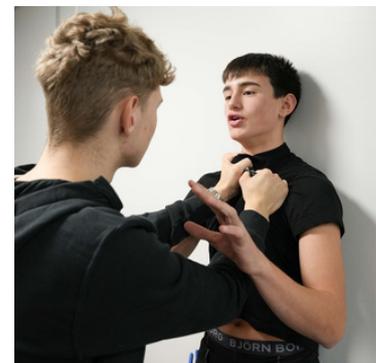




Task 1: Well-being and safety at the workplace

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:
<ul style="list-style-type: none">• 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)	<ol style="list-style-type: none">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:
<ul style="list-style-type: none">• Electric shock (elektrisk støt)• Electric current through body (strømgjennomgang)• Emergency stop (nødstop)• 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)	<ol style="list-style-type: none">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:
<ul style="list-style-type: none">• 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)	<ol style="list-style-type: none">1. To prevent accidents, I must...2. When working under voltage, it is important that I...3. I assess risk by...