



LSC

Laboratorio Subterráneo de Canfranc

SAFETY RULES

Course for users

LSC, April 2015

GENERAL SAFETY RULES

1.- TO BE AUTHORIZED BY THE LSC.

2.- TO COMMUNICATE TO THE LSC PERSONNEL ANY NEW RISK SITUATION.

3.- TO RESPECT THE ROAD SAFETY REGULATIONS AND ALL THE EXISTING SECURITY SIGNALS.

4.- TO KEEP THE LSC CLEAN AND TIDY.

IT IS STRICTLY FORBIDDEN TO POUR ANY TYPE OF LIQUID THROUGH THE PERIMETER CHANNEL INSIDE THE POOL (HALL A).

IT IS ALSO FORBIDDEN TO POUR ANY TYPE OF CONTAMINATING LIQUID DOWN THE SANITARY WARE OF THE WC.

THE LSC HAS A SPACE (WASTE ROOM) DEDICATED TO THE STORAGE OF CONTAMINATING PRODUCTS and DANGEROUS WASTE PRODUCTS.

Before going inside the LAB2400/LAB2500 IT IS MANDATORY TO CLEAN YOUR SHOE SOLES (automatic shoe sole cleaning machine)

5.- As far as ACTIVITIES WITH SPECIFIC REQUIREMENTS, THE SPECIFIC INTERNAL RULES AND PROCEDURES OF THE LABORATORIO SUBTERRANEO DE CANFRANC WILL BE APPLIED.

GENERAL ELECTRIC FACILITIES

6.1,- MAY ONLY BE HANDLED BY AUTHORISED PEOPLE.

6.2.- ALL ELECTRICAL APPLIANCES MUST BE EARTH CONNECTED.

6.3.- ALL USE, SECURITY AND MAINTENANCE INSTRUCTIONS OF THE TOOLS USED MUST BE FOLLOWED.

LOAD HANDLING

7.- MANUAL LOAD HANDLING: STEPS TO HANDLE IT

1º) SEPARATE BOTH FEET TO REACH A STABLE POSITION

2º) BEND THE KNEES

3º) GET THE OBJECT AS CLOSE TO THE BODY AS POSSIBLE

4º) LIFT UP THE WEIGHT GRADUALLY AND WITHOUT SHAKES

5º) DO NOT TURN THE TRUNK WHILE LIFTING THE LOAD

**NORMAS BÁSICAS
EN EL LEVANTAMIENTO
DE CARGAS**



8.- HANDLING LOADS WITH CRANES (**MAY ONLY BE HANDLED BY AUTHORISED LSC STAFF**):

AVOID SWINGINGS. DO NOT RUN THE LOAD WITH PEOPLE UNDERNEATH

TOOLS AND EQUIPMENTS (Stairs, tools, manual stackers...)

9.- FOLLOW THE USE, SAFETY AND MAINTENANCE INSTRUCTIONS

10.- KEEP THEM CLEAN AND TIDY

PROTECTIONS

11.- IT IS FORBIDDEN TO DISABLE COLLECTIVE PROTECTIONS

12.- PERSONAL PROTECTIVE EQUIPMENT (EPI'S) GENERIC AND COMPULSORY:
REFLECTIVE VESTS AND SAFETY FOOTWEAR



RULES RELATED WITH HALL A

13.- KEEP DOOR ALWAYS CLOSED

14.- IT IS FORBIDDEN TO ACCESS TO THE “POOL” IN HALL A. In case of need it, INFORM/REQUEST to the LSC (Personal protective equipment: low temperature boots, portable oxygen sensor).

GASES AND CHEMICALS

15.- COMMUNICATE TO THE LSC PERSONNEL THOSE GASES, CHEMICALS OR OTHER PRODUCTS TO BE USED as well as the DANGEROUS WASTE PRODUCTS produced.

16.- USE THEM UNDER SAFE CONDITIONS: storage, manipulation, safety data sheet...