

OCCUPATIONAL HEALTH AND SAFETY



HEALTH & SAFETY AT WORK GUIDE

LET'S SAFELY BUILD FUTURE SHIPS TOGETHER

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GENERAL

ACCESS TO THE WESTERN SHIPYARD TERRITORY

An ID with a photograph must be presented in order to enter the company's premises. A person who wishes to get access to the company's territory has to make an arrangement in advance with a person who works on the territory of Western Shipyard and is entitled to grant the permit. The list of contact phone numbers is posted at the entrance to the central control station.

In case to use or maintain new/additional Yard equipment, perform the any new activities are allowed only for properly trained, Yard additional instructed and approved persons.

PERSONAL PROTECTIVE EQUIPMENT

The responsibility for accompanying the visitors and supplying them with PPE lies with the company which ordered the permit for the visitor. The visitor must be introduced to the basic safety requirements, must have an opportunity to access the contact person and be informed whom to call for in case of emergency.

Stevedoring is carried out at Shipyard round-the-clock, therefore it is obligatory to wear reflective clothing and helmets at night.

In general, visitors PPE wearing zones are displayed in Yard safety booklets. Further requirements are displayed in industrial zones signs.

Visitors PPE are arranged in main gatehouse.



Follow the further signs in industrial zones



PPE is effective only when used on a regular basis.

TRAFFIC REQUIREMENTS



WARNING! ATTENTION!

Do not walk under hanging loads: use safe paths marked by the yellow lines.



CAUTION!

Moving vehiles

The movement of vehicles in the plant must be in accordance with the traffic rules of Western Shipyard

The speed of vehicles on the territory of the plant may not exceed:

| Passenger and freight cars | 30 km/h | |
|---|---------|--|
| Internal transport (power carts, wheeled loaders, etc.) | 5 km/h | |

It is prohibited to stop and park:

- On railway crossings and 20 meters around them;
- On pedestrian crossings and less than 5 m in front of them;
- On sidewalks and lawns;
- In the areas where a standing vehicle could obstruct the visibility of traffic signs for other traffic participants or impede the movement of other vehicles or pedestrians.

It is prohibited to:

- Walk on the carriageway where pedestrian paths are available; cross the carriageway in places other than pedestrian crossings.
- Carry passengers in areas not designated for this.
- Drive without running lights in the workshops or areas where pedestrians have to walk on carriageways.
- Cycle in the workshops, on the docks, as well as where the road surface is slippery, and without wearing a reflective jacket.

Western Shipyard vehicle drivers are routinely checked for driving under the influence

THE EMPLOYEES OF THE GROUP AND ANY OTHER PERSONS ON THE TERRITORY OF THE GROUP MAY NOT:





- Bring to the territory of the Group of Companies alcohol, drugs or toxic substances, and use or sell those intoxicating substances, as well as be under the influence of alcohol, drugs, toxic substances or medical products on the territory of the Group;
- · Smoke in places not designated for this purpose;
- Use the workplace, the provided areas, equipment, materials and information for operations unrelated to the activities of the Group or to the agreements concluded with the Companies of the Group;

- · Leave electrical appliances running unattended;
- Carry or transport by any other means through the territory of the Group or to the
 control station any property which has been found unattended, hidden, or discarded, or any other foreign property (the Control Office must be notified immediately of the detection of any such property);
- Keep and/or feed animals on the territory of the Group;
- Store food or have meals on industrial premises.

WASTE MANAGEMENT

Recycling

- Waste must be recycled at point of origin based on the type and nature of the waste.
- · Waste produced must be collected in the designated containers only.
- Burning waste, chemicals, and mixtures thereof is prohibited.
- Full waste collection must be reported to the direct supervisor to arrange for waste removal.

Glass container

| WASTE PERMITTED | WASTE NOT PERMITTED |
|--|---|
| Glass bottlesGlass jarsGlass packagingGlass containersGlass breakage | Mirrors Porcelain, crystal, ceramics Glass bottles of disinfectants All types of electric bulbs TV screens Car windows |

Paper container

| WASTE PERMITTED | WASTE NOT PERMITTED |
|--|--|
| Magazines, newspapers, and other periodicals Cardboard, corrugated, cardboard, sheets Paper and cardboard packaging (packaging paper, gift bags, boxes, and so on) | Tissues, paper towels Pizza boxes and other grease-stained paper packaging Document binders containing metal parts Paper contaminated with oil, paint, concrete |

Plastic container

| WASTE PERMITTED | WASTE NOT PERMITTED | |
|--|---|--|
| Plastic bottles Plastic food packages, boxes, containers Plastic bags, film Combined packaging: TetraPak, Elopak (milk, juice), candy, crisp, and other packages Beverage, preserve cans Plastic containers of domestic chemicals | Packaging stained with fat or oil Spray cans, oil containers, paint cans, antifreeze containers, and other packaging contaminated with hazardous materials Small and large electronic appliances Razorblades, personal hygiene products Plastic medical products, medications | |

Some waste is hazardous and therefore:

- 1. They have to be removed from the general flow of waste and not mixed with recycled, manufacturing, utilities, and other non-hazardous waste;
- 2. They have to be collected in containers that are resistant to the effects of such substances and are stored, loaded, and transported in an orderly fashion to prevent the hazardous waste contained in them from spilling or evaporating or otherwise leaking into the environment and affecting human health;

3. All containers where hazardous waste is temporarily kept, collected, transported, and stored must bear a hazardous waste label. The hazardous waste label and the information contained on it must be clearly visible and resistant to environmental effects.

Samples of hazardous waste and recommendations for the collection and storage thereof:

| Hazardous waste | Picture | Recommendations for collection and storage |
|------------------------------|--|--|
| Used oil | | Do not mix with other waste. Store in an airtight metal or plastic container |
| Batteries | ADVANCED XII | Do not mix with other waste. Store in a special container for batteries |
| Oil filters | | Do not mix with fuel filters and other waste. Store in an airtight con- tainer |
| Fuel filters | | Do not mix with oil fil- ters and other waste. Store in an airtight con- tainer |
| Paint and varnish was- te | Total State of the | Do not mix with other waste. Store in an airtight metal or plastic container |

| Paint and varnish re- moval waste (thinners and solvents) | Do not mix with other waste. Store in an airtight metal or plastic container |
|---|--|
| Packaging (glass, plastic, metal) conta- minated with hazardo- us chemical substan- ces | Do not mix with other waste. Not to be sto- red together with waste metal |
| Spray cans | Do not mix with other waste. Not to be sto- red together with waste metal |
| Sorbents contamina- ted with hazardous chemical substances | Do not mix with other waste. Store in an ai- rtight metal or plastic container |
| Waste that contains mercury | Do not mix with other waste. Do not store with original packaging. Do not break |
| Discarded electri- cal and electronic appliances | Do not mix with other waste. Store in an airtight metal or plastic container. Do not disassemble |

A sample filled-in hazardous waste label:

HAZARDOUS WASTE

15 01 10

PACKAGES CONTAMINATED WITH HAZARDOUS CHEMICAL SUBSTANCES

Code

(based on waste list, name)

Owner

111111111, UAB "Company" (business ID, name)

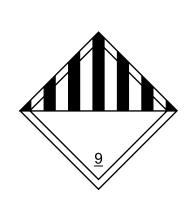
Adress

Minijos St. 180, Klaipėda

Responsible individual:

foreman, Name and Last Name, 860000000

(job title, full name, phone No)



PREVENTION OF VIOLATIONS OF THE INTERNAL OPERATING PROCEDURE

Western Shipyard carries out prevention of violations of the internal procedure (discipline at work) intended to prevent the consequences of multi-scale violations. One of the types of preventive measures is a fine. The amounts of the fines are specified in the table below.

| A major or fatal accident in the workplace | 290 Eur |
|---|----------------|
| A minor accident in the workplace | 30 Eur |
| DISCIPLINARY VIOLATIONS | |
| Smoking outside the specially designated areas | 30 Eur |
| Failure to carry the employee's ID | 30Eur |
| Failure to comply with the orders and requirements intended to remedy the violations | 60 Eur |
| Violations of the traffic rules on the territory of the Company or failure to comply with the signs of the Company | 30 Eur |
| Carrying to the territory of the Group alcohol, drugs or toxic substances; or use or sale of those intoxicating substances, or being under the influence of alcohol, drugs, toxic substances or medical products on the territory of the Group. | 30 Eur |
| Failure to comply with the working time regime | 30 Eur |
| Failure to use a safety helmet or safety belt at the workplace | 30 Eur |
| Failure to use goggles or a respirator at the workplace | 30 Eur |
| Deliberate failure to use of working clothes and other personal protective equipment | 30 Eur |
| VIOLATIONS OF THE OPERATING PROCEDURE WHEN DEALING WITE | ⁻ H |
| Violation of internal gas systems and cylinders safe operation rules | 30 Eur |
| Violations of electrical safety and welding equipment operation rules | 30 Eur |
| | |

| Violations of scaffolding operation rules | 60 Eur |
|--|--------|
| Violations of the rules of the safe use of lift cranes | 30 Eur |
| Use of disorderly work equipment and tools | 30 Eur |
| Use of disorderly work equipment and tools Failure to install temporary fencing around the openings on board | 30 Eur |
| VIOLATIONS OF INSTALLATION OF THE WORKPLACE AND ORDER AT THE WORK PLACE | AT |
| Disorder at the work place | 30 Eur |
| Disorderly passages | 30 Eur |
| Disorderly protective shields of tools and machinery or work without the protective shields | 30 Eur |
| VIOLATIONS OF DOCUMENT MANAGEMENT | |
| Permission to execute dangerous works using untrained, non-certified staff | 30 Eur |
| Execution of dangerous works without a relevant permit to carry out the works | 30 Eur |
| Failure to keep records of working and resting time | 30 Eur |
| Failure to manage work safety documentation correctly or lack thereof | 30 Eur |

EMPLOYEE ACTION IN THE EVENT OF FIRE, AN ACCIDENT OR HAZARDOUS MATERIALS SPILLS

| In the event of a fire | Dispatcher on duty | Medical aid point |
|------------------------|--------------------|-------------------|
| +370 46 483 665 | +370 46 483 659 | +370 46 483 703 |

In case of fire:

- Extinguish the fire with the available primary fire-fighting equipment, if safe, and inform other employees;
- Report the case by phone at +370 46 483 665, or cell phone at +370 612 245 38
 (on the territory of Western Shipyard) and at +370 614 06 602 (on the territory of Western Baltija Shipbuilding);
- Evacuate via the nearest safe exit to the local muster point near the quays or on the western sides of the buildings and await further instructions of the Control Office employees.
- All employees evacuate to the local muster point marked in the scheme.

In case of major emergency:

Upon hearing the city sirens 30 s, immediately evacuate via the nearest safe exit to the general muster point marked in the shipyard safety booklets (see p. 19).

In the case of an accident:

The injured, the employee working next to the injured shall:

- Remove other employees from the danger area;
- Provide first aid to the injured;
- Seek medical assistance at the medical point, or call the ambulance;
- Report the incident to the immediate supervisor.

The immediate supervisor shall:

- Accompany the injured to the city's healthcare facility (in accordance with the medical point's instructions);
- Report the incident to the employee of the Occupational Health and Safety Office (OHSO);
- See to it that the scene of the incident remains intact (if it is safe to do so), until
 the OHSO employee or other persons responsible arrive to examine the scene.

In case of spills of hazardous chemicals:

Report the incident to the dispatcher of Western Stevedoring;

- Prevent release to the water bodies or storm drains using the available special equipment;
- Collect the spill using the available special equipment and deliver it to the hazardous waste collection point following the established procedure.

In case of a dangerous situation:



Upon observing danger, immediately call direct supervisor, WSY contact person, send an e-mail to HSE@wsy.lt In case of an accident. call +370 46 483 665

- Where the emergency does not involve consequences or a dangerous situation arises
- Each company of the Western Shipyard Group has its own OHS Coordinator who is responsible for occupational safety at the company.
- The OHS Coordinator of the ships under repair or construction is the Project Manager.

Find out who is the OHS Coordinator of the project.



The mark shows the general muster points in the event of a general evacuation.

WORKING AND RESTING HOURS, CANTEENS AND THE TERRITORIAL SCHEMES OF THE BLRT GRUPP AND WESTERN SHIPYARD COMPANIES

Daily working time (non-shift) is 8.2 hours on Mondays, Tuesdays, Wednesdays and Thursdays, and 7.2 hours on Fridays.

Employees will work a 5-day working week with 2 days off.



Western Shipyard, Minijos st. 180



Western Baltija Shipbuilding, Pilies st. 8

| | 1 ST SHIFT | 2 ND SHIFT | 3 RD SHIFT |
|----------------------|---|---|---|
| Working Hours | 7:00 ам - 4:00 рм | 4:00 рм - 11:30 рм | 11:30 рм - 6:00 ам |
| Dinner Break | 11:00 ам - 11:48 ам | 7:00 рм - 7:30 рм | 2:00 am - 2:30 am |
| Additional Breaks | I-V 9:00 am - 9:10 am I-IV 2:00 pm - 2:10 pm | I-V 6:00 pm - 6:10 pm I-IV 9:30 pm - 9:40 pm | I-V 1:00 pm-1:10 pm I-IV 4:00 pm-4:10 pm |

There are 2 canteens in the Company:

- Working hours of canteen I: from 6:00 AM to 3:00 PM;
- Working hours of canteen II: from 7:00 AM to 2:30 PM;

MEDICAL POINT



| Medical Point | Working hours | Telephone |
|---|---------------------------------|---------------------|
| Western Shipyard territory / Minijos st. 180 / | I-V: from 7:00 AM to 3:00 PM | T.: +370 46 483 703 |
| Western Baltija Shipbuilding territory / Pilies st. 8 / | I-V: from 7:00 am to 3:00 pm | T.: +370 46 398 103 |

PASSAGES TO WORK AREAS

MARKING AND FENCING RISK AREAS

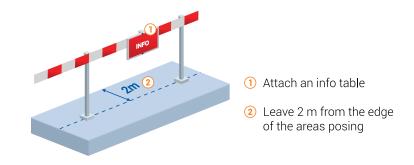
All technical cut-outs in the deck, open vents of holds and tanks, removed ladders and other sites that pose a risk of falling from a height must be closed off.

Where the performance of works involves risk to bystanders, the site must be marked with warning signs and closed off.

Use bands and chains to fence the areas where there is a risk of falling.



Use temporary fencing leaving at least 2 m from the egde of the areas posing the risk of falling from a height



CONFINED SPACES





A Confined Space (CF) is a space fenced and partitioned against the surrounding areas on all 6 sides with one or more <1 sq. m entry points.

Prior to the commencement of work, CF is tested for air pollution and work permits are completed.

All employees who work in confined spaces must be trained and certified in accordance with the internal Safe Performance of Dangerous Works Program.

The most common CFs on board vessels are: the fore peak, the after peak, the anchor chain boxes, bottom tanks, and fuel tanks.

The table of air analysis results is attached next to the exit; installation of adjustable ventilation is obligatory.

| ĮEITI LEIDŽIAMA ENTRY ALLOWED | DĖMESIO, PAVOJINGA ORO SUDĖTIS! ATTENTION, INDOOR AIR HAZARDS! | ĮEITI DRAUDŽIAMA ENTRY PROHIBITED |
|----------------------------------|---|--------------------------------------|
| Patikrino | Patikrino | Patikrino |
| O2 CxHy Data Vieta Location | O2 CxHy Data Vieta Date Location | Data Vieta Location |

LIGHTING

The mandatory minimum backlight of the passages (regardless of any obstacles, transport, paving colour, etc.) shall be 20 Lx. Based on individual needs or agreement, additional lighting may be installed.

MAINTENANCE OF CLEANLINESS AND ORDERLINESS

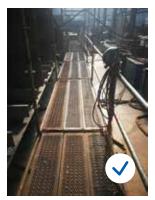
All the passages and evacuation routes must be free from obstacles; cables and wires of all kinds must be raised and arranged on hooks or racks so that they do not obstruct movement along the passages.





Maintain cleanliness and order of the working area, use work equipment and materials, as well as energy resources and materials rationally and efficiently.

All employees are required to recycle waste at the site of origin.





Hazardous waste collection containers or other containers intended for this purpose must be marked with hazardous waste labels.

PERMITS TO CARRY OUT WORKS (PTW)

4 types of work permits may be issued at the plant: permits to carry out works (general) and permits to carry out hot works, permits to carry out ship installation, permits to carry out suspended crane cradle works.

The manager/supervisor of the works shall be in charge of the issuing of permits to carry out works.



GENERAL PERMIT

The permit must be issued for the following works:

- Hot works carried out temporarily in places not approved for hot works (on painted vessels, vessels under construction and repair, painting chambers, etc.)
- Works carried out from suspended platforms;
- Works involving two cranes;
- Works at a height exceeding 5 meters without barriers;
- · Works in confined spaces;
- Testing of the systems;
- Mounting of rudder and deadwood devices;
- Works carried out on the under-crane runways and runway repair works;
- Transportation of a vessel or its parts;
- Works carried out over the water, works on floating scaffold stations;
- Works with sources of ionizing radiation (X-rays);
- Electrical equipment maintenance operations;
- Dangerous works involving gas;
- WSY works on the ship's equipment (cranes);
- Ship's cranes works on floating docks;
- Earth excavation works.

For works carried out from suspended platforms, the supervisor of works shall issue a work permit and coordinate it with the Foreman for Crane Supervision.

LOCK OUT, TAG OUT

Two supervisors will approve the labelling of potentially dangerous elements: gases, fuel, pressure, electricity, moving parts, etc.

It has to be done using special filled tags:



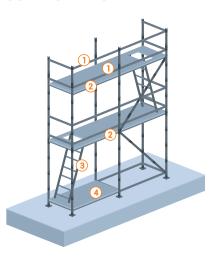


WORK AT HEIGHTS

Work at heights is work carried out at and above a height of 5 meters from the base without an enclosure. A belt must be worn for works done at and above a height of 1.3 meters.

The employee performing works at height must be trained, certified, instructed, and hold a medical certificate issued in accordance with the procedures established by law.

SCAFFOLDING



- 1 Layers
- 2 End shields
- 3 Stairs
- Oesk

Installation and removal of scaffolding can be carried out by the trained and certified personnel only.

- Never use partially assembled or partially disassembled scaffolding.
- Do not store materials, tools or other foreign objects on the scaffolding deck.
- Do not dismantle the scaffolding.

- Before making use of scaffolding, always check the following security elements: fencing, stability, decks, and ladders.
- After installation, the scaffolding must be handed over to the user and, depending on the result, marked with an appropriate plaque:

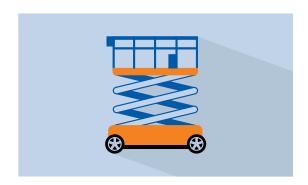






 Movable scaffolding must always be kept clean and be free from any foreign objects. When this type of scaffolding is in use, all the wheels must be blocked. When climbing scaffolding, both hands must be free. Use a rope to lower tools from the scaffolding.

SUSPENDED PLATFORMS AND LIFTS



Each suspended platform in use must have the marking indicating the date of its testing, the loading capacity (number of people), the name of the company that owns it, the identification number and driving alarm.

When working on any suspended platform:

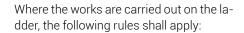
- prevent the materials contained in the suspended platform from falling;
- use a safety belt;
- keep minimum floor distance from workers at 2 meters.

The employee performing works on a suspended platform of self-propelled lifting equipment must be specially trained, certified, instructed, and hold a medical certificate issued in accordance with the procedures established by law.

WORKS CARRIED OUT ON THE LADDERS

Each ladder at the plant shall be bear the ladder inspection date, identification number, and the owner's name (the name of the company which owns it). A net shall be attached under gangway at all times.

The proper angle of ladder should be identified so that a person who is near the ladder could reach it with an outstretched hand.

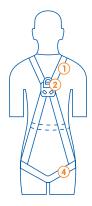


- Executing any works while standing on the step above the third step from the top shall be prohibited;
- One person only may stand on the ladder at one time;
- A single work period on a ladder must not exceed 30 minutes;
- Performing welding works and operations with angle grinders is prohibited

WORKS INVOLVING THE USE OF SAFETY BELTS

Do not forget to use safety belts while working:

- In suspended platforms;
- In lifts:
- Next to the edge of various constructions; in areas without fencing.



(1) Shoulder belts

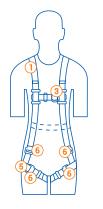
2 Fastening point

3 Connection and adjustment buckle

4 Back belts

5 Buckles

6 Leg belts





LOAD LIFTING AND TRANSPORT

LOAD LIFTING BY CRANES





Only trained, certified and instructed employees can work as crane operators and banksmans. Their helmets must have a sticker.

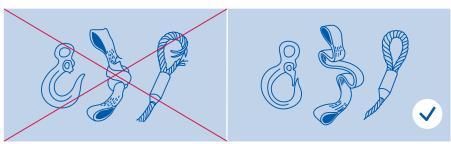
Banksman

Crane Operator

All detachable lifting accessories must be bear the following clearly visible information:

- The manufacturing/testing date;
- The lifting capacity;
- · The identification number of the manufacturer and Western Shipyard;
- The name of the company of Western Shipyard group (user/owner name).

All lifting accessories suitable for a year of use must be marked with the colour corresponding to the year.



TEXTILE AND STEEL SLINGS

Each textile sling shall have a label stating the maximum permissible load (WLL) for upright/horizontal load lifting. It shall also have a label indicating the maximum allowable cargo weight when lifted at different angles.

Before using the sling, it must be carefully checked and its suitability to carry out the work assessed

Textile slings shall be decommissioned when:

- The label is worn out:
- The joints or the carrier layer is damaged;
- They have knots;
- There are visible friction areas:
- The equipment is worn out and dirty;
- They are damaged by harsh chemical substances.

Steel slings shall be decommissioned when:

- The markings on slings are illegible;
- The end fittings are worn out or deformed;
- There is evidence of wire rope fatigue failure: the cracks may cause injury to the hands; the strength of the rope decreases;
- 10% of the nominal diameter has worn out.

When loads are lifted from the ship on the quay or vice versa, consider potential movement of the ship.

Check the colour labels and make sure that the lifting equipment does not require to carry out a periodic inspection.

Never leave foreign objects on the crane track!

CRANE CONTROLLER RESTRICTION

The crane controller can only be used by a person who has taken a bridge crane operator training.

Sling operator training not acceptable.

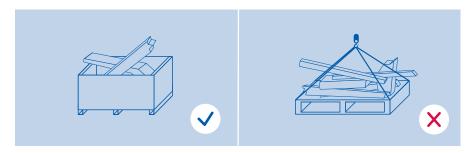


LOAD HANDLING: tug line



Using a catch for load-lifting near people is dangerous. Obligatory to use two clapms in this case.

LIFTING KITTING ELEMENTS WITH CRANES



MARKING LIFTING IMPLEMENTS

- ID marking in place
- Colour-coded annual inspection marking in place







SIGNALLING TO CRANES

| COMMON SIGNS | | | | |
|-------------------|---|--|--|--|
| Start | The arms stretched out horizontally to the sides at shoulder level, palms facing forward | | | |
| Stop | The right arm raised up with the palm facing forward | | | |
| End | The arms bent at the elbows, palms crossed on chest | | | |
| VERTICAL MOVEMENT | | | | |
| Up | The right arm raised vertically with the palm facing forward slowly makes horizontal circles. | | | |
| Down | The right arm lowered with the palm facing inward slowly makes circles. | | | |

| HORIZONTAL MOVEMENT | | | |
|--------------------------|---|------------|--|
| Forward | The arms are bent at the el- bows at an angle and outstre- tched with the palms facing up. Forearms make slow move- ments. | | |
| Back | The arms are bent at the el- bows at an angle and outstre- tched with the palms facing down. Forearms make slow movements backwards from the body. | *** | |
| To the right | The right arm is outstretched at the shoulder level, palms down; small movements towards the indicated direction are made. | • | |
| To the left | The left arm is outstretched at the shoulder level, palms down; small movements towards the indicated direction are made. | · | |
| Horizontal distan- ce | Hands in front of the body at the chest level, palms facing inward, the horizontal distance is indicated. | | |
| Danger | Both hands are raised up with the palms facing forward. | | |

LOAD LIFTING WITH THE USE OF HOISTS

All hoists, as well as other lifting equipment should be marked in accordance with the SC Western Shipyard lifting equipment maintenance instructions.

When using more than 3 hoists for one object, follow the principal hoist fixing schemes.

Do not drop a hoist / lift. Always place it properly on the ground.

ANCHORING HOISTS
Hooks bent out of shape due to bad anchorage.









It is prohibited to use scaffolding and random surfaces (edges of metal sheets, and so on) for hoist hook fastening. It is also prohibited to use random metal waste, cut pieces of a pipe welded to a surface, and so on for hoist hook fastening: only special staples welded to surfaces may be used for this purpose.

Do not to fasten the hook to the vessel's structure when moving loads inside the ship!

USING CLAMP Angle overload, broken teeth



JACK POSITION ANGLE





Inadequate structure of objects

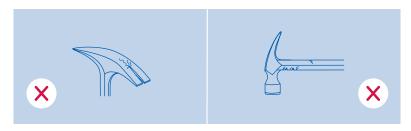






OTHER TOOLS Chipped ends

Hammer handle without a retainer



LOAD TRANSPORT BY FORKLIFT TRUCKS

- Reflectors
- Windows
- Tyres
- Safety belt
- 6 Lights
- 6 Mirrors



All lift trucks and lifts shall have a register of shift records of the technical condition to be completed by the employee each time they take the vehicle for work and return it after work.

Before starting to work, check the key safety devices (lights, mirrors, belts) and the operating parameters:

- make sure that the enclosures of rotating machinery are well secured;
- inspect the hoses of the steering-gear, brakes, and hydraulic system for leaks.

All indoor vehicles should pass annual technical inspection to get an approval sticker.

Motor loaders, electric stackers, and tractors may be only operated by persons who are specially trained, certified, instructed, and hold a medical certificate issued in accordance with the procedure established by laws.



MANUAL HANDLING OF LOADS

Manual handling of loads is one of the main causes of accidents. Brief recommendations:

- Try to keep the load being lifted as close to the centre of the body as possible;
- When lifting heavy loads, try to keep the spine straight, first bending your legs, and avoid movements with the load when in disadvantageous positions (whilst leaning to a side or turning);
- Use lifting devices, holders, lifts or other equipment, where possible;
- Heavy and bulky items should be carried/lifted by two or more employees



The maximum allowable load weight to be lifted by hand:

- 30 kg for men
- 10 kg for women

All employees engaged in manual handling of loads must be trained and certified in accordance with the internal Safe Performance of Dangerous Works Program.

GENERAL MAINTENANCE

HOSE REGISTRATION AND MAINTENANCE

Oxygen and combustible gas hose inspections shall be carried out every three months, and flushing of the hoses shall be carried out every six months.

Western Shipyard hose marking

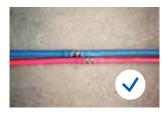
Example: <VTT 150 13 12>, where:

- <VTT> is client's abbreviation
- <150> is the gas equipment No
- <13 12> is the next inspection date (2013 December)
- 1 Argon
- 2 Natural Gas, Propane
- 3 Acetylene
- Oxygen
- (CO₂) Carbon Dioxide (CO₂)



After the removal of damaged areas, the hose ends are connected with corrugated couplings, which must be tightened with special clamps. The work shall be carried out by the gas equipment repair unit of UAB Vakary technine tarnyba.

Correct connection



Incorrect connection



GAS CYLINDERS

Use technically sound and tested manometers

Properly fasten the cylinders being used

Do not store oxygen and combustible gas cylinders on closed, unaired premises

The distance between a hot works area and a combustible gas cylinder must be at least 10 m, while the distance between an oxygen cylinder and a combustible gas cylinder must be at least 5 m



ELECTRICITY EQUIPMENT



Always keep control cabinets closed and locked with special keys. The cabinets may be opened only by service personnel trained and certified in accordance with the established procedure.

Each outlet that you use must have a clear mark indicating the voltage the outlet is designed for.

Electric cables must have intact outer isolation, neat plugs and sockets. It is prohibited to use cables with improperly fixed damaged isolation or connections.

When using electrical tools in damp environments, make sure that a leakage relay is installed. It will protect you from electrical shock. If the relay is absent or out of order, use pneumatic tools.

The installation has 110 V temporary stationary lighting. It is prohibited to wilfully disassemble or modify the layout of the lighting. Where the lighting is insufficient, it is obligatory to provide additional or personal light sources (flashlights, etc.)

REMEMBER!

Alternating current of more than 50 V is a life threat! It is prohibited to use electrical illumination tools of more than 36 V when working in tanks.

PRESSURE EQUIPMENT

The following shall be used in Western Shipyard: compressed air supply systems, metal blasting, washing, painting equipment, new pipeline testing equipment, steam generation equipment and various devices (presses, guillotines, etc.) with hydraulic or pneumatic actuators.

All pressure equipment must be checked or tested at the time intervals set by the manufacturer.

Then metal blastig equipment is working:

- be especially careful when metal blasting works are carried out nearby. Be sure to wear safety goggles and hearing protection;
- should you wish to imagine the injuries possibly caused by an accidental slag blast, see how the slag blast affects the steel surface;
- keep safe distance
- in case the hoses twisted or laid on the passages and vehicle roads inform Yard responsible person.

GRINDERS

Only technically sound and fully assembled grinders (with a handle and wheel guard cover) may be used on the Western Shipyard territory.

When working with a grinder, do not keep it close to the face or other parts of the body as it may kick back and cause injury!



- (1) Handle
- Quard
- Orderly, intact cords

Only trained, certified, and instructed employees wearing hearing protection, gloves and panoramic or combined goggles that protect the eyes from metal particles may carry out works using a grinder.

MACHINERY MARKING

The inspection of all electrical tools must be carried out at least once per year, the tools must have a sticker with the next inspection date.

Brief operating instructions, warning signs about the dangers posed by the device, and the mandatory personal protective equipment to be used must be provided on each of the machinery.



Danger of trapped limbs



Moving machinery.

Danger of injured limbs



Machinery with sharp edges. Danger of injured limbs

When carrying out machinery maintenance works, it is obligatory to use warning loto signs and, the circumstances permitting, to make the device controls manual.

HAZARDOUS CHEMICAL **SUBSTANCES**

Chemical substances and mixtures, including petroleum products, gases, as well as painting, varnishing, gluing, sealing, washing and cleaning materials must be accompanied by safety data sheets. Before starting works that involve the use of these materials, the personnel must familiarise themselves with the safety data sheet of the relevant material.

When working with chemical substances and their mixtures, it is obligatory to use skin, respiratory, and eye protection, as well as other protective equipment specified in the safety data sheet, and to avoid direct contact with the chemical substances and their mixtures. In the event of any, even the smallest contact, the area exposed must be washed immediately and thoroughly.

Chemical substances and their mixtures with the packaging bearing one or more hazard symbols indicated in the table are dangerous:

GHS pictograms



Exploding



Flammable



Oxidizing



Compressed gas



Hazard to environment



Severaly toxic 1-3 category



Lighter impact on health



Adverse effect to the health



Used in past hazard symbols

PHYSICAL **CHEMICAL**



Exploding



HFALTH

Toxic



ENVIRONMENT

environment



Oxidizing



irritative







Corrosive

All chemical substances shall have safety data sheets which the employees must familiarise themselves with before starting to work.

All hazardous chemical substances and their mixtures must be kept in manufacturer's packaging marked with hazard labels containing the required information about the substance.

Radioactive and toxic substances shall be accepted to the warehouses of the companies of Western Shipyard by permission of Western Shipyard's responsible employees only.

WORK AT THE OFFICE

- The lower arm must form a horizontal line with the keyboard as well as a 90-degree angle with the upper arm.
- The lower leg must also be at a 90-degree angle or larger with the upper leg.
- The distance between the eyes and the monitor, text, or keyboard must be at least 50 cm.
- There must be a space of 10 to 15 cm left to put the hands between the edge of the table and the keyboard.
- Working a full-time sedentary job, do not forget to take breaks, do some exercise, and rest your eyes.
- Make the most of your seating space so that your back would get maximum support.





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