**Bureau of Indian standards (BIS)**

**1-DAY TRAINING MODULE FOR STATE GOVERNMENT DEPARTMENT ON LABOUR SAFETY**

**DATE: VENUE:**

**PROGRAMME SCHEDULE**

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| **SESSION NUMBER** | **SESSION TITLE AND DURATION** | **OBJECTIVE** | **SESSION TRANSACTION PLAN** | **EXPECTED OUTCOME**  **AND FOLLOW-UP RESOURCES** |
| SESSION 1 | **Session Title:** “Personal Protective Equipment”  **Duration:** 1 Hour 15 Minutes | **Objective:**  To provide an in-depth understanding of the Personal Protective Equipment and engagement of participants on existing standards with Q/A sessions and receiving feedback on further areas to be explored for standardization  . | **Session Breakdown**  **1. Introduction (15 minutes)**   1. **Objective**: Set the stage for understanding the session's importance. 2. **Content**:    * Key components for maintaining safety in the workplace 3. **Methodology**: Presentation with key highlights.   **2. Overview of Personal Protective Equipment and related Indian Standard (1 hour)**   * **Objective**: Familiarize participants with Indian standard on Personal Protective Equipment. * **Content**:   + **Indian Standard on:**   Head protection, Foot and Leg protection, Eyes and Ear protection, face protection, body protection, and respiratory protection   * **Methodology**: Lecture with visual aids. | **Expected Outcomes:**   * Participants will have a clear understanding of the Personal Protective Equipment. * Enhanced knowledge of the roles and responsibilities of administrative bodies in ensuring the worker safety.   ***Follow-up Resources:***     * Access to Indian   Standards.   * Contact information   for further queries or  guidance. |
| SESSION 2 | **Session Title:** “Guide for Selection for Personal Protective Equipments”  **Duration:** 1 hour 30 minutes | **Objective:**   * To provide information on PPE appropiate to specific job roles and risks. * To safeguard workers from physical, chemical, biological, and radiological hazards that could lead to injury or illness.   . | **Session Breakdown**  1. Selection of Industrial Safety Equipment for Protection of Foot and Leg **(15 minutes)**   * **Objective:** To guide workers and those in charge of their safety in industrial operations in selecting appropriate protective equipment for foot and leg * **Content:** List of appropriate PPE with Indian Standards to prevent various type of hazards * **Methodology:** Presentation with an overview of session objectives and key terms.   2. Selection of Occupational Protective Clothing — Body Protection **(15 minutes)**   * **Objective:** To guide workers and those in charge of their safety in industrial operations in selecting apprpriate protective equipment for body protection. * **Content:** List of appropriate PPE with Indian Standards to prevent various type of hazards * **Methodology:** Presentation with an overview of session objectives and key terms.   3. Selection of industrial safety equipment for protection of arms and **hands (15 minutes)**   * **Objective:** To guide workers and those in charge of their safety in industrial operations in selecting appropriate protective equipment for arms and hands * **Content:** List of appropriate PPE with Indian Standards to prevent various type of hazards * **Methodology:** Presentation with an overview of session objectives and key terms.   4. Selection of industrial safety equipment for protection of Eyes and face **(15 minutes)**   * **Objective:** To guide workers and those in charge of their safety in industrial operations in selecting appropriate protective equipment for Eye and face * **Content:** List of appropriate PPE with Indian Standards to prevent various type of hazards * **Methodology:** Presentation with an overview of session objectives and key terms.   5. Selection, use and maintenance of respiratory protective devices **(15 minutes)**   * **Objective:** To guide workers and those in charge of their safety in industrial operations in selecting appropriate protective equipment for respiratory protection. * **Content:** List of appropriate PPE with Indian Standards to prevent various type of hazards * **Methodology:** Presentation with an overview of session objectives and key terms.   6. Selection of PPE for waste handling **(15 minutes)**   * **Objective:** To guide workers and those in charge of their safety in industrial operations in selection of appropriate PPE for waste handling. * **Content:** List of appropriate PPE with Indian Standards to prevent various type of hazards * **Methodology:** Presentation with an overview of session objectives and key terms. | **Expected Outcomes:**   * Participants will gain a comprehensive understanding of the guidelines for selecting appropriate Personal Protective Equipment (PPE). * Participants will be able to identify and provide appropriate PPE tailored to specific job roles and associated risks, ensuring suitability and effectiveness.   ***Follow-up Resources:***     * Access to Indian   Standards.   * Contact information   for further queries or guidance. |
| SESSION 3 | **Session Title:**  Construction Safety  **Duration:** 1 hour | **Objective:**  To provide appropriate PPE for various activities involved in construction sector for ensuring safety of worker | **Session Breakdown**   1. **Overview of Safety Guidelines during various construction activities (30 minutes)**  * **Objective:** Familiarize participants with the various safety codes. * **Content:** Construction activity vis a vis the various safety codes. * **Methodology:** Lecture with visual aids.  1. **Fall arrest System ( IS 3521 series) (30 min)**    * **Objective:** To protect persons from injury by arresting the fall in the event of the user losing his/her balance or support and falling from the place of working either at an elevation or in closed locations or containers    * **Content:** List of appropriate fall arrest systems to prevent various type of activities    * **Methodology:** Presentation with an overview of session objectives and key terms. | **Expected Outcomes:**  Important outcomes include reduced accidents, legal compliance, safer work environments, improved worker health, enhanced productivity, and a proactive safety culture, leading to overall project success.  ***Follow-up Resources:***     * Access to Indian   Standards.   * Contact information for further queries or guidance. |
| SESSION 4 | **Session Title:**  Safety Colours and Safety Signs & Accident Prevention Tags  **Duration:** 30 Minutes | **Objective:**   * To convey safety information without the use of words. * To prevent confusion and reduce the risk of accidents. | **Session Breakdown**   * Safety Colours and Safety Signs & Accident Prevention Tags — (20 mins )   **Objectives:** To convey safety information with the use of signs/symbol and to prevent confusion and reduce the risk of accidents.  **Content:** General Meaning of Geometric Shapes, Safety Colours and Contrast Colours   * Transportation of Dangerous Goods – Guidelines — (10 mins)   **Objectives:** To convey safety information without the use of words and to prevent confusion and reduce the risk of accidents.  **Content:**  Guidelines for all the stakeholders including good vehicle owners/transport  agencies, contractors, consignors, consignees, operators and drivers carrying dangerous goods/substances for the  safe transportation of dangerous goods.   * **Methodology:** Presentation with an overview of session objectives and key terms. | **Expected Outcomes:**   * Reduces confusion and potential accidents caused by inconsistent safety communication systems. * Facilitates effective dissemination of safety information through standardized visuals. * Addresses safety needs arising from increased international trade, travel, and multilingual workforces.   ***Follow-up Resources:***     * Access to Indian   Standards.   * Contact information for further queries or guidance. |
| SESSION 5 | **Session Title:**  Occupational Health and Safety Management Systems — Requirements with Guidance for Use as per IS/ISO 45001:2018  **Duration:** 1 hour | **Objective:**   * To enable an organization to provide safe and healthy workplaces, prevent work-related injury and ill health, and continually improve its OH&S performance | **Session Breakdown**   * **Objectives:** To provide information on how an organization can provide safe and healthy workplaces, prevent work-related injury and ill health, and continually improve its OH&S performance   **Content:**   * Context of the organization * Leadership and worker participation * Planning * Support * Operation * Performance evaluation * Improvement   **Methodology:** Presentation with an overview of session objectives and key terms. | **Expected Outcomes:**  Key outcomes include preventing injuries, ensuring safe workplaces, promoting continuous OH&S improvement, enhancing productivity, maintaining legal compliance, and fostering a healthier, more efficient workforce.  ***Follow-up Resources:***     * Access to Indian   Standards.   * Contact information for further queries or guidance. |