

だい か ふくそう ぎょうむ じっしゅう
第11課 服装・業務・実習

Lesson 11: Clothing, Work, and Training

けんせつ しょくぼ か こ けいけん はたら ひと じ こ まち
建設の職場には、過去の経験から、働く人を事故やけがから守るためのルールがあります。

めんどうだ おも かもしれませんが、みな じぶん なかま あんぜん かなら まち
めんどうだと思おうかもしれませんが、皆さんも自分や仲間の安全のために必ず守ってください。

There are rules to protect workers from accidents and injuries based on past experiences in the construction workplace. It may seem like a hassle, but be sure to follow them for the safety of yourself and your fellow workers.

No.	Word/Phrase	How to read (Hiragana)	Translation
1	作業着	さぎょうぎ	Work clothes
2	作業服	さぎょうふく	Work uniform
3	作業靴	さぎょうぐつ	Work shoes
4	手袋	てぶくろ	Gloves
5	帽子	ぼうし	Cap
6	保護帽(ヘルメット)	ほごぼう(へるめっと)	Safety helmet (Helmet)
7	保護具	ほごぐ	Protective equipment
8	あごひも	あごひも	Chin strap
9	ボタン	ぼたん	Button
10	ポケット	ぽけっと	Pocket
11	保護メガネ	ほごめがね	Safety glasses
12	マスク	ますく	Mask
13	耳栓	みみせん	Earplugs
14	安全靴	あんぜんぐつ	Safety shoes
15	墜落制止用器具(安全帯)	ついらくせいしようきぐ(あんぜんたい)	Fall protection equipment (Safety belt)

1 作業着 Work clothes 2 作業服 Work uniform
Please wear clean and well-fit clothing. Put the bottom of the jacket in your pants and button the sleeve cuffs. Do not drag the hem of the pants.

6 保護帽(ヘルメット) Safety helmet (Helmet)
Use a standardized product according to your work and tighten the chin strap. Please ensure that the safety helmet does not shift when you move your neck up,

4 手袋 Gloves
They are used to prevent injury but should not be worn when using rotating power tools such as electric circular saws and electric drills. They may get caught in the rotating parts.

11 保護メガネ Safety glasses
They are used to protect your eyes from flying objects such as cutting chips and harmful substances.

14 安全靴 Safety shoes
They protect your feet from danger, such as falling objects and stepping on nails. Tie the shoelaces tightly. Wear the ones appropriate for your work.

15 墜落制止用器具(安全帯) Fall protection equipment (Safety belt)
Fall protection equipment (safety belt) is required when working in a place where there is no work floor at the height of two meters or more. In principle, it has become mandatory to wear full-harness type fall protection equipment (safety belt).

だい 11 かい ふうさく ぎょうむ じっしゅう
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No.	Word/Phrase	How to read (Hiragana)	Translation
16	業務	ぎょうむ	Work
17	時間厳守	じかんげんしゅ	Punctuality
18	予定	よてい	Schedule
19	日付	ひづけ	Date
20	準備(する)	じゅんび(する)	Preparation (Prepare)
21	会議	かいぎ	Meeting
22	朝礼	ちょうれい	Morning meeting
23	報告書	ほうこくしょ	Report
24	マニュアル	まにゅある	Manual
25	作業手順書	さぎょうてじゅんしょ	Operating procedures
26	調子	ちょうし	Condition