



## Task 1: Safe Use of Machines and Tools

You work as an industrial mechanic. How can you use machines, tools, and equipment 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.



<b>Keywords:</b>	<b>Sentence starters:</b>
<ul style="list-style-type: none"><li>• Working gloves (arbeidshansker)</li><li>• Safety shoes (vernesko)</li><li>• Safety goggles (vernebriller)</li><li>• Hearing protection (hørselsvern)</li><li>• Helmet (hjelm)</li><li>• Welding mask (sveisemaske)</li><li>• Welding goggles (sveisebriller)</li><li>• Welding gloves (sveisehansker)</li><li>• Protective equipment (verneutstyr)</li><li>• CE marking (CE-merking)</li></ul>	<ol style="list-style-type: none"><li>1. When I use machines, I must...</li><li>2. To avoid injuries, it is important to...</li><li>3. It can be dangerous if...</li></ol>

## Task 2: Working at Height

You are going to work at height on an industrial worksite. How can you protect yourself and your colleagues from falls and 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>• Fall protection equipment (fallsikringsutstyr)</li><li>• Warning sign (fareskilt)</li><li>• Mandatory sign (påbudsskilt)</li><li>• Reflective vest (refleksvest)</li><li>• Risk (risiko)</li><li>• Safety (sikkerhet)</li><li>• Working Environment Act (arbeidsmiljøloven)</li><li>• Rule (regel)</li><li>• Safety representative (verneombud)</li><li>• First aid (førstehjelp)</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><li>4. It is important to remember that...</li></ol>

### Task 3: Handling Chemicals and Hazardous Substances

You are working with hazardous substances and waste. How can you handle chemicals and hazardous waste safely?

- 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 suit (beskyttelsesdress)</li> <li>• Fresh air mask (friskluftsmaske)</li> <li>• Solvents (løsemidler)</li> <li>• Safety data sheet (sikkerhetsdatablad)</li> <li>• Extraction system (avsug)</li> <li>• Eye wash station (øyedusj)</li> <li>• Safe job analysis (sikker jobbanalyse)</li> <li>• Deviation (avvik)</li> <li>• Prevention (forebygging)</li> <li>• Protective equipment (verneutstyr)</li> </ul>	<ol style="list-style-type: none"> <li>1. When I handle chemicals, it is important that I...</li> <li>2. To avoid injury, I must...</li> <li>3. It can become dangerous if...</li> </ol>

#### Task 4: Preventing Strain Injuries and Psychosocial Challenges

How can you avoid strain injuries and contribute to a good working environment?

- 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>• Ergonomics (ergonomi)</li><li>• Working environment (arbeidsmiljø)</li><li>• Environment (miljø)</li><li>• Harmful effect (skadevirkning)</li><li>• Rule (regel)</li><li>• Bullying (mobbing)</li><li>• Violence (vold)</li><li>• Safety representative (verneombud)</li><li>• Union representative (tillitsvalgt)</li></ul>	<ol style="list-style-type: none"><li>1. To avoid strain injuries, I must...</li><li>2. It can be hard on my body if...</li><li>3. When I work with heavy tasks, I must...</li></ol>