



# **ΕΘΝΙΚΟ ΜΕΤΣΟΒΙΟ ΠΟΛΥΤΕΧΝΕΙΟ**

## **ΣΧΟΛΗ ΑΡΧΙΤΕΚΤΟΝΩΝ ΜΗΧΑΝΙΚΩΝ**

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### **SAFETY REGULATIONS FOR THE IN SITU WORK IN EPIRUS AND THESSALY**

#### **13/10/17-18/10/17**

#### **COURSE 5A "ANALYSIS OF TRADITIONAL SETTLEMENTS AND BUILDINGS"**

During the in situ analysis of vernacular settlements and buildings , students must have appropriate shoes, gloves and safety helmets. Every group must also have a torch, a telescopic meter, a laser distance meter, a first aid portable pharmacy (counterpain, antiseptic, antihistamine medicine, hansaplast - trauma bandage, pharmaceutical cotton, etc)

Students must not enter alone in ruined buildings. They must enter in groups of 2-3 people in order to help each other if needed. Inside severely damaged buildings they must wear protective helmets.

Students must not enter into buildings that are covered with plants, or buildings with not adequate visibility that does not permit to check if there are any hidden insects or snakes, or unstable-vulnerable constructions which may be dangerous.

They must not climb on unstable walls or fences.

Students must be very careful when entering houses with dangerous damaged ceilings, floors with holes or nails on wooden planks, semi covered pits or cisterns.

They must wear gloves whenever they put their hands in holes in stonewalls or floors. For internal measurements in dark inside spaces use laser distance meters.

When climbing on damaged ladders or staircases students must be very careful, they must mind their steps , walk one by one in order not to overload the construction.

When stepping on damaged floors or horizontal roofs, they must try to walk on the load bearing structure and on the stable beams.

Students must be very careful in case of rain, strong winds, or other bad weather conditions.

**ABOVE ALL STUDENTS MUST TAKE CARE OF THEIR PERSONAL SAFETY!**

We wish you to enjoy the in situ work in the settlements of Epirus and Thessaly!