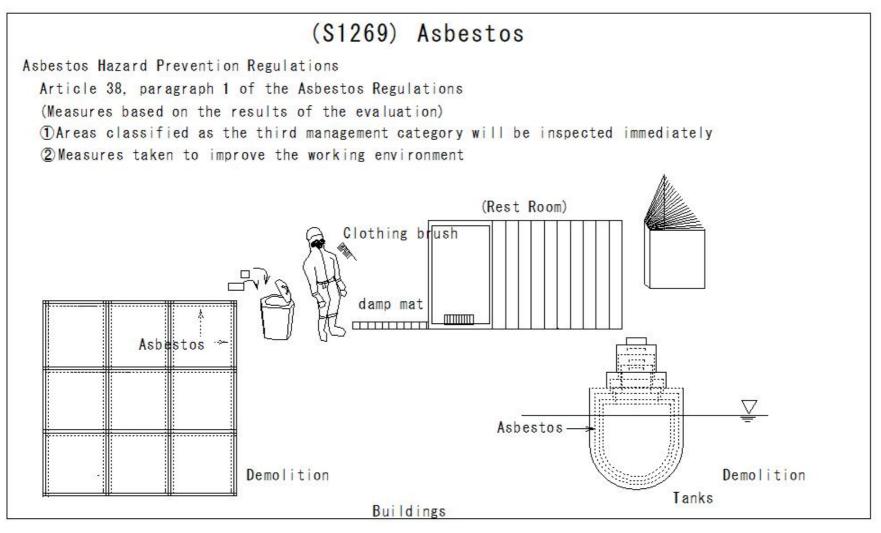
(S1267) Asbestos



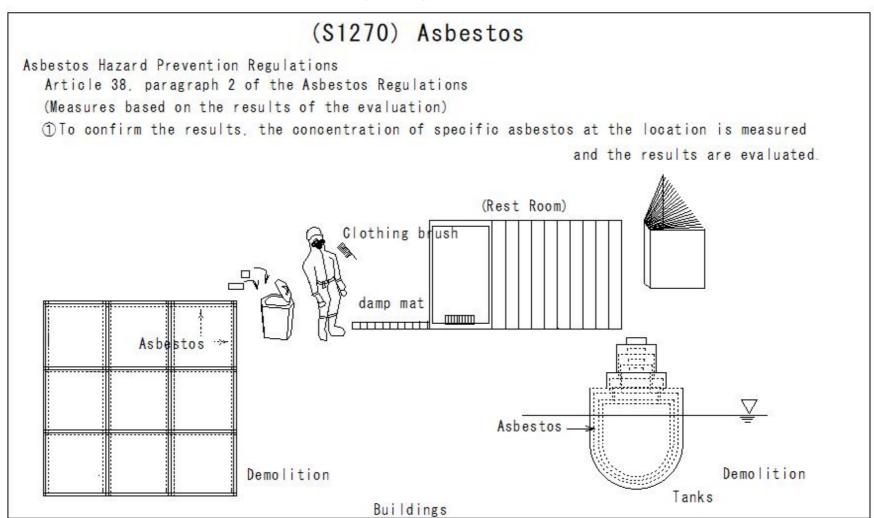
(S1268) Asbestos



(S1269) Asbestos



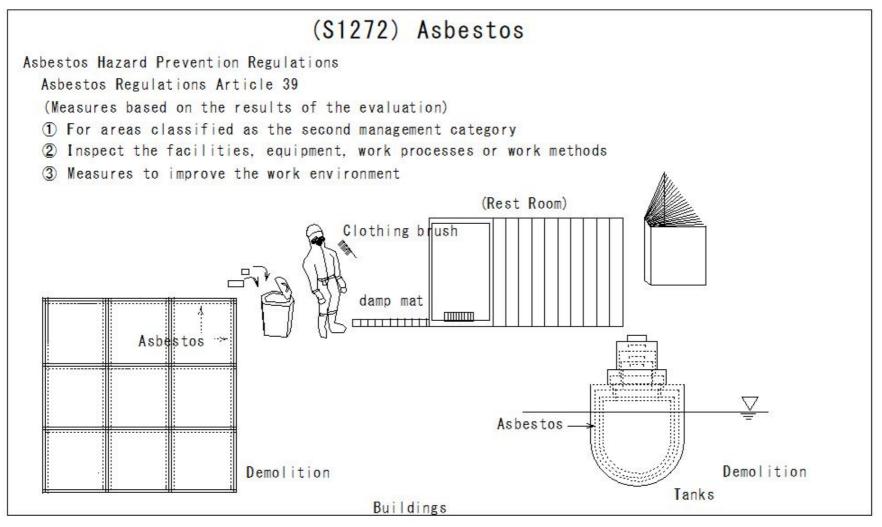
(S1270) Asbestos



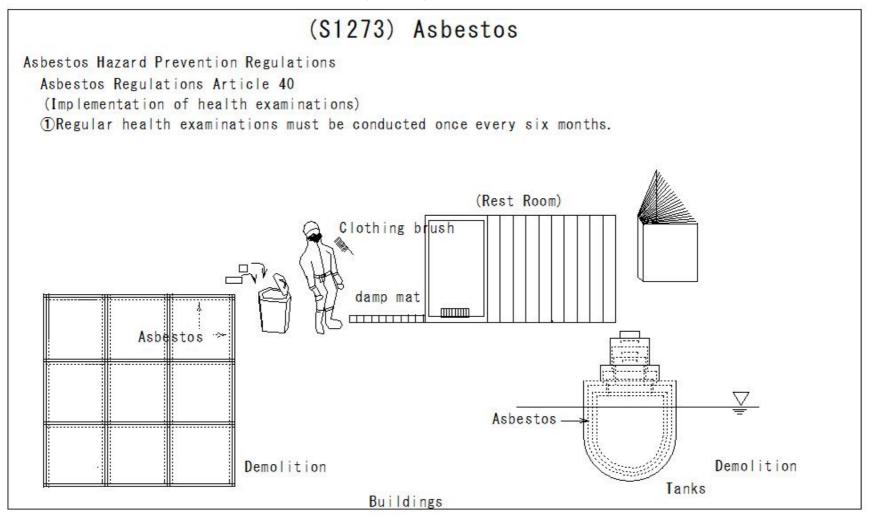
(S1271) Asbestos

(S1271) Asbestos Asbestos Hazard Prevention Regulations Article 38, paragraph 2 of the Asbestos Regulations 1 Have workers use effective respiratory protective equipment 2 Conduct health examinations and take other necessary measures to maintain the health of workers (3) Inform workers (Rest Room) Clothing brush damp mat Asbestos > Asbestos -Demolition Demolition Tanks Buildings

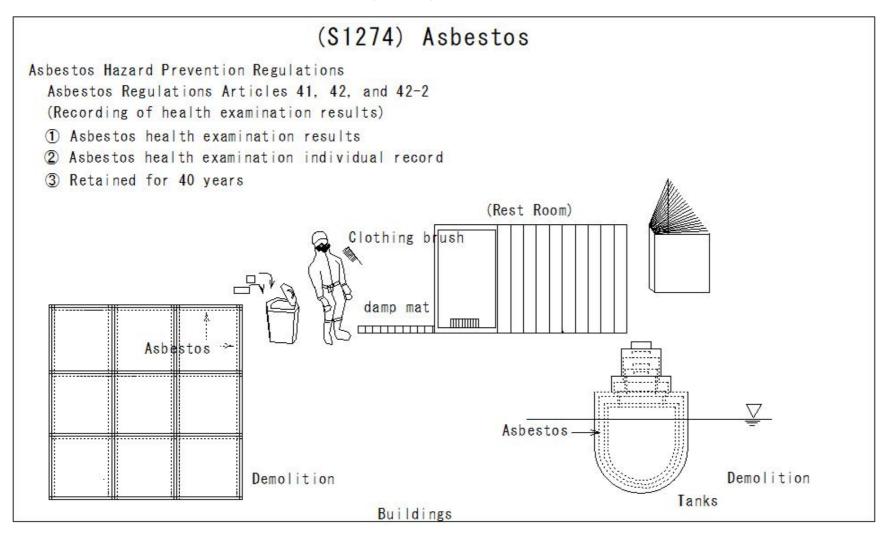
(S1272) Asbestos



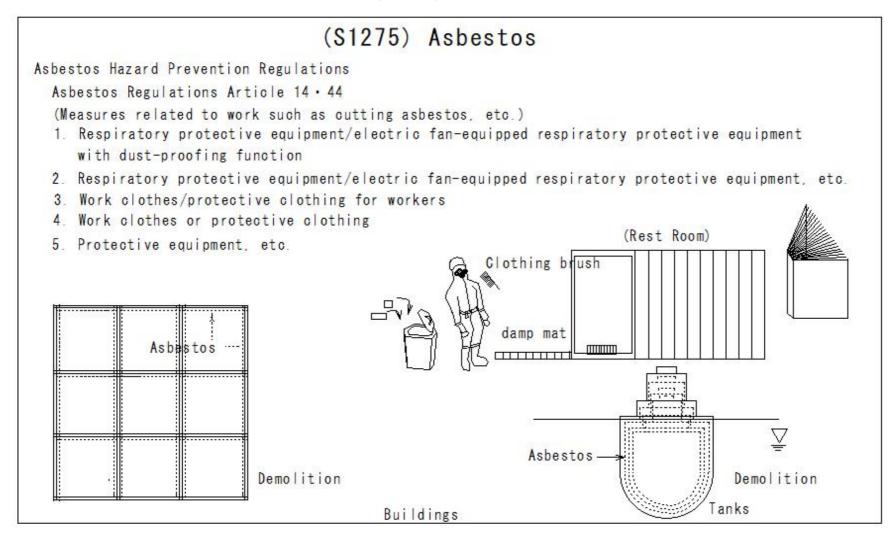
(S1273) Asbestos



(S1274) Asbestos



(S1275) Asbestos



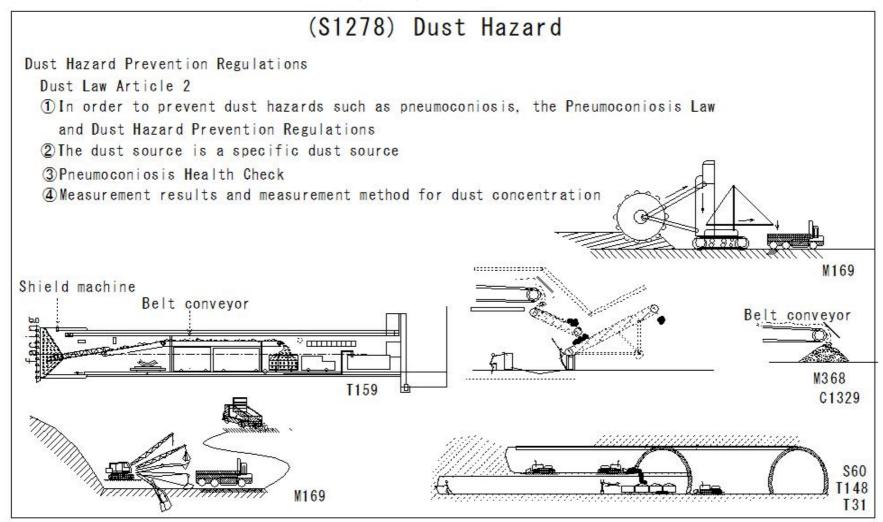
(S1276) Asbestos

(S1276) Asbestos Asbestos Hazard Prevention Regulations Asbestos Regulations Article 7, No. 2 (Measures for Work Not Involving Cutting of Asbestos, etc.) 1 In case of work such as cutting asbestos, etc. is carried out in the same place 2 Before the start of the work, the relevant contractors must be notified of the implementation 3 Necessary measures such as adjusting the work hours must be taken. (Rest Room) Clothing brush damp mat Asbestos Asbestos-Demolition Demolition Tanks Buildings

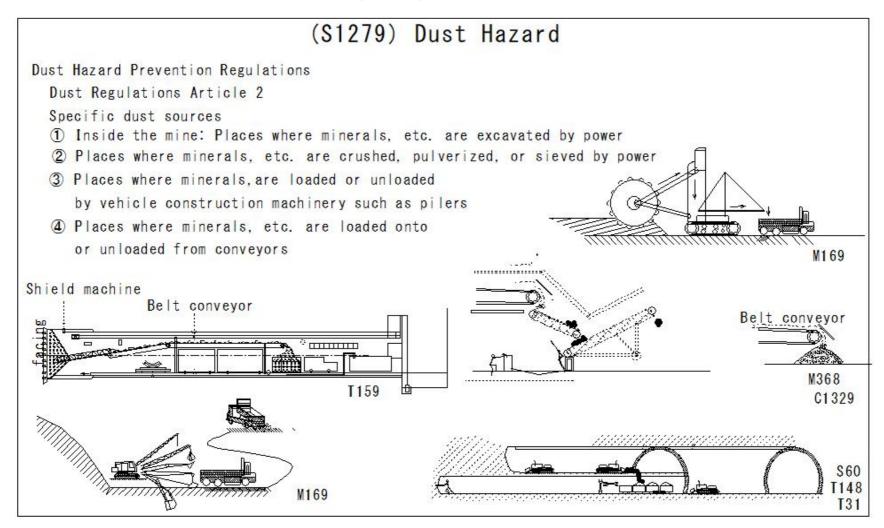
(S1277) Dust Hazard

(S1277) Dust Hazard Dust Hazard Prevention Regulations Dust Regulations Article 2 Specific dust sources 1 Inside the mine: Places where minerals, etc. are excavated by power 2 Places where minerals, etc. are crushed, pulverized, or sieved by power 3 Places where minerals, are loaded or unloaded by vehicle construction machinery such as pilers 4 Places where minerals, etc. are loaded onto or unloaded from conveyors Shield machine Belt conveyor Belt conveyor M368 T159 C1329 \$60 T148 M169 T31

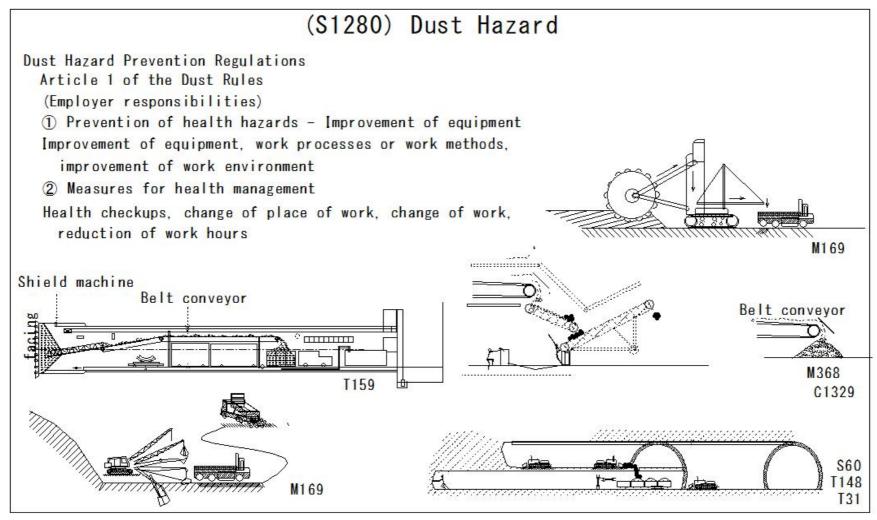
(S1278) Dust Hazard



(S1279) Dust Hazard



(S1280) Dust Hazard



(S1281) Dust Hazard

(S1281) Dust Hazard Dust Hazard Prevention Regulations Dust Regulations Article 6-2 (Implementation of ventilation, etc.) 1 To reduce dust associated with dusty work 2 Implementation of ventilation using ventilation equipment Shield machine Belt conveyor T159 \$60 T148 T31

(S1282) Dust Hazard

(S1282) Dust Hazard Dust Hazard Prevention Regulations Article 6-3 of the Dust Law Measure dust concentration 1 Dusty work: Measure dust concentration 2 Measure regularly, once every two weeks Shield machine Belt conveyor T159 \$60

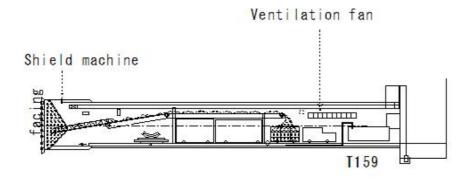
(S1283) Dust Hazard

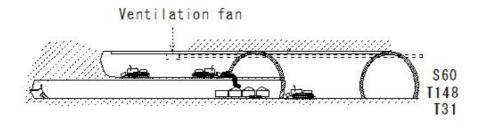
(S1283) Dust Hazard

Dust Hazard Prevention Regulations

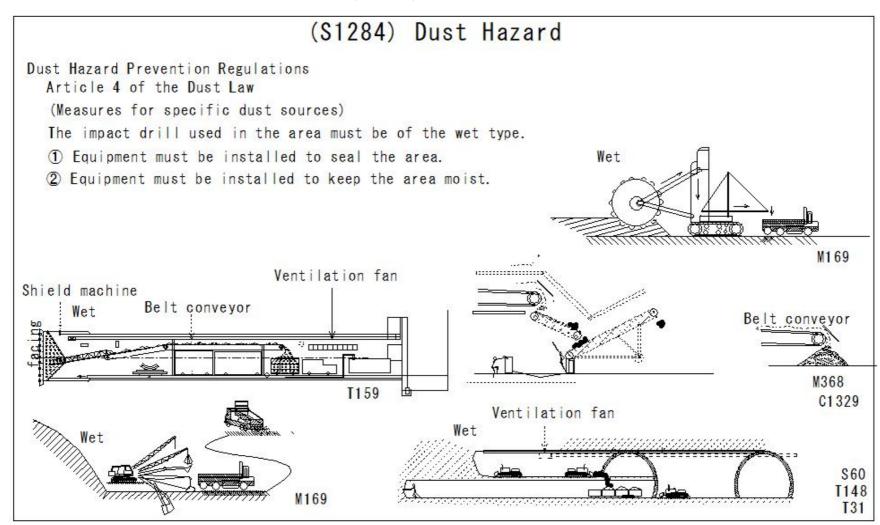
Dust Regulations Article 6-4

- Olncreasing the airflow of ventilation equipment and other necessary measures
- ①Depending on the results of measurements of the dust concentration in the air
- 2 The ventilation equipment's airflow must be increased and other necessary measures must be taken.

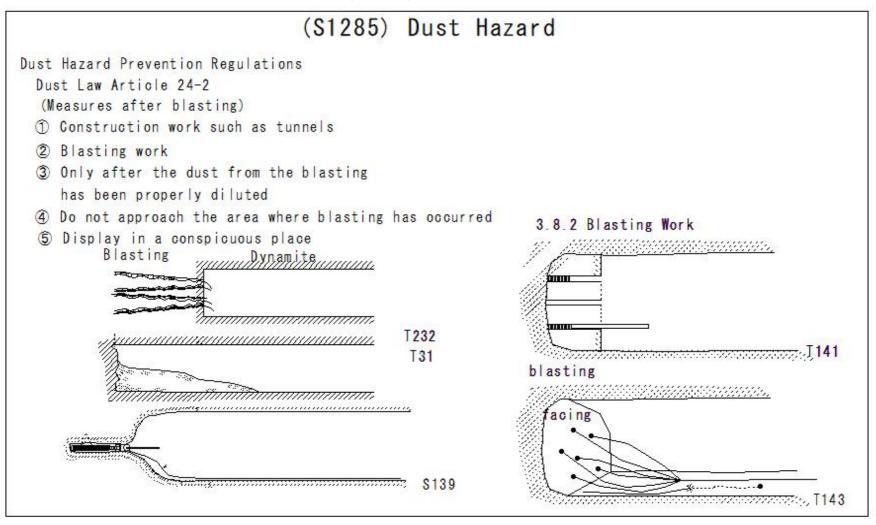




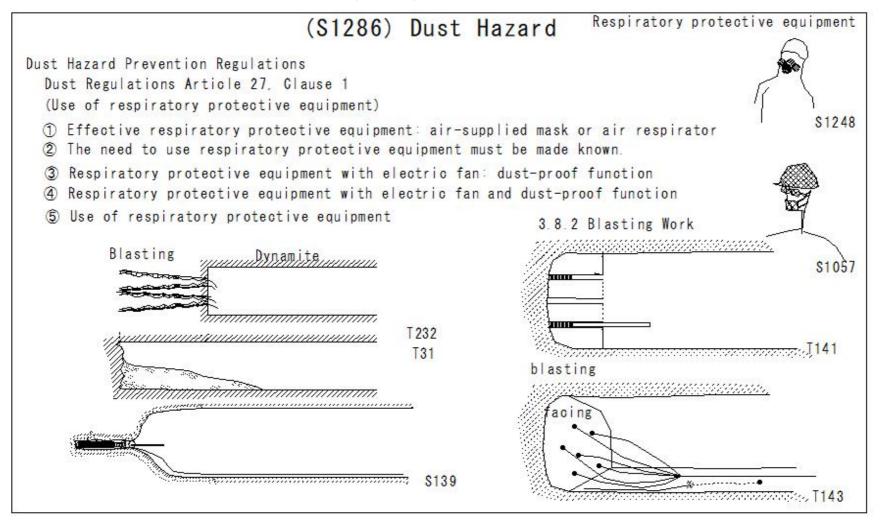
(S1284) Dust Hazard



(S1285) Dust Hazard



(S1286) Dust Hazard



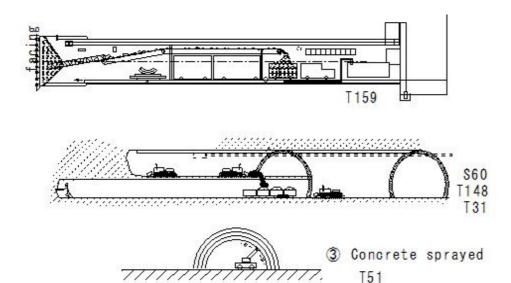
(S1287) Dust Hazard

(S1287) Dust Hazard

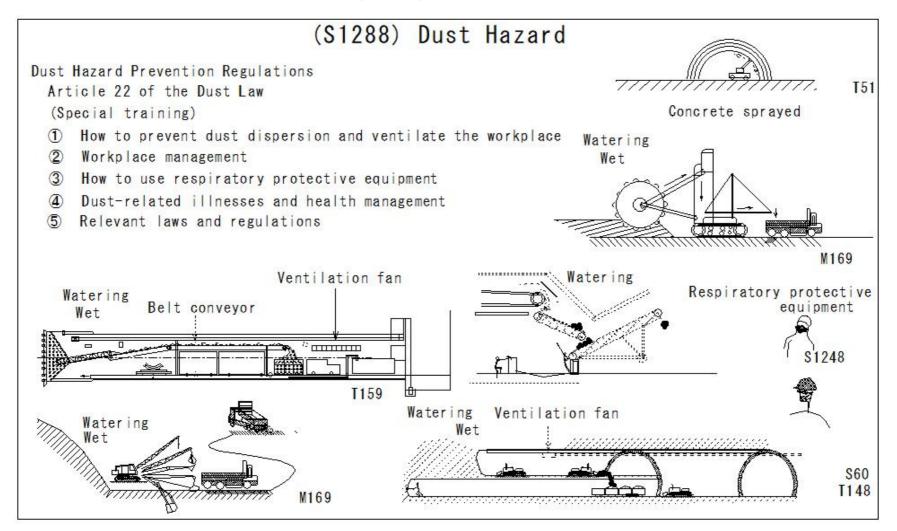
Dust Hazard Prevention Regulations

Dust Law Article 27, Clause 2

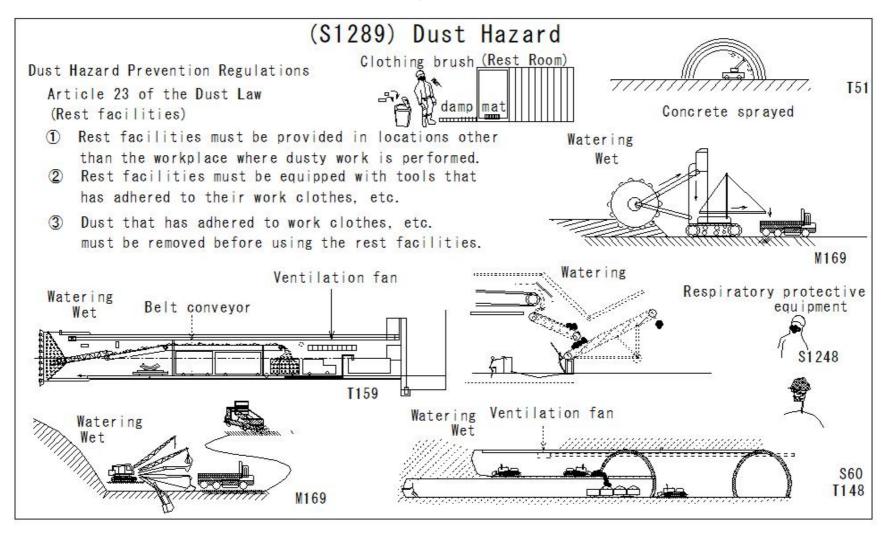
- 1 Work in areas where minerals, etc. are excavated
- 2 Work inside tunnels, etc., where minerals, etc. are loaded or unloaded
- 3 Work inside tunnels, etc., where concrete, etc. is sprayed



(S1288) Dust Hazard



(S1289) Dust Hazard



(S1290) Decontamination Ionization Law

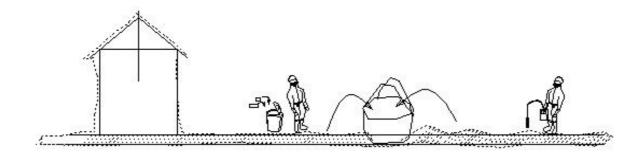
(S1290) Decontamination Ionization Law

Decontamination Ionization Law

Article 2 of the Decontamination Ionization Law

[Purpose of the Decontamination Ionization Law]

- ① Decontamination of soil contaminated by radioactive materials due to the Great East Japan Earthquake
- ② Rules to reduce workers' exposure to radiation
- 3 Enforced by the Ministry of Health, Labor and Welfare
- @ Measures to prevent health damage caused by ionizing radiation
- \$ Receive a health check at the time of employment, transfer, and once within six months thereafter



Decontamination Ionization

(S1291) Decontamination Ionization Law

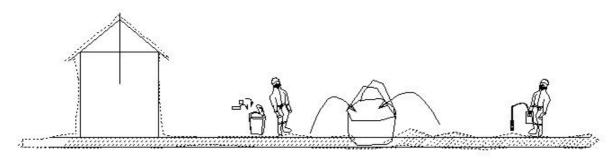
(S1291) Decontamination Ionization Law

Decontamination Ionization Law

Article 3 · 4 of the Decontamination Ionization Law

(Exposure limits for decontamination workers)

- 1 The effective dose received by decontamination workers must not exceed 100 mSv per five years
- 2 The effective dose received by decontamination workers must not exceed 50 mSv per year.
- 3 The dose received by female decontamination workers who have been diagnosed as pregnant
- 4 Effective dose from internal exposure: 1 mSv
- 5 Equivalent dose received on the abdominal surface: 2 mSv



Decontamination Ionization

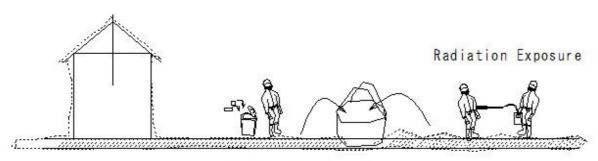
(S1292) Decontamination Ionization Law

(S1292) Decontamination Ionization Law

Decontamination Ionization Law

Article 6, 27 of the Decontamination Ionization Law (Confirmation, recording, etc. of dose measurement results)

- ① Record the radiation exposure dose on a management form and keep it for 30 years
- 2 Notify the worker of the radiation exposure dose based on the records
- 3 In case of the worker leaves the job, a copy of the records must be provided.



Decontamination Ionization

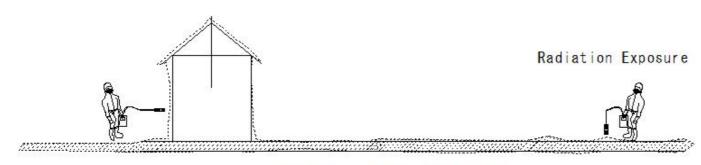
(S1293) Decontamination Ionization Law

(S1293) Decontamination Ionization Law

Decontamination Ionization Law

Article 7 of the Decontamination Ionization Law (Preliminary survey, etc.)

- 1 Conditions at the site of decontamination work, etc.
- 2 Average air dose rate at the site of decontamination work, etc.
- 3 Value of radioactivity concentration
- 4 Record the results.
- 5 Date, Method, and Results.



Decontamination Ionization

(S1294) Decontamination Ionization Law

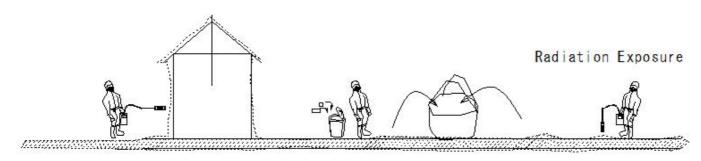
(S1294) Decontamination Ionization Law

Decontamination Ionization Law

Article 8 of the Decontamination Ionization Law

(Work plan)

- 1 Location of decontamination work and method of decontamination work
- 2 Method of measuring radiation exposure dose
- 3 Measures to reduce radiation exposure
- 4 Machinery and equipment used in decontamination work
- 5 Emergency measures in the event of a workplace accident
- 6 Inform relevant workers.



Decontamination Ionization

(S1295) Decontamination Ionization Law

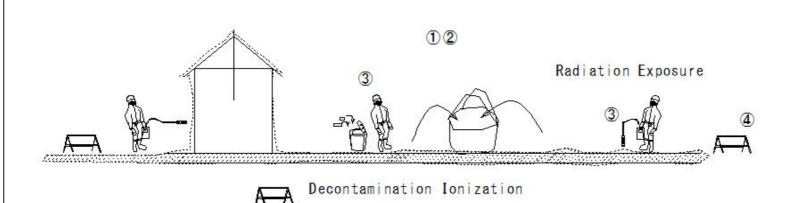
(S1295) Decontamination Ionization Law

Decontamination Ionization Law

Article 9 of the Decontamination Ionization Law

(Work Director)

- 1 Procedures and layout.
- 2 Check the function of machines, etc. and remove defective products.
- 3 Monitor the use of radiation measuring devices and protective equipment.
- 4 Prohibit entry to anyone other than authorized personnel.



(S1296) Decontamination Ionization Law

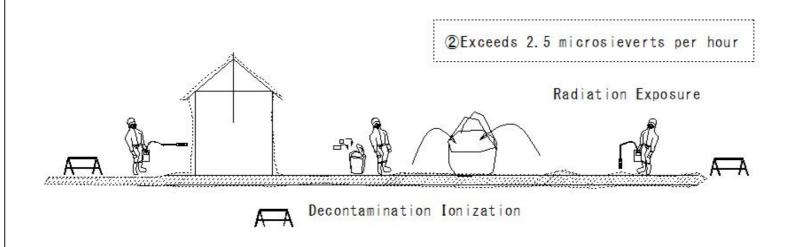
(S1296) Decontamination Ionization Law

Decontamination Ionization Law

Article 10 of the Decontamination Ionization Law

(Notification of work)

- 1 Decontamination work (work handling specific contaminated soil, etc.)
- 2 In case of the average air dose rate exceeds 2.5 microsieverts per hour
- 3 Work notification
- 4 Submit to the Chief of the Labor Standards Inspection Office.



(S1297) Decontamination Ionization Law

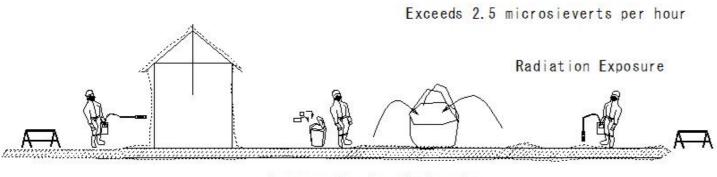
(S1297) Decontamination Ionization Law

Decontamination Ionization Law

Article 11 of the Decontamination Ionization Law (Examination, etc.)

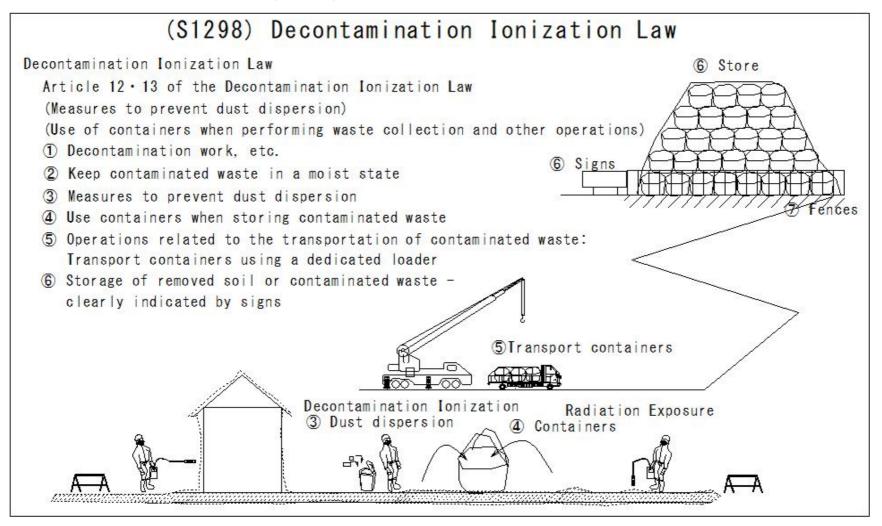
- ① A person who has received an effective dose exceeding the prescribed limit
- 2 A person who has mistakenly inhaled or ingested radioactive material from the accident
- 3 A person whose wound is contaminated
- O A person must be examined or treated by a doctor immediately

(Examination, etc.)

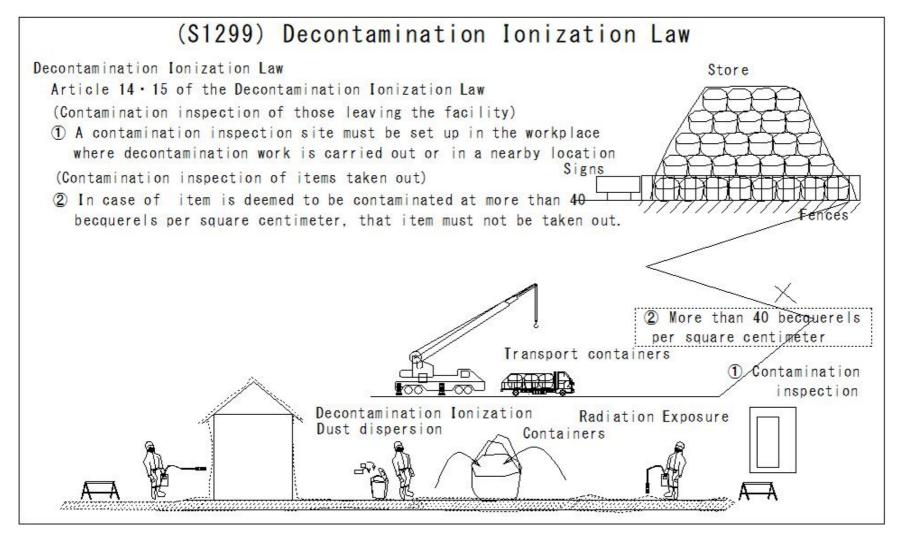


Decontamination Ionization

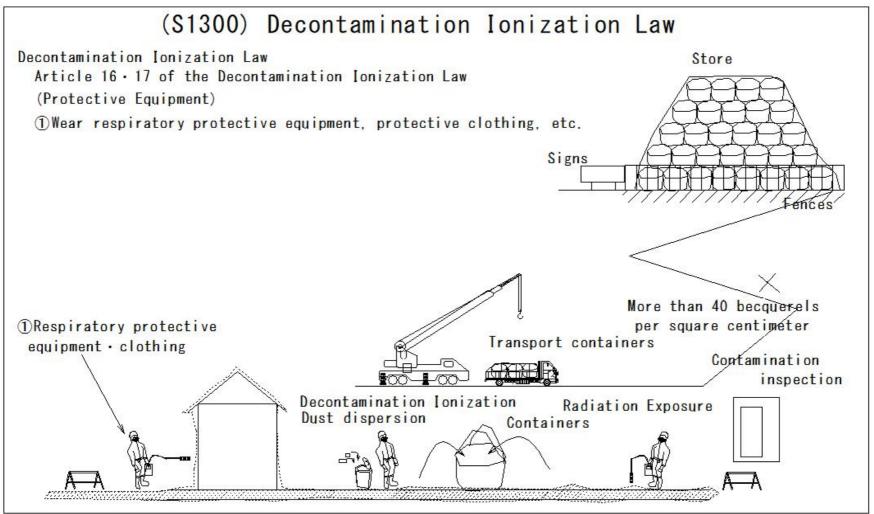
(S1298) Decontamination Ionization Law



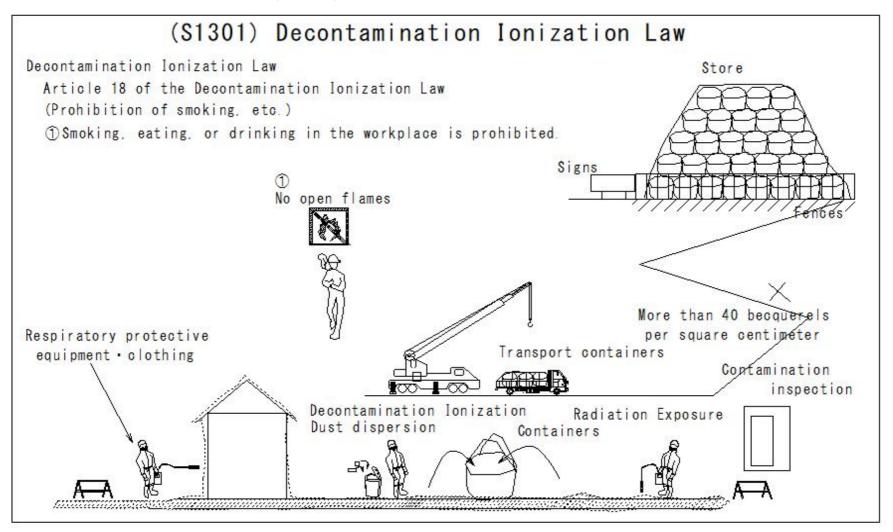
(S1299) Decontamination Ionization Law



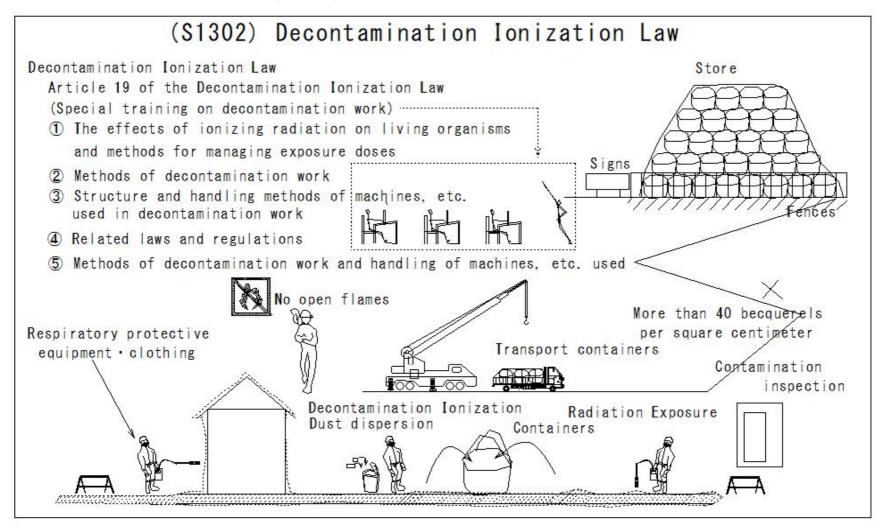
(S1300) Decontamination Ionization Law



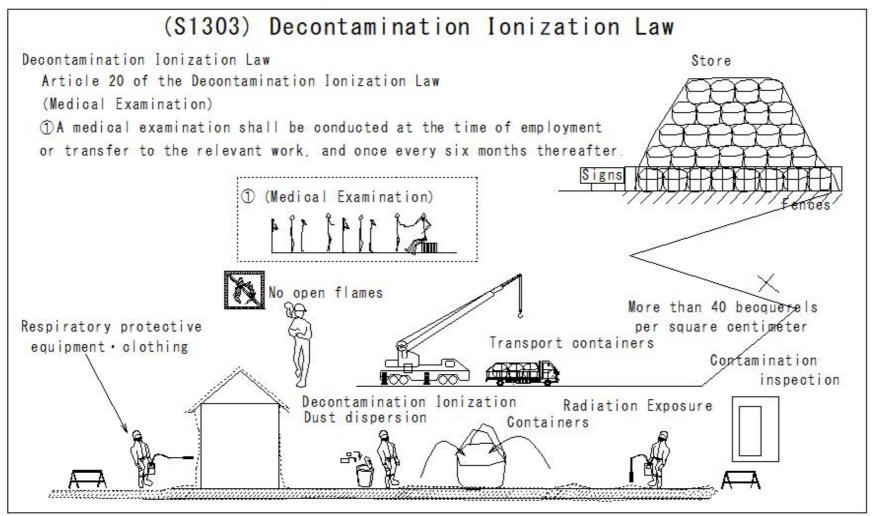
(S1301) Decontamination Ionization Law



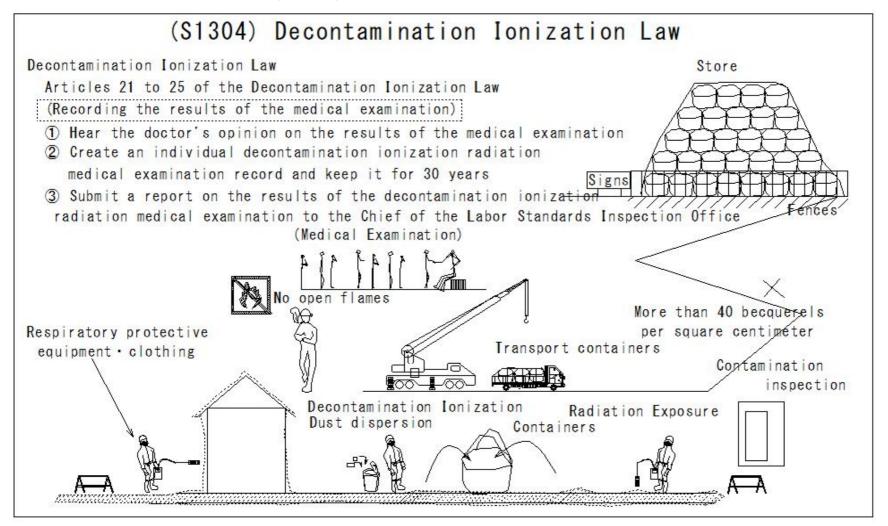
(S1302) Decontamination Ionization Law



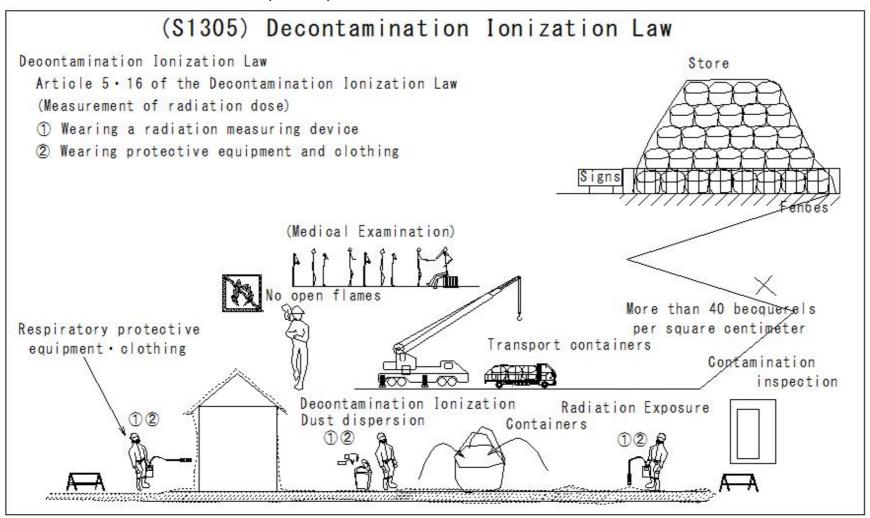
(S1303) Decontamination Ionization Law



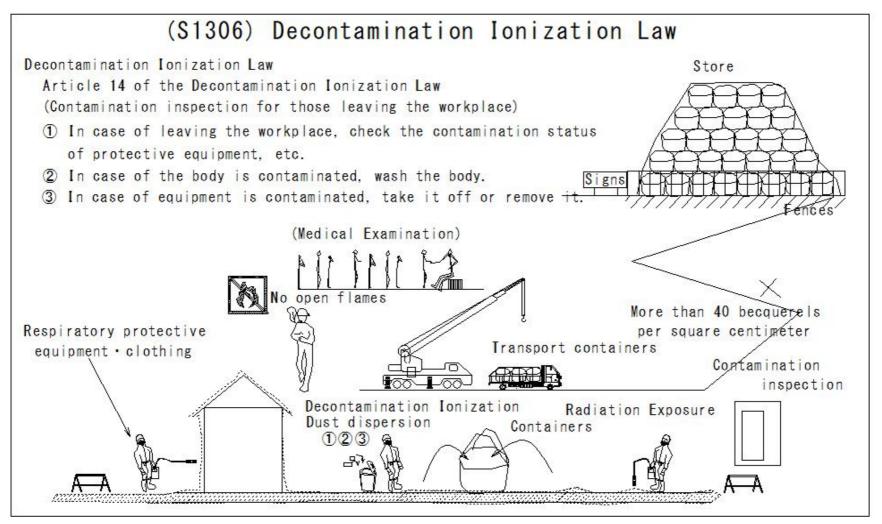
(S1304) Decontamination Ionization Law



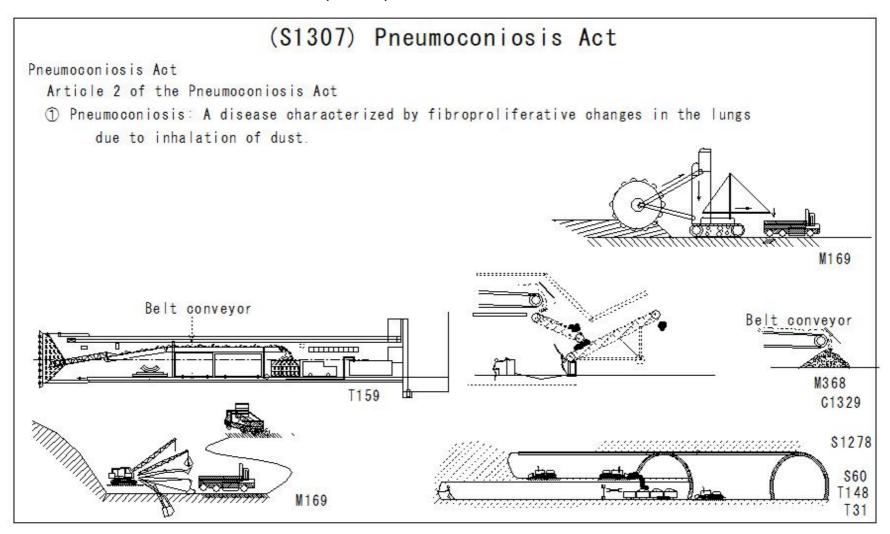
(S1305) Decontamination Ionization Law



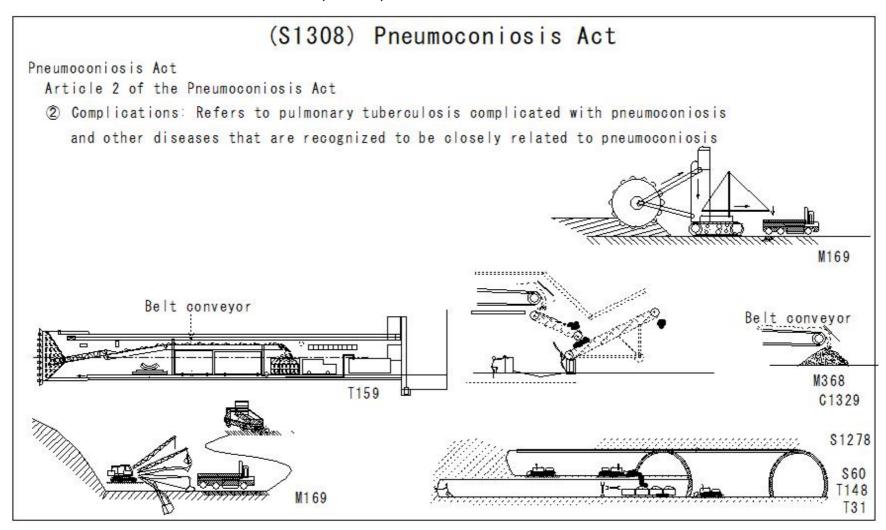
(S1306) Decontamination Ionization Law



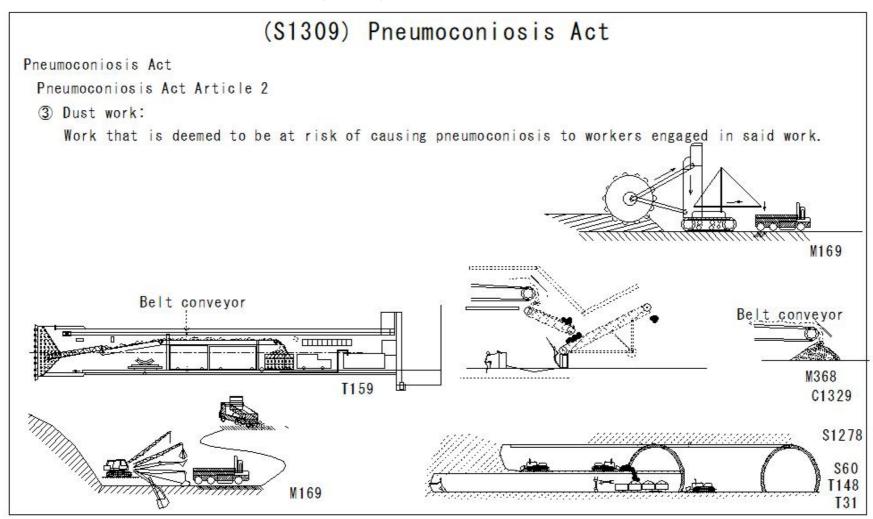
(S1307) Pneumoconiosis Act



(S1308) Pneumoconiosis Act



(S1309) Pneumoconiosis Act



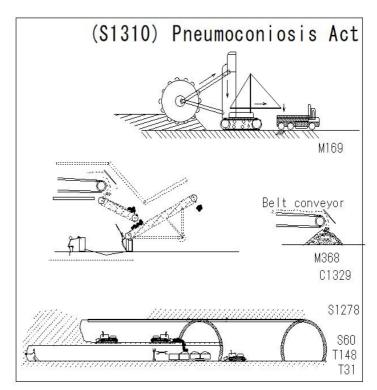
(S1310) Pneumoconiosis Act

(S1310) Pneumoconiosis Act

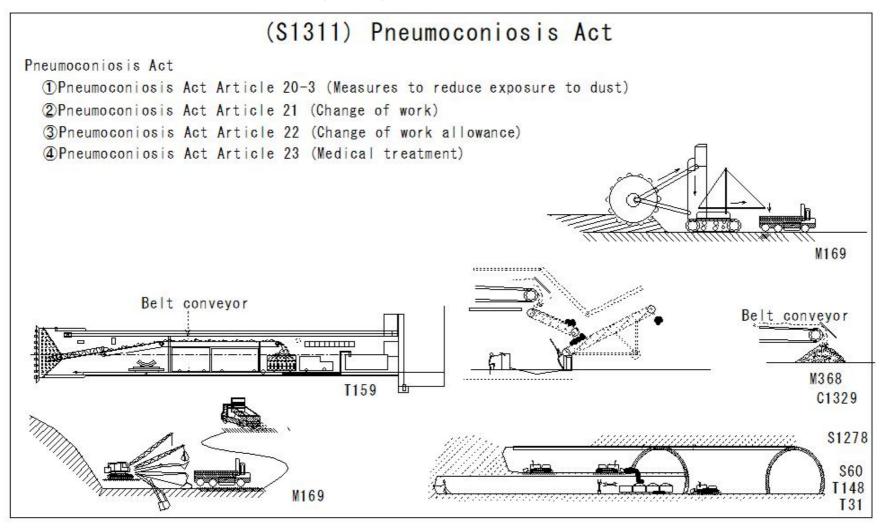
Pneumoconiosis Act

- ①Pneumoconiosis Act Article 17: Records and X-rays related to pneumoconiosis health examinations must be kept for 7 years
- ②Pneumoconiosis Act Article 14: Notification of pneumoconiosis management classification
 - and matters that the person should pay attention to must be made
- ③Pneumoconiosis Act Article 16-2 (Order to submit X-rays, etc.)
- 4 Pneumoconiosis Act Articles 7-8, 9, and 9-2
- Article 7 (Employment health examination)
- Article 8 (Regular health examination)
- Article 9 (Non-regular health check-ups)
- Article 9-2 (Health check-ups when leaving employment)
- ⑤Article 16 of the Pneumoconiosis Act (Application at any time)
- ⑥Article 11 of the Pneumoconiosis Act
 - (Obligation to undergo medical examination)
- 7 Article 22-2 of the Pneumoconiosis Act (Training for work change)
- 8 Article 14 of the Pneumoconiosis Act (Notification)
- (9)Article 12 of the Pneumoconiosis Act(Submission of X-rays, etc. by employers)
- (1) Article 15 of the Pneumoconiosis Act (Application at any time)
- ①Article 13 of the Pneumoconiosis Act

(Procedures for determining pneumoconiosis management classification, etc.)



(S1311) Pneumoconiosis Act



(S1312) Chainsaw

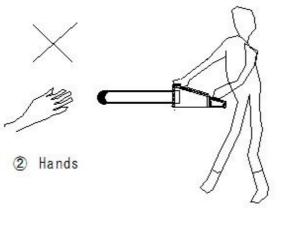
(S1312) Chainsaw [Rules for safe use] ① Always hold the saw firmly with both hands when using it. Never use it with one hand. 1 Both hands Chainsaw

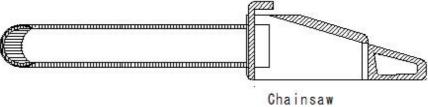
(S1313) Chainsaw

(S1313) Chainsaw

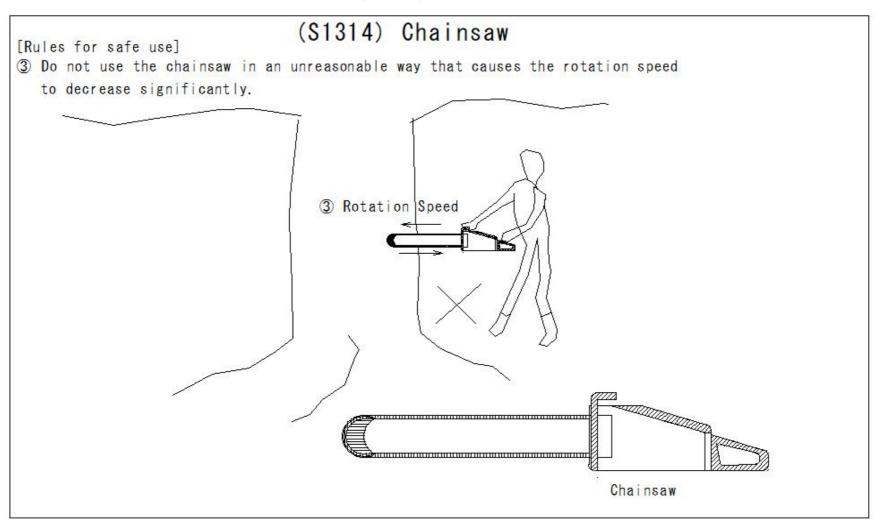
[Rules for safe use]

2 Keep your hands, face, etc. away from the saw chain, guide bar, or rotating parts while using it.



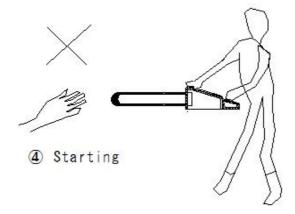


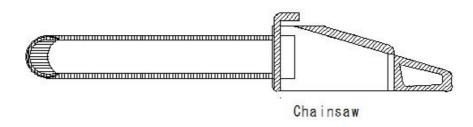
(S1314) Chainsaw



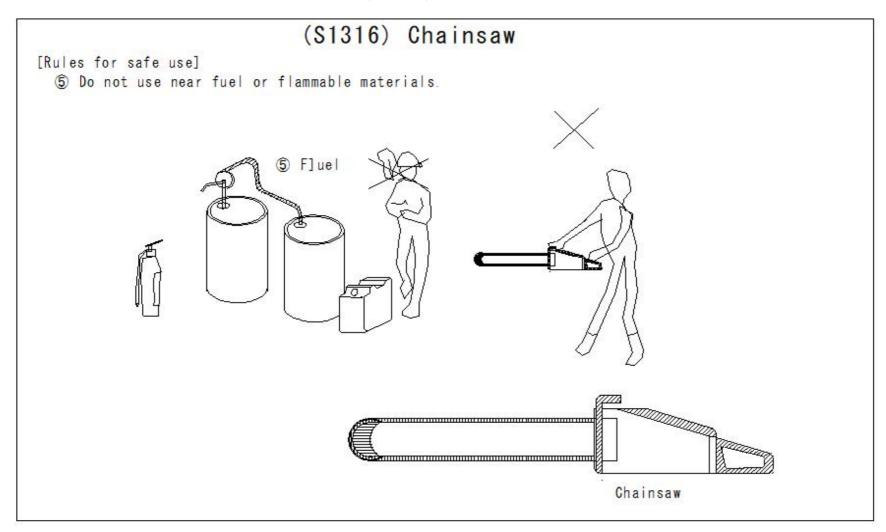
(S1315) Chainsaw

(\$1315) Chainsaw [Rules for safe use] ② When starting the chainsaw, make sure you do not come into contact with the saw chain.

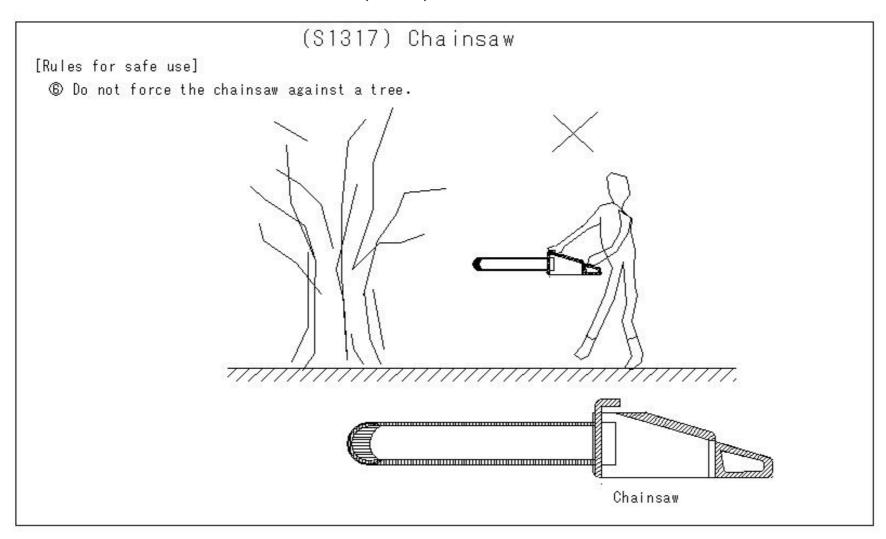




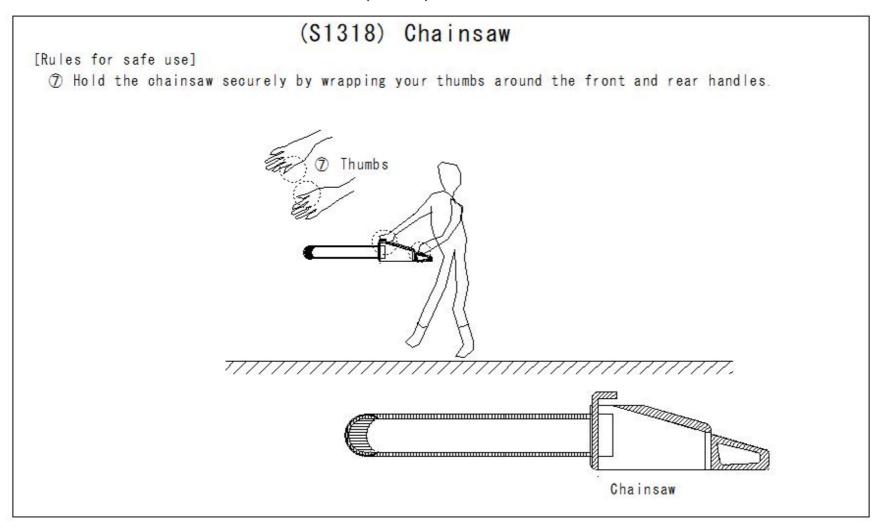
(S1316) Chainsaw



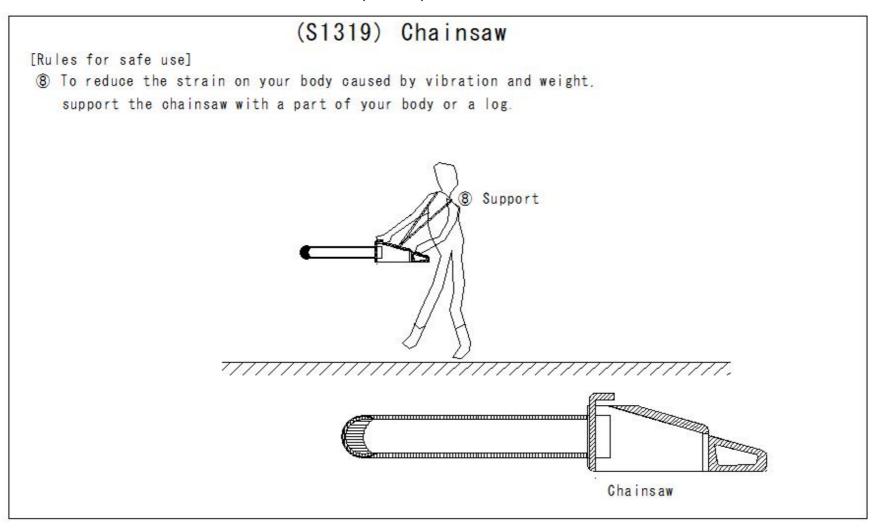
(S1317) Chainsaw



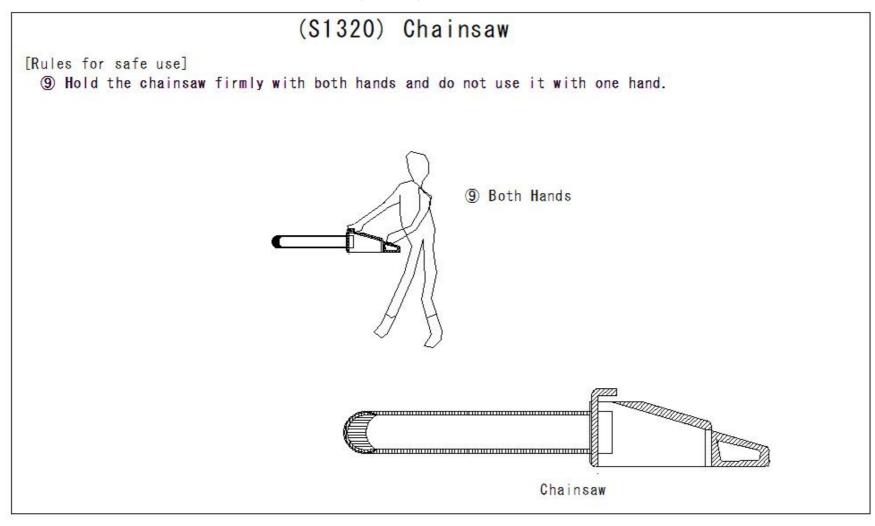
(S1318) Chainsaw



(S1319) Chainsaw



(S1320) Chainsaw

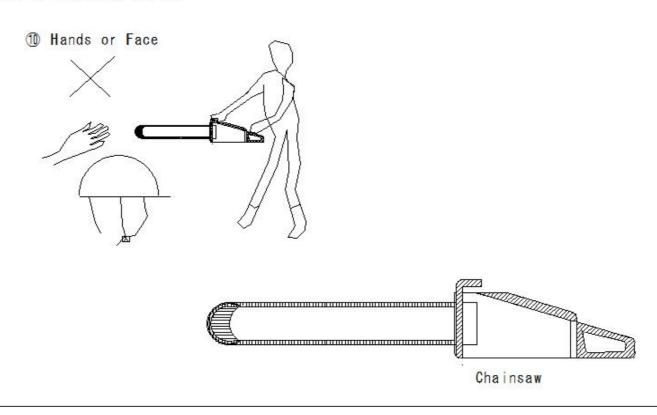


(S1321) Chainsaw

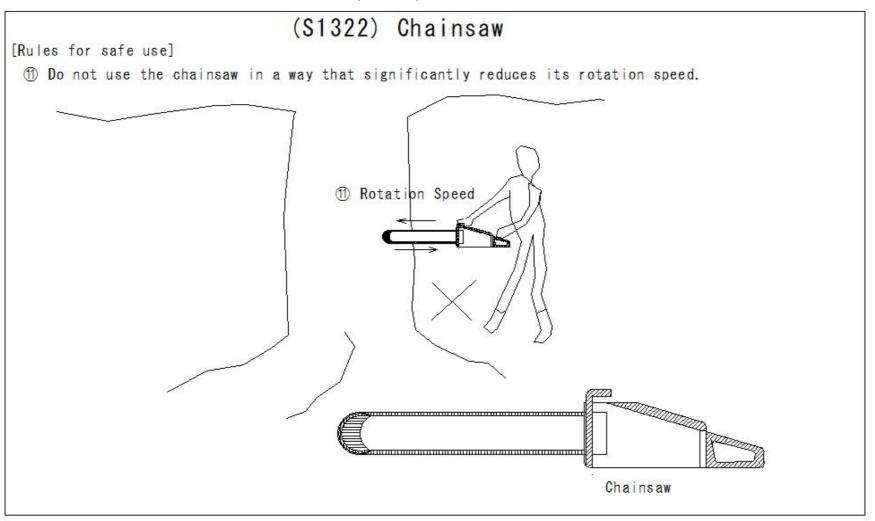
(S1321) Chainsaw

[Rules for safe use]

1 In case of using the chainsaw, do not bring your hands or face close to the saw chain, guide bar, or rotating parts.



(S1322) Chainsaw

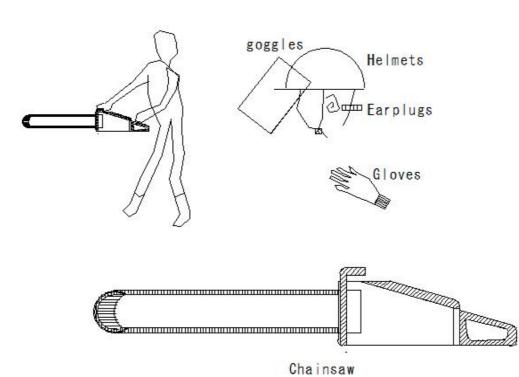


(S1323) Chainsaw

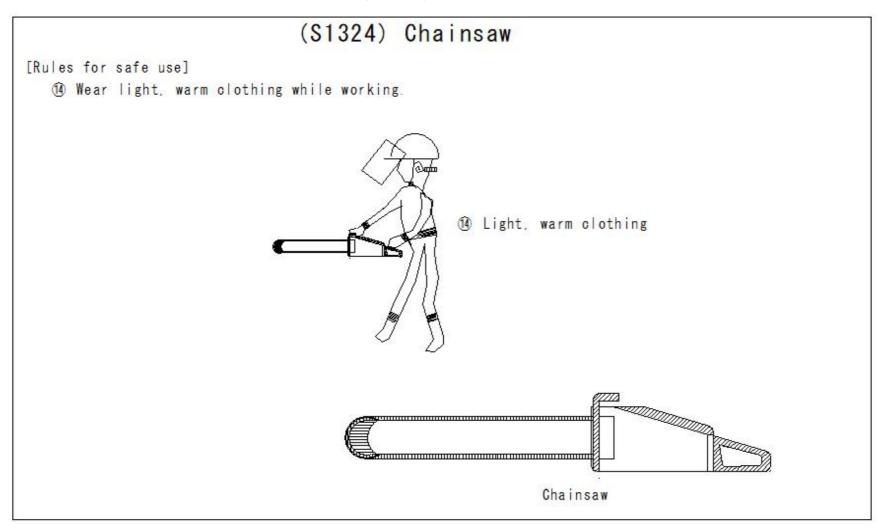
(S1323) Chainsaw

[Rules for safe use]

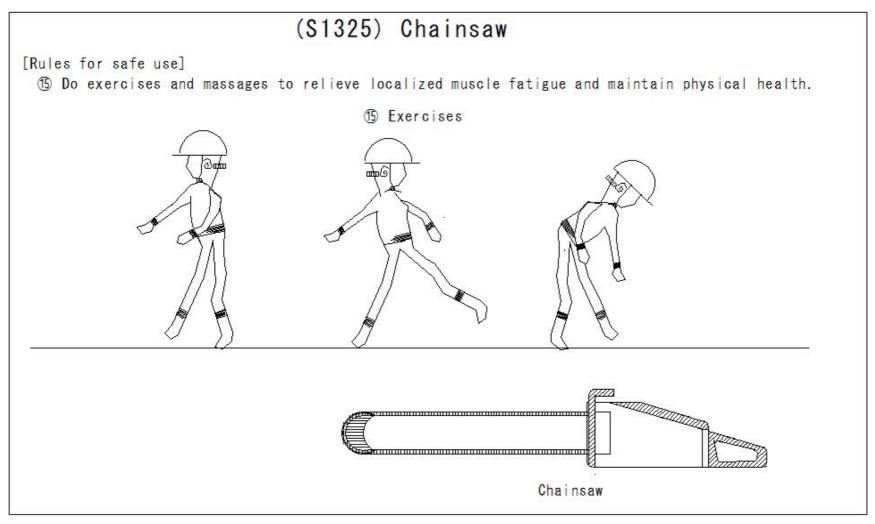
(13) Wear protective gear such as anti-vibration gloves, earplugs, protective goggles, and protective helmets.



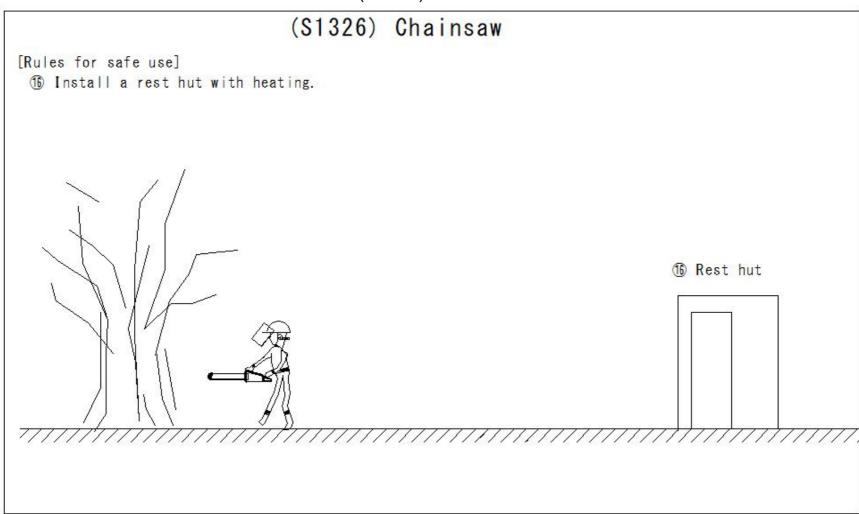
(S1324) Chainsaw



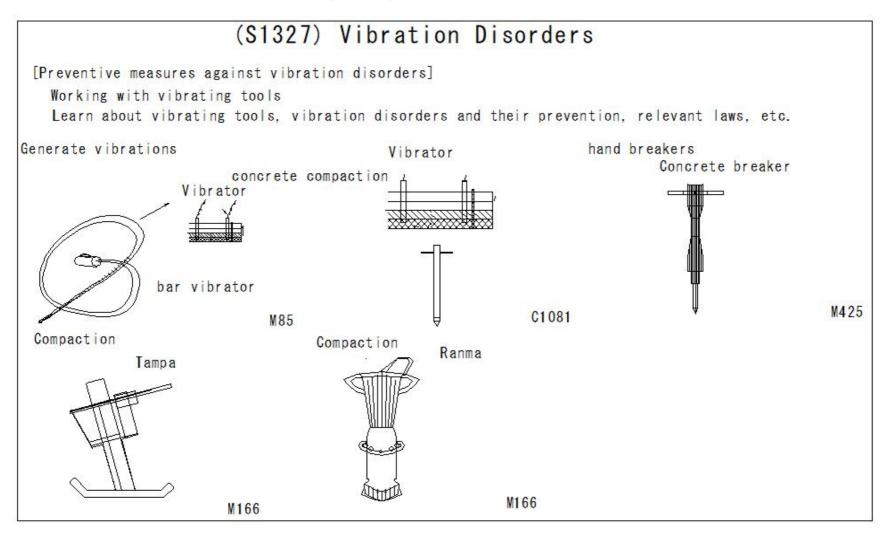
(S1325) Chainsaw



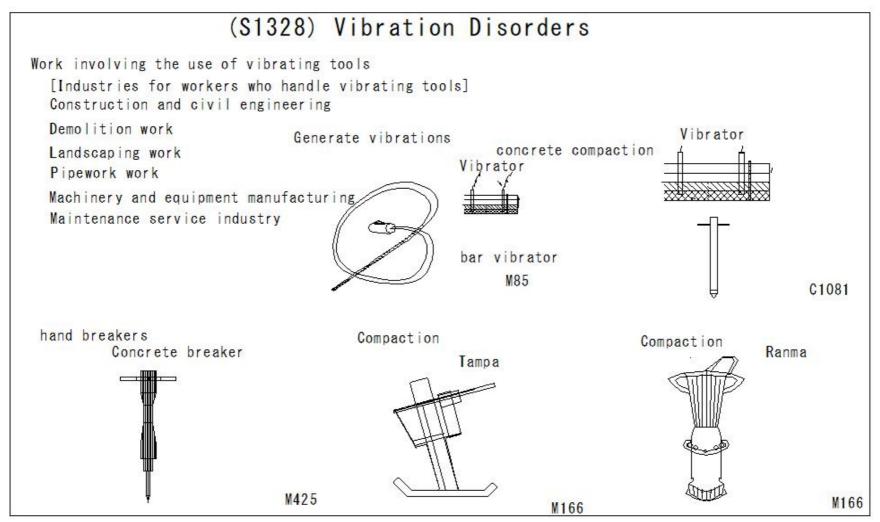
(S1326) Chainsaw



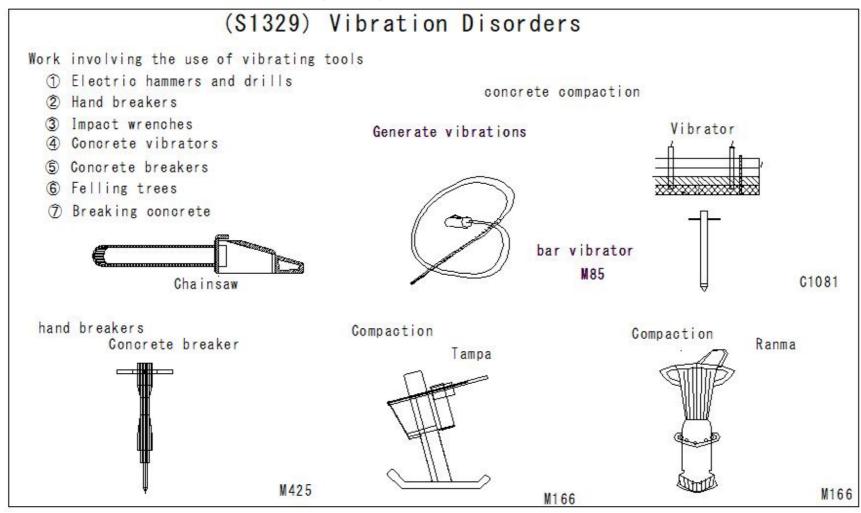
(S1327) Vibration Disorders



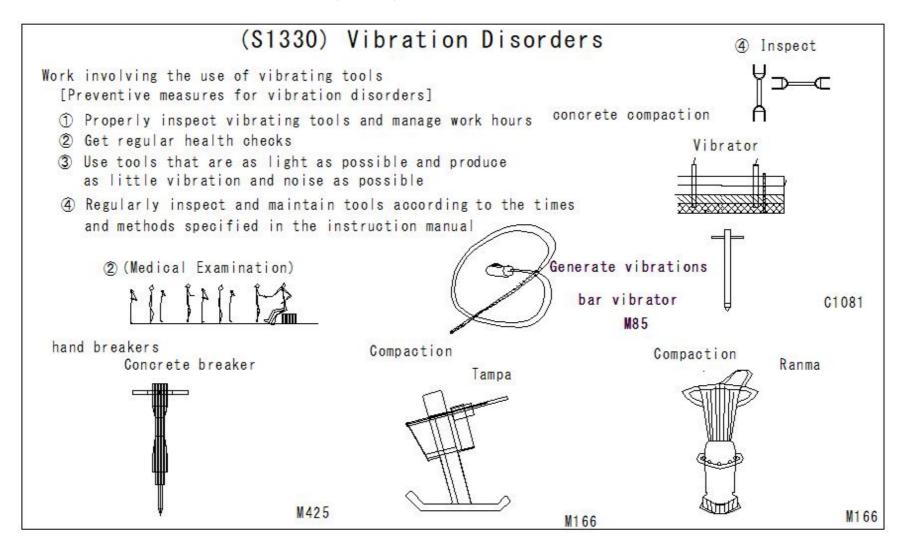
(S1328) Vibration Disorders



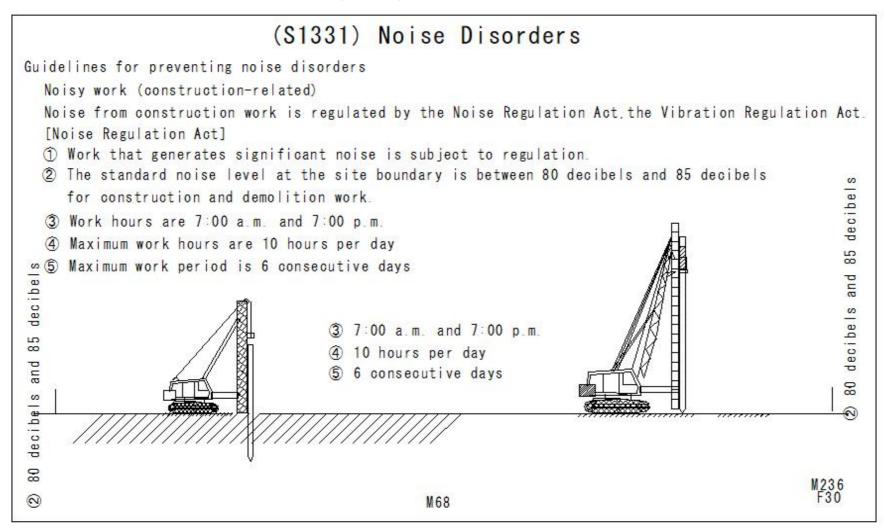
(S1329) Vibration Disorders



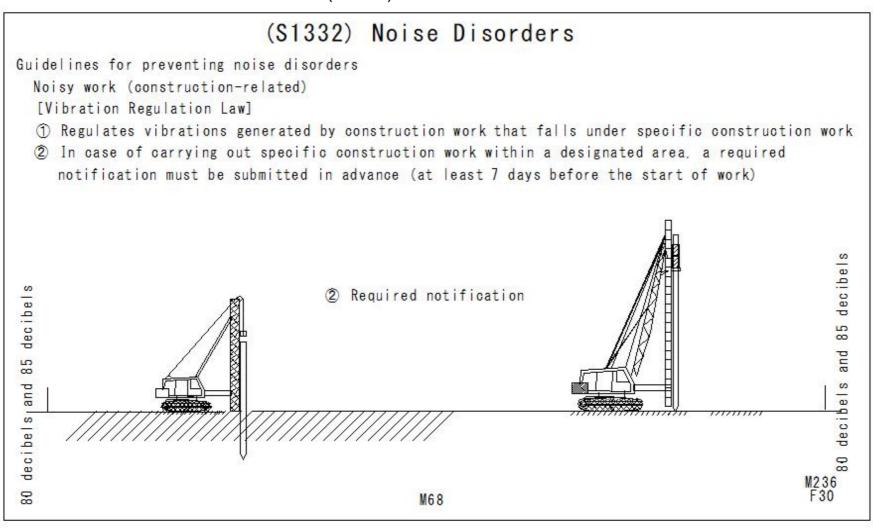
(S1330) Vibration Disorders



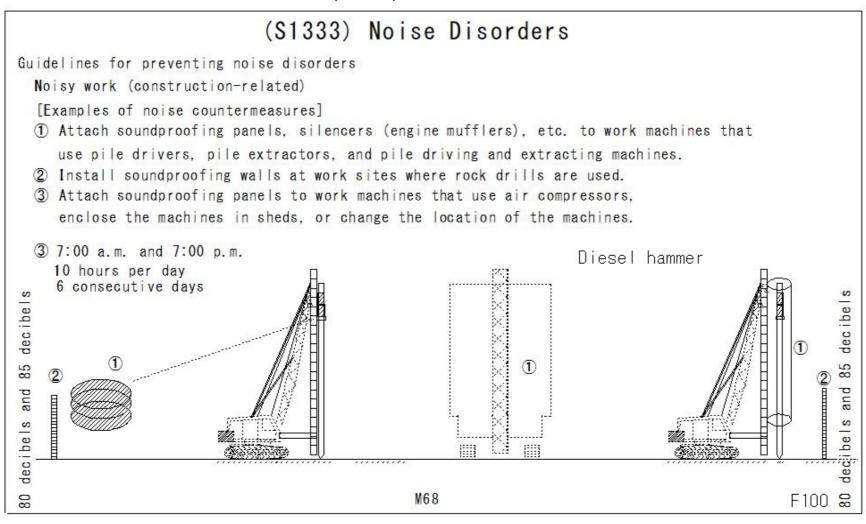
(S1331) Noise Disorders



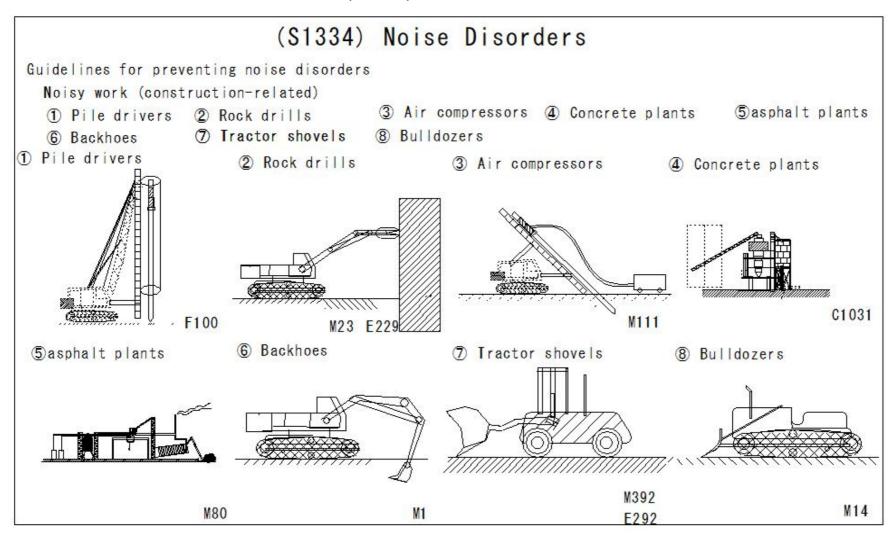
(S1332) Noise Disorders



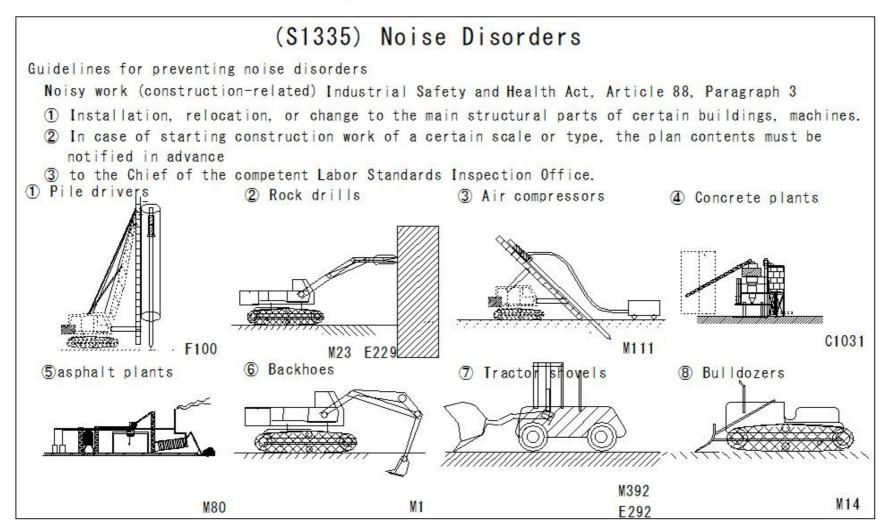
(S1333) Noise Disorders



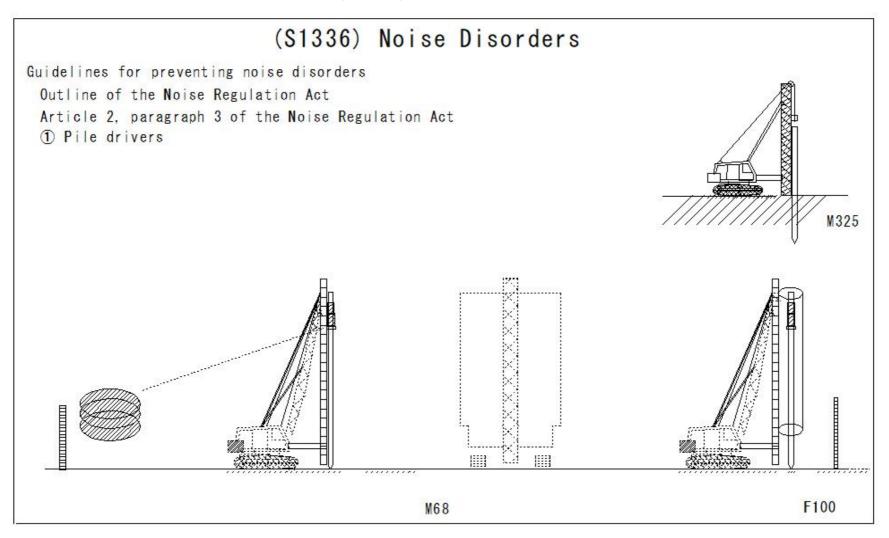
(S1334) Noise Disorders



(S1335) Noise Disorders



(S1336) Noise Disorders

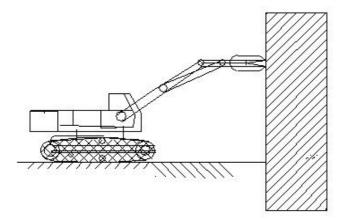


(S1337) Noise Disorders

(S1337) Noise Disorders

Guidelines for preventing noise disorders
Outline of the Noise Regulation Act

2 Rock drills



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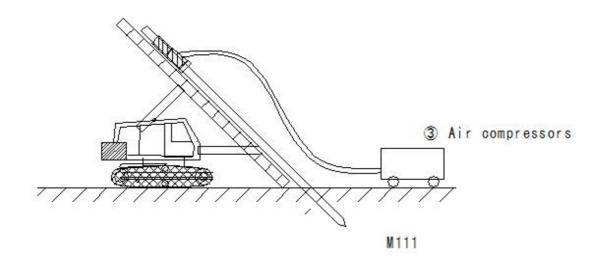
(S1338) Noise Disorders

(S1338) Noise Disorders

Guidelines for preventing noise disorders

Outline of the Noise Regulation Act

Article 2. Paragraph 3 of the Noise Regulation Law



(S1339) Noise Disorders

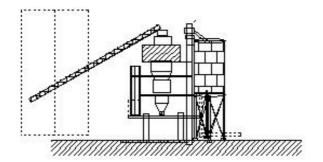
(S1339) Noise Disorders

Guidelines for preventing noise disorders

Outline of the Noise Regulation Act

Article 2, paragraph 3 of the Noise Regulation Law

4 Concrete plants



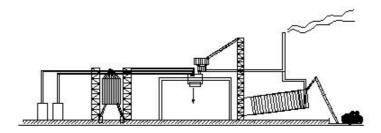
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(S1340) Noise Disorders

(S1340) Noise Disorders

Guidelines for preventing noise disorders
Outline of the Noise Regulation Act
Article 2, paragraph 3 of the Noise Regulation Law

5asphalt plants



(S1341) Noise Disorders

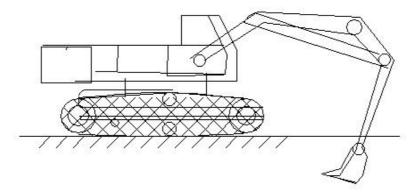
(S1341) Noise Disorders

Guidelines for preventing noise disorders

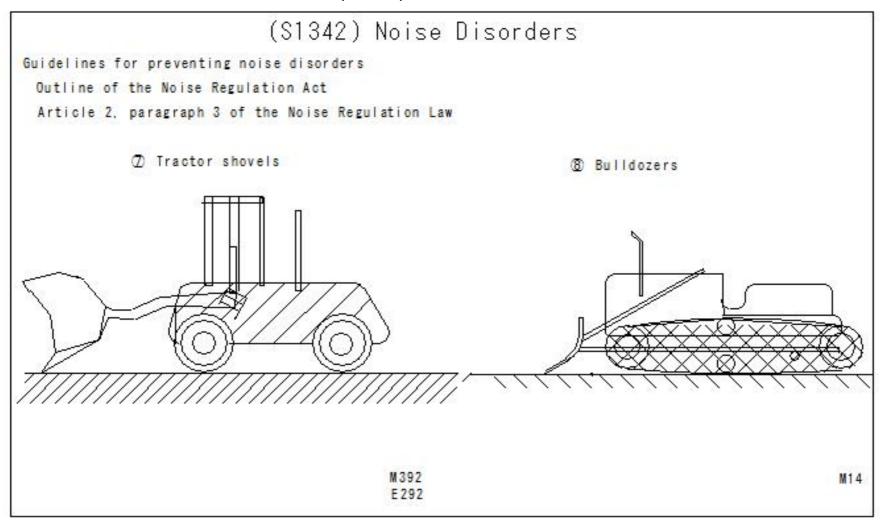
Outline of the Noise Regulation Act

Article 2, paragraph 3 of the Noise Regulation Law

6 Backhoes



(S1342) Noise Disorders



(S1343) Noise Disorders

(S1343) Noise Disorders

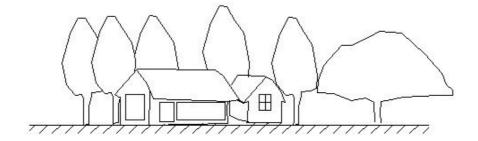
Guidelines for preventing noise disorders

Outline of the Noise Regulation Act

Classification of areas

Type 1 area Areas that require the preservation of quiet in order to preserve a good residential environment

Type 1: Good residential environment



(S1344) Noise Disorders

(S1344) Noise Disorders

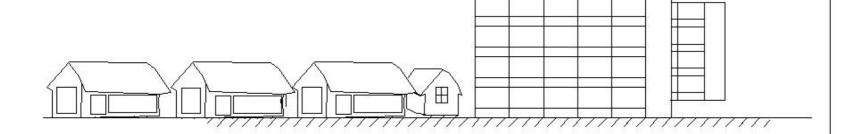
Guidelines for preventing noise disorders

Outline of the Noise Regulation Act

Classification of areas

Type 2 area Areas that require the preservation of quiet because they are used for residential purposes

Type 2 Quiet : Residential



(S1345) Noise Disorders

(S1345) Noise Disorders

Guidelines for preventing noise disorders

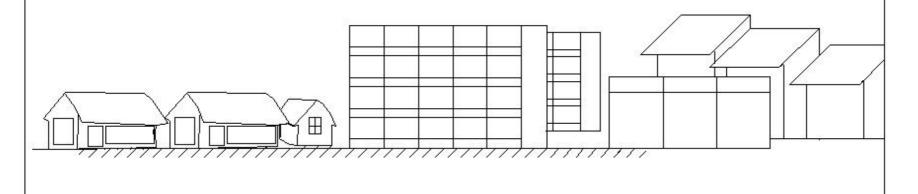
Outline of the Noise Regulation Act

Classification of areas

Three types of areas

- 1 Areas used for commercial, industrial, etc. purposes in addition to residential use
- 2 Areas where noise generation needs to be prevented in order to protect the living environment of residents

Commercial, Industrial, Residential



(S1346) Noise Disorders

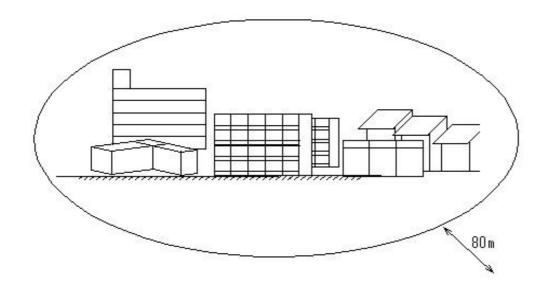
(S1346) Noise Disorders

Guidelines for preventing noise disorders

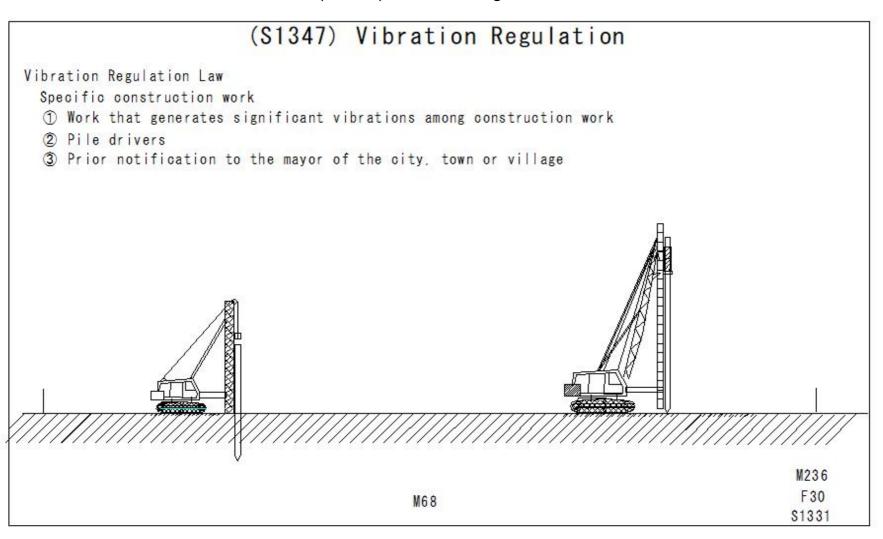
Outline of the Noise Regulation Act

Classification of areas

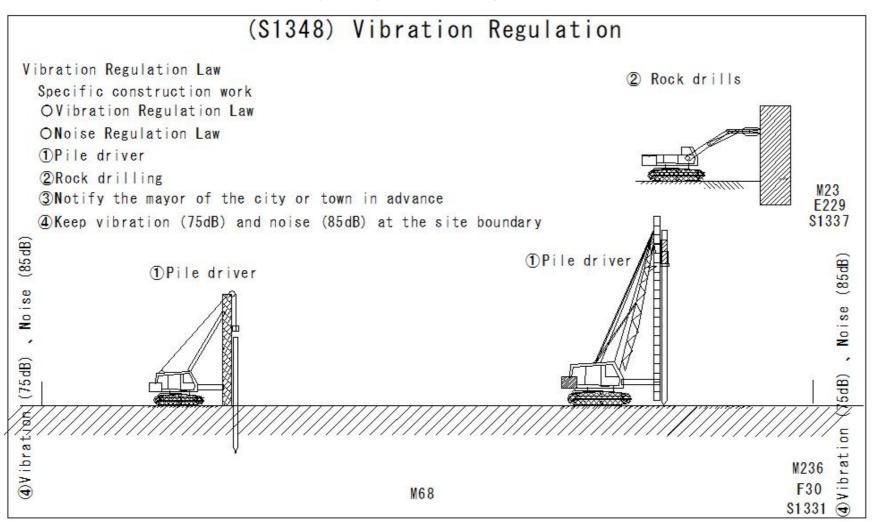
Within an 80m area around schools, hospitals, nurseries, libraries, and special nursing homes



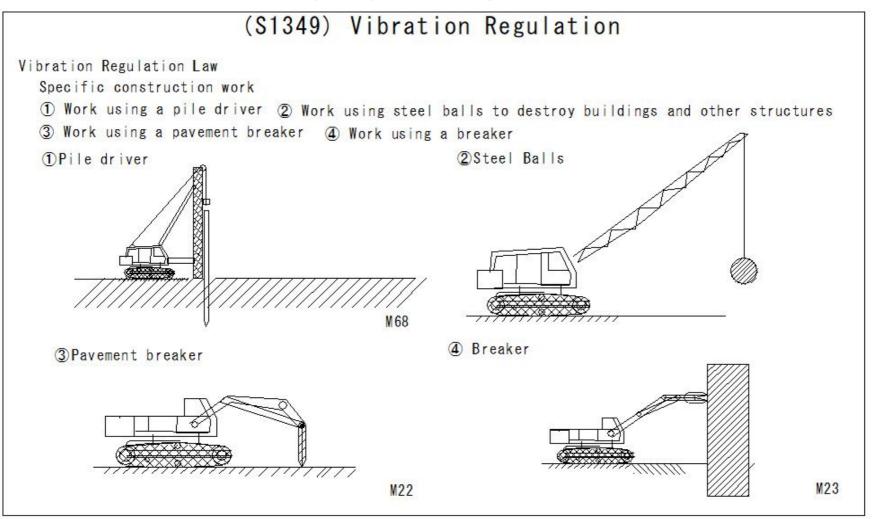
(S1347) Vibration Regulation



(S1348) Vibration Regulation



(S1349) Vibration Regulation



(S1350) Hazardous chemical substances

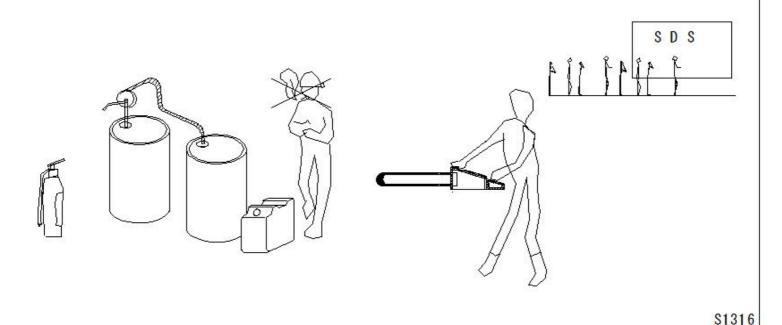
(S1350) Hazardous chemical substances

Displaying the dangers and harmfulness of hazardous chemicals and machines

Hazardous chemicals are chemicals that pose danger or toxicity, such as explosion,
ignition, carcinogenicity, acute toxicity, or harm to the aquatic environment.

The SDS includes information such as the chemical name, product name, supplier, hazards,

safety measures, and emergency procedures.

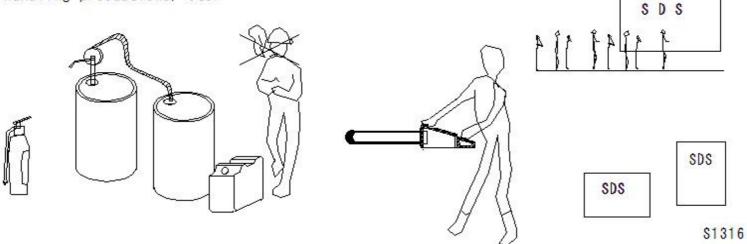


(S1351) Hazardous chemical substances

(S1351) Hazardous chemical substances

Displaying the dangers and harmfulness of hazardous chemicals and machines

- [Information on hazardous chemicals]
- ①Hazardous information on chemicals is written on labels affixed or printed on containers and external packaging.
- 2 Information on how to safely handle chemicals is written on safety data sheets (SDS).
- 3 The SDS contains information on the chemical name, product name, supplier, hazards, safety measures, emergency response, etc.
- Article 57 of the Industrial Safety and Health Act requires that containers and packaging that contain hazardous substances must display the name, ingredients, effects on the human body, storage or handling precautions, etc.



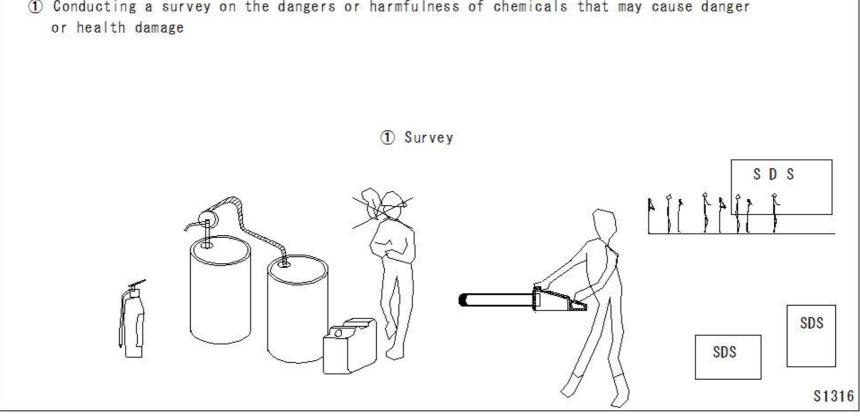
(S1352) Hazardous chemical substances

(S1352) Hazardous chemical substances

Displaying the dangers and harmfulness of hazardous chemicals and machines

[Survey on hazardous chemicals]

① Conducting a survey on the dangers or harmfulness of chemicals that may cause danger or health damage



(S1353) Health Examinations

(S1353) Health Examinations

Types and timing of health examinations Specific work

- ① Health examinations for workers dispatched overseas

 In case of workers are to be dispatched overseas for more than six months and workers

 who have been dispatched overseas for more than six months
- ② Stool examinations for school lunch workers
 Workers engaged in school lunch work in a cafeteria or kitchen attached to the business
- ③ Special health examinations for workers engaged in hazardous work, etc. Workers who are regularly engaged in hazardous work such as dusty work or work involving organic solvents

(Medical Examination)

(S1354) Health Examinations

Types and timing of health examinations

Specific work

- ① Work involving handling a large amount of high-temperature objects and work in extremely hot places
- ② Work involving handling a large amount of low-temperature objects and work in extremely cold places
- ③ Work involving exposure to radium radiation, X-rays, and other harmful radiation
- 4 Work in places where dust or powder such as soil, stones, and animal hair is scattered significantly
- (5) Work under abnormal atmospheric pressure
- 6 Work that subjects the body to strong vibrations through the use of rock drills, tackling machines, etc.
- Theavy work, such as handling heavy objects
- 8 Work in places where intense noise is generated, such as boiler manufacturing
- (9) Work in mines
- 10 Work that includes night work
- (1) Work involving the use of mercury, arsenic, yellow phosphorus, hydrofluoric acid, hydrochloric acid, nitric acid, sulfuric acid, caustic alkali, carbonic acid, or other similar harmful substances
- ① Work in a place that emits gas, steam, or dust containing lead, mercury, chromium, arsenic, yellow phosphorus, hydrogen fluoride, chlorine, hydrochloric acid, nitric acid, sulfurous acid, sulfuric acid, carbon monoxide, carbon disulfide, hydrocyanic acid, benzene, aniline, or other similar harmful substances
- (13) Contamination by pathogens Work that is highly likely to

(S1355) Health Examinations

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Types and timing of health checkups	
Performed regularly.	
Specific health checkup items	
Items	
Contents of the test	
Examination, etc.	① Visual examination, palpation, auscultation, etc. are performed.
Interview	② We ask about your current health condition and lifestyle habits (drinking, smoking, etc.) and use this information as a guide for the examination.
Physical measurements	③ Height, weight, and waist circumference are measured, and BMI, an index of obesity, is also calculated.
Blood pressure	4 Blood pressure is measured to check the condition of the circulatory system.
Blood lipid test	⑤ Triglycerides, HDL cholesterol, and LDL cholesterol, which are causes of arteriosclerosis, are measured.
Liver function test	⑥ Liver cell enzymes are measured to check the condition of liver function, etc.

(S1356) Health Examinations

Types and timing of health checkups		
Performed regularly.		
Specific health checkup items		
Items		
Contents of the test		
Blood glucose test	⑦ Fasting blood glucose or HbA1c and random blood glucose are measured to check for diabetes, etc.	
(In case of blood glucose is measured at random, at least 3.5 hours must have passed since the start of a meal)		
Urine test	® The condition of the kidneys and urinary tract, as well as diabetes, etc. are checked.	
Detailed health checkup items		
Performed at the doctor's discretion based on the results of blood glucose, lipid, blood pressure and obesity checks, and on		
Electrocardiogram	9 Heart-related diseases such as arrhythmia and angina are checked.	
Fundus examination	① A fundus camera is used to photograph the retina through the pupil and examine the blood vessels in the fundus. This allows us to learn about eye diseases caused by diabetes and the state of arteriosclerosis.	
Anemia test	① The number of red blood cells and hemoglobin in the blood are measured to check for blood diseases such as anemia.	
Serum creatinine test		
(including evaluation of renal function by eGFR)		
Estimated glomerular filtration rate (eGFR) is calculated from serum creatinine, age and gender to evaluate the state of renal function.		