HSE at work

Engelsk oppgave

Task 1: Well-being and safety at the workplace

A good work environment is important in workshops and data rooms. How can you help ensure that you and your colleagues feel safe and well at work?

- Write 150–300 words.
- Use at least 10 keywords from the list below.
- Use the KLAR app and sentence starters if needed.



Keywords:	Sentence starters:
• Working Environment Act (arbeidsmiljøloven) • Ergonomics (ergonomi) • Strain (belastning) • Well-being (trivsel) • Bullying (mobbing) • Health, Environment and Safety (HSE) (helse, miljø og sikkerhet (HMS)) • Environment (miljø) • Rule (regel) • Safety representative (verneombud) • Union representative (tillitsvalgt)	1. To contribute to a good work environment, I must... 2. It can be demanding if... 3. When I face challenges, I can...

Task 2: Electrical safety and emergencies

When working with electricity and electrical systems, dangerous situations can occur. How can you protect yourself and others in such cases?

- Write 150–300 words.
- Use at least 10 keywords from the list below.
- Use the KLAR app and sentence starters if needed.

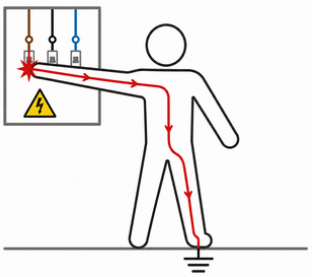


Keywords:	Sentence starters:
• Electric shock (elektrisk støt) • Electric current through body (strømgjennomgang) • Emergency stop (nødstopp) • First aid (førstehjelp) • Personal protective equipment (PPE) (personlig verneutstyr (PVU)) • Assembly gloves (monteringshansker) • Insulated tools (isolert verktøy) • Face shield (visir) • Deviation (avvik) • Arc flash (lysbue)	1. When something dangerous happens, I must... 2. To avoid injury when working with electricity, it is important that... 3. It can be life-threatening if...

Task 3: Prevention and risk assessment

Electrical work involves risk, but much can be avoided with good routines. How can you work safely and avoid injuries?

- Write 150–300 words.
- Use at least 10 keywords from the list below.
- Use the KLAR app and sentence starters if needed.



Keywords:	Sentence starters:
• Work under voltage (WUV) (arbeid under spenning (AUS)) • Electrical safety (el-sikkerhet) • Risk assessment (risikovurdering) • Prevention (forebygging) • Rule (regel) • Harmful effect (skadevirkning) • Risk (risiko) • Safety shoes (vernesko) • Helmet (hjelm) • Document (dokumentere)	1. To prevent accidents, I must... 2. When working under voltage, it is important that I... 3. I assess risk by...