



NR 05 Internal Commission for the Prevention of Accidents and Harassment

Book at maersktraining.com

AVAILABLE LOCATIONS

Rio de Janeiro

AVAILABLE LANGUAGES

English, Portuguese

This training prepares elected and appointed CIPA members to fully perform their duties, as established by Regulatory Standard NR-05. The course raises awareness of hazards and risks in the workplace, develops competencies to identify and control occupational risks, and strengthens the role of the CIPA in preventing accidents, occupational diseases and harassment. It also covers the additional duty introduced by Law No. 14,457/2022 regarding the prevention of sexual harassment and other forms of violence at work.

Essential Information

Prerequisites

Be a worker elected by ballot or appointed as a CIPA member, or designated by the company to attend the training. Basic reading and writing skills in the training language (Portuguese).

Who is it for?

Workers elected by ballot and members appointed by the employer to the CIPA (Internal Commission for the Prevention of Accidents and Harassment), as well as employees designated by the company to take part in the mandatory CIPA training, in onshore and offshore establishments, in accordance with Regulatory Standard NR-05.

Assessment

Written theoretical assessment using multiple-choice and true/false questions; minimum passing score of 70%; attendance and reaction evaluation.

Certification

Upon successful completion you will receive a certificate aligned with NR-05 - Internal Commission for the Prevention of Accidents and Harassment (CIPA), item 5.7 (mandatory training for CIPA members); Law No. 14,457/2022, Art. 23.

Course content

• Introduction

CIPA training overview; participant introductions; training objectives and structure; introductory activity.

• Workplace Conditions and Risk Concepts

Ergonomics principles; hazard and risk concepts; identification of hazards and risks in work activities; practical hazard identification and risk classification.

• Work-related Accidents and Risk Control

Definition of work-related accidents; Risk Map and Risk Matrix; Hierarchy of Control Measures; PPE and CPE requirements.

• Accident Investigation and Safety Inspections

Work accident investigation methodology; unsafe acts and unsafe conditions; types of safety inspections and their application.

- **Occupational Hygiene and Prevention Measures**

CIPA's role in occupational hygiene; sanitary and comfort conditions; occupational exposures; relationship between occupational hygiene and occupational safety.

- **Inclusion**

Definition and appropriate terminology; barriers to inclusion of people with disabilities and rehabilitated workers; CIPA strategies to support inclusion.

- **Harassment and Workplace Violence Prevention**

CIPA responsibilities related to sexual harassment and workplace violence; prevention policies; reporting procedures; awareness activities and follow-up responsibilities.

- **Review and Q&A**

Review and correction of the assessment; clarification of questions related to the course content.

- **OSH Legislation and Complementary Standards**

History and origin of the CIPA; NR-05, NR-06, NR-17, NR-24 and NR-37; Law 8,213/91; CLT and Federal Constitution.

- **NR-05 and CIPA**

Objectives and application; CIPA responsibilities; constitution and structure; election process; meetings and operation; training requirements; contracted companies; final provisions.

- **Assessment**

Written theoretical assessment using multiple-choice and true/false questions; minimum passing score of 70%; attendance and reaction evaluation.

Key Learning Objectives

01 L01 — Recognise the fundamentals of ergonomics, differentiate between hazards and risks, and identify hazards and risks in workplace activities.

03 L03 — Recognise causes of work accidents, differentiate unsafe acts from unsafe conditions, and describe the types of safety inspections and their application.

05 L05 — Describe the CIPA's role in occupational hygiene and recognise sanitary and comfort conditions required in the workplace.

07 L07 — Describe the objectives, application, responsibilities, structure, election process, operation and training requirements of the CIPA under NR-05.

02 L02 — Describe work-related accidents, interpret the Risk Map and Risk Matrix, and explain the Hierarchy of Control Measures, including PPE and CPE requirements.

04 L04 — Describe the CIPA's role in occupational hygiene and recognise sanitary and comfort conditions required in the workplace.

06 L06 — Identify barriers to the inclusion of people with disabilities and rehabilitated workers and describe strategies the CIPA can use to support inclusion.

08 L08 — Describe the CIPA's role in preventing and combating sexual harassment and other forms of workplace violence, including prevention policies, reporting procedures and awareness activities.