



# NR 37.8.10.1 Treinamento Básico Virtual

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## IDIOMAS DISPONÍVEIS

Inglês, Português

Este treinamento atende ao requisito legal estabelecido pela NR-37 - Segurança e Saúde em Plataformas de Petróleo, que exige que o operador da instalação forneça um treinamento básico de 6 horas aos trabalhadores antes da sua primeira embarcação. O curso aborda o inventário de riscos e as medidas de controle estabelecidas no Programa de Gerenciamento de Riscos (PGR) da plataforma, abrangendo o acesso à plataforma, o ambiente de trabalho, substâncias combustíveis e inflamáveis, áreas classificadas, riscos ambientais, psicossociais e radiológicos, produtos químicos perigosos, equipamentos de proteção coletiva e individual e procedimentos de emergência. Garante que os participantes estejam legalmente qualificados e operacionalmente aptos a reconhecer os perigos presentes a bordo e a adotar as medidas de controle e emergência prescritas para a plataforma, em conformidade com a legislação brasileira de saúde e segurança ocupacional.

## Informações essenciais

### Pré-requisitos

None. No previous training or certification is required. The training must be completed before the worker's first embarkation, in accordance with NR-37 item 37.9.6.3.

### Para quem é?

This training is intended for all workers who will embark on oil platforms operating in Brazilian Jurisdictional Waters (AJB) and must be completed before the first embarkation, as required by NR-37 item 37.9.6.3. It applies both to workers assigned to the platform and to workers not assigned to the platform, whether directly employed by the installation operator or by contracted service providers, regardless of role or experience level - including operations, maintenance, drilling, catering, logistics and technical support personnel. In accordance with NR-37 item 37.9.6.3.1, basic training is not mandatory for official delegations or visitors. The English version is intended for foreign workers who are not fluent in Portuguese, as required by NR-37 item 37.9.3.1.1.

### Avaliação

After completing the training, the participants will have to complete a theoretical test, delivered in the language of the course (Portuguese or English). Pass mark to be confirmed by the L&D team.

### Certificação

Upon successful completion you will receive a certificate aligned with NR-37, item 37.9.6.3

## Course content

- **Platform Access and Working Environment**

Means and procedures for accessing the platform; working and living conditions; onboard working environment.

- **Risk Inventory and Control Measures (PGR)**

Environmental and operational risks; activity-specific risks and controls; psychosocial risks related to working hours and shifts; industrial or naturally occurring radiological risks, when present.

- **Emergency Response**

Procedures to be followed during onboard emergency situations.

- **Combustible and Flammable Substances and Classified Areas**

Characteristics, properties, hazards and risks of combustible and flammable substances; classified areas, ignition sources and associated control measures.

- **Hazardous Chemicals and Protective Equipment**

Hazardous chemicals and explosives; Safety Data Sheets (FISPQ/SDS); Collective Protection Equipment (EPC); Personal Protective Equipment (EPI).

- **Final Assessment and Closing**

Final assessment and course closing.

## Key Learning Objectives

**01** L01 – Identify the means and procedures for accessing the platform and the applicable safety requirements.

**03** L03 – Describe the characteristics, properties, hazards and risks of combustible and flammable substances present onboard.

**05** L05 – Identify environmental risks in the platform area and the corresponding control measures established in the PGR.

**07** L07 – Relate risks inherent to specific work activities to the corresponding elimination and control measures.

**09** L09 – Recognise industrial or naturally occurring radiological risks, when present, and the applicable protection measures.

**11** L011 – Interpret relevant information contained in the Safety Data Sheet for Chemical Products (FISPQ/SDS).

**13** L013 – Apply the criteria for the selection, use, storage and conservation of the required Personal Protective Equipment (EPI).

**02** L02 – Recognise onboard working and living conditions and their influence on workers' health and safety.

**04** L04 – Identify classified areas, associated ignition sources and the measures adopted for their control.

**06** L06 – Recognise the safety measures available onboard for the control of operational risks.

**08** L08 – Recognise psychosocial risks related to extended working hours, shift work and night work, and their effects on work and health.

**10** L010 – Identify hazardous chemicals and explosives stored and handled onboard and the precautions required for their handling.

**12** L012 – Recognise the Collective Protection Equipment (EPC) available on the platform and its purpose.

**14** L014 – Describe the procedures to be followed during onboard emergencies in accordance with the platform Emergency Response Plan (PRE).