



NAÇÃO
FLUENTE

Inglês Técnico

Segurança do Trabalho



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Introdução

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

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

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

Expressões

Exemplos

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

Expressões

Exemplos

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

Glossário

A

Absenteeism	Regularly not attending work or willful absence. (Not including involuntary or occasional absence from reasonable causes like sickness or accidents)
Absolute duty	No defence available against noncompliance with statutory requirement.
Accident	An unplanned incident resulting in ill-health, injury, death or damage.
Accident triangle	Indicates statistical relationship and severity of accident.
ACOP	Approved Code of Practise. The HSE publishes guidance in the form of ACOPs, which describe the recommended methods to comply with regulations imposed by the HASAWA.
ALARP	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.
Allergen	An antigen (molecule capable of being recognised by the immune system) that causes an allergic reaction.
Appointed person	One who is trained in accordance with the appropriate schedule, competent to carry out the duties and appointed in writing.
Approved code of practice	A Code of Practice (COP) prepared by management, unions and HSE, that has been approved and accepted by The Health and Safety Commission (HSC).
Asbestos & Asbestosis	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

Availability

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.

C

Carcinogen

A substance or physical agent that causes cancer.

Carcinogenic

Inherent potential of a substance or physical agent to be a carcinogen.

CDM

Construction (Design and Management) Regulations.

Code of practice

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.

Code of practise

Are rules fixed by regulatory bodies (like the HSE) or trade associations that provide guidance to help work towards compliance with the law.

COMAH

Control of Major Accident Hazard Regulations.

Common cause failure (CCF)

A dependent failure of two or more (redundant) system elements due to a single cause, for example a fire or flood.

Common mode failure (CMF)

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.

Competent person

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.

Confined space

An enclosed area that can cause harm via hazardous substances or conditions in the space.

Corrosive

A substance that causes damage through a chemical reaction.

COSHH

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

Error rate prediction	A forecast of the possibility of error based on statistical data.
Error	Mistake; error of judgement leading to action resulting in an accident and its subsequent effects.
ETA	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.
EWR	Electricity at Work Regulations 1989.

F

Fire precautions	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.
Fire prevention	The concept of preventing outbreaks of fire, of reducing the risk of fire spreading and of avoiding danger to persons and property from fire.
Fires	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.
Electrical fires	There 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.
First aid	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

Flammability	Something that will easily catch fire. You can get flammable liquids, gasses and solids.
FMEA	Failure Modes and Effects Analysis; a “bottom up” hazard identification technique which considers the individual.
Frequency rate	Number of injuries in the period x 100,000 divided by Total hours worked during the period.
FTA	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.
Functional safety	Safety is the property of an engineered system of ensuring safety by virtue of the functions.

G

Glare	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.
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H

H&S	Health and Safety.
Harm	Injury to or death of persons, or damage.
Hazan	Hazard Analysis.
Hazard	A situation that can cause harm, ill-health, injury or damage to property or the environment.
Hazardous event	The occurrence of a hazard, generally used in the context of the failure of a safety related system.
Hazid	Hazard Identification.

Glossário

Hazop	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.
Health and safety representative	This might be a person that your organisation has appointed to represent fellow employees in health and safety issues at work.
HF	Hazards Forum
HSC	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.
HSE	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.
HSL	Health and Safety Laboratory.
HSPAG	The IET Health and Safety Policy Advisory Group.
HSWA	Health and Safety at Work Act 1974.

I

IATP	The Independent Asbestos Training Providers, one of our approval bodies.
IIDB	Industrial Injuries Disablement Benefit statistics.
IIRSM	The International Institute of Risk and Safety Management, one of our approval bodies.
Improvement notice	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

Incidence rate	Total number of accidents x 1000 divided by Number of persons employed during the period.
Incident	An unplanned, unexpected event which has the potential to lead to an accident although may not do so.
Independent	The situation where the probability of two or more system elements failing simultaneously is the product of the failure probabilities of the individual elements.
IOSH	The Institution of Occupational Safety and Health, one of our approval bodies.
Irritant	A substance that can cause irritation or inflammation to the body upon contact.
ISA	Independent Safety Assessor (or Auditor, depending on the industry context and scope of work).

J

JIGSR	Joint Inter-Institutional Group on Safety and Risk.
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L

Legislation	Is the law that has been enacted by legislature. It is the description of legal requirements and the punishment of breaking the law.
LFS	Labour Force Survey.
Lock off	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.
LOLER	Lifting Operations and Lifting Equipment Regulations.
LOSS	Personal injury and/or asset damage.

Glossário

M

Maintainability	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.
Manual handling	Any means of transporting or supporting a load manually. Lifting, putting down, pushing, pulling, carrying or moving by hand or bodily force.
Mean duration rate	Total number of days lost divided by Total number of accidents during the period.
Means of escape	Structural means whereby a safe route is provided for persons to travel unaided from any point in a building to a place of safety.
Method statement	A statement that will detail how specific working practices should be conducted to ensure they are being carried out safely.
Mistake	A human action that produces an unintended result.
Mitigation	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".
MSD	Musculoskeletal Disorders.
MTBF	Mean Time Between Failures.
MTTF	Mean Time to Failure.
MTTR	Mean Time to Restore (or Repair).
Musculoskeletal disorder	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

PLC	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.
Policy	A statement of corporate intent, which will be adopted and pursued as advantageous or expedient.
PPE	Personal Protective Equipment. Equipment that is to be worn or held by someone to protect against health and safety hazards.
Practicable	Technical feasibility without reference to costs.
Principal Contractor	Under CDM, a principal contractor is needed when there is more than 1 contractor.
Principal Designer	Under CDM, a principal designer is needed when there is more than 1 designer.
PUWER	Provision and Use of Work Equipment Regulations.

Q

Qualified worker	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.
Qualified risk assessment	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.

R

RBI	Risk Based Inspection.
REACH	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

Reasonably practicable	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.
Redundancy	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.
Regulations	In comparison to legislation, regulations are the process of monitoring and enforcing the law and the act of enforcement.
Reliability	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.).
Riddor	Reporting of Injuries Diseases and Dangerous Occurrences Regulations.
Risk	Combination of the probability of occurrence of harm and the severity of that harm.
Risk assessment	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).

S

Safe system of work	A method of working that eliminates or reduces the risk of injury.
Safety audit	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

Safety case	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.
Safety committee	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.
Safety culture	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.
Safety inspection	Systematic assessment of safety standards for plant, place of work, working. Carried out by a manager and not a safety adviser/engineer.
Safety integrity level (SIL)	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.
Safety management system	Management of Safety in order to promote a strong Safety Culture and achieve high standards of safety performance.
Safety monitoring	Periodic checks on observance of corporate safety standards and procedures.
Safety policy	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.
Safety representative	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.

Glossário

Safety sampling	Systematic sampling of particular dangerous activities, processes or areas.
Safety surveys	General inspections of the particular dangerous activities, processes or areas.
Safety tours	General Health and Safety inspections.
Safety	Freedom from (unacceptable) risk of harm to persons. Safety may also encompass environmental or asset damage/loss.
Self-assessment	An assessment that an individual carries out on their own work to determine how they are fulfilling their health and safety duties.
Severity rate	Total number of days lost multiplied by 1000 divided by the total number of man hours worked.
Severity	Of a hazard, the degree of harm which a hazard can create if it occurs; the measure of severity depends on the industry sector.
SFAIRP	So Far As Is Reasonably Practicable (see ALARP).
SHE	Safety, Health and Environment.
SIS	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.
Stress	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.
SWORD	Surveillance of Work Related & Occupational Respiratory Diseases.

T

THOR	The Health and Occupational Report network (also, in functional safety, Tolerable Hazard Occurrence Rate).
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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:



Rotina de trabalho em inglês

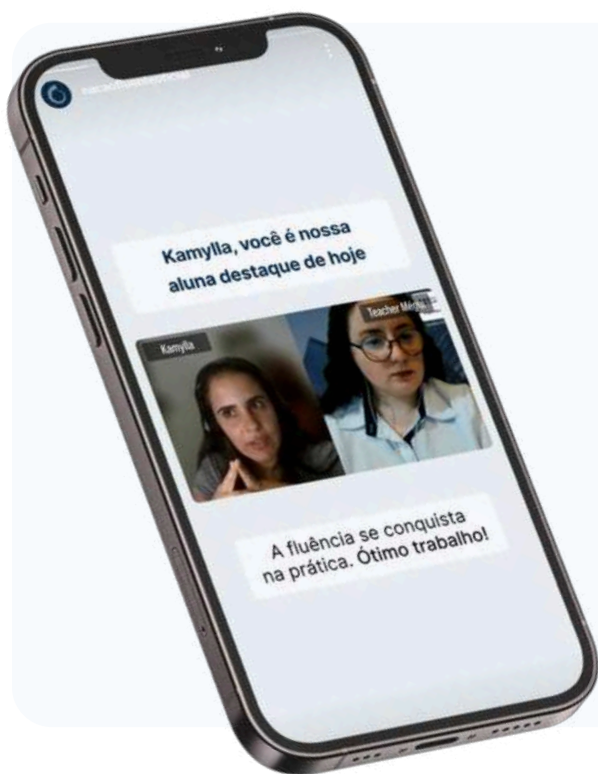


**Inglês corporativo técnico:
vocabulário útil para sua profissão**

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Conheça o curso 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

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