

01

# PRINCIPAIS RISCOS PROFISSIONAIS NO **SECTOR** **DA CONSTRUÇÃO**

OCCUPATIONAL HAZARDS IN  
THE CONSTRUCTION SECTOR

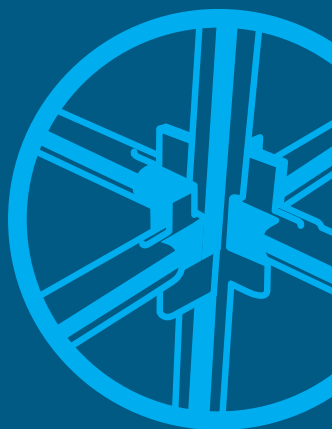
PRINCIPAL RISKU PROFISIONAL  
NA SETOR DI KONSTRUSON

ОСНОВНЫЕ ФАКТОРЫ  
ПРОФЕССИОНАЛЬНОГО РИСКА  
ПРИ РАБОТЕ НА СТРОЙКЕ

PRINCIPALELE RISCURI  
PROFESIONALE ÎN SECTORUL  
CONSTRUCȚIILOR

**ACT**

AUTORIDADE PARA AS  
CONDIÇÕES DO TRABALHO



# 01

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PRINCIPAIS RISCOS  
PROFISSIONAIS NO SECTOR  
DA CONSTRUÇÃO

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NA SETOR DI KONSTRUSON

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ОСНОВНЫЕ ФАКТОРЫ  
ПРОФЕССИОНАЛЬНОГО РИСКА  
ПРИ РАБОТЕ НА СТРОЙКЕ

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PRINCIPALELE RISCURI  
PROFESIONALE ÎN SECTORUL  
CONSTRUCȚIILOR

37

EDITOR  
Autoridade para as Condições do Trabalho [ACT]

DESIGN  
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ILUSTRAÇÃO  
Anyforms  
(excepto capa)

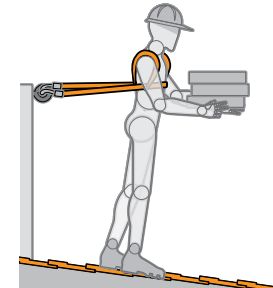
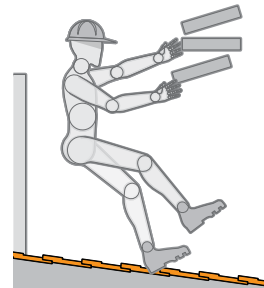
IMPRESSÃO  
Palmigráfica

TIRAGEM  
20.000 exemplares

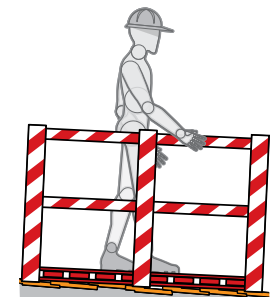
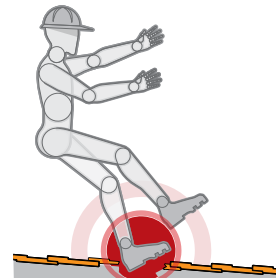
Junho 2008

## PRINCIPAIS RISCOS PROFISSIONAIS NO **SECTOR** **DA CONSTRUÇÃO**

### TELHADOS



Use arnês na ausência de protecções colectivas em trabalhos de curta duração

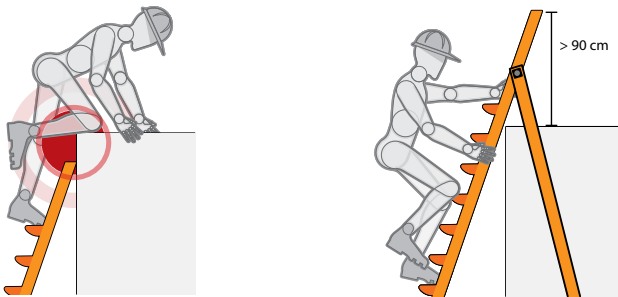


Não ande nas coberturas feitas com materiais frágeis, mas sobre passarelas

## ESCADAS DE MÃO

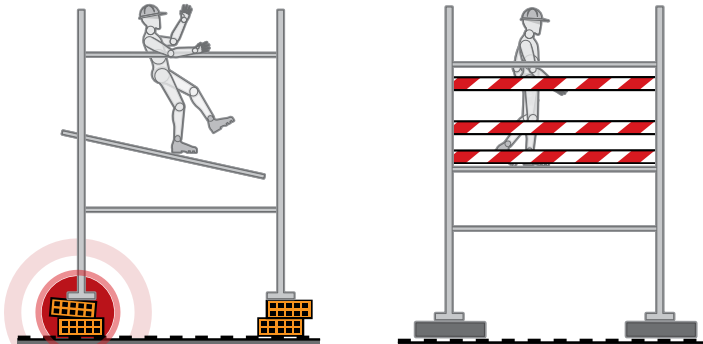


Instale as escadas numa superfície estável, sólida e fixa

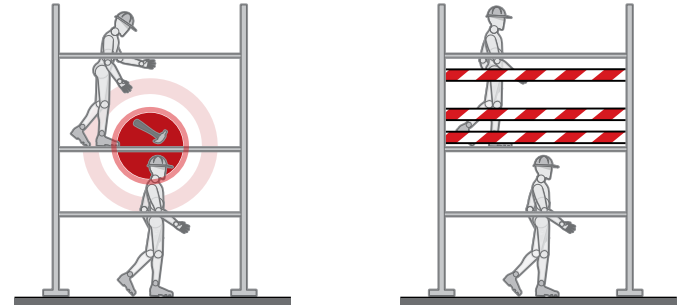


As escadas devem ultrapassar, pelo menos 90 cm a cota da superfície a que dão acesso

## ANDAIMES

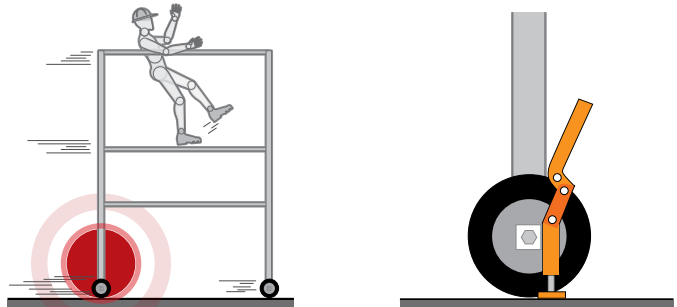


Assente os andaimes em solo e apoios sólidos



Instale guarda corpos e guarda cabeças para impedir a queda de pessoas, materiais e ferramentas

## ANDAIMES ROLANTES

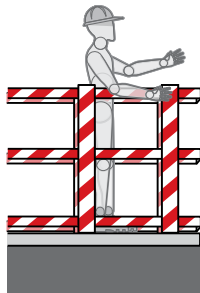


Faça a blocagem das rodas e coloque estabilizadores antes de utilizar um andaime rolante

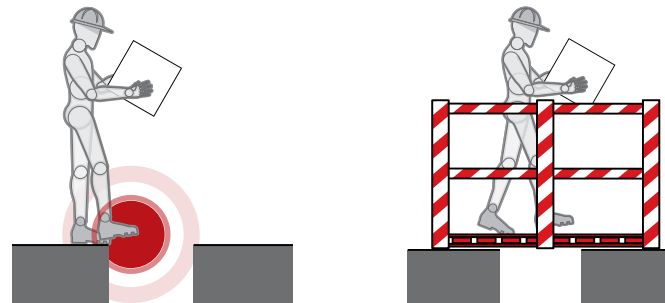


Desloque lentamente andaimes rolantes e não transporte pessoas nem objectos

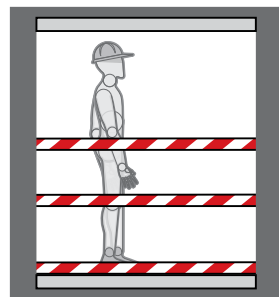
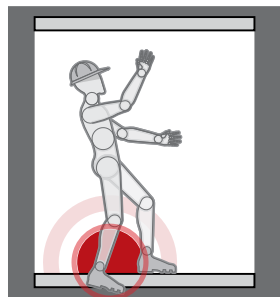
## ABERTURAS EXTERIORES E INTERIORES



Utilize protecções periféricas



Proteja todas as aberturas existentes nos planos de trabalho

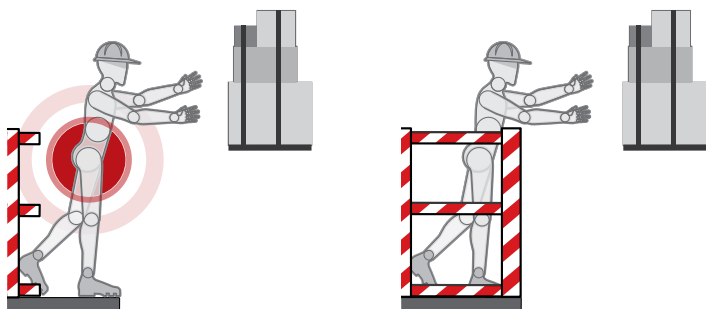


Coloque guarda corpos e guarda cabeças em todos os vãos e aberturas

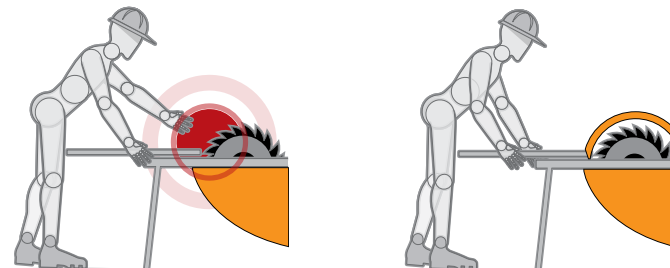
## MÁQUINAS E FERRAMENTAS



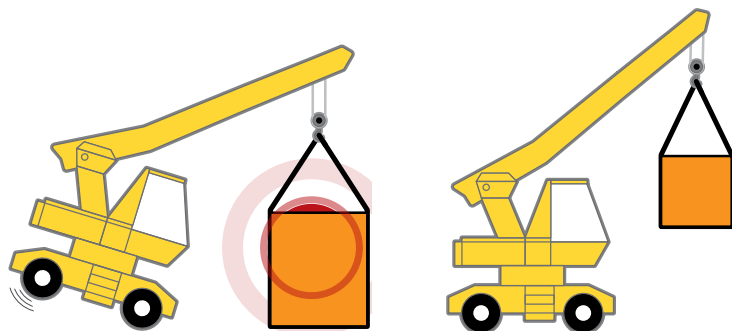
Não conduza ou manobre equipamentos ou máquinas de estaleiro sem a competente habilitação



Coloque guarda corpos e guarda cabeças nas plataformas de recepção de materiais



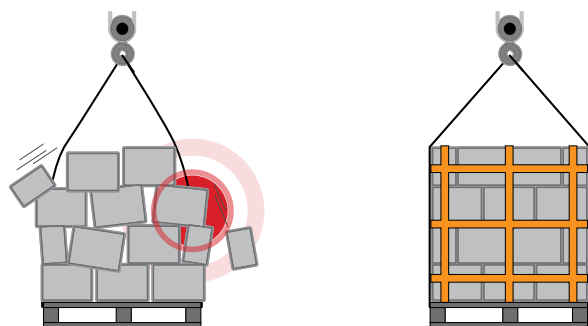
Não retire nem inutilize os dispositivos de protecção dos equipamentos



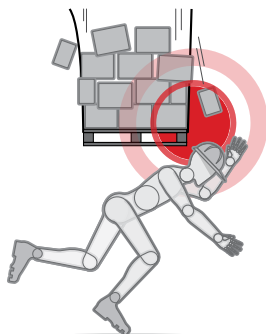
Não ultrapasse a carga máxima de utilização nos aparelhos de elevação



Não transporte pessoas em equipamentos de transporte de cargas



Utilize acessórios apropriados ao transporte a granel

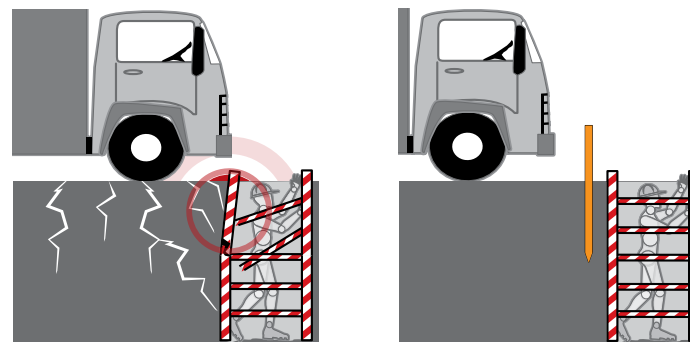


Não permaneça no raio de acção das máquinas e viaturas

#### ESCAVAÇÕES



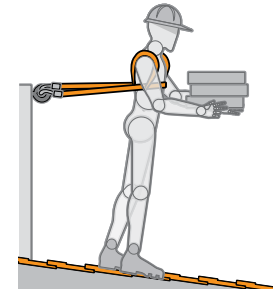
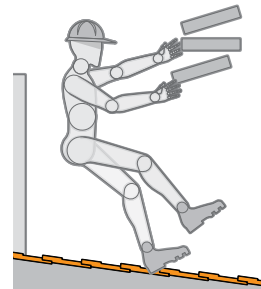
Não entre numa escavação sem entivação



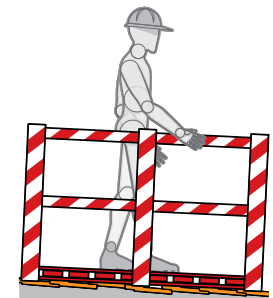
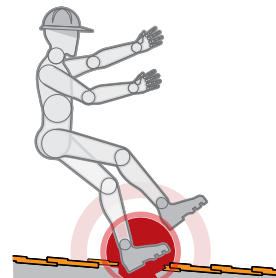
Evite sobrecargas e vibrações junto às valas

# OCCUPATIONAL HAZARDS IN THE **CONSTRUCTION SECTOR**

## ROOFS



By short-duration work use a harness if there is no collective protection



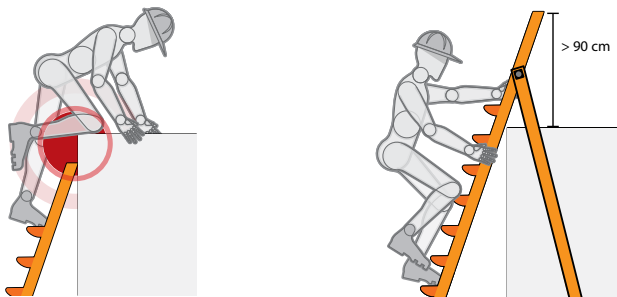
Use the walkways when working on fragile roofing materials



LADDERS

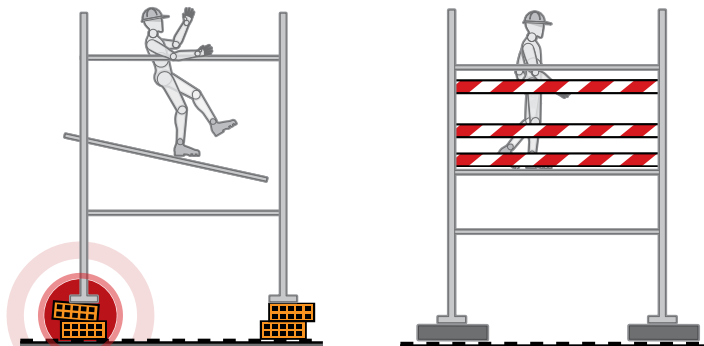


Use ladders only on stable and level surfaces unless secured to prevent accidental movement

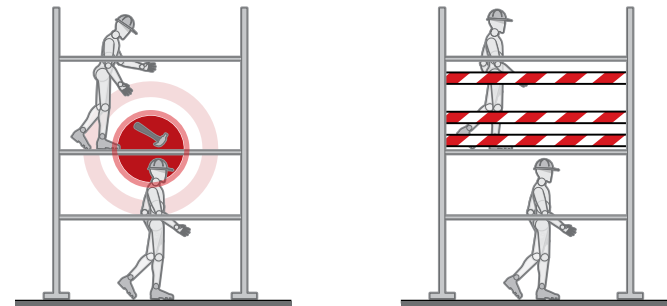


The ladders should rely at least 90 cm above the level of the surface to which they give access

SCAFFOLDING

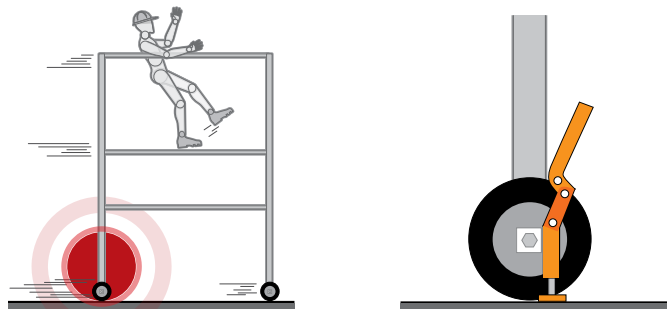


Make sure the tower scaffold is resting on a firm level around with base plates properly supported

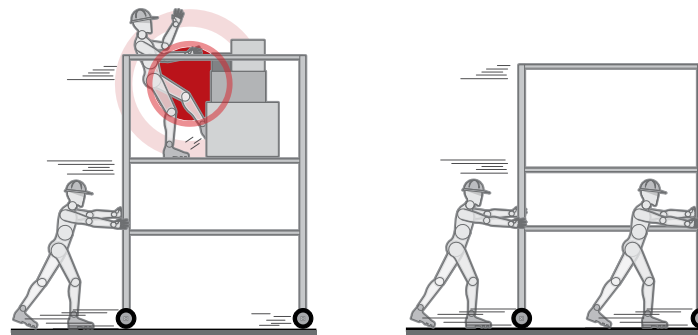


Install guardrails and overhead battens to ensure that people, materials and tools do not fall

WHEELED SCAFFOLDING

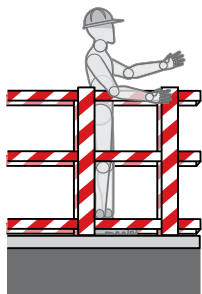


Make sure the wheels are locked and stabilizers are in place before using wheeled scaffolding

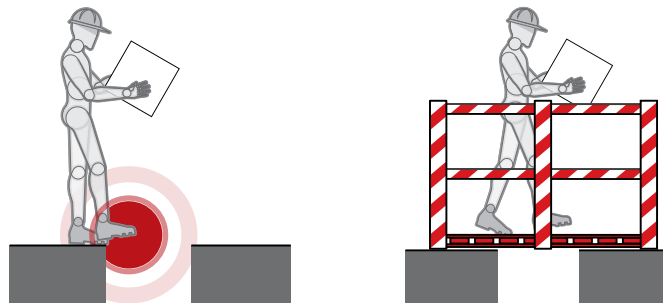


Wheeled scaffolding shall be moved slowly. Never move it while there are people or materials on the tower.

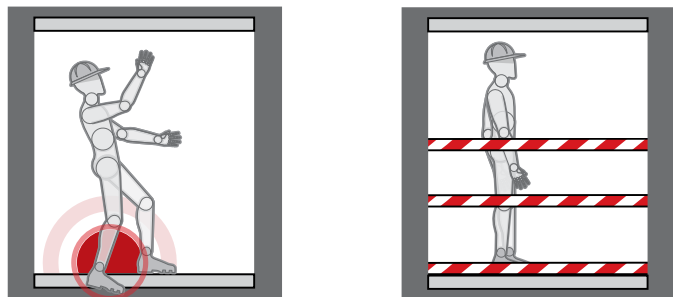
OPENINGS



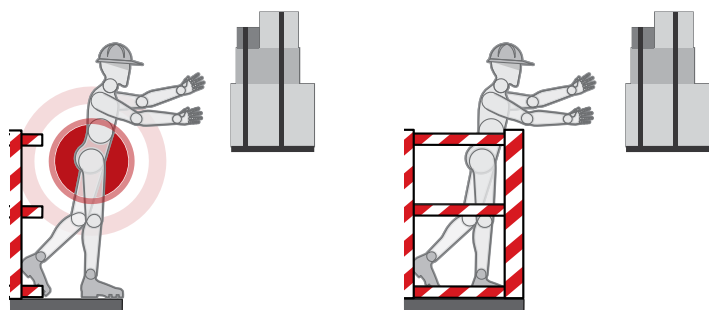
Install permanent guardrails to and around the work area



Protect all openings that are signaled on the work plan



Install guardrails and overhead battens across all openings and windows

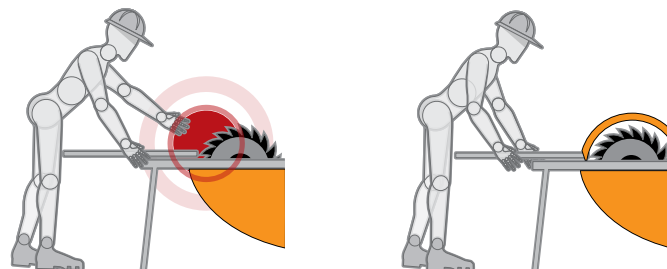


Install guardrails and overhead battens on material receiving platforms

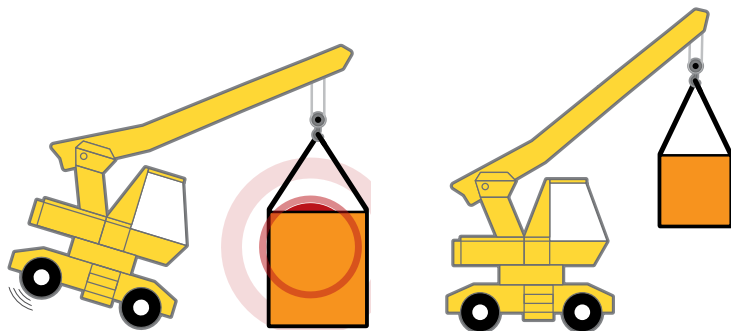
MACHINES AND TOOLS



Do not drive or use any machinery or equipment if you are not a trained, certified driver



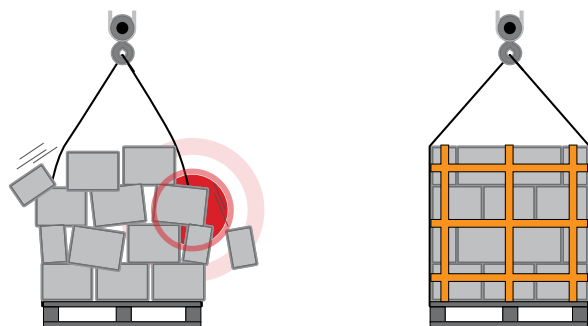
Do not remove or render inoperable any equipment protection devices



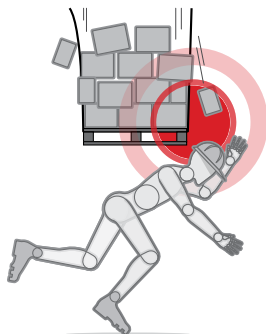
Do not overload elevators or other lifting apparatus



Do not transport people in goods vehicles



Use the appropriate accessories in the bulk transportation of materials

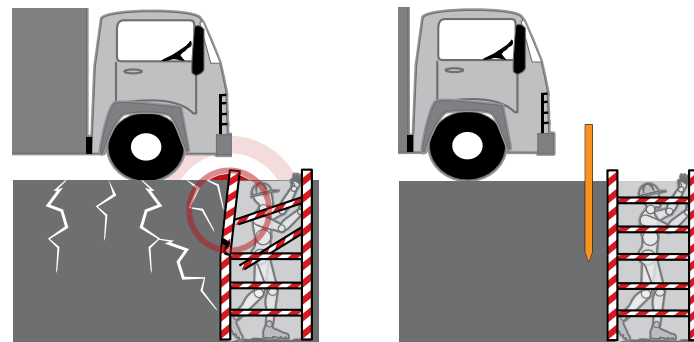


Do not stay within the operating area of any machines or vehicles

TRENCHING AND EXCAVATING



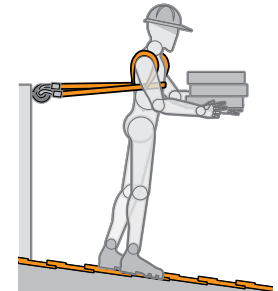
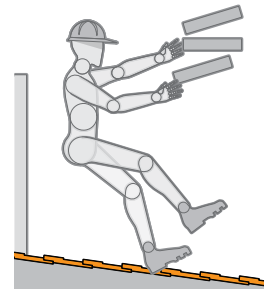
Do not enter an excavation without trench shoring



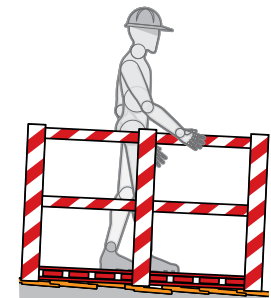
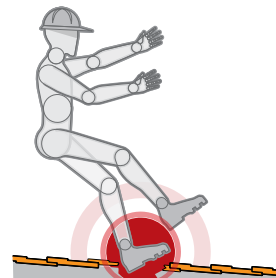
Avoid heavy loads and vibrations near trench work and excavation

## PRINCIPAL RISKU PROFISIONAL NA **SETOR DI KONSTRUSON**

TEDJA



Uza arnês ora ki ka tem pruteson kuletivo na trabadjos ki ta dura puku tempo

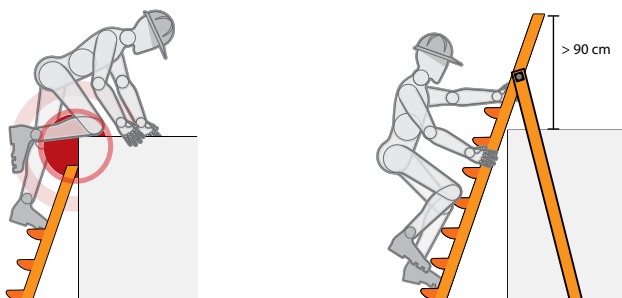


Ka bu anda na koberturas fêtu ku material frágil, anda na pasadêra

## SKADAS DI MON

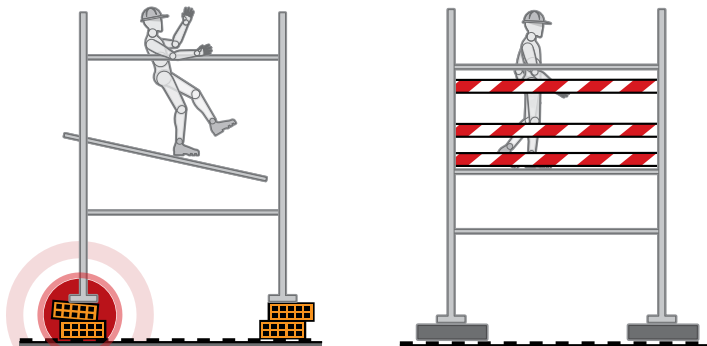


Finca skadas num superfisie stavel, solido i fixo

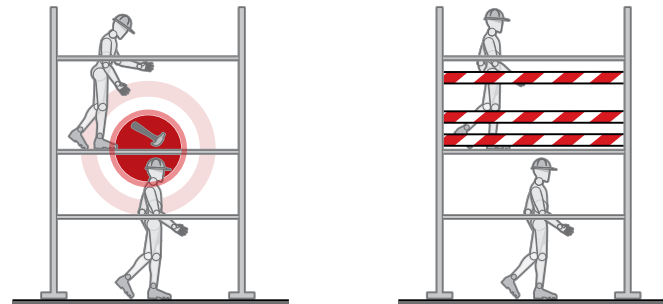


Skadas debi ultrapasa, pelu menus 90 cm kel zona ki es ta da acesu

## ANDAIMIS

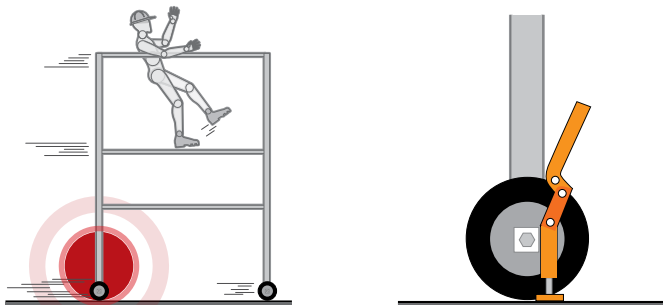


Finka andaimis na txon i apoios sólidos



Instala guarda korpo i guarda kabesa pa impedi keda di pesoas, material ou feramenta

## ANDAIMIS ROLANTIS

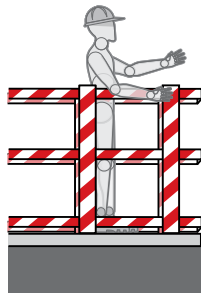


Fazi blokagem di rodas i poi estabilizadoris antis di uza um andaimi rolanti

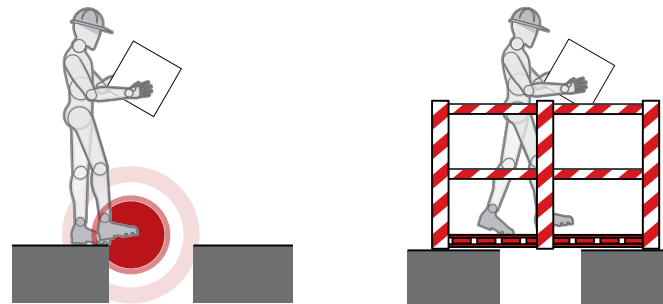


Disloka andaimis rolantis divagar i ka bu transporta ninguen nem objectus

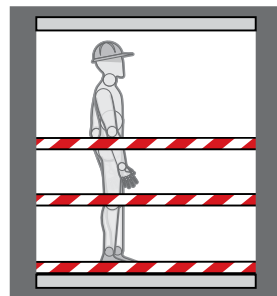
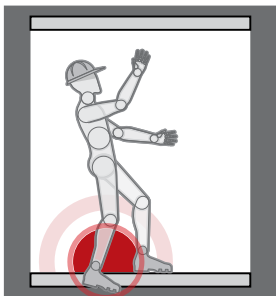
## ABERTURAS EXTERIOR I INTERIOR



Uza proteson periferiku



Proteji tudu abertura ki stiver na planus di trabadju

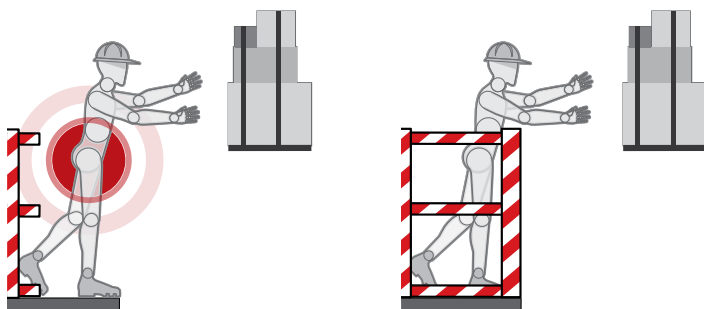


Poi guarda korpu i guarda kabesa na tudo vão i abertura

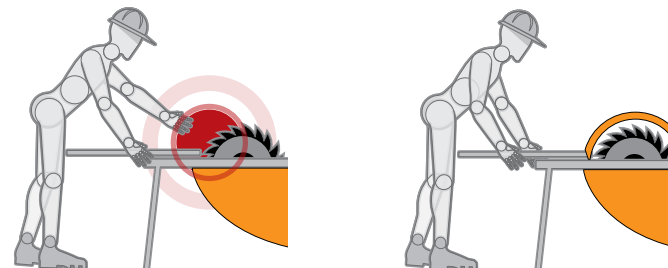
## MAKINAS I FERAMENTAS



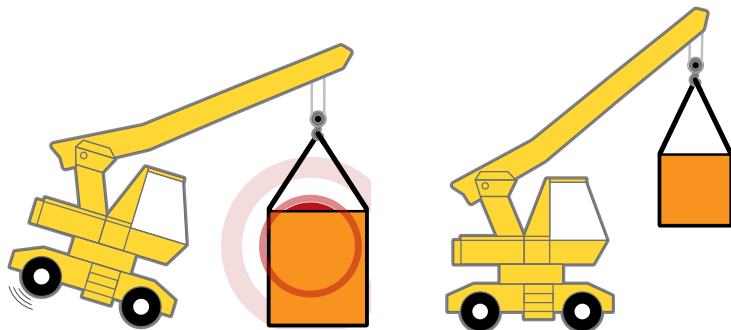
Ka bu bebi nem conduzi ekipamentus ou makinas di stalêro sem bu sta abilitado pa conduzi



Poi guarda korpu i guarda kabesa na plataformas undi ki ta resebedu material



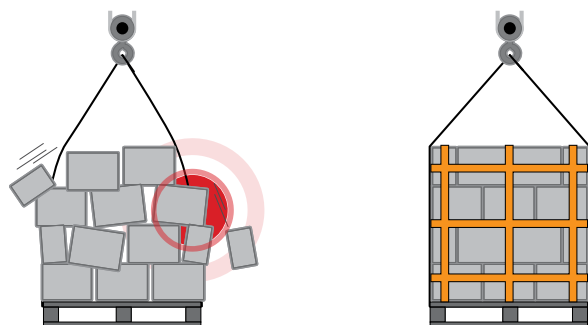
Ka bu tra nem ka bu inutiliza dispositivus di proteson di ekipamentus



Ka bu ultrapasa karga masimo di utilizason na aparelhus di elevason



Ka bu transporta ninguem na ekipamentus di transporti di karga



Uza asesorius apropiadus pa transporta granel

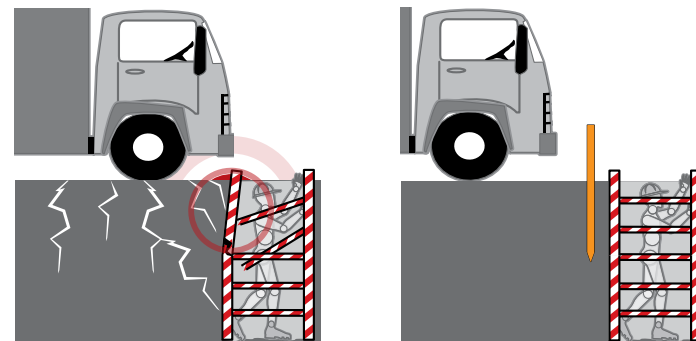


Ka bu fika na meio di ason di makinas i carus

#### SCAVASONS



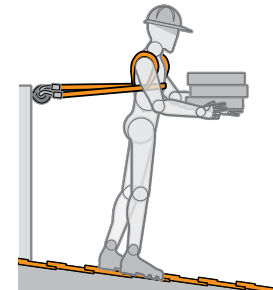
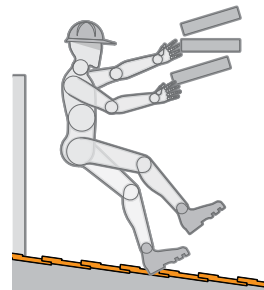
Ka bu entra num scavason sem entivason



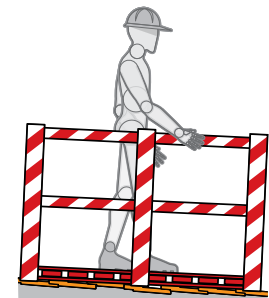
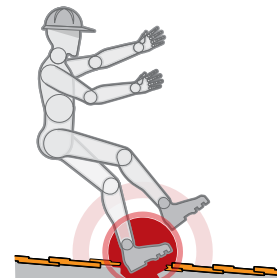
Ivita sobrekargas i vibrasons djunto di valas

## ОСНОВНЫЕ ФАКТОРЫ ПРОФЕССИОНАЛЬНОГО РИСКА ПРИ РАБОТЕ НА СТРОЙКЕ

### КРЫШИ



Пользуйтесь индивидуальной защитой при отсутствии коллективных средств защиты при выполнении краткосрочных работ



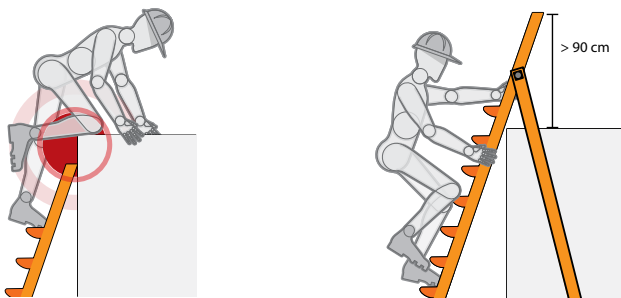
Пользуйтесь переходными дорожками, в случае, если покрытие выполнено из хрупкого материала



## РУЧНЫЕ ЛЕСТНИЦЫ

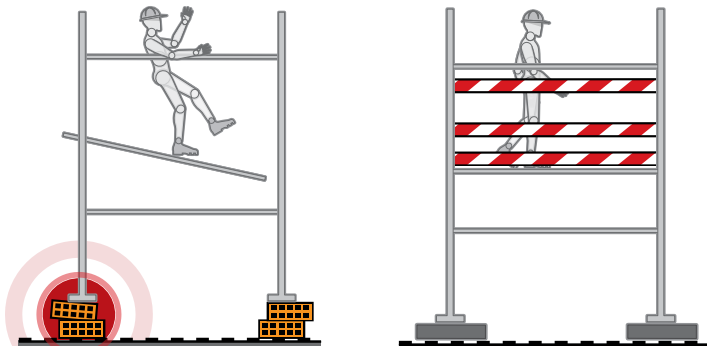


Устанавливайте лестницы на устойчивых, монолитных и зафиксированных поверхностях

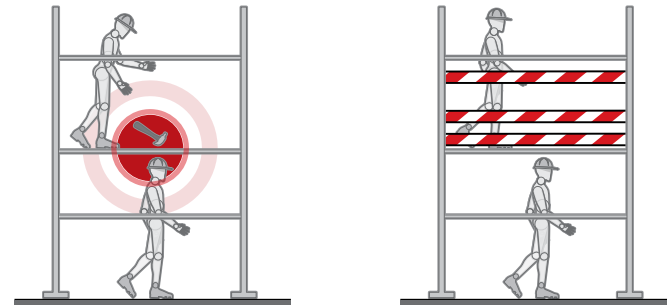


Высота лестниц должна выходить за уровень поверхности, к которой они ведут не менее, чем на 90 см

## СТРОИТЕЛЬНЫЕ ЛЕСА

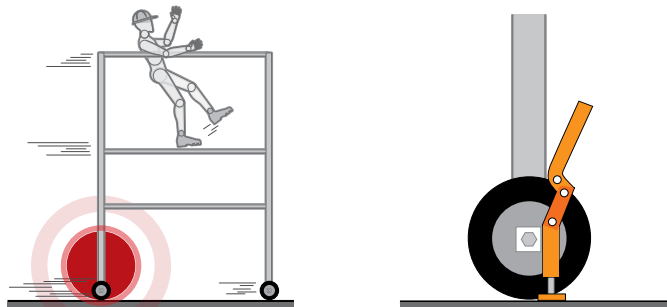


Устанавливайте леса на почве и монолитных опорах

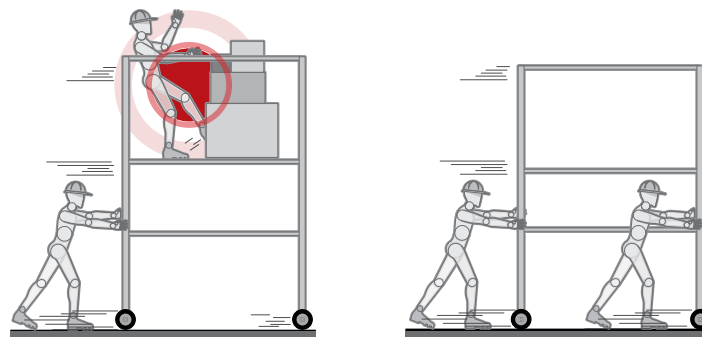


Устанавливайте защитные барьеры для тела и головы во избежание падения людей, материалов и инструментов

## ПЕРЕДВИЖНЫЕ ЛЕСА

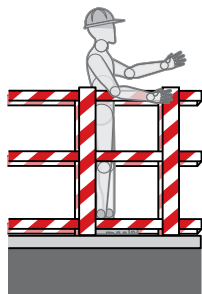


До начала пользования передвижными лесами, заблокируйте колёса и установите стабилизатор

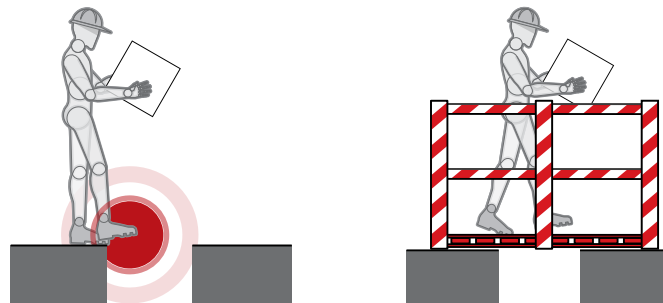


Медленно переместите передвижные леса. Не допустима, при этом, транспортировка ни людей ни объектов

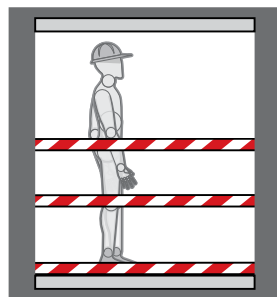
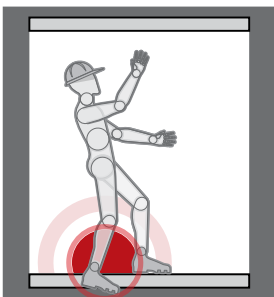
**ВНУТРЕННИЕ И ВНЕШНИЕ ОТКРЫТЫЕ ЗОНЫ**



Пользуйтесь периферической защитой



Располагайте защитные ограждения во всех, имеющихся на объекте, проёмах

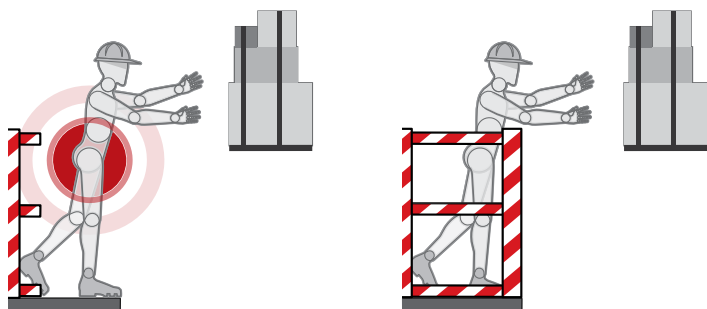


Располагайте защитные ограждения во всех имеющихся проёмах

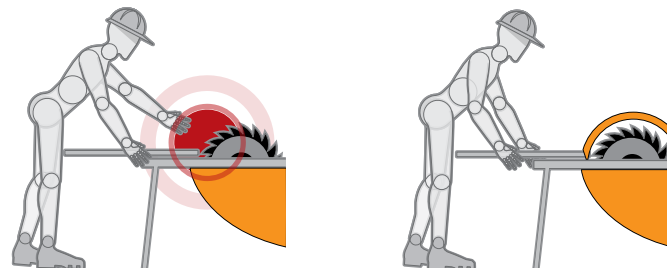
**МАШИНЫ И ИНСТРУМЕНТЫ**



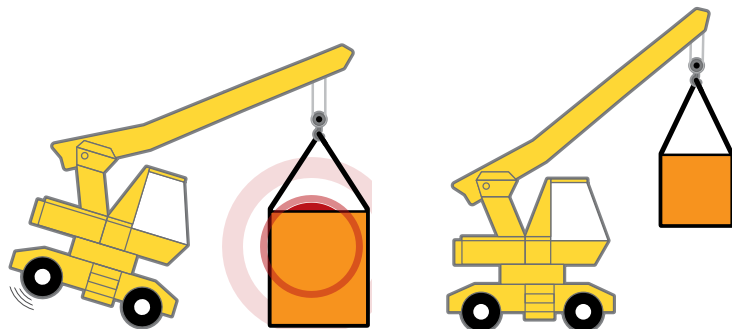
Не работайте на машинах или с оборудованием не имея на это разрешения



Располагайте защитные ограждения на платформах для получения материала



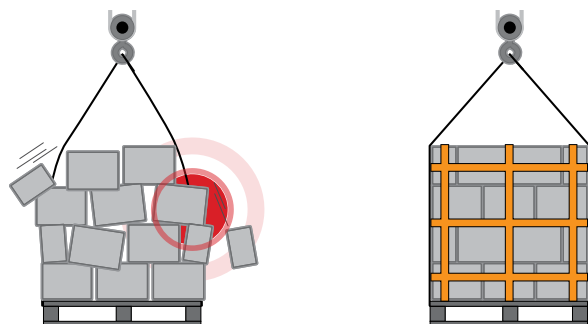
Не снимаете и не приводите в негодность устройства, предназначенные для защиты оборудования



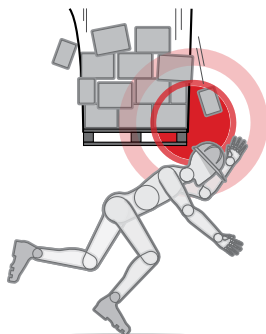
Пользуясь установками для поднятия грузов, не превышайте допустимую норму веса



Не перевозите людей в транспорте, предназначенном для перевозки грузов



При транспортировке гравия пользуйтесь, предусмотренным для этого оборудованием

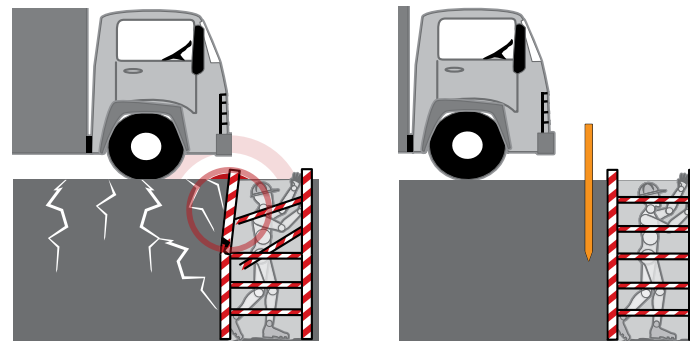


Не находитесь непосредственно в зоне работы машин и транспорта

#### РАСКОПКИ



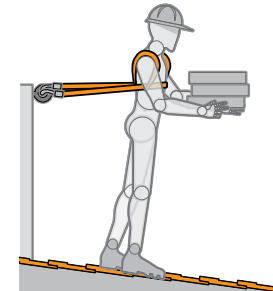
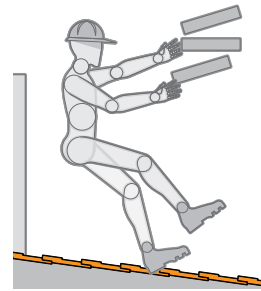
Не заходите в зону выполнения земляных работ, не имеющую защитных конструкций, предупреждающих сползание грунта



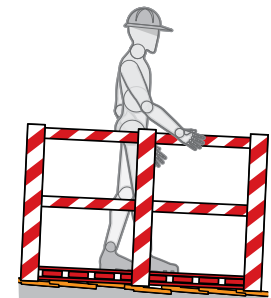
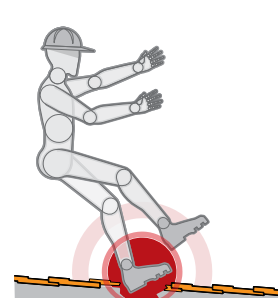
Не допускайте перегрузок и вибраций вблизи земляных валов

## PRINCIPALELE RISCURI PROFESIONALE ÎN **SECTORUL** **CONSTRUCȚIILOR**

### ACOPERIȘURI



Folosiți scut în absența protecției colective în timpul lucrărilor de scurtă durată

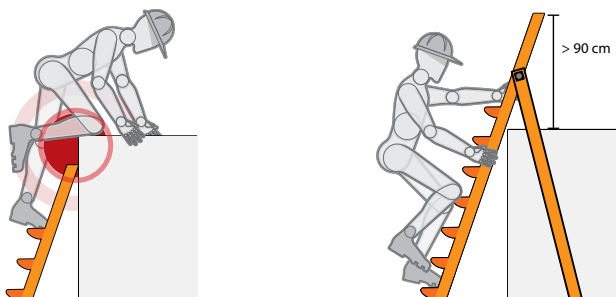


Nu circulați pe acoperământurile făcute din materiale fragile, ci pe pasarele

## SCARA DE MÂNĂ

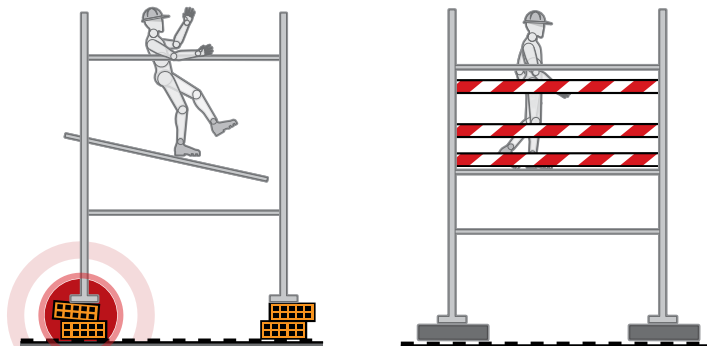


Instalați scara pe o suprafață stabilă, solidă și fixă

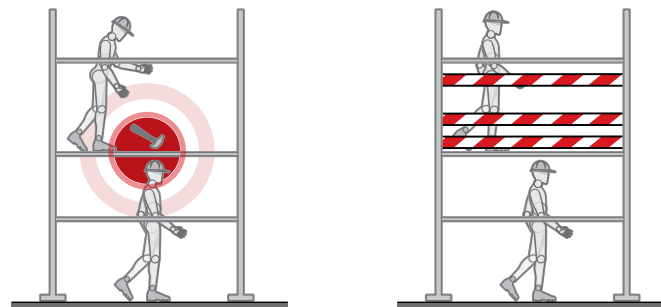


Scara trebuie să depășească, cu cel puțin 90 cm, înălțimea suprafeței la care permite accesul

## SCHELE

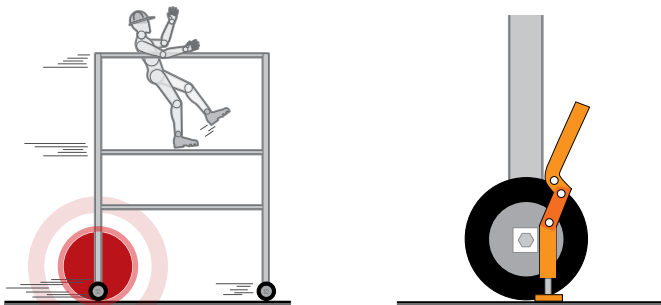


Instalați schelele pe teren și puncte de sprijin stabile

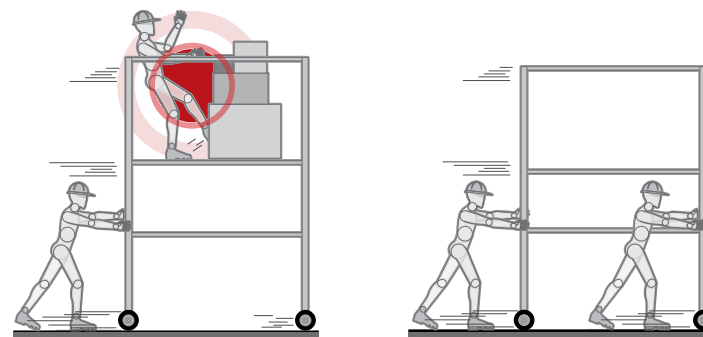


Instalați sisteme de protecție pentru corp și pentru cap, pentru a nu permite căderea oamenilor, materialelor și ustensilelor

## SCHELE RULANTE

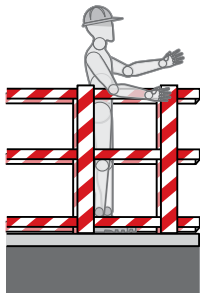


Blocați roțile și puneți stabilizatori înainte de a utiliza o șelă rulantă

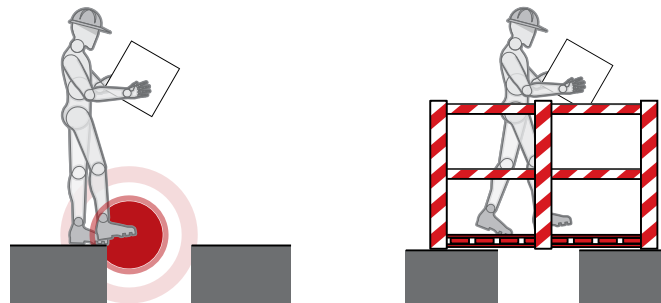


Deplasați lent schelele rulante și nu transportați persoane sau obiecte

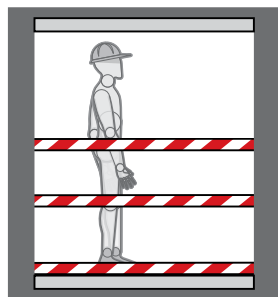
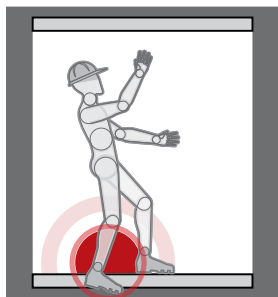
## DESCHIZĂTURI EXTERIOARE ȘI INTERIOARE



Folosiți protecție periferică



Protejați toate deschizăturile existente în zonele de lucru

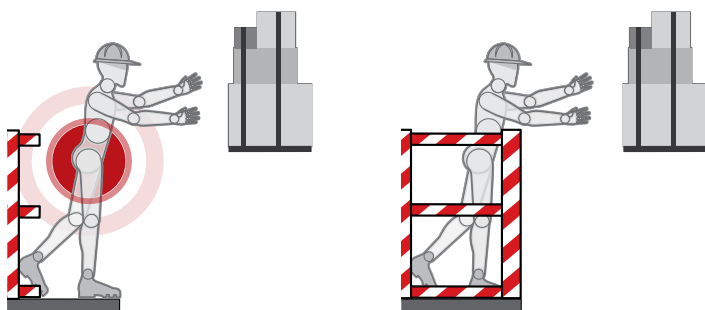


Instalați sisteme de protecție pentru corp și pentru cap în toate golurile și deschizăturile

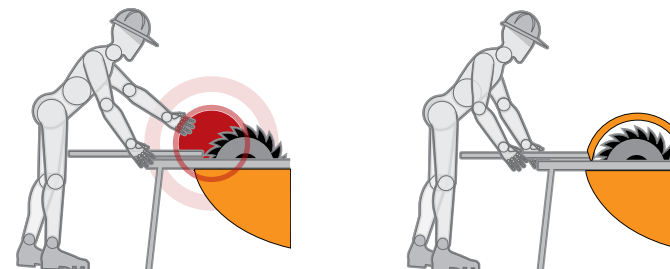
## MAȘINI ȘI USTENSILE



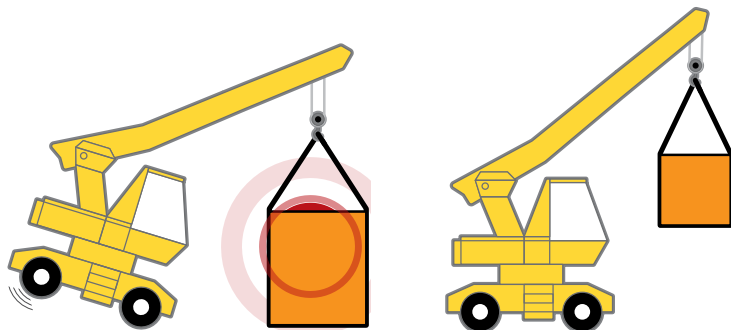
Nu conduceți sau manevrați echipamente sau mașini de șantier fără pregătirea corespunzătoare



Instalați sisteme de protecție pentru corp și pentru cap pe platformele de recepție a materialelor



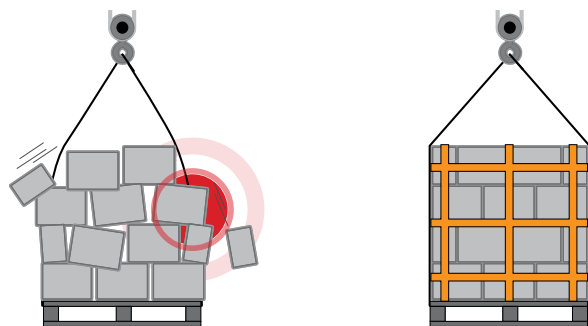
Nu îndepărtați și nu scoateți din funcțiune dispozitivele de protecție ale echipamentelor



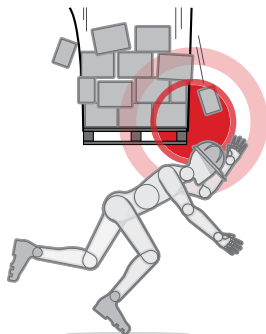
Nu depășiți sarcina maximă de utilizare a aparatelor de ridicare la înălțime



Nu transportați persoane în echipamente destinate transportului de încărcături



Folosiți accesorii corespunzătoare la transportul în vrac

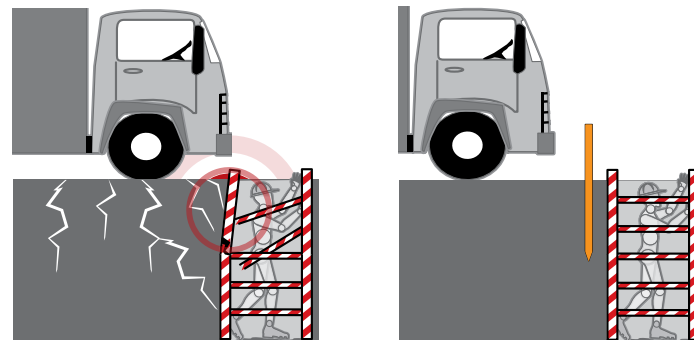


Nu stați în raza de acțiune a mașinilor și autovehiculelor

#### EXCAVAȚII



Nu intrați într-o săpătură neprevăzută cu armătură



Evitați supraîncărcarea și vibrațiile lângă șanturi





