

OSP360

NR-10 and NR-37 - Safety training in the Electrical Power System (SEP) and High Voltage Electrical Installations Services – 40h

Duration	40 Hours
Target group	Employees involved in energized electrical installations with high voltage, in order to execute their activities within the limits established as Risk Areas and Controlled Areas.
Prerequisites	RG and CPF; Passport (expatriate); Certification in NR10 Basic Course – Safety in Installations and Services in Electricity.
Objective	To qualify workers to work with safety in the electrical area in high voltage, creating a systemic view of risks.
Contents	<p>1. Organization of the Electric Power System - SEP. 2. Work organization: a) Scheduling and planning of services; b) Teamwork; c) Record and registration of the facilities; d) Work methods; and e) Communication. 3. Behavioral aspects. 4. Impeding conditions for services. 5. Typical risks in SEP and their prevention: a) Proximity and contacts with energized parts; b) Induction; c) Atmospheric discharges; d) Static; e) Electric and magnetic fields; f) Communication and identification; and g) Working at height, machinery and special equipment. 6. Risk analysis techniques in SEP 7. Work procedures - analysis and discussion. 8. Techniques for working under voltage: a) In live line; b) At potential; c) In internal areas; d) Remote work; e) Night work; and f) Underground environments. 9. Work equipment and tools (choice, use, conservation, verification, tests). 10. Collective protection systems. 11. Personal protective equipment. 12. Work postures and work clothing. 13. Safety with vehicles and transportation of people, materials and equipment. 14. Signaling and isolating work areas. 15. Installation release for service and for operation and use. 16. Training in techniques for removal, care, and transport of accident victims. 17. Typical accidents - Analysis, discussion, protection measures. 18. Responsibilities.</p> <p>Total Contact Time: 40h Theory: 40h</p> <p>Technical Reference: NR-06, NR-10, NR-17, NR-23, NR-26 and NR-37 annex III, ABNT NBR 5410, ABNT NBR 14039</p>
Exam	<p>Multiple choice exam with a minimum passing grade of 60%.</p> <p>Validity 2 years</p>