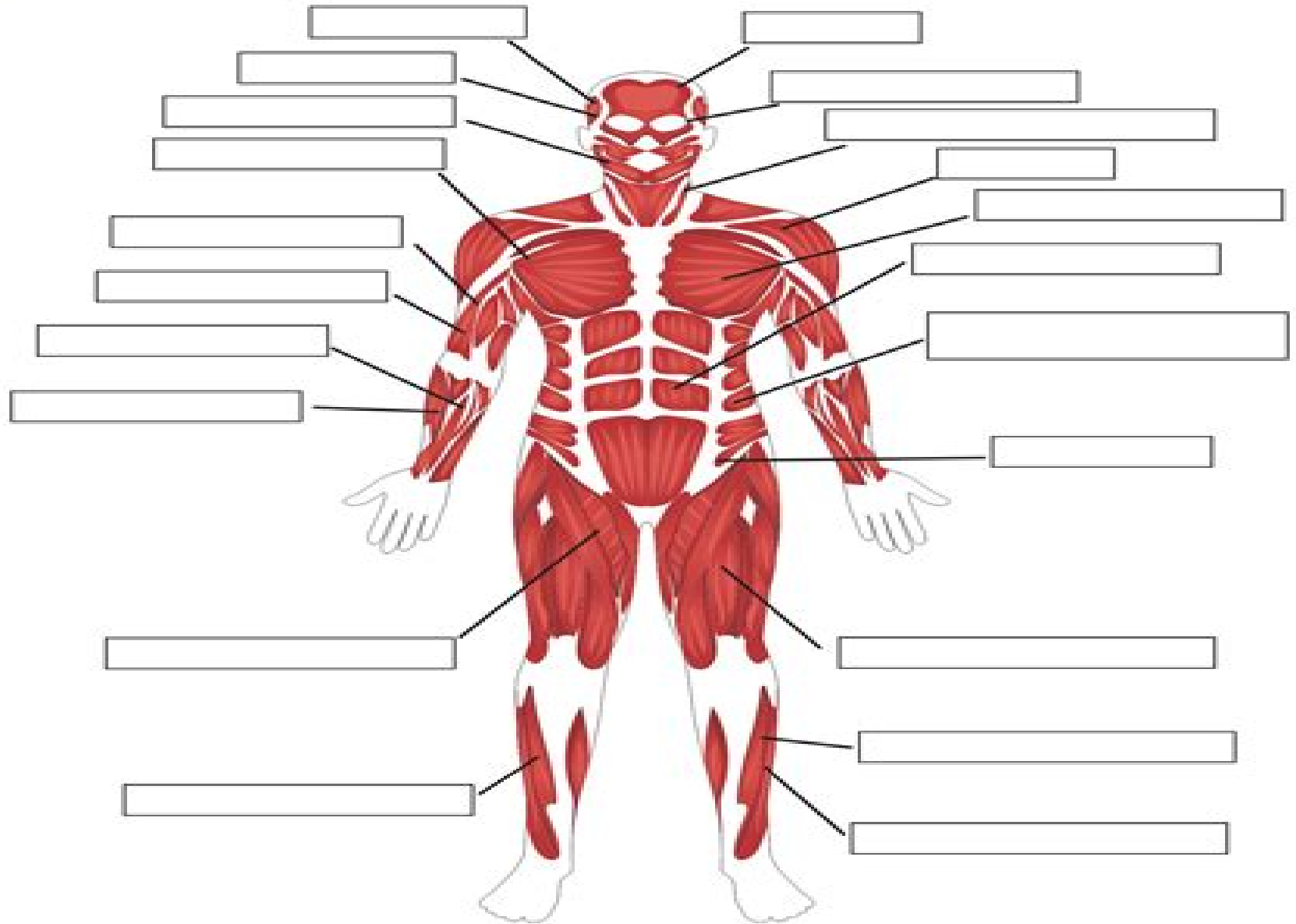


Muscles Worksheet



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web 5 this regulation shall apply only to work at height carried out on or after 1st may 2014 training for persons at work 6 it shall be the duty of the responsible person of any person who carries out or is to carry out any work at height to ensure that the person shall work at height in a workplace only after he has

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web jul 21 2022 select the safety equipment like lanyards and deceleration devices that will support you at the height you are working from consider your body height the fall distance sags in your harness and other equipment and the length of your lanyard

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web 2 3 1 lack of safe work procedures 43 of the cases studied did not have proper safe work procedures in place there are procedures required for carrying out any work safely such as planning for a specific job task training workers on a step by step work process of how a job can be done in as safe a manner as possible and emergency

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