

	DELHI METRO RAIL CORPORATION LTD.
General Instruction : DMRC/SHE/GI/006/TMS/281105	

SHE Training details for Managers and Supervisors

1. The Law and Safety Statutory requirement Appropriate regulations Duties of employer and employee	2. Policy and Administration Effect of incentive on accident prevention Human relations Consultation Safety Officer: duties, aims, objectives
3. Safety and the Supervisor Safety and efficient production go together Accidents affect morale and public relations	4. Principles of Accident Prevention Attitudes of management, supervision and operations Methods of achieving safe operations Accident and injury causes
5. Site Inspection The role of management Hazard Identification Procedure Records results Follow-up procedures Feedback	6. Human Behavior Motivating agencies Individual behavior Environmental effects Techniques of persuasion
7. Site housekeeping Site organization Relationship of site housekeeping to accident occurrence Site access Equipment storage Material stacking Materials handling	8. Health Medical examination Hazard to health on site Sanitation and welfare Protective clothing First Aid/CPR
9. Personal Protective Equipment Eye, face, hands, feet and legs Respiratory protective equipment Protection against ionizing radiation	10. Electricity Appreciation of electrical hazards Power tools Arc welding Low voltage system Lighting and power system on sites ELCB, RRCB, Grounding/Ground fault circuit interrupters (GFCIs)
11. Oxygen and Acetylene Equipment Cylinder storage and maintenance Condition and maintenance of valves, regulators, and gauges Condition and maintenance of hoses and fittings Pressures	12. Equipment Accidents related to moving parts of machinery Appreciation of principles of guarding Importance of regular maintenance

13. Transportation	14. Excavations
Transport to and from site Hazard connected with site transport Competent drivers Dumpers Tipping trucks Movement near excavations	Method of shoring Precautions while shoring Precautions at edge of excavations Removal of shoring Sheet steel piling
15. Working platforms, Ladders, and Scaffolding	16. Cranes and other Lifting Machines
Hazards connected with the use of ladders Maintenance and inspection Type of scaffold Overloading Work on roofs Fragile material Openings in walls and floors Use of safety belts and nets	Licensing, certification and training required for operation of cranes Slings methods Signaling Access to crane(s) Maintenance and examination Ground conditions Hazards and accident prevention methods connected with the use of different types of cranes/heavy equipment Crane Lift Plan for all lifts
17. Lifting Tackle	18. Fire Prevention and Control
Slings - single and multi-legged Safe working loads (SWLs) Safety hooks and eyebolts Cause of failure Maintenance and examination	Principle causes determining fire Understanding fire chemistry Fire fighting equipment Fire fighting training
19. Communications	
Effective methods of communication (particular interest to non-English speaking workers) Method and preparation of reports Safety committees Safety meeting	