

I N F O R M A T I O N O N O C C U P A T I O N A L R I S K S (A r t 1 8)	
COMPANY: CONSORCI CENTRE DE RECERCA MATEMATICA	REALIZATION DATE: 07/17/2023
CENTER: Building C, UAB Campus, 0 Floor, 08193 Bellaterra, Barcelona	
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Restrictions for Pregnant Women:In case of pregnancy, immediately inform the Prevention Service, which will individually assess the risk.

Restrictions for minors:In the event that the job is occupied by a minor, their legal guardians must be informed of the risks of the job, in addition to the minor themselves.

Particularly sensitive personal surveillance:According to specific occupational health assessment. In the event that the job is occupied by a worker who has some type of disability, or special sensitivity (illness, allergy, etc.), the Health Surveillance Department must be notified so that it is up to the medical personnel to do so. Establish the recommendations and actions to be carried out in each case, in accordance with your specific state of health and depending on the job you occupy.

RISKS / PREVENTIVE MEASURES OF THE POSITION

Risk of personnel falling to the same level due to slips or trips.

GENERAL PREVENTIVE MEASURES

- Continually review the conservation of good order and cleanliness in the work area. If you detect irregularities, notify your manager.
- Do not store objects in passage areas, they must be free of obstacles.
- Prevent electrical wiring from interfering in passage areas.
- Request the cleaning of any spill of product, liquid, etc., to avoid slipping.
- Have good lighting levels. If insufficient lighting levels are detected, communicate it to the immediate person in charge so that they can assess it.

Risk of falling to different levels.

GENERAL PREVENTIVE MEASURES

- Do not run down stairs, do not keep your hands busy or wear open-heeled shoes.
- Make use of the handrails on the stairs of the Building.
- If any task has to be carried out at height, you will not carry it out, you have the obligation to notify the Maintenance Personnel.
- Notify the area manager if any defect is detected on the stairs so that they can repair it.
- If in any case you must access a manual ladder, always use safe elements (ladders, steps,...) avoiding the use of unstable or improvised elements (chairs, stools, boxes,...) and check it before using that it is in good condition, has the safety elements (shoe, tensioner, steps in good condition, etc.).
- If you have to use manual ladders:
 - Before using them, the good condition of the stairs and the necessary safety elements (non-slip shoes and an anti-opening element in the case of stepladders) will be checked.
 - They will be placed on firm, flat ground, away from unevenness (steps, stair openings, ditches, etc.). And these must be clean of dirt, grease, liquids, etc.
 - Access to manual ladders must be facing it and with both hands.
 - The manual ladders will be moved when from the point where you are you cannot reach what you want at a different specific point where you are.
 - Manual wooden ladders will never be painted, just as metal or aluminum ladders will never be welded to rectify their imperfections.
 - Ladders must be stored horizontally, resting them on the wall.
 - Ladders should never be below the waist.
 - It is prohibited to use them for the movement of material and/or people.
 - Inform the immediate person in charge when it shows signs of deterioration or is missing any safety element.

Risk of visual fatigue.

GENERAL PREVENTIVE MEASURES

- Establish breaks during the work cycle, of short duration but frequent.
- Periodically perform visual relaxation exercises to avoid accumulating fatigue (blinking, looking through a window, moving your eyes in circles...).
- Place the screen between 45 and 55 cm away. Taking as reference the distance between the user's eye and the center of the displayed element.
- Tilt/orient the screen to accommodate vision, avoiding frequent eye turns.
- Clean the computer screen frequently to avoid the accumulation of dust.
- Establish short, frequent breaks during the work cycle.
- Computers should be parallel to the windows to avoid reflections.
- Lower the curtains if you detect reflections from daylight.
- If you detect insufficient lighting, notify the company so that it can be assessed.

INFORMATION ON OCCUPATIONAL RISKS (Art 18)	
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Risk of falling objects due to collapse, collapse or manipulation.

GENERAL PREVENTIVE MEASURES

- The storage of objects must be centered and avoiding heights greater than two meters.
- Objects of greater weight and volume should be stored on lower shelves.
- Notify your hierarchical superior if you detect deterioration of the fastening elements of those objects that are hanging (blackboards, television...).
- Avoid hitting the base of cabinets or any furniture that could cause objects to fall.

Risk of blows, cuts or entrapment with objects or hand tools

GENERAL PREVENTIVE MEASURES

- Store the cutting utensils you use in pencil cases, drawers or another place for exclusive use. Never leave them on the work table because they can fall and hurt you.
- The utensils used for work activity will be kept in good condition.
- Use scissors, stapler and cutter with caution.
- Communicate any defect or deterioration in work tools to the company so that they can remove them and replace them with new ones.
- Keep table drawers and cabinet doors closed when not in use.
- In the event of your clothing becoming trapped in the paper shredder, NEVER pull the trapped part, stop the equipment, and notify your colleagues so they can help you.

Risk of postural fatigue due to forced postures and/or overexertion.

Risk of repetitive movements and/or manipulation of loads.

GENERAL PREVENTIVE MEASURES

- Apply the recommendations of the training course to prevent fatigue due to inappropriate postures.
- Vary your posture or take short breaks (making neck movements or taking a few steps) throughout the day, in order to reduce postural stagnation.
- Alternate the postures and/or the work to be done to use different muscle groups.
- Take small periodic breaks, a guideline of 5-10 minutes every hour or hour and a half.
- When working on a computer, your feet must rest on the floor; if not, request a footrest. Avoid crossing your legs.
- Have an adequate workspace, and have the workplace organized and clean in such a way that allows you to work comfortably.
- You must adjust all the elements on the work table (screen, keyboard, mouse) to you, and adjust the height of the chair, according to the training course.
- Keep your back straight and supported on the back of the work chair, thus avoiding forced postures and leaning of the trunk forward.
- The maximum weight that a man must handle is 25kg and a woman is 15kg, anything that exceeds that load must be with the help of mechanical means or colleagues.
- Use headphones for telephone service if the frequency is high to avoid musculoskeletal pain in the back and neck area.

Risk of electrical contacts.

GENERAL PREVENTIVE MEASURES

- Report immediately to repair if you observe defects in cables, connections or devices. Do not make plugless connections to equipment (using bare cables) or other types of improvisations.
- It is prohibited to manipulate the electrical installation by non-specialist personnel.
- Do not overload sockets or have excess power strips.
- Do not use electrical appliances with damp or wet hands.
- Do not clean any electrical equipment connected to the electrical current with liquids.
- Unplug the equipment by pulling the plug, not the cable.
- In case of abnormal heating of an appliance, visible damage to the general electrical installation or equipment, immediately notify the person in charge of the company.

Risk of fire and emergencies.

GENERAL PREVENTIVE MEASURES

- Take precautionary measures to prevent the risk from materializing, such as disconnecting electrical appliances whenever they are not in use.
- Immediately report any overheating of an electrical appliance.
- In the event of a fire, follow the rules established in the Emergency Plan for the use of fire extinguishers.

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- Do not place boxes or easily flammable materials in hot spots.
- Disconnect appliances from the electrical network when not in use to avoid overheating.
- Do not use thieves, they will overload the installation. Use extension cords that have a ground connection.
- Use the existing extinguishing media in the workplace. Follow the course instructions or what is indicated on the front.
- Evacuation exits must be marked and illuminated so that work personnel know which evacuation exit is.
- NEVER open the windows when there is a fire because it will spread. ALWAYS try to close doors and windows to suffocate it.
- Call 112 emergency telephone number.
- Cover your airways to avoid inhaling smoke.
- Smoking or generating ignition sources is prohibited throughout the clinic.

Health risk derived from handling chemical products (inhalation, contact or projection).

GENERAL PREVENTIVE MEASURES

- No chemicals will be handled during your tasks.
- If you have to use one, you will not do so without the proper authorization of your line manager.
- If authorized, you must:
 1. View the Safety Data Sheets of chemical products to know the protective equipment to be used for each product.
 2. Put on the PPE indicated by the SDS: always use protective glasses, for corrosive products.
 3. Use the products according to the SDS and company instructions.
- After any contact with the skin, rinse the affected area with plenty of water.
- Do not eat food without first washing your hands.
- Never mix these products with each other, or with any other.
- Report any case of allergy, so that Occupational Health can study the case and establish whether any special protection is necessary.
- Do not use any container that does not have a label, given the risk that the contents are not as intended, and notify the person responsible so that they can remove it.
- InQuiron Dexeus Hospital They must have trained personnel and use the spill kit with the appropriate PPE depending on the spill (mask against organic gases and vapors, gloves, glasses, etc.).

Risk of exposure to environmental chemical contaminants.

Risk of thermal discomfort.

GENERAL PREVENTIVE MEASURES

- Ventilate daily to guarantee air renewal. The air must be renewed, avoiding drafts and sudden changes in temperature.
- The temperature of the work center must be between 20°-24° in winter and between 23°-26° in summer. As established by the RD. 486/1997 that establishes health and safety provisions in the workplace.
- Recommendation to wear work clothing appropriate for the center temperature and seasonal weather conditions.
- If the air conditioning system is not working correctly, notify your manager so they can fix it.
- Request gowns/jackets in case of feeling cold in operating rooms.

Risk of theft or assault

GENERAL PREVENTIVE MEASURES

- Try to share with colleagues the situations that may have arisen in conflictive situations and propose improvements or coping techniques in these types of situations.
- Never react aggressively in critical situations, as you could make the situation worse.
- Stay calm and notify your manager.
- It is important to maintain self-control, so you could prevent and reduce alterations at a physiological and motor cognitive level.
- Try to provide solutions and calm the mood, avoid confrontations.
- Have emergency telephones near the telephone.
- Avoid confrontations. If you are involved in a violent situation, call the police immediately.

Risk of traffic accidents during work trips or "in itinere".

Risk of being run over.

GENERAL PREVENTIVE MEASURES

- Carry out movements with the utmost caution.
- Respect the traffic rules and the speed limit.
- Do not eat large meals if you have to take the car afterwards.
- In case of drowsiness, it is recommended to take a break to allow you to continue the journey calmly. Open windows and

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drink plenty of water.

Risk of fatigue or psychosocial dissatisfaction.

GENERAL PREVENTIVE MEASURES

- The company has communication channels in case of deviations (aggression, mobbing, etc.).
- Communicate any incidents that occur to your hierarchical superior to resolve them.

WORKER NAME:	INFORMATION DELIVERED BY:
DATE:	DATE:
SIGNATURE:	SIGNATURE: