持續進修中心 Centro de Educação Contínua Centre for Continuing Education





The outline of 《Construction Safety Officer Course》

Duration: Total 150 hours

Contents:

Part	I :	Occur	pational	Safety
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- A. Basic safety knowledge in the construction industry:
 - a). Working at height;
 - b). Working platform;
 - c). Scaffolding;
 - d). Access and ladder;
 - e). Machine guarding;
 - f). Demolition;
 - g). Excavation;
 - h). Electrical safety;
 - i). Fire safety and prevention;
 - j). Welding and flame cutting safety;
 - k). Portable tools, power tools and cartridge operated fixing tools;
 - 1). Personal protective equipment;
 - m). Good housekeeping of workplace.
- B. Machine, Transportation and Load handling:
 - a). Lifting appliances and lifting gear;
 - b). Lifting safety;
 - c). Material hoist and passenger hoist;
 - d). Suspended working platform and slung scaffold
- C. Examination.

Part II: Occupational Health

- A. Occupational health hazards outline.
- B. Monitoring and risk assessment of occupational health hazards.
- C. Prevention and control measures of occupational health hazards.
- D. Occupational diseases outline.
- E. Classification and labeling of chemicals.
- F. Occupational noise and hearing protections.
- G. Confined spaces and permit-to-work system.
- H. Examination.

Part III: Safety management system

- A. Safety management skills.
- B. Safe working system.
- C. Safe working procedures.
- D. Occupational safety and health committee.
- E. Safety training.
- F. Safety communication, coordination and promotions.
- G. Emergency plans.
- H. Accident/Incident Investigation.
- I. Occupational safety and health charter.
- J. Safety inspections and preparation of written reports.
- K. Examination.

Part IV: Legislation

- A. OSH Legislation.
- B. Decree-law No. 40/95/M (Legal Regime on Compensation for Damage Arising from Work Accidents and Occupational Diseases).
- C. Practical operation.
- D. Examination.