

LSP351

NR-10 - Basic Training - Electrical Instalation and Services Safety - 40h

Duration	5 days
Target group	Industrial and maritime workers who deal directly or indirectly with electricity.
Prerequisites	<ul style="list-style-type: none"> - RG and CPF; - Passport (Expatriate); - Grade School; - Occupational Health Certificate (ASO) or certificate of good physical and mental health conditions.
Objective	Qualify workers from industrial and maritime areas who deal directly or indirectly with electricity.
Contents	<p>Theory-36 Hours</p> <p>1. Introduction to Safety with Electricity; 2. Risks in Facilities and Services with Electricity: a) electric shock, mechanisms and effects; b) electric arcs; burns and falls; c) electromagnetic fields. 3. Risk Analysis Techniques; 4. Electrical Risk Control Measures: a) de-energization; b) functional grounding (TN/TT/IT); protection; temporary c) equipotentialization; d) automatic feeding sectioning; e) leakage current devices; f) extra-low voltage; g) barriers and casings; h) blockages and impediments; i) obstacles and shields; j) insulation of the living parts; k) double or reinforced insulation; l) out-of-reach placement; m) electrical separation. 5. Brazilian Technical Standards - NBR of ABNT: NBR-5410, NBR 14039 and others; 6. Ministry of Labor Regulations: a) NR's; b) NR-10 (Safety in Electrical Installations and Services); c) qualification; license, empowerment, and authorization. 7. Collective Protective Equipment; 8. Personal Protective Equipment; 9. Work Routines - Procedures: a) de-energized installations; b) release for services; c) signaling; d) inspections of areas, services, tooling and equipment. 10. Electrical Installation Documentation; 11. Additional Risk: a) height; b) confined spaces; c) Hazardous areas; d) humidity; e) weather conditions. 12. Fire Fighting and Protection: a) basic concepts; b) preventive measures; c) extinguishing methods; d) practices. 13. Accident of Electrical Origin: a) direct and indirect causes; b) discussion of cases. 14. First Aid: a) concepts about injuries; b) prioritization of care; c) use of artificial respiration; d) cardiac massage; e) techniques for removal and transport of injured; f) practices. 15. Responsibilities.</p> <p>Practical – 4 Hours</p> <ul style="list-style-type: none"> • Fire Fighting; • First Aid. <p>Technical Reference: NR-10; NBR 5410; NBR 14039.</p>

Exam

Multiple choice exam with minimum passing grade of 60%.

Validity: 2 years