# Learner Self-Reflection 2 – 24354 (v3) Demonstrate knowledge of health and safety legislation and apply safe working practices in a BCATS environment

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| **Student name:** |

1. You are required to unload 15 x 40kg bags of cement off the back of a truck. The storage area is 75 metres away across a drive littered with construction waste. Describe the safest and most efficient means to get the cement into the storage area.

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1. Describe the correct lifting techniques for a heavy load, such as a bag of cement.

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1. Describe the correct technique for carrying a sheet of plywood.

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1. Identify a risk associated with storing heavy items on shelves.

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1. Identify the type of fire that you would use each of the following extinguishers for

Provide an example of combustible material for each extinguisher.

Type of extinguisher:

For use on:

E.g. of combustible materials:

Type of extinguisher:

For use on:

E.g. of combustible materials:

Type of extinguisher:

For use on:

E.g. of combustible materials:

1. Describe the potential consequences of using a water type extinguisher on an electrical fire.

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1. What does the sign to the right represent and when would this area be used?