



## Task 1: Safe use of tools and equipment

You are an apprentice in a construction company. What can be dangerous when using tools and equipment, and how can you protect yourself and your colleagues?

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



<b>Keywords:</b>	<b>Sentence starters:</b>
<ul style="list-style-type: none"><li>• Work gloves (arbeidshansker)</li><li>• Helmet (hjelm)</li><li>• Safety glasses (vernebrille)</li><li>• Safety shoes (vernesko)</li><li>• Protective equipment (verneutstyr)</li><li>• Warning signs (fareskilt)</li><li>• Mandatory signs (påbudsskilt)</li><li>• Deviation (avvik)</li><li>• Risk (risiko)</li><li>• Safety (sikkerhet)</li></ul>	<ol style="list-style-type: none"><li>1. When I use a saw or drill, I must...</li><li>2. To avoid injuries to my hands, I use...</li><li>3. It can be dangerous to use equipment without...</li></ol>

## Task 2: Fall protection and working at heights

You are going to work at height as an apprentice. How do you use fall protection equipment correctly?

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



<b>Keywords:</b>	<b>Sentence starters:</b>
<ul style="list-style-type: none"><li>• Fall protection equipment (fallsikringsutstyr)</li><li>• Safety (sikkerhet)</li><li>• Risk (risiko)</li><li>• Protective equipment (verneutstyr)</li><li>• Warning signs (fareskilt)</li><li>• First aid (førstehjelp)</li><li>• Rule (regel)</li><li>• Strain (belastning)</li><li>• Harmful effect (skadevirkning)</li><li>• Check equipment (kontrollere utstyr)</li></ul>	<ol style="list-style-type: none"><li>1. When I use fall protection equipment, it is important that I...</li><li>2. To avoid fall injuries, I must...</li><li>3. I can protect myself by...</li></ol>

### Task 3: Construction site safety – Scaffold work

You are going to help set up scaffolding. What is important to do to protect yourself and your colleagues from injuries?

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



<b>Keywords:</b>	<b>Sentence starters:</b>
<ul style="list-style-type: none"><li>• Protective equipment (verneutstyr)</li><li>• Risk (risiko)</li><li>• Safety (sikkerhet)</li><li>• Work gloves (arbeidshansker)</li><li>• Helmet (hjelm)</li><li>• Safety shoes (vernesko)</li><li>• Warning signs (fareskilt)</li><li>• Mandatory signs (påbudsskilt)</li><li>• Deviation (avvik)</li><li>• Rule (regel)</li></ul>	<ol style="list-style-type: none"><li>1. It can be dangerous when I...</li><li>2. To avoid risk, it is important to...</li><li>3. I can protect myself by...</li></ol>

#### Task 4: Ergonomics and strain in carpentry

Many carpenters experience strain injuries due to heavy lifting and poor work techniques. How can you avoid strain injuries and ensure good ergonomics?

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



<b>Keywords:</b>	<b>Sentence starters:</b>
<ul style="list-style-type: none"><li>• Strain (belastning)</li><li>• Health (helse)</li><li>• Environment (miljø)</li><li>• Working Environment Act (arbeidsmiljøloven)</li><li>• Rule (regel)</li><li>• Harmful effect (skadevirkning)</li><li>• Well-being (trivsel)</li><li>• Safety representative (verneombud)</li><li>• Union representative (tillitsvalgt)</li><li>• Preventive work (forebyggende arbeid)</li></ul>	<ol style="list-style-type: none"><li>1. To avoid strain injuries, I must...</li><li>2. When I lift heavy materials, it is important that I...</li><li>3. It can be hard on my body if...</li></ol>