



NAÇÃO  
FLUENTE

# Inglês Técnico

## Segurança do Trabalho



# Sumário

<input type="checkbox"/> Introdução	3
<input type="checkbox"/> Orientação	4
<input type="checkbox"/> Expressões	5
<input type="checkbox"/> Glossário	8
<input type="checkbox"/> A	8
<input type="checkbox"/> C	9
<input type="checkbox"/> D	10
<input type="checkbox"/> E	10
<input type="checkbox"/> F	11
<input type="checkbox"/> G	12
<input type="checkbox"/> H	12
<input type="checkbox"/> I	13
<input type="checkbox"/> J	14
<input type="checkbox"/> L	14
<input type="checkbox"/> M	15
<input type="checkbox"/> N	16
<input type="checkbox"/> O	16
<input type="checkbox"/> P	16
<input type="checkbox"/> Q	17
<input type="checkbox"/> R	17
<input type="checkbox"/> S	18
<input type="checkbox"/> T	20
<input type="checkbox"/> W	21
<input type="checkbox"/> Inglês Corporativo	22
<input type="checkbox"/> Fluência Descomplicada	23
<input type="checkbox"/> Compartilhe	24

# Introdução

## Vocabulário e expressões essenciais para Segurança do Trabalho

Bem-vindo à nossa apostila de inglês técnico para Segurança do Trabalho!

Neste material, exploraremos os termos e expressões essenciais necessários para uma comunicação eficaz no campo da segurança ocupacional.

Você desenvolverá habilidades para articular conceitos e práticas de segurança de forma clara e precisa, enquanto adquire a capacidade de compreender e responder de maneira eficaz às normas e procedimentos de segurança no ambiente de trabalho.

Estamos entusiasmados para iniciar esta jornada de aprendizado com você, contribuindo para o seu sucesso profissional na área de Segurança do Trabalho!

Vamos começar!

## Orientação

### Siga estas orientações para otimizar o uso deste material e potencializar o seu aprendizado

- 1 Imprima este PDF;
- 2 Destaque com caneta marca-texto as palavras desconhecidas;
- 3 Leia a coluna *meaning* para descobrir o significado, sem usar tradutores;
- 4 Construa frases com aplicação das novas palavras que você está aprendendo.

Se precisar de inspiração, use o [dictionary.cambridge.org/](https://dictionary.cambridge.org/)

Faça isso por meio da escrita e não da digitação, pois isso potencializa o armazenamento do novo conhecimento na memória de longo prazo.

# Expressões

## Exemplos

<p><b>Bad weather</b> Intempéries</p>	<p><b>The strong wind and bad weather detained us from doing any work for several hours.</b> O vento forte e as intempéries nos impediram de trabalhar por várias horas.</p>
<p><b>Bulkhead</b> Antepara</p>	<p><b>It is possible to remove the interior bulkhead, but its removal may weaken the structure.</b> É possível remover a antepara interna, mas sua remoção pode enfraquecer a estrutura</p>
<p><b>Contusion</b> Contusão</p>	<p><b>The fall resulted from a contusion that led to 2 days of sick leave.</b> A queda resultou de uma contusão que levou a 2 dias de licença médica.</p>
<p><b>Disciplinary action</b> Ação disciplinar</p>	<p><b>The company will be taking disciplinary action against the two workers.</b> A empresa tomará medidas disciplinares contra os dois trabalhadores.</p>
<p><b>Disregard</b> Negligência</p>	<p><b>His actions manifested a complete disregard for personal safety.</b> As ações dele demonstraram completa negligência à segurança pessoal.</p>
<p><b>Electrical grounding</b> Aterramento Elétrico</p>	<p><b>Electrical grounding is very important for the safety of the operator.</b> O aterramento elétrico é muito importante para a segurança do operador.</p>
<p><b>First aider</b> Socorrista</p>	<p><b>If you've cut your hand, the first aider will patch you up.</b> Se você cortou sua mão, o socorrista fará um curativo.</p>
<p><b>Heat exhaustion</b> Exaustão pelo calor</p>	<p><b>He was feeling nauseous from heat exhaustion and almost passed out.</b> Ele estava se sentindo enjoado de exaustão pelo calor e quase desmaiou.</p>
<p><b>Health risk bonus</b> Adicional de insalubridade</p>	<p><b>Our blue-collar employees are entitled to receive health risk premium.</b> Nossos operários têm direito a receber adicional de insalubridade.</p>
<p><b>Manual handling</b> Operação manual</p>	<p><b>The rules apply to any manual handling operation which may cause injury at work.</b> As regras se aplicam a qualquer operação manual que possa causar ferimentos no trabalho.</p>

# Expressões

## Exemplos

<p><b>Near-miss</b> Quase acidente</p>	<p><b>We need to report every accident, incident, near-miss in 2 hours-time.</b> Precisamos relatar todos os acidentes, incidentes, quase acidentes em duas horas.</p>
<p><b>Occupational accident</b> Acidente de trabalho</p>	<p><b>Recent data suggest that young workers are at greater risk of having occupational accidents.</b> Dados recentes sugerem que os trabalhadores jovens correm maior risco de sofrer acidentes de trabalho.</p>
<p><b>Occupational diseases</b> Doenças ocupacionais</p>	<p><b>Occupational exposure to asbestos is considered probable cause for many occupational diseases.</b> A exposição ocupacional ao amianto é considerada causa provável de muitas doenças ocupacionais.</p>
<p><b>Permanent impairment</b> Deficiência permanente</p>	<p><b>Prolonged exposition to loud noises is known to cause permanent hearing impairment.</b> Sabe-se que a exposição prolongada a ruídos altos causa deficiência auditiva permanente.</p>
<p><b>PPE (Personal Protective Equipment)</b> EPI (Equipamento de proteção individual)</p>	<p><b>For all the employees: the use of PPE is a requirement, not a suggestion.</b> Para todos os funcionários: o uso de EPI é um requisito, não uma sugestão.</p>
<p><b>Preventive maintenance</b> Manutenção preventiva</p>	<p><b>We've finished the preventive maintenance work according to the schedule.</b> Concluimos o trabalho de manutenção preventiva de acordo com o cronograma.</p>
<p><b>Repetitive Strain Injury (RSI)</b> Lesão por Esforço Repetitivo (LER)</p>	<p><b>He seems to be getting early signs of RSI.</b> Ele parece ter os primeiros sinais de LER.</p>
<p><b>Risk assessment</b> Avaliação de risco</p>	<p><b>We performed a strict risk assessment visit in order to check the safety conditions.</b> Realizamos uma rigorosa visita de avaliação de risco para verificar as condições de segurança.</p>
<p><b>Safety gear</b> Equipamento de segurança</p>	<p><b>Always use appropriate safety gear, such as safety gloves and safety shoes when handling the equipment.</b> Sempre use equipamentos de segurança adequados, como luvas e calçados de segurança ao manusear o equipamento.</p>
<p><b>Safety harness</b> Cinto de segurança</p>	<p><b>When working at height, be sure your safety harness has been buckled to certain anchorages.</b> Ao trabalhar em altura, verifique se o seu cinto de segurança foi preso a certas ancoragens."</p>

# Expressões

## Exemplos

<b>Safety rules</b> Normas de segurança	<b>Some basic safety rules were wilfully ignored.</b> Algumas regras básicas de segurança foram deliberadamente ignoradas.
<b>Sick leave</b> Licença médica	<b>Except for sick leave, I was never absent from work.</b> Exceto por licença médica, nunca me ausentei do trabalho.
<b>Walkway</b> Passarela	<b>To facilitate access, a walkway was built leading to the entry.</b> Para facilitar o acesso, uma passarela foi construída levando à entrada.
<b>Work permit</b> Permissão de trabalho	<b>The execution of dangerous jobs requires a work permit.</b> A execução de trabalhos perigosos requer uma permissão de trabalho.

# Glossário

## A

<b>Absenteeism</b>	Regularly not attending work or willful absence. (Not including involuntary or occasional absence from reasonable causes like sickness or accidents)
<b>Absolute duty</b>	No defence available against noncompliance with statutory requirement.
<b>Accident</b>	An unplanned incident resulting in ill-health, injury, death or damage.
<b>Accident triangle</b>	Indicates statistical relationship and severity of accident.
<b>ACOP</b>	Approved Code of Practise. The HSE publish guidance in the form of ACOPs, they describe the recommended methods to comply with regulations imposed by the HASAWA. ACOPs are 'approved by the Health and Safety Executive, with the consent of the Secretary of State'.
<b>ALARP</b>	As Low As Reasonably Practicable. (See also SFAIRP). The two terms mean essentially the same thing and at their core is the concept of “reasonably practicable”; this involves weighing a risk against the trouble, time and money needed to control it.
<b>Allergen</b>	An antigen (molecule capable of being recognised by the immune system) that causes an allergic reaction.
<b>Appointed person</b>	One who is trained in accordance with the appropriate schedule, competent to carry out the duties and appointed in writing.
<b>Approved code of practice</b>	A Code of Practice (COP) prepared by management, unions and HSE, that has been approved and accepted by The Health and Safety Commission (HSC).
<b>Asbestos &amp; Asbestosis</b>	Asbestos is the name of a fibrous mineral that when disturbed, breaks into small fibres that can be inhaled, cause damage to the lungs and cause diseases like asbestosis, lung cancer and mesothelioma (all associated with prolonged exposure). See more on our Complete Guide to Asbestos. Asbestosis is the damage of the lung tissue which is caused by inhaling asbestos fibres which makes breathing hard. If you disturb asbestos, you must stop work immediately and report the problem.



# Glossário

<b>Availability</b>	Ability [of a system] to be in a state to perform as required. Note: Availability is measured by a probability (a dimensionless quantity between 0 and 1) of the service being provided at an arbitrary time, but is usually expressed as a percentage. Availability is related to reliability (q.v.) but is not the same.
<b>C</b>	
<b>Carcinogen</b>	A substance or physical agent that causes cancer.
<b>Carcinogenic</b>	Inherent potential of a substance or physical agent to be a carcinogen.
<b>CDM</b>	Construction (Design and Management) Regulations.
<b>Code of practice</b>	A body of rules for Practical Guidance only and not having the force of law although failure to comply may be used in evidence in legal proceedings.
<b>Code of practise</b>	Are rules fixed by regulatory bodies (like the HSE) or trade associations that provide guidance to help work towards compliance with the law.
<b>COMAH</b>	Control of Major Accident Hazard Regulations.
<b>Common cause failure (CCF)</b>	A dependent failure of two or more (redundant) system elements due to a single cause, for example a fire or flood.
<b>Common mode failure (CMF)</b>	A dependent failure where two or more system elements fail in the same manner, for example by having the same incorrect maintenance action performed on all the elements.
<b>Competent person</b>	A practical and reasonable person with sufficient documented training and experience, who knows what to look for, how to recognise it when they see it, and how to deal with it to make it safe. They also know and work within the limits of their competence.
<b>Confined space</b>	An enclosed area that can cause harm via hazardous substances or conditions in the space.
<b>Corrosive</b>	A substance that causes damage through a chemical reaction.
<b>COSHH</b>	Control of Substances Hazardous to Health.

## Glossário

### CPD

Continuing Professional Development is the term used for the learning activities that professionals engage in to develop their skills and abilities. All of our courses are CPD Accredited and users can earn points within minutes.

## D

### Danger

A state or condition in which personal injury and/or asset damage is reasonably foreseeable. The presence of a hazard.

### Dependet

Failures of two or more elements of a system where these failures cannot be considered independent. Common cause and common mode failures are dependent failures.

### Dermatitis

Inflammation of the skin. When the condition is due to contact with a substance at work it is called 'occupational' or 'industrial' dermatitis.

### Diversity

Performing the same function in a redundant system by different means in different elements, including different technologies and/or design and implementation methods.

### DSE

Stands for Display Screen Equipment which is any display screens - computer monitors, laptops, tablets, TV screens and even smartphones. Those who use DSE on a regular basis legally require DSE Training.

### Duty holder

Any person or organisation holding a legal duty, for example, all employers and persons who provide, use, or control equipment at work as required under PUWER regulations.

## E

### EMAS

Employment Medical Advisory Service.

### Emergency plan

A plan that has specific instructions to be followed in an emergency. The aim should be to evacuate all people from a dangerous situation or environment.

### Ergonomics

The study of the relationship between workers and their occupation, equipment and environment and particularly, the application of anatomical, physiological and psychological knowledge to the problems.

## Glossário

<b>Error rate prediction</b>	A forecast of the possibility of error based on statistical data.
<b>Error</b>	Mistake; error of judgement leading to action resulting in an accident and its subsequent effects.
<b>ETA</b>	Event Tree Analysis: a graphical method of exploring how an initiating (hazardous) event can lead to an accident via a set of further events. The method allows the exploration of barriers to escalation of the hazard (mitigations) and the calculation of the relative likelihoods of various outcomes.
<b>EWR</b>	Electricity at Work Regulations 1989.
<b>F</b>	
<b>Fire precautions</b>	The measures taken and the fire protection features provided in a building (e.g. design, systems, equipment and procedures) to minimise the risk to the occupants from the outbreak of fire.
<b>Fire prevention</b>	The concept of preventing outbreaks of fire, of reducing the risk of fire spreading and of avoiding danger to persons and property from fire.
<b>Fires</b>	All fires are the result of three things - heat, oxygen, and a fuel source. There are 5 different classes of fire: Class A - combustible materials; Class B - flammable liquids; Class C - flammable gases; Class D - combustible metals; Class F - cooking oils.
<b>Electrical fires</b>	These fires ignite from electrical appliances but once the appliance is removed, the fire changes class elements of a system, determines how each element can fail, and explores the effects of each such element failure on the operation of the system as a whole. FMEA can also be used to quantify the failure rate of the total system by counting the contribution of each individual element.
<b>First aid</b>	The skilled application of accepted principles of treatment on the occurrence of an accident or in the case of sudden illness, using facilities or materials available at the time.

## Glossário

<b>Flammability</b>	Something that will easily catch fire. You can get flammable liquids, gasses and solids.
<b>FMEA</b>	Failure Modes and Effects Analysis; a “bottom up” hazard identification technique which considers the individual.
<b>Frequency rate</b>	Number of injuries in the period x 100,000 divided by Total hours worked during the period.
<b>FTA</b>	Fault Tree Analysis; a graphical method for analysing how a top event (generally a hazardous event) can be caused by lower level events combined by logical operators (most frequently AND and OR gates). The method is useful for identifying single points of failure or limited redundancy in complex systems and can be used for system reliability and availability calculations.
<b>Functional safety</b>	Safety is the property of an engineered system of ensuring safety by virtue of the functions.
<b>G</b>	
<b>Glare</b>	We have all probably experienced glare at some point. It is when a bright light (natural or artificial) bounces off a screen and impedes a person sight. This can sometimes cause headaches.
<b>H</b>	
<b>H&amp;S</b>	Health and Safety.
<b>Harm</b>	Injury to or death of persons, or damage.
<b>Hazan</b>	Hazard Analysis.
<b>Hazard</b>	A situation that can cause harm, ill-health, injury or damage to property or the environment.
<b>Hazardous event</b>	The occurrence of a hazard, generally used in the context of the failure of a safety related system.
<b>Hazid</b>	Hazard Identification.

# Glossário

<b>Hazop</b>	Hazard and Operability (study). A systematic method of identifying hazards using a team-based approach and applying a set of standard guide phrases to the elements of a design to determine how these could deviate from the intent of the designers and what the results would be. The method originated in the chemical process industry where it was applied to plant and instrumentation diagrams but has been adopted more widely and applied to a number of different design descriptions.
<b>Health and safety representative</b>	This might be a person that your organisation has appointed to represent fellow employees in health and safety issues at work.
<b>HF</b>	Hazards Forum
<b>HSC</b>	Health and Safety Commission. A statutory body, established under the Health and Safety at Work etc. Act 1974, responsible for health and safety regulation in Great Britain.
<b>HSE</b>	The HSE (Health and Safety Executive) is an authoritative organisation used to enforce, encourage and regulate health and safety legislation to business in the UK.
<b>HSL</b>	Health and Safety Laboratory.
<b>HSPAG</b>	The IET Health and Safety Policy Advisory Group.
<b>HSWA</b>	Health and Safety at Work Act 1974.
<b>I</b>	
<b>IATP</b>	The Independent Asbestos Training Providers, one of our approval bodies.
<b>IIDB</b>	Industrial Injuries Disablement Benefit statistics.
<b>IIRSM</b>	The International Institute of Risk and Safety Management, one of our approval bodies.
<b>Improvement notice</b>	One of a range of means which enforcing authorities use to achieve the broad aim of dealing with serious risks, securing compliance with health and safety law and preventing harm. It allows time for compliance.

## Glossário

<b>Incidence rate</b>	Total number of accidents x 1000 divided by Number of persons employed during the period.
<b>Incident</b>	An unplanned, unexpected event which has the potential to lead to an accident although may not do so.
<b>Independent</b>	The situation where the probability of two or more system elements failing simultaneously is the product of the failure probabilities of the individual elements.
<b>IOSH</b>	The Institution of Occupational Safety and Health, one of our approval bodies.
<b>Irritant</b>	A substance that can cause irritation or inflammation to the body upon contact.
<b>ISA</b>	Independent Safety Assessor (or Auditor, depending of the industry context and scope of work).
<b>J</b>	
<b>JIGSR</b>	Joint Inter-Institutional Group on Safety and Risk.
<b>L</b>	
<b>Legislation</b>	Is the law that has been enacted by legislature. It is the description of legal requirements and the punishment of breaking the law.
<b>LFS</b>	Labour Force Survey.
<b>Lock off</b>	A system whereby controls such as switches or valves can be physically and intrinsically locked in the 'OFF' position as part of a SAFE SYSTEM of work.
<b>LOLER</b>	Lifting Operations and Lifting Equipment Regulations.
<b>LOSS</b>	Personal injury and/or asset damage.

# Glossário

## M

<b>Maintainability</b>	Ability to be retained in, or restored to a state to perform as required, under given conditions of use and maintenance. Note 1 (g): Given conditions would include aspects that affect maintainability, such as: location for maintenance, accessibility, maintenance procedures and maintenance resources. Note 2: MTTR is a commonly used measure of maintainability.
<b>Manual handling</b>	Any means of transporting or supporting a load manually. Lifting, putting down, pushing, pulling, carrying or moving by hand or bodily force.
<b>Mean duration rate</b>	Total number of days lost divided by Total number of accidents during the period.
<b>Means of escape</b>	Structural means whereby a safe route is provided for persons to travel unaided from any point in a building to a place of safety.
<b>Method statement</b>	A statement that will detail how specific working practices should be conducted to ensure they are being carried out safely.
<b>Mistake</b>	A human action that produces an unintended result.
<b>Mitigation</b>	Factors or events which can prevent a hazard escalating to an accident or can reduce the likelihood or severity of an accident. Mitigation can be provided by a number of means including engineered systems, procedures and providence - "good luck".
<b>MSD</b>	Musculoskeletal Disorders.
<b>MTBF</b>	Mean Time Between Failures.
<b>MTTF</b>	Mean Time to Failure.
<b>MTTR</b>	Mean Time to Restore (or Repair).
<b>Musculoskeletal disorder</b>	Injuries or disorders that affect the musculoskeletal system and body movement.

## Glossário

### N

#### Narcotic

Agent that depresses brain functions e.g. organic solvents.

#### Near miss

An incident, which did not show a visible result, but had the potential to do so.

#### Negligence

The omission to do something, which a reasonable person, guided upon those considerations which ordinarily regulate the conduct of human affairs would do, or something, which a prudent and reasonable person would not do.

#### NHS

National Health Service.

#### Noise-induced hearing loss

Irreversible damage caused by exposure to loud noise.

### O

#### OH

Occupational Health: your health in regard to the work activities that you undertake.

#### OHS

Occupational Health and Safety.

#### ONS

Office of National Statistics.

### P

#### PAT

Portable Appliance Testing.

#### PCBs

Polychlorinated Biphenyls.

#### Permit to work

A formal written or verbal authority to operate a planned procedure, which is designed to protect personnel, working in hazardous areas or activities, or when performing maintenance on a safety-related system. Authority for a safe system of work.

#### PFD

Probability of Failure on Demand (applied generally to a plant protection system).



## Glossário

<b>PLC</b>	Programmable Logic Controller: a computer-based system which is programmed by special purpose languages intended for use by application domain engineers rather than software specialists.
<b>Policy</b>	A statement of corporate intent, which will be adopted and pursued as advantageous or expedient.
<b>PPE</b>	Personal Protective Equipment. Equipment that is to be worn or held by someone to protect against health and safety hazards.
<b>Practicable</b>	Technical feasibility without reference to costs.
<b>Principal Contractor</b>	Under CDM, a principal contractor is needed when there is more 1 contractor.
<b>Principal Designer</b>	Under CDM, a principal designer is needed when there is more 1 designer.
<b>PUWER</b>	Provision and Use of Work Equipment Regulations.
<b>Q</b>	
<b>Qualified worker</b>	One who is accepted as having the necessary physical attributes, who possesses the required intelligence, training and education, and has acquired the necessary skill and knowledge to carry out the work in hand to satisfactory standards of safety, quantity and quality.
<b>Qualified risk assessment</b>	A risk assessment where the frequency of a hazardous event is stated in quantitative terms, expressed in units such as one major accident per 1000 years, or fatalities per year. Fault Tree Analysis (FTA) and Event Tree Analysis (ETA) are among the techniques used in QRA.
<b>R</b>	
<b>RBI</b>	Risk Based Inspection.
<b>REACH</b>	Registration, Evaluation, Authorisation and Restriction of Chemicals regulation. The regulation gives greater responsibility to industry to manage the risks from chemicals and to provide safety information on the substances.

## Glossário

<b>Reasonably practicable</b>	A computation made in which the quantum of risk is placed on one scale, and the disadvantages involved in the measure necessary for averting the risk is placed upon the other. A balance between risk and cost, inconvenience, effect on production.
<b>Redundancy</b>	Having more than one system element able to perform a given function, a design method which can greatly increase the reliability and availability of a system.
<b>Regulations</b>	In comparison to legislation, regulations are the process of monitoring and enforcing the law and the act of enforcement.
<b>Reliability</b>	The ability [of a system] to perform as required, without failure, for a given time interval, under given conditions. Note 1: The time interval duration may be expressed in units appropriate to the item concerned, e.g. calendar time, operating cycles, distance run, etc., and the units should always be clearly stated. Note 2: Reliability can be measured by figures such as the Mean Time to Failure (MTTF) or failure rate (number of failures per unit time) – for related definitions see reference (g). Note 3: Sometimes confused with Availability (q.v.).
<b>Riddor</b>	Reporting of Injuries Diseases and Dangerous Occurrences Regulations.
<b>Risk</b>	Combination of the probability of occurrence of harm and the severity of that harm.
<b>Risk assessment</b>	A process where hazards are identified and risks evaluated, with the objective of eliminating or reducing the risks to an acceptable level, in the UK this generally means reducing risk to a level which is tolerable and as low as reasonably practicable (ALARP).
<b>S</b>	
<b>Safe system of work</b>	A method of working that eliminates or reduces the risk of injury.
<b>Safety audit</b>	Monitoring of the implementation of a safety policy by subjecting each area of an activity to a systematic critical examination with the purpose of minimising loss, and providing a quantified assessment of performance.

# Glossário

<b>Safety case</b>	<p>A structured presentation consisting of arguments and supporting evidence which shows that a system or operation is safe, by consideration of the hazards inherent in the system and the means by which they are managed so that the resulting risk is acceptable (for example, tolerable and ALARP). Most commonly used in high potential risk situations e.g. the petro-chemical industry, nuclear Installations, air traffic control systems and operations, military systems.</p>
<b>Safety committee</b>	<p>A committee representative of all staff with the objective of promoting co-operation in investigating, developing and carrying out measures to ensure the health, safety and welfare of the employees.</p>
<b>Safety culture</b>	<p>This term has no widely agreed definition. It may be described as a product of the individual and group values, attitudes, competencies and patterns of behaviour that determine the commitment to, and the style and proficiency of an organisations health and safety programmes.</p>
<b>Safety inspection</b>	<p>Systematic assessment of safety standards for plant, place of work, working. Carried out by a manager and not a safety adviser/engineer.</p>
<b>Safety integrity level (SIL)</b>	<p>A measure of safety system performance, in terms of reliability or probability of failure on demand. There are four safety levels SIL 1-4. The higher the SIL level (SIL 4 highest), the higher the associated safety level and the lower the probability that a system will fail to perform properly.</p>
<b>Safety management system</b>	<p>Management of Safety in order to promote a strong Safety Culture and achieve high standards of safety performance.</p>
<b>Safety monitoring</b>	<p>Periodic checks on observance of corporate safety standards and procedures.</p>
<b>Safety policy</b>	<p>A legal requirement on an employer to prepare and keep up to date a written statement of their policy regarding the health and safety of their employees. The requirement for a written statement is for 5 or more employees.</p>
<b>Safety representative</b>	<p>A person appointed by a recognised trade union, who is recognised by the employer under the Safety Representatives and Safety Committees Regulations 1977 and who fulfils the function conferred upon them by the Regulations.</p>

## Glossário

<b>Safety sampling</b>	Systematic sampling of particular dangerous activities, processes or areas.
<b>Safety surveys</b>	General inspections of the particular dangerous activities, processes or areas.
<b>Safety tours</b>	General Health and Safety inspections.
<b>Safety</b>	Freedom from (unacceptable) risk of harm to persons. Safety may also encompass environmental or asset damage/loss.
<b>Self-assessment</b>	An assessment that an individual carries out on their own work to determine how they are fulfilling their health and safety duties.
<b>Severity rate</b>	Total number of days lost x 1000 Total number of man hours worked.
<b>Severity</b>	Of a hazard, the degree of harm which a hazard can create if it occurs; the measure of severity depends on the industry sector.
<b>SFAIRP</b>	So Far As Is Reasonably Practicable (see ALARP).
<b>SHE</b>	Safety, Health and Environment.
<b>SIS</b>	Safety Instrumented System – a term used in the chemical and related process sector to denote a protection system which intervenes to put a plant in a safe state if measurements of plant parameters indicate that this is required.
<b>Stress</b>	While there is not a medical definition of stress, it is still regarded as a medical condition. An individual might feel stressed by situations or events that put pressure on them or the reaction to being placed under pressure. Work-related stress can be caused by big changes, too much pressure, worrying, lack of control and many other things.
<b>SWORD</b>	Surveillance of Work Related & Occupational Respiratory Diseases.
<b>T</b>	
<b>THOR</b>	The Health and Occupational Report network (also, in functional safety, Tolerable Hazard Occurrence Rate).

## Glossário

**ToR**

Tolerance of Risk.

**Toxic**

Inherent potential of a substance to cause harm.

**Toxin**

Substance that causes harm.

**W****WEEE**

The Waste Electrical and Electronic Equipment directive aims to minimise the impact of electrical and electronic goods on the environment, by increasing re-use and recycling and reducing the amount of WEEE going to landfill.

**Workplace**

The workplace may be described as any place where people are at work.

**Workstation**

The equipment that employees require to fulfil their work. For DSE, a workstation might include a desk, computer, monitor, mouse & keyboard.

# Inglês Corporativo

Explore estes recursos para expandir seu vocabulário corporativo:

Inglês Corporativo 17 set, 2022



**Inglês Corporativo Técnico:  
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Inglês Corporativo 5 out, 2023



**Rotina de trabalho em inglês**

# Fluência Descomplicada

Isso que você acabou de ler foi nosso **conteúdo gratuito**. Espero que tenha sido útil no seu aprendizado.

Se você busca **resultados na evolução do seu inglês**, conheça o curso Fluência Descomplicada, aqui da Nação Fluente.

Ele é focado na prática; por isso, disponibiliza ao aluno cinco encontros semanais para treinar conversação em inglês, com duração de 1 hora e meia cada, totalizando **7 horas e meia de conversação por semana**.



Se o aluno precisa tirar dúvidas, praticar sobre um tema específico e deseja avaliar sua evolução, ele também pode contar com as **aulas individuais exclusivas** entre ele e o professor, que ocorrem uma vez por semana com duração de 50 minutos.

Para **traçar estratégias** para aprender inglês de maneira eficaz, tirando o máximo proveito disso tudo, o aluno também recebe acesso aos encontros de coaching voltado para idiomas.

Por fim, há a área do aluno, com vídeo aulas e material de apoio em uma plataforma de fácil acesso.

**Conheça o Fluência Descomplicada**

# Compartilhe

## Ajude a democratizar o ensino do inglês no Brasil

Caro leitor,

Você chegou ao final de mais uma etapa importante em sua jornada de aprendizado de inglês.

Mas lembre-se, o conhecimento é ainda mais poderoso quando compartilhado.

Nossa missão vai além do ensino; é também sobre criar uma comunidade onde o inglês é acessível a todos, independentemente de onde estão ou de suas condições financeiras.

Ao compartilhar este material, você se torna parte fundamental dessa missão.

Como você pode ajudar?



### Baixe este material

Faça o download deste material através do link fornecido para obter uma cópia e explorar seu conteúdo.



### Compartilhe com alguém

Pode ser alguém próximo a você - amigo, colega, familiar ou alguém em sua rede social - que se beneficiaria deste aprendizado.



### Espalhe a palavra

Converse sobre como este material ajudou você e encoraje outros a se juntarem a nós nesta jornada de aprendizado.

Cada pessoa que você ajuda a aprender inglês é uma semente plantada para um futuro onde barreiras linguísticas são diminuídas e oportunidades são ampliadas.

Juntos, podemos fazer uma grande diferença.

Vamos juntos nessa missão?



## Vânia Paula de Freitas

Aula individual | Conversação | Inglês Corporativo Descomplicado