

A vertical strip of 15 safety-related icons and signs. From top to bottom: 1. Road signs including a '66' shield, a 'WHERE DO YOU WANT TO GO TODAY?' sign, a lightning bolt warning, and a 'STOP' sign. 2. An orange excavator. 3. A yellow and black striped hook. 4. A set of hazard communication symbols (flame, gas, biohazard, etc.) with the text 'HAZARD COMMUNICATIONS' below them. 5. A black and white illustration of a person wearing a seatbelt. 6. A construction site with scaffolding and orange safety barriers. 7. A person in a yellow hard hat and safety gear working on a circular object with orange traffic cones. 8. A welding torch and a grey protective helmet. 9. A person in a yellow hard hat and safety gear working on a machine with a yellow and black striped warning sign. 10. A blue and green electrical plug and a yellow lightning bolt. 11. A black padlock with a key and a label that reads 'Caution Lockout Tagout Do Not Remove'. 12. A hand holding a blue wrench. 13. A black silhouette of a person lifting a box correctly, with a checkmark above them. 14. A red triangular warning sign with a black silhouette of a person walking on a crosswalk. 15. A red rectangular sign with the text 'SAFETY SEATING POSITION' and four diagrams showing correct and incorrect seating positions at a desk.





Traffic management

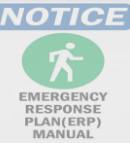
Traffic involves the movement of people and goods, and it can occur in urban areas, highways, residential streets, or other transportation networks. It encompasses the behaviors, rules, regulations, and infrastructure associated with the safe and efficient movement of vehicles and pedestrians.



- Vehicle Collisions.
- Pedestrian Accidents.
- Work Zone Hazards.
- Intersection Incidents.
- Roadway Design and Conditions.
- Weather Conditions.
- Driver Fatigue.

Precautionary Measures

- HSE induction
- Traffic Management Plan
- Transportation Risk Assessment
- Periodic training
- Safety Signs
- Adequate supervision
- Flagman procedures
- The site rules





Excavation Works

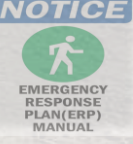
Excavation is commonly carried out in various construction and engineering activities, such as building foundations, underground utilities installation, road construction, mining operations, and archaeological digs. It is an essential step in preparing the ground for construction or extracting valuable resources from the earth



Precautionary Measures

- Fall of people (if there's no edge protection)
- Fall of objects e.g. tools or fluids causing flooding or drowning
- Collapse of the excavation (Cave-in)
- Overturn of vehicles close to edge
- Contact with underground services (electric cables, gas pipelines, sewage, telephone cables)
- Being a confined space: Difficult access & egress, Hazardous atmosphere & Contamination (sewage, spores)
- Type of soil and relevant hazards
- Removal of soil (causing Loosening layers in the ground as well as removal problems)
- Undermining foundations of near buildings

- Plan the job using location maps
- Locate & avoid underground cables e.g. CAT (cable avoidance tools)
- Issue permit to work authorized by the responsible persons before starting the job
- Safe digging procedures (following SSOW)
- Use competent workers (providing it is)
- PPE e.g. coveralls, helmets & safety shoes
- Improving environmental factors such as lighting & ventilation
- Ensure safe access & egress





Working at height

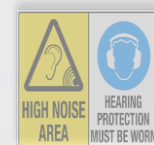
Working at height generally refers to any task or activity that is performed at 1.8m elevation above the ground. It involves working in areas where there is a risk of falling and potential exposure to injury or harm. This can include working on ladders, scaffolds, rooftops, elevated platforms, or any other elevated surfaces

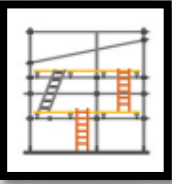
Precautionary Measures

RISK

- Falls from height
- Falling objects
- Structural collapse
- Hazardous substances and materials
- Contact with overhead services
- Poor weather conditions
- Inadequate access and egress
- Human error and lack of training

- Apply 2 fail safe control system “2 secondary precautionary measures is a **MUST**”.
- Avoid working at height by using long tools to do job from ground
- Issue permit to work authorized by the responsible persons before starting the job
- Reduce height as much as possible
- Reduce duration & frequency of working at height
- Providing (it is) / competent workers (KATE)
- Using suitable working platform, carrying out pre use inspection & regular maintenance
- PPE e.g. safety harness, fall arrestors & helmets with strap
- Edge protection & Safety net
- Ensure safe access & egress to the workplace





Scaffolding

Scaffolding is a temporary structure or framework made of metal poles, tubes, or wooden planks that is erected to provide a safe working platform for construction workers at elevated heights. It is used to support workers, materials, and tools during construction, maintenance, or repair work on buildings or structures.

Precautionary Measures

RISK

- Falls from height
- Falling objects
- Structural collapse
- Hazardous substances and materials
- Contact with overhead services
- Poor weather conditions
- Inadequate access and egress
- Human error and lack of training

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Electricity

Electrical hazards encompass risks associated with electricity, including electric shock, burns, and fires. These dangers arise from faulty wiring, exposed electrical components, and improper equipment handling. Mitigating electrical hazards requires adherence to safety measures, such as insulation, grounding, and compliance with regulations.



- Burns
- Shock
- Arcing
- Fire
- Explosions

Factors affecting / influencing severity of electrical shock

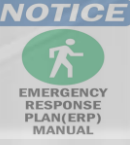
- Voltage (The higher the voltage the higher the risk)
- Current (amperes)
- Time
- Conductivity or resistance of the body
- Current path through the body (whether it crossed a vital organ or not)
- Nature of contact (touch or grip which will increase time of shock as the shocked person will not be able to let go)
- Individual factors (age, general health condition, children with thin skin)

Precautionary Measures

- Ensure competence of workers : KATE
- PPE e.g. insulating gloves & safety shoes Avoid overloading circuits
- Regular preventive maintenance for the electrical equipment including thermographic tests
- Safe correct routing of cables avoiding the following ran over by vehicles, dragged over rough surface, trapped in machinery or contacting chemicals or hot surface
- Pre use visual inspection to ensure good insulation and that wiring and casing are free from damage
- Using approved suitable equipment & in good condition
- Avoid homemade or temporary connections
- Always pull the plug NEVER the Lead & Avoid continuous flexing
- Use the suitable protective systems such as Fuse, Circuit Breakers, Earthing, Isolation, Battery operated tools, Reduced voltage systems, Residual Current Device (RCD), Double Insulation

Emergency action on finding someone in contact with electricity

- Isolate the supply if possible or move the person away from the source of electricity using an insulating material e.g. wood
- Call for help (Ambulance or first aiders)
- Check ABC
- Apply CPR if needed
- Treat burns if any
- Remain with casualty till emergency services arrive





LOTO

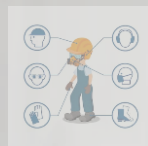
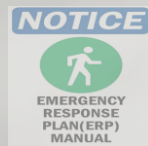
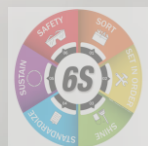
Isolate machinery or equipment from energy sources during maintenance or servicing. It prevents accidental startup and protects workers. It involves locks and tags to secure the equipment and provide a visual indication of non-operation. LOTO is crucial for workplace safety in various industries.



Precautionary Measures

- electrical hazards: Risk of electrical shock or electrocution if equipment is not properly isolated.
- Mechanical hazards: Potential for unexpected movement or activation of machinery, leading to crush or entanglement injuries.
- Stored energy hazards: Release of stored energy, such as hydraulic or pneumatic pressure, causing injuries.
- Chemical hazards: Exposure to hazardous substances during maintenance or servicing.
- Thermal hazards: Burns or other thermal injuries due to improper control or release of thermal energy.
- Falls and trips: Increased risk of falls or trips while working at heights or in awkward positions.
- Human error: Mistakes in following LOTO procedures or inadequate training leading to accidents.

- Conduct thorough risk assessments to identify potential hazards and develop appropriate control measures.
- Implement a comprehensive lockout-tagout (LOTO) program that includes proper training, procedures, and equipment.
- Provide appropriate personal protective equipment (PPE) for workers, such as insulated gloves, safety glasses, and protective clothing.
- Ensure all employees are adequately trained on LOTO procedures and are aware of the risks associated with their specific tasks.
- Regularly inspect and maintain equipment to prevent malfunction or unexpected activation.
- Follow established procedures for the safe handling, storage, and disposal of hazardous chemicals.
- Use barriers or signage to clearly mark off hazardous areas and prevent unauthorized access.
- Promote a culture of safety awareness and encourage reporting of potential hazards or near-miss incidents.
- Provide regular refresher training and updates on LOTO procedures and best practices.
- Encourage open communication and collaboration between workers, supervisors, and management to address safety concerns and implement continuous improvements.





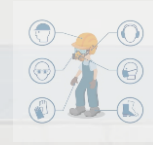
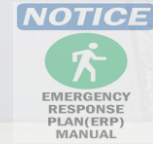
Lifting

The use of mechanical devices, such as cranes, forklifts, or hoists, to safely lift and transport heavy objects or loads. This approach minimizes the need for manual lifting, reducing the risk of musculoskeletal injuries and improving overall safety. It allows for efficient and controlled lifting operations, ensuring the protection of workers and the preservation of the load's integrity.



Precautionary Measures

- Overturning of the crane
- Load dropping or instability
- Collision hazards with other vehicles or structures
- Crane collapse due to structural failure or exceeding load capacity
- Electrocution from contact with power lines
- Fall hazards for workers on elevated platforms or loads
- Pinch points and caught-in hazards
- Inadequate ground conditions affecting stability
- Inadequate communication between crane operator and workers
- Inadequate training and supervision of crane operators and personnel involved in lifting operations
- Conduct a thorough risk assessment and lift planning prior to any lifting operation.
- Ensure that only qualified and competent crane operators operate the crane.
- Conduct regular inspections and maintenance of the crane to ensure its proper functioning and safety.
- Establish clear communication channels and signals between the crane operator and workers involved in the lifting operation.
- Ensure that the load being lifted is within the crane's rated capacity and properly rigged.
- Maintain proper ground conditions, including a stable and level surface, to prevent the crane from overturning.
- Use appropriate rigging techniques, including properly securing the load and using tag lines to control swinging or rotation.
- Provide fall protection equipment and systems for workers working at height or on elevated platforms.
- Implement a system for identifying and controlling pinch points and caught-in hazards during lifting operations.
- Provide comprehensive training and supervision for all personnel involved in lifting operations, including crane operators and riggers.
- Follow applicable regulations, standards, and best practices for crane operations and lifting activities.





Chemical Hazards

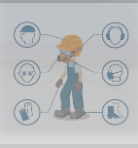
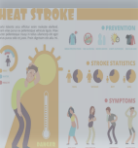
Substances that pose a risk to health or the environment due to their chemical properties. They can include toxic, flammable, or corrosive substances, among others. Managing and controlling chemical hazards is crucial to prevent exposure and minimize associated risks.



- Exposure to certain chemicals can have harmful effects on the body, such as organ damage, respiratory problems, or neurological disorders.
- Flammable chemicals can pose a fire or explosion hazard if not handled and stored properly.
 - Some chemicals are highly reactive and can undergo violent reactions when exposed to certain conditions or substances.
 - Contact with corrosive or irritating chemicals can result in chemical burns on the skin or eyes.
 - Inhalation of toxic or harmful chemicals can lead to respiratory issues, including lung damage or respiratory distress.
 - Exposure to certain chemicals can cause skin irritation, allergic reactions, or dermatitis.
 - Improper disposal or release of chemicals can have adverse effects on the environment, such as water pollution or ecosystem damage.
 - Certain chemicals can sensitize individuals, leading to allergic reactions or sensitization of the immune system upon subsequent exposures.
 - Accidental ingestion of toxic chemicals can result in poisoning or internal organ damage.

Precautionary Measures

- Ensure proper labeling and identification of chemical containers, including safety data sheets (SDS) with information on hazards, handling, and emergency procedures.
- Provide and enforce the use of appropriate PPE, such as gloves, goggles, masks, or respirators, based on the chemical hazards present.
- Implement ventilation systems, fume hoods, or other engineering controls to control and minimize exposure to hazardous chemicals.
- Train employees on proper handling, storage, and disposal of chemicals, including using designated storage areas, securing containers, and avoiding incompatible mixtures.
- Establish procedures for handling chemical spills, leaks, or releases, including proper containment, cleanup, and notification protocols.
- Provide comprehensive training programs to educate employees on the hazards of chemicals, safe handling practices, and emergency response procedures.
- Conduct regular inspections of chemical storage areas, equipment, and systems to identify and address potential hazards or malfunctions.
- Ensure proper disposal of hazardous chemicals in accordance with local regulations and best practices to prevent environmental contamination.
- Conduct thorough risk assessments to identify and evaluate chemical hazards and implement appropriate control measures to minimize risks.
- Develop and regularly update emergency response plans, including procedures for evacuations, medical treatment, and communication during chemical-related incidents.





Confined Space (is any space of an enclosed nature where)

There are Specified risks arising because of the nature of the Space

It's Not designed for people to live or stay in for long time

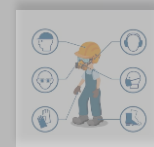
Difficult / limited access or egress examples of confined space : a chamber, tank, silo, pit, trench, pipe, well , mines or other similar space.



Precautionary Measures

- Fire & explosion
- Flooding / Engulfment
- Oxygen deficiency & oxygen enrichment
- Suffocation due to free-flowing solids / Toxic gases / oxygen depletion
- Loss of consciousness due to increased body temperature OR Asphyxiation

- Avoid entry by modifying the confined space so entry not required OR have work done from outside using long tools or robots
- Issue permit to work before starting the job
- Competent staff (KATE)
- Appoint a supervisor (watcher) with good means of communication between the watcher & the workers inside the confined space o
- Isolate all sources of energy & use LOTO
- Ensure suitable size of entry & safe access / egress
- Gas purging
- Continuous testing of the atmosphere (Gas & oxygen levels)
- Special tools such as non-spark hammers
- Suitable environmental conditions such as adequate lighting & good ventilation
- PPE such as breathing apparatus, gloves & safety shoes
- Reduce duration & frequency of the work inside the confined space as much as possible
- Emergency procedures in place





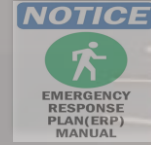
Hot Work

Hot works refer to activities that involve the use of open flames, sparks, or heat-producing tools or equipment, such as welding, cutting, or soldering.



Precautionary Measures

- Fire hazard due to the presence of open flames or sparks.
 - Burns and thermal injuries from contact with hot surfaces or materials.
 - Inhalation of toxic fumes, gases, or dust generated during hot work processes.
 - Explosion risk if flammable substances are present in the work area.
 - Ignition of nearby flammable materials or structures.
 - Electrical shock or electrocution if electrical equipment is involved in hot work.
 - Slips, trips, and falls caused by obstructed pathways or cluttered work areas.
 - Eye injuries from flying debris or particles.
 - Noise exposure leading to hearing damage.
 - Heat stress or heat-related illnesses due to working in hot environments.
 - Potential damage to property, equipment, or infrastructure if the work is not conducted properly.
 - Environmental pollution if hazardous substances or waste materials are not handled and disposed of correctly.
- conduct a thorough risk assessment before commencing any hot work.
 - Ensure that the work area is well-ventilated to prevent the accumulation of flammable gases or fumes.
 - Establish a designated hot work area that is clear of flammable materials and has fire-resistant barriers.
 - Use appropriate personal protective equipment (PPE), including fire-resistant clothing, gloves, face shields, and respiratory protection.
 - Implement a permit-to-work system to control and monitor hot work activities.
 - Provide fire extinguishers and fire suppression systems in the vicinity of hot work areas.
 - Train workers on safe hot work practices, including proper use of equipment, fire prevention, and emergency procedures.
 - Follow proper procedures for electrical isolation and lockout/tagout to prevent electrical hazards.
 - Have a fire watch or standby personnel present during and after hot work activities.
 - Properly dispose of hot work waste, such as slag, metal shavings, and used welding rods.
 - Regularly inspect and maintain equipment and machinery used for hot work.
 - Stay updated on relevant safety regulations and standards related to hot work operations.





Mechanical Work

Mechanical works involve using machinery or equipment for tasks.



Precautionary Measures

Mechanical Hazards of Machinery (ENTICE)

- Entanglement
- Traps (drawing in – crush / shear)
- Impact
- Contact (stab/puncture – cuts – abrasions – burns)
- Ejection

Non-Mechanical Hazards of Machinery (according to BS EN ISO 12100:2010)

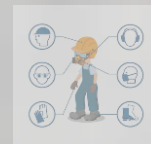
- Chemical / biological hazards
- Ergonomics / Manual Handling
- Electricity / Noise Fire / Explosion
- Vibration / Radiation / Ultra-violet radiation
- Temperature extremes
- Dust and fumes

Machinery Hierarchy of Controls (FIAT)

- Fixed guards
- Interlocking guards, Adjustable guards & Automatic sweep guards.
- Appliances (Holders / Push Sticks) & Protection devices (Trip device, safety trip wire, photo electric cells, pressure sensitive mats, Emergency stop button and two hand control system)
- Training, Information, Instruction, and Supervision (it is) and PPE

Precautions for maintenance Work

- Issue permit to work if the job is non-routine or high risk as example if the whole body or the whole arm of the worker will be inside the machine
- Isolation of power source (disconnection & lock out tag out)
- Dissipation of stored energy e.g., release stored pressure, earthing for electricity or leaving the hot surface to cool down
- Segregation of the workplace by means of barriers & warning signs Safe means of access
- Use suitable PPE e.g., safety shoes, coveralls and safety glasses
- Ensure that all workers doing the job are Competent enough
- Ensure safe environmental conditions e.g., adequate lighting & good ventilation
- Emergency procedures / SSOW





Hand work

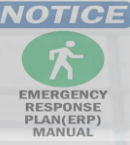
involve manual tasks performed using hands, such as lifting and carrying objects. The focus is on minimizing injury risks through ergonomic practices, training, and PPE use. It aims to ensure worker safety and a safe working environment.



- Working with sharp objects, tools, or machinery without proper precautions can pose a risk of cuts and lacerations to the hands.
- Handling hot materials, using hot tools, or working near heat sources can result in burns to the hands.
- Engaging in hand work activities that involve heavy objects, machinery, or equipment without proper safety measures can lead to crush injuries.
- Continuous use of vibrating tools or equipment without appropriate safeguards can result in hand-arm vibration syndrome, causing damage to nerves, blood vessels, and muscles in the hands.
- Poor ergonomic practices in hand work tasks, such as repetitive motions, awkward postures, or excessive force, can result in musculoskeletal disorders and strain on the hands.
- Inadequate hand protection when working in environments with falling objects or potential impact hazards can result in injuries to the hands.
- Insufficient knowledge and awareness of safe hand work practices, including the use of proper tools, equipment, and techniques, can increase the risk of accidents and injuries.

Precautionary Measures

- Use appropriate personal protective equipment (PPE) such as cut-resistant gloves, heat-resistant gloves, and hand guards to protect against cuts, burns, and impact injuries.
- Implement proper machine guarding to prevent contact with pinch points and reduce the risk of crush injuries.
- Use vibration-dampening tools or equipment and take regular breaks to minimize the risk of hand-arm vibration syndrome.
- Follow safe handling procedures and use proper ventilation, gloves, and other protective measures when working with hazardous chemicals to prevent chemical exposure.
- Promote ergonomic practices by providing ergonomic tools and equipment, training workers on proper techniques, and encouraging frequent breaks and stretching exercises.
- Adhere to electrical safety protocols, such as de-energizing equipment before performing any work, using insulated tools, and wearing appropriate protective gloves.
- Wear impact-resistant gloves or hand protection when working in areas with falling objects or potential impact hazards.
- Provide comprehensive training and ongoing awareness programs to ensure workers are knowledgeable about safe hand work practices, including proper tool use, handling techniques, and potential hazards.





Manual handling

Manual handling refers to the physical handling or moving of objects by hand or bodily force. It involves activities such as lifting, carrying, pushing, pulling, and lowering objects, which can pose a risk of musculoskeletal injuries if not performed safely. Manual handling tasks are common in various industries and workplaces, and the proper management and control of manual handling activities are essential to prevent injuries and promote worker safety and well-being.



- Musculoskeletal injuries due to lifting, carrying, pushing, or pulling heavy objects.
- Strains and sprains caused by improper body mechanics and overexertion.
- Back injuries from lifting heavy loads or repetitive bending and twisting motions.
- Slips, trips, and falls when handling bulky or awkward objects.
- Crush injuries or being struck by falling objects during manual handling activities.
- Hand-arm vibration syndrome (HAVS) from using vibrating tools or equipment.
- Exposure to hazardous materials or substances during manual handling tasks.
- Fatigue and exhaustion from prolonged or repetitive manual handling work.
- Ergonomic issues and discomfort caused by poor workstations or inadequate equipment.
- Lack of training and awareness on proper manual handling techniques and practices.
- Inadequate planning and organization of manual handling tasks, leading to increased risk.
- Ineffective communication and coordination between workers involved in manual handling activities.
- Work-related stress and mental health issues due to the physical demands of manual handling work.
- Adverse effects on productivity and efficiency if manual handling tasks are not performed safely and efficiently.

Precautionary Measures

- provide appropriate manual handling training to all workers, focusing on proper lifting techniques, body mechanics, and ergonomics.
- Conduct regular risk assessments to identify hazards and implement control measures to minimize the risk of manual handling injuries.
- Use mechanical aids and equipment, such as trolleys, hoists, or forklifts, to assist with lifting and moving heavy objects.
- Ensure that the work environment is properly organized and free from clutter or obstacles that could contribute to slips, trips, or falls.
- Encourage workers to take regular breaks and rotate tasks to avoid overexertion and fatigue.
- Implement measures to control exposure to hazardous materials or substances, such as providing personal protective equipment (PPE) and following safe handling procedures.
- Provide ergonomic workstations and equipment, including adjustable height workbenches and tools with ergonomic handles, to reduce strain on the body.
- Promote good communication and teamwork among workers involved in manual handling activities to ensure coordination and safe practices.
- Conduct regular equipment inspections and maintenance to ensure proper functioning and minimize the risk of hand-arm vibration syndrome (HAVS).
- Promote a culture of safety awareness and encourage workers to report any concerns or incidents related to manual handling.
- Regularly review and update manual handling procedures and practices based on feedback, lessons learned, and emerging best practices.
- Foster a supportive work environment that prioritizes worker well-being and mental health, addressing any work-related stress or fatigue issues.
- Continuously monitor and evaluate the effectiveness of the implemented precautionary measures and make improvements, as necessary.



Pedestrians



Precautionary Measures

Pedestrian lanes are designated paths for walking alongside roads or in public areas, ensuring pedestrian safety and separating them from vehicles. They are marked with clear signage and often have physical barriers for protection. These lanes promote safe and efficient pedestrian movement in urban environments.

- Collision with moving vehicles or construction equipment
- Tripping or slipping hazards due to uneven surfaces or debris
- Falling objects from overhead work areas
- Inadequate lighting leading to reduced visibility
- Lack of proper signage and markings
- Congestion and overcrowding in pedestrian areas
- Inadequate separation from vehicle traffic
- Inadequate maintenance of pedestrian lanes
- Inadequate awareness and compliance with pedestrian safety rules and procedures.

- Clearly mark and designate pedestrian lanes with visible signage and road markings.
- Provide adequate lighting in pedestrian areas to ensure visibility.
- Implement traffic calming measures such as speed bumps or raised intersections to encourage drivers to slow down.
- Ensure proper maintenance of pedestrian lanes, including regular inspection and prompt removal of obstacles or hazards.
- Establish clear separation between pedestrian and vehicle traffic, such as barriers or raised curbs.
- Conduct regular safety training and awareness programs for workers and visitors to promote safe pedestrian practices.
- Enforce strict adherence to pedestrian safety rules and procedures, including the use of personal protective equipment (PPE) if required.
- Implement proper traffic management plans to minimize congestion and ensure smooth flow of pedestrian traffic.
- Regularly review and update safety measures in pedestrian areas based on risk assessments and incident reports.
- Encourage open communication and reporting of any safety concerns or near-miss incidents related to pedestrian lanes.





Ergonomics

The relation & interaction between the work & the worker (how to fit the work to the worker)

In other words, it is the study of designing equipment and devices that fit the human body, its movements, and its cognitive abilities.



- Upper limb disorders (WRULDs)
- Eye and eyesight effects
- Epilepsy
- Facial dermatitis
- Electromagnetic radiation & effect on pregnant women
- Body aches, fatigue, stress & Discomfort

Precautionary Measures

Workstation minimum requirements (safe requirements)

- Adequate lighting (general & local lighting)
- Low noise
- Enough legroom
- Screen at eye level & suitable distance
- Keyboard at suitable level & suitable distance
- Suitable software
- Organized work surface
- Footrest if necessary
- Document holder if needed
- Suitable seat / work chair

Characters of the Suitable work chair

- Ergonomically design
- Good lumbar support
- Arm rests Comfortable material with good width and depth Adjustable (Ability to adjust seat back and height) Stable base (5 legs or 5 points of contact with the ground) Wheels for easy movement Ability to swivel

Other control measures:

- Adequate breaks (regular & mini breaks)
- Eyesight testing & medical check-up
- Providing (information, training, I & s)

