

Personal Instructions for Health Insurance

During Practical Training

Dear Student /

For careful management of the college on your own safety, you should pledge to follow the safety rules and the recognition of the implementation of the following:-

Before the start of training:

If you're a diabetic, blood pressure, if you're someone who suffer dizziness as a result of disease, ear different, if you who have a fear of high places or get sick there, you should tell the supervisor of training section, or tell yourself and Vice Dean Affairs of training in order to take this into account and select what is appropriate for your health without finding nothing wrong with that.

During training

1. The students must look to the terms of the safety precautions and safety of the company in which you are training.
2. listen to the instructions of the training engineers by the company in order to avoid the dangers.
3. Don't push or joke by hands in the workplace.
4. Don't sit on fences or stairs in high places.
5. If you have one of those diseases mentioned, it is preferable to stay in the offices of the training and don't climb high.
6. Don't press on the keys and tamper with or pull electricity plugs because it is dangerous for you.
7. Keep distance from opened places even if it is boarded up as it may be weak and don't lean on it.
8. Don't climb up on the scaffolding at the operating sites.
9. Girls must not leave their hair loose, as it might be caught in the operating machines.
10. Girls should not wear high heels because it exposes them to slip.

11. Don't look down from high places as it may expose you to spin and fall.
12. Don't put hands inside the machines as it could operate suddenly and it is dangerous for you.
13. Don't talk in mobile phones during the climbing of the stairs or in the operational areas.
14. Students must wear a helmet, safety shoes, and safety glasses; and that is delivered by the company operating at the site in order to avoid risks.
15. Don't walk alone at the site and without the training supervisor of the company in order to avoid injuries or falling while walking.
16. Don't climb on heavy transport vehicles, loaders and try to run it, so as not to endanger yourself and put others at risk.
17. Don't use or touch any fluids in plants as it may be operating incendiary materials.
18. Don't open the door of any room in the factory as it may be places of storage of gases and temperatures are low and this is dangerous for you.
19. Don't play with gas cylinders and try to open as this exposes to direct suffocation.

The College administration wishes a safe training. Therefore, each student must acknowledge and pledge to carry out the previously mentioned instructions. This is to enable the College to register you in training. The student's safety following the previous instructions are direct personal responsibility.

The instructions were read and I promise to abide by them

Student's Name :

Registration Number :

Educational department :

achievement number of hours :

Mobile telephone number :

e-mail :

Parent's signature: