

Szakács

A2

READING

I. Match the kitchen utensil with its definitions

- | | |
|-------------------|----------------|
| 1. Whisk | 5. Rolling pin |
| 2. Steel grater | 6. Tongs |
| 3. Measuring cups | 7. Spatula |
| 4. Cooking brush | 8. Pasta ladle |

- a) you can brush for example oil or liquid on meat with it
- b) it's a plastic tool to stir food
- c) you use this kitchen tool to beat eggs or put air into it
- d) you can flatten the dough with it
- e) you can cut for example cheese, chocolate or vegetables into very small pieces
- f) a tool that has two arms and you can turn meat with them or pick something up
- g) it's a tool with long handle with some finger like parts at the end
- h) you can measure food or liquid with this container when you cook

Read the text then do the exercises.

Pulled Pork

Ingredients

4 cloves garlic, chopped

2 teaspoons dried oregano

2 teaspoons salt

1 teaspoon smoked paprika

1 teaspoon ground black pepper

2 oranges, zested and juiced

1,5kg boneless pork

2 onions, thinly sliced

3 cups chicken stock

Soft rolls, for serving



Method

1. Preheat the oven to 150°C.
2. In a small bowl, mix together the garlic, oregano, salt, smoked paprika, black pepper and the zest from both oranges. Rub the spice mixture all over, and well into the pork.
3. Add the sliced onions to a large roasting pan. Place the rubbed pork on top of the onions. Pour the chicken stock and orange juice over the pork. Cover, and bring to a simmer over medium-high heat, then put it to the oven.
4. Cook for 4 hours. Remove the meat from the pot and put it to a baking dish. Let cool slightly, then shred using two forks.
5. Serve the pulled pork with soft rolls and any cooking liquid.

II. Put the sentences in the correct order.

1. Cook it for 4 hours.
2. Cover the pork with the spice mixture.
3. Bring the oven to the given temperature.
4. Serve with soft rolls.
5. Add the seasons to a bowl and stir them.
6. Add the chicken stock.
7. Remove the meat from the roasting pan.
8. Put the meat on the onion bed.

III. Complete the sentences with the given words.

- | | |
|-----------------|-----------|
| a. roasting pan | e. remove |
| b. heat | f. bowl |
| c. rub | g. stock |
| d. preheat | h. serve |

.....(1) the oven to 150°C.

In a small(2), mix together the garlic, oregano, salt, smoked paprika, black pepper and the zest from both oranges.(3) the spice mixture all over, and well into the pork.

Add the sliced onions to a large(4). Place the rubbed pork on top of the onions. Pour the chicken(5) and orange juice over the pork. Cover, and bring to a simmer over medium-high(6), then put it to the oven.

Cook for 4 hours.(7) the meat from the pot and transfer to a baking dish. Let cool slightly, then shred using two forks.

.....(8) the pulled pork with soft rolls and any cooking liquid.

SAFETY AT WORK

CLP pictograms

- | | | |
|---|---|---|
| 1 |  | Health hazard (e.g. irritates your eyes, lungs or skin) |
| 2 |  | It can cause fire |
| 3 |  | Gas under pressure |
| 4 |  | Explosive |
| 5 |  | It can corrode metal, can burn your skin or eyes |
| 6 |  | You may die if you drink, eat or touch it |
| 7 |  | It causes serious damage to your health |
| 8 |  | Dangerous for the environment |

I. Match the pictograms with their meanings

- | | | |
|---|---|---|
| 1 |  | (a) Explosive |
| 2 |  | (b) You may die if you drink, eat or touch it. |
| 3 |  | (c) Health hazard (e.g. irritates your eyes, lungs or skin) |
| 4 |  | (d) It causes serious damage to your health |
| 5 |  | (e) Dangerous for the environment |
| 6 |  | (f) It can cause fire |
| 7 |  | (g) It can corrode metal, can burn your skin or eyes |
| 8 |  | (h) Gas under pressure |

II. Match the words with its definitions

1. fire extinguisher
2. exit
3. fire alarm
4. non-slip shoes
5. personal protective equipment (PPE)
6. hairnet
7. uniform



- a. A ring that warns people in case of danger
- b. People working in the kitchen can wear it on their head to protect food from hair
- c. It's an equipment that we can use to put out fire. It works with powder.
- d. It's a collective word for the types of clothes that protects our head, hand, feet, etc. from danger.
- e. If we wear this, we can avoid falling on oil.
- f. People working at the same workplace can wear it. It can protect your clothes and it has marketing function as well.
- g. A door where the people can leave.

III. Select the following lines whether they are dangers or activities we can minimalize danger with. Write their numbers in the correct column.

Danger:

Minimalizing danger:

1. use a dishwashing machine
2. keep heavy items on shelves at waist height
3. heavy products on high or low shelves
4. high temperature
5. we should lift things only if necessary
6. replace slippery floors
7. too much workload
8. machines always have to be repaired
9. wearing personal protective equipment
10. hand carts difficult to push/pull

CURRICULUM VITAE

Personal Information

First name(s)/ Surname Agnes Minta
Address 12 Kossuth Street,
Nyíregyháza, Hungary
Telephone(s) +367040070203
E-mail(s) minta.agnes@3.com
Nationality Hungarian
Date of birth 25.07.2000



Desired employment/Occupational field

Work experience

Cook

Dates 09/2019 - present
Occupation or position held assistant cook
Main activities and responsibilities Complete paperwork, customer service, Worked at station of starters and meat station, Learnt different techniques, Prepared meals, Helped with menu ideas
Name and address of employer Holiday Restaurant
Type of business or sector Catering

Work experience

Cook

Dates 09/2018 – 06/2019
Occupation or position held assistant cook
Main activities and responsibilities Preparation of ingredients, Cleaning, Decorating, Assisted in food preparation
Name and address of employer El Diablo restaurant
Type of business or sector Catering

Education and training

Dates	09/2018 - present
Title of qualification awarded	Cook
Principal subjects/ occupational skills covered	Serving customers, Preparation of ingredients, Cooking techniques, Decoration
Name and type of organisation providing education and training	Sipkay Barna Secondary Technical School, Nyíregyháza

Personal skills and competences

Other languages

Self-assessment

European level (*)

Language: English

Understanding				Speaking				Writing	
Listening		Reading		Spoken interaction		Spoken production			
A2	Basic user	A2	Basic user	A2	Basic user	A2	Basic user	A2	Basic user

(*) Common European Framework of Reference

- A1 Basic user
- A2 Basic user
- B1 Independent user
- B2 Independent user
- C1 Proficient user
- C2 Proficient user

Fill in your own CV:

Curriculum Vitae

Personal Information

First name(s)/ Surname

Address

Telephone(s)

E-mail(s)

Nationality

Date of birth

Desired employment/Occupational field

Work experience

Dates

Occupation or position held

Main activities and responsibilities

Name and address of employer

Type of business or sector

Work experience

Dates

Occupation or position held

Main activities and responsibilities

Name and address of employer

Type of business or sector

Education and training

Dates

Title of qualification awarded

Principal subjects/
occupational skills covered

Name and type of organisation
providing education and training

Personal skills and competences

Other languages

Self-assessment

European level (*)

Language:

Understanding		Speaking		Writing	
Listening	Reading	Spoken interaction	Spoken production		

(*) Common European Framework of Reference

- A1 Basic user
- A2 Basic user
- B1 Independent user
- B2 Independent user
- C1 Proficient user
- C2 Proficient user

COVER LETTER

Agnes Minta

+367040070203

minta.agnes@email mail.com

August 02, 2021

Dear Manager,

I would like to introduce myself. I am applying for the Cook position at Cloud Clearwater. As a kind person, I love good food, I believe that in this position I will be able to use my skills and my experience as a Cook.

I have been working as a Cook for 2 years. As a teenager, I began with preparation of ingredients, I cleaned the place and equipment, I decorated the dishes and assisted in food preparation in my home town.

Later, as I was more experienced, I worked at station of starters and meat station, I learnt different cooking techniques, prepared meals independently and helped with menu ideas

During my school years I worked as a Cook I got experience of preparing different meals. My bosses and colleagues were very satisfied with my work.

As a Cook I believe it is very important that the guest enjoys his meals. As a graduate of Sipkay Barna Secondary Technical School, I am confident that I can be of great value to Cloud Clearwater and its guests. Throughout my education, I gained valuable knowledge of the restaurant business as well.

Thank you for your time and consideration. I look forward to learning more about the tasks of a Cook at Cloud Clearwater. I hope to use my education and work experience in your restaurant.

Sincerely,

Agnes Minta

Complete the text with the given words

- | | |
|------------------|----------------|
| a. consideration | f. business |
| b. decorated | g. position |
| c. introduce | h. techniques |
| d. station | i. experienced |
| e. graduate | j. value |

Agnes Minta

+36704007020

minta.agnes@gmail.com

August 02, 2021

Dear Manager,

I would like to(1) myself. I am applying for the Cook position at Cloud Clearwater. As a kind person, I love good food, I believe that in this(2) I will be able to use my skills and my experience as a Cook.

I have been working as a Cook for 2 years. As a teenager, I began with preparation of ingredients, I cleaned the place and equipment, I(3) the dishes and assisted in food preparation in my home town.

Later, as I was more(4), I worked at station of starters and meat(5), I learnt different cooking(6), prepared meals independently and helped with menu ideas

During my school years I worked as a Cook I got experience of preparing different meals. My bosses and colleagues were very satisfied with my work.

As a Cook I believe it is very important that the guest enjoys his meals. As a(7) of Sipkay Barna Secondary Technical School, I am confident that I can be of great(8) to Cloud Clearwater and its guests. Throughout my education, I gained valuable knowledge of the restaurant(9) as well.

GINOP – 6.1.3-17-2018-00033 Nyíregyházi Szakképzési Centrum – Idegen nyelvi készségek fejlesztése Nyíregyházán és vonzásokörzetében

Angol C2 1 1 039 Angol nyelvi képzés KER A1 szinttől C2 szintig

Képzés nyilvántartásba vételi száma: E-001291/2015/C002

Thank you for your time and(10). I look forward to learning more about the tasks of a Cook at Cloud Clearwater. I hope to use my education and work experience in your restaurant.

Sincerely,

Agnes Minta

AT AN INTERVIEW

A cook has applied a job at a restaurant and he has an interview with the Human Resource Manager.



Human Resource Manager (HRM): Good morning! Take a seat, please.

Applicant: Good morning. Thank you.

HRM: I have read your CV and cover letter and I would like to ask a few questions. Why would you like to work here?

Applicant: I think I could improve a lot in my knowledge, skills and techniques and I would be valuable for you.

HRM: What do you enjoy in your work?

Applicant: I like creativity, I can try out new combination of ingredients and flavours and I can make people happy with it. I like working in a team in the kitchen.

HRM: What are your strengths?

Applicant: I think I am cooperative, confident, and ambitious. I really like challenges.

HRM: What is your weakness?

Applicant: I have to improve in a few things for example I have to be tidier. I am sometimes too talkative, I have to be more focused.

HRM: How do you see yourself in ten years?

Applicant: I would like to be a chef at the meat station, I would run a kitchen and manage 3 staff members, I would try out myself in big restaurant.

HRM: Thank you. Have you got any questions?

Applicant: Yes, I would like to ask about the working hours and I also would like to know how many days I have work a week.

HRM: You have to work 40 hours a week, at the weekends, too. If you work more, you can get extra money.

Applicant: Do you offer any benefits?

HRM: Yes, we give free meals and we give bonus on the basis of performance at the end of the year.

Applicant: Thank you very much.

HRM: Thank you. Goodbye.

Applicant: Goodbye.

Role play.

You are an applicant. You have applied a position of cook and you have to talk to the Human Resource Manager about the job. (Your partner plays the HRM. If you are ready, change roles.)

SITUATION

A cook is talking to his chef how to make Pulled pork.

Chef: Please tell me how to make Pulled pork. What do we need?

Cook: We need 1,5kg boneless pork, chicken stock and spices like salt, smoked paprika, black pepper, onion, oregano, chopped garlic, orange zest and juice

Chef: What will be the first step?

Cook: We preheat the oven to 150 Celsius degree.

Chef: What will you mix to rub the meat?

Cook: The garlic, oregano, salt, smoked paprika, black pepper and the zest.

Chef: How will you cook the pork?

Cook: First I slice some onions and I put the slices in a roasting pan, I put the pork on them. I pour the chicken stock and the lemon juice in the pan.

Chef: Will you cook it on the cooker?

Cook: No, I bring it to simmer, then I put it in the oven.

Chef: How long will you cook it?

Cook: For 4 hours.

Chef: How can we serve it?

Cook: For example in soft rolls and we can serve it with fresh salad as well.

Chef: Well done. You can start doing the pulled pork. Let me know if you need help.

Cook: Alright, thank you.

Role play

You are playing the role of the Cook. Your partner will be the Chef. Answer the Chef's questions how to make Pulled pork. If you don't remember the ingredients or the steps, you can find the recipe in the Reading exercise. When you are ready, change roles.

Safety at work

1. corrode	korrodál
2. damage	kár
3. dangerous	veszélyes
4. environment	környezet
5. exit	kijárat
6. explosive	robbanékony
7. fire alarm	tűzjelző
8. fire extinguisher	porraloltó
9. hairnet	hajháló
10. hand cart	kézikocsi
11. hazard	veszély
12. health	egészség
13. lung	tüdő
14. metal	fém
15. necessary	szükséges
16. non-slip shoes	csúszásmentes cipő
17. pressure	nyomás
18. protective equipment	védő felszerelés
19. pull	húz
20. push	tol
21. replace	cserél
22. serious	komoly
23. skin	bőr
24. to cause	okoz
25. to irritate	irritál
26. uniform	egyenruha
27. waist height	derékmagasság
28. workload	munkaterhelés

You can practise at: https://quizlet.com/_a1wbca?x=1qqt&i=184dsc

CV

- | | |
|---|----------------------|
| 1. assistant cook | szakács segéd |
| 2. basic | alap |
| 3. catering | vendéglátás |
| 4. competence | kompetencia |
| 5. cook | szakács |
| 6. cooking techniques | főzési technikák |
| 7. customer service | vevőkiszolgálás |
| 8. Desired employment | Pályázott állás |
| 9. education or training | iskolai végzettségek |
| 10. employer | munkáltató |
| 11. independent | önálló |
| 12. occupation | foglalkozás |
| 13. Occupational field | Foglalkozási terület |
| 14. occupational skills | szakmai készségek |
| 15. organization providing education and training | képzőhely |
| 16. position | pozíció |
| 17. preparation | előkészítés |
| 18. prepare | elkészít |
| 19. Principle subjects | fő tárgyak |
| 20. proficient | gyakorlott |
| 21. responsibility | felelősség |
| 22. serving customers | vevőkiszolgálás |
| 23. starter | előétel |
| 24. Title of qualification awarded | végzettség |
| 25. work experience | tapasztalat |

Cover letter

- | | |
|-----------------------------|--------------------|
| 1. assistant cook | szakácssegéd |
| 2. cleanness | tisztaság |
| 3. confident | magabiztos |
| 4. consideration | figyelem |
| 5. cover letter | motivációs levél |
| 6. dish | étel |
| 7. experience | tapasztalat |
| 8. garnish | köret |
| 9. graduate | végzős diák |
| 10. introduce | bemutat |
| 11. method | módszer |
| 12. position | pozíció |
| 13. responsible for | felelős valamiért |
| 14. satisfied | elégedett |
| 15. skill | készség |
| 16. station | állomás |
| 17. task | feladat |
| 18. throughout my education | tanulmányaim alatt |
| 19. to apply | jelentkezik |
| 20. to be able to | képes valamire |
| 21. to decorate | díszít |
| 22. to gain | szerez |
| 23. to look forward to | előre vár valamit |
| 24. to peel | hámoz |
| 25. valuable | értékes |
| 26. value | érték |
| 27. various | különböző |

You can practice at: https://quizlet.com/_a1wbhr?x=1qq&i=184dsc

Szakács

A2

Felhasznált forrás

Reading

Match the kitchen tool with its definition

<https://www.macmillandictionary.com/dictionary/british/grater> (Letöltés: 2021.07.28.)

https://www.macmillandictionary.com/dictionary/british/whisk_1 (Letöltés: 2021.07.28.)

<https://www.macmillandictionary.com/dictionary/british/measuring-jug> (Letöltés: 2021.07.28.)

<https://www.macmillandictionary.com/dictionary/british/tongs> (Letöltés: 2021.07.28.)

The screenshot shows a web browser window displaying the Macmillan Dictionary page for the word 'grater'. The page includes a search bar at the top, navigation tabs for 'COLLOCATIONS', 'THESAURUS', and 'BLOG', and a main content area with the following sections: 'CCC KLUB' advertisement, 'grater' definition and synonyms, 'WORD FORMS', 'DEFINITIONS' (listing 'a tool with a rough sharp surface used for cutting cheese, vegetables, chocolate etc into very small pieces' and 'a cheese grater'), 'Synonyms and related words', 'QUIZES' (Vocabulary Quiz: Trending Words of 2020), and a Windows notification. The browser's address bar shows the URL 'https://www.macmillandictionary.com/dictionary/british/grater'.

GINOP – 6.1.3-17-2018-00033 Nyíregyházi Szakképzési Centrum – Idegen nyelvi készségek fejlesztése Nyíregyházán és vonzáskörzetében
Angol C2 1 1 039 Angol nyelvi képzés KER A1 szinttől C2 szintig
Képzés nyilvántartásba vételi száma: E-001291/2015/C002

The screenshot shows the Macmillan Dictionary website with the search bar containing 'whisk'. The entry for 'whisk' is displayed, including its definition: 'a kitchen tool that consists of several long closed curves of wire joined to a handle that you quickly move through a soft food to put air into it'. The page also features a Citroën advertisement and a sidebar with 'Using the dictionary' and 'OTHER ENTRIES FOR THIS WORD'.

The screenshot shows the Macmillan Dictionary website with the search bar containing 'tongs'. The entry for 'tongs' is displayed, including its definition: 'a metal or plastic object that consists of two connected arms that you push together in order to pick something up'. The page also features a CCC Klub advertisement and a sidebar with 'Using the dictionary' and 'OTHER ENTRIES FOR THIS WORD'.

GINOP – 6.1.3-17-2018-00033 Nyíregyházi Szakképzési Centrum – Idegen nyelvi készségek fejlesztése Nyíregyházán és vonzáskörzetében
Angol C2 1 1 039 Angol nyelvi képzés KER A1 szinttől C2 szintig
Képzés nyilvántartásba vételi száma: E-001291/2015/C002

The screenshot shows the Macmillan Dictionary website. The search bar contains 'measuring jug'. The entry for 'measuring jug' is displayed, including its definition: 'a glass or plastic container that you use for measuring food and liquids when you are cooking'. There are also sections for 'WORD FORMS', 'DEFINITIONS', and 'Synonyms and related words'. A 'QUIZES' section is visible on the right, titled 'VOCABULARY QUIZ: TRENDING WORDS OF 2020'. The website has a navigation bar with options like 'BUZZWORD', 'OPEN DICTIONARY', 'RESOURCES', 'QUIZZES', and 'VIDEOS'. The bottom of the browser shows the Windows taskbar with the date 2021.07.28.

<https://foodnetwork.co.uk/recipes/revs-pulled-pork/> (Letöltés: 2021. 07.28.)

The screenshot shows the Food Network website with a recipe for 'Pulled Pork'. The recipe details are as follows:

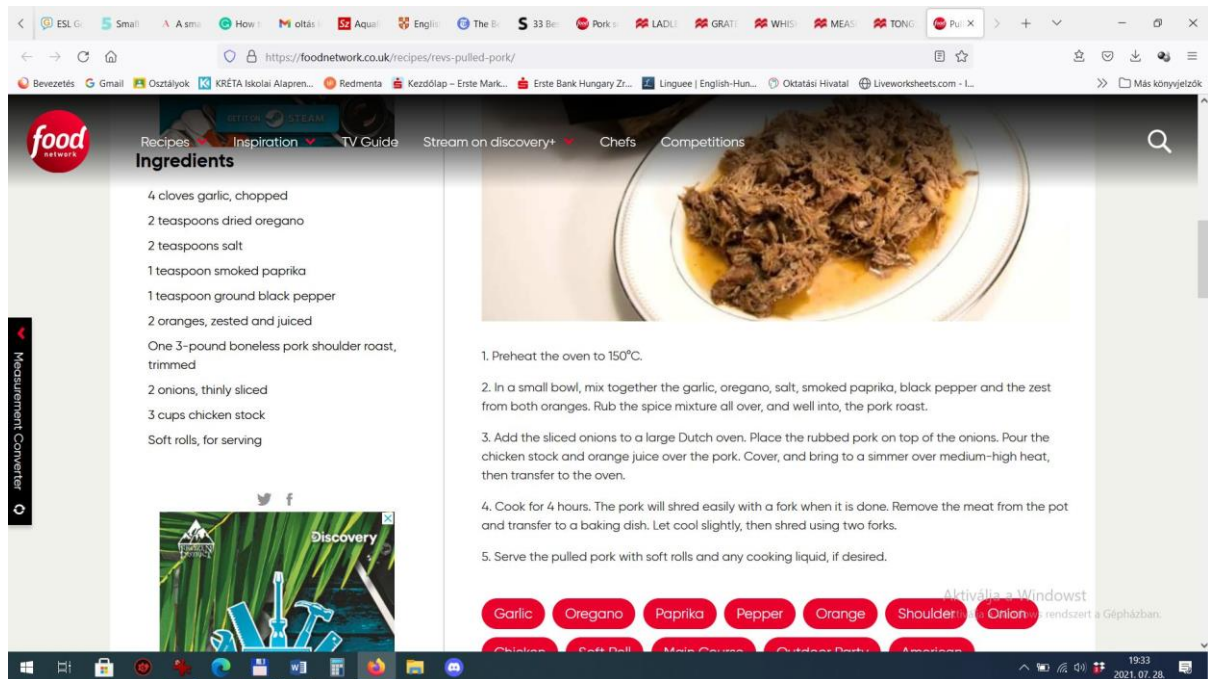
Preparation Time	Cooking Time	Serves	Difficulty
10 mins	250 mins	8	Medium

The 'Method' section includes an image of a plate of pulled pork. The 'Ingredients' section lists:

- 4 cloves garlic, chopped
- 2 teaspoons dried oregano

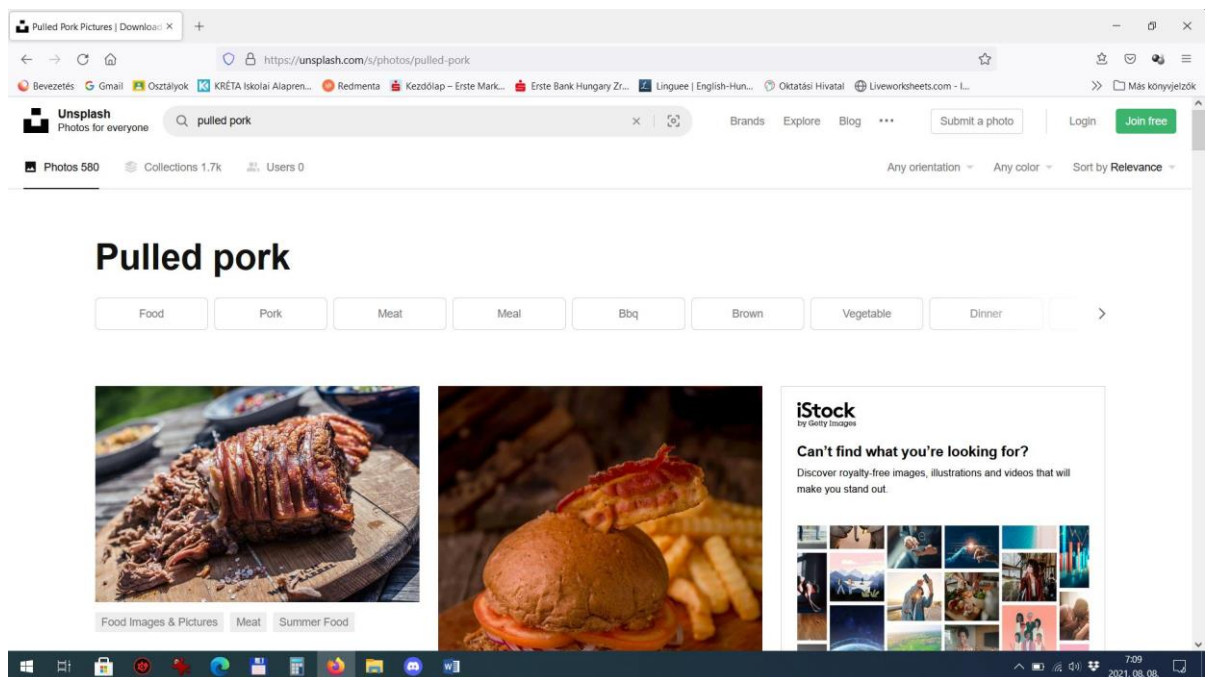
The website also features a 'Measurement Converter' sidebar and a 'NEW DLC' advertisement for 'House Flipper'.

GINOP – 6.1.3-17-2018-00033 Nyíregyházi Szakképzési Centrum – Idegen nyelvi készségek fejlesztése Nyíregyházán és vonzáskörzetében
Angol C2 1 1 039 Angol nyelvi képzés KER A1 szinttől C2 szintig
Képzés nyilvántartásba vételi száma: E-001291/2015/C002



Photo

<https://unsplash.com/s/photos/pulled-pork> (Letöltés: 2021.08.08.)



Safety at work

<https://echa.europa.eu/hu/regulations/clp/clp-pictograms> (Letöltés: 2021.07.30.)

ECHA
EUROPEAN CHEMICALS AGENCY

Bemutakozás Kapcsolatfelvétel Karrier Keresés az ECHA webhelyén

JOGALKOTÁS KONZULTÁCIÓK INFORMÁCIÓK A VEGYI ANYAGOKRÓL TÁMOGATÁS

ECHA > Jogalkotás > CLP > A CLP-rendelet megértése > CLP-piktogramok

CLP

- A CLP-rendelet megértése
 - CLP-piktogramok
 - CLP-kviz
 - What does the label contain
 - Az anyagok és keverékek besorolása
 - Cimkézés és csomagolás
 - Harmonizált osztályozás és címkézés (CLH)
 - Alternatív vegyi anyag-nevek a készítményekben
 - Osztályozási és címkézési Jegyzék
 - Jogszabályok
 - A vizsgálatok szerepe a CLP-ben
 - Végrehajtás
 - Helyettesítés biztonságosabb vegyi

CLP-piktogramok

A veszélyt jelző piktogram a címkén található olyan ábra, amely egy figyelmeztető szimbólumot és meghatározott színeket tartalmaz, és amelynek célja, hogy információval szolgáljon arról, hogy az adott anyag vagy keverék milyen kárt okozhat egészségünkben vagy a környezetben. A CLP-rendelet a veszélyes vegyi anyagokra vonatkozó új osztályozási és címkézési rendszert vezetett be az Európai Unióban. A piktogramok is megváltoztak, és ezek összhangban vannak az Egyesült Nemzetek globálisan harmonizált rendszerével.

Kattintson a piktogramokra a vonatkozó leírás megtekintéséhez

- Gas under pressure
Symbol: Gas cylinder
- Explosive
Symbol: Exploding bomb
- Oxidising
Symbol: Flame over circle

SEE ALSO

- Globally Harmonized System of Classification and Labelling of Chemicals
- EU/OSHA

SEE ALSO UNDER THE CHEMICALS IN OUR LIFE WEBSITE

- Infographic about labels
- Understand the labels
- Read the labels

Aktiválja a Windowst
Aktiválja a Windows rendszert a Gépházban.

ECHA
EUROPEAN CHEMICALS AGENCY

Bemutakozás Kapcsolatfelvétel Karrier Keresés az ECHA webhelyén

JOGALKOTÁS KONZULTÁCIÓK INFORMÁCIÓK A VEGYI ANYAGOKRÓL TÁMOGATÁS

ECHA > Jogalkotás > CLP > A CLP-rendelet megértése > CLP-piktogramok

CLP-piktogramok

- Oxidising
Symbol: Flame over circle
- Flammable
Symbol: Flame
- Corrosive
Symbol: Corrosion
- Health Hazard
Symbol: Exclamation Mark
- Acute toxicity
Symbol: Skulls and Crossbones
- Serious health hazard
Symbol: Health hazard
- Hazardous to the environment
Symbol: Environment

SEE ALSO

- Globally Harmonized System of Classification and Labelling of Chemicals
- EU/OSHA

SEE ALSO UNDER THE CHEMICALS IN OUR LIFE WEBSITE

- Infographic about labels
- Understand the labels
- Read the labels

Aktiválja a Windowst
Aktiválja a Windows rendszert a Gépházban.

<https://www.safework.sa.gov.au/workers/types-of-workers/kitchen-workers> (Letöltés: 2021.07.30.)

The screenshot shows the 'Kitchen workers' page on the Safework website. The page is titled 'Kitchen workers' and includes a navigation menu on the left with categories like 'Employer responsibilities', 'Primary duty of care', 'Worker responsibilities', 'Types of workers', and 'Labour hire'. The main content area is divided into sections: 'Injuries' and 'Reducing the risk of injury'. The 'Injuries' section discusses musculoskeletal disorders (MSDs) caused by repetitive manual tasks. The 'Reducing the risk of injury' section mentions workplace walk-throughs and inspections. Social media icons for Facebook, Twitter, Email, Pinterest, and LinkedIn are visible on the right side. The Windows taskbar at the bottom shows the date as 2021.08.02.

The screenshot shows the 'Reducing the risk of injury' page on the Safework website. The page is titled 'Reducing the risk of injury' and includes a navigation menu on the left with categories like 'Labour hire', 'Mature age workers', 'Young workers', 'Overseas workers', 'Principal contractors and construction projects', 'Probation, work experience and trial work', 'Consultation & worker representation', 'Health & Wellbeing', 'Personal protective equipment', and 'Discriminatory, coercive'. The main content area discusses workplace walk-throughs and inspections to identify hazards. It lists examples of common risk factors: handling heavy loads, repetitive movements, and awkward postures. The 'Source of the risks' section lists factors like design and layout of work areas, the nature of the item/equipment/tool, the nature of the load, and the working environment. Social media icons for Facebook, Twitter, Email, Pinterest, and LinkedIn are visible on the right side. The Windows taskbar at the bottom shows the date as 2021.08.02.

GINOP – 6.1.3-17-2018-00033 Nyíregyházi Szakképzési Centrum – Idegen nyelvi készségek fejlesztése Nyíregyházán és vonzáskörzetében
Angol C2 1 1 039 Angol nyelvi képzés KER A1 szinttől C2 szintig
Képzés nyilvántartásba vételi száma: E-001291/2015/C002

Wages & Conditions

WHS issue resolution

Injured worker support services

Minimising the risk

Once hazardous manual tasks have been identified and assessed, determine what controls you need to implement to minimise the risk of injury. This may involve a single control measure or a combination of two or more different controls.

Eliminating the risk is the most effective control measure. If eliminating is not practical, minimising the risk so far as is reasonably practicable would be the next step.

Many manual tasks can be redesigned, modified, altered or substituted to minimise the risk of the hazards.

Controls that achieve this include:

- changing the design or layout of work areas
 - reorganise the layout of the kitchen to avoid unnecessary stretching and/or lifting
 - use a dishwashing machine/pot and pan washer
- improving workplace conditions
 - replace or repair uneven or slippery floors
 - provide trolley ramps at changes in floor level
 - ensure all catering equipment is well maintained

Aktiválja a Windowst
Aktiválja a Windows rendszert a Gépházban.

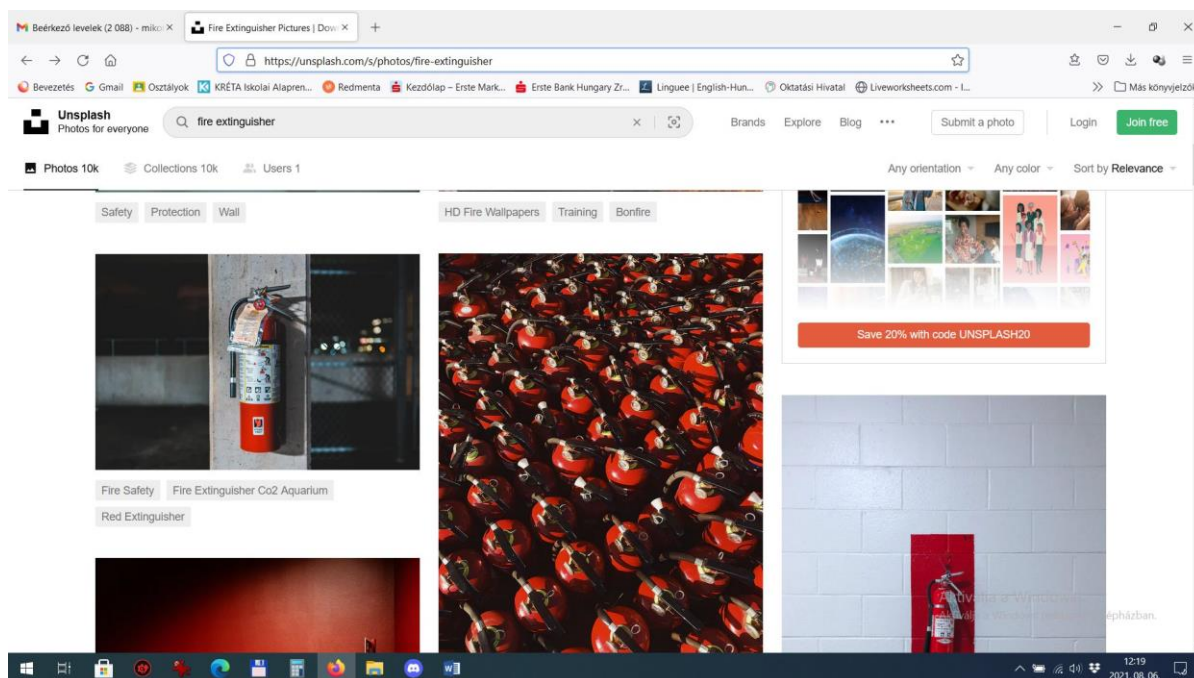
- making loads easier to handle
 - negotiate for goods supplied in large, awkward or heavy containers/bag/boxes to be provided in smaller sizes or weights or in more appropriate containers when moving and storing on shelves (eg replacing sacks with boxes/containers with built in handles or grips)

Aktiválja a Windowst
Aktiválja a Windows rendszert a Gépházban.

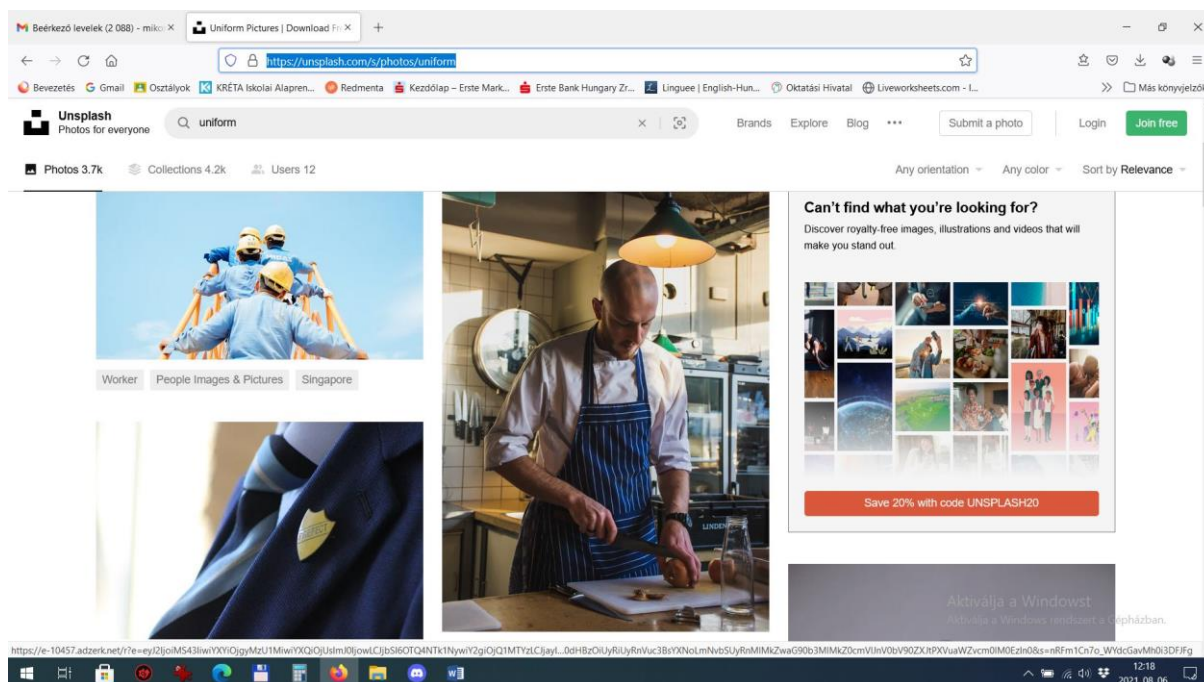
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Photos

<https://unsplash.com/s/photos/fire-extinguisher> (Letöltés: 2021.08.06.)



<https://unsplash.com/s/photos/uniform> (Letöltés: 2021.08.06.)



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CV

<https://jobcorner.life/europass-cv-format-english-download/> (Letöltés: 2021.07.30.)

CV CURRICULUM VITAE LETTER RESUME OTHER

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Europass Curriculum Vitae

Personal information

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 Address Rua de L. Universidade N° 32 4874-208 Faro, Portugal
 Telephone(s) +351226777855 Mobile 935998778
 E-mail(s) mrcako@hotmail.com
 Nationality Portuguese
 Date of birth 01/05/1994
 Gender Male

Desired employment / Occupational field Aeronautical Engineer

Work experience

Dates 09/04/2012 ->
 Occupation or position held Aeronautical Engineer in NASA
 Main activities and responsibilities Build the spacecraft engine
 Name and address of employer NASA
 5th Avenue, N°54, 4872-887 New York (United States)
 Type of business or sector Construction

Education and training

Dates 08/09/2000 - 14/09/2012
 Title of qualification awarded University Degree
 Principal subjects / occupational skills covered Math, English, Play Football
 Name and type of organization providing education and training Lisbon University of Science (Degree)
 Camões Avenue, N°97, 4852-258 Lisbon (Portugal)

Personal skills and competences

Other language(s)

Self assessment European level (*)	Understanding		Speaking		Writing
	Listening	Reading	Spoken interaction	Spoken production	
English	C2 Proficient user	B2 Independent user	C1 Proficient user	B2 Independent user	B2 Independent user
French	A1 Basic User	A1 Basic User	A2 Basic User	B1 Independent user	A2 Basic User
Spanish	C1 Proficient user	C1 Proficient user	B2 Independent user	B2 Independent user	B1 Independent user

Social skills and competences I am a very funny person!
 Page 1 / 2 - Curriculum vitae of Andre Tiago Ferreira da Silva
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CV CURRICULUM VITAE LETTER **RESUME** OTHER

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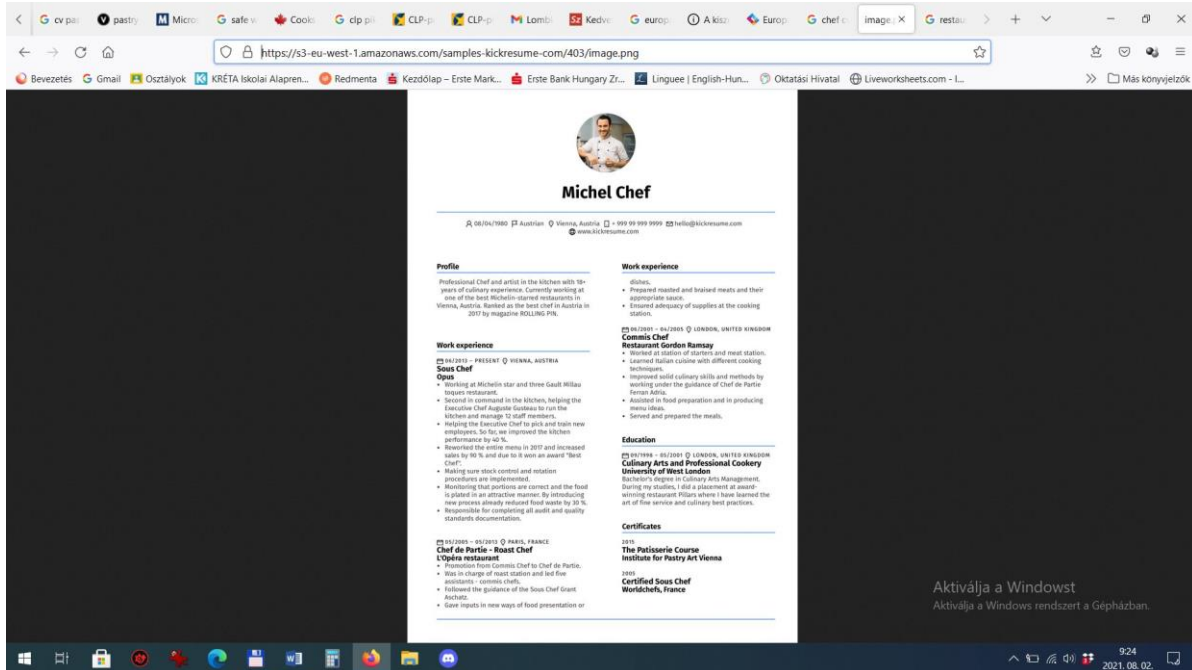
Personal skills and competences

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Social skills and competences I am a very funny person!
 Page 1 / 2 - Curriculum vitae of Andre Tiago Ferreira da Silva
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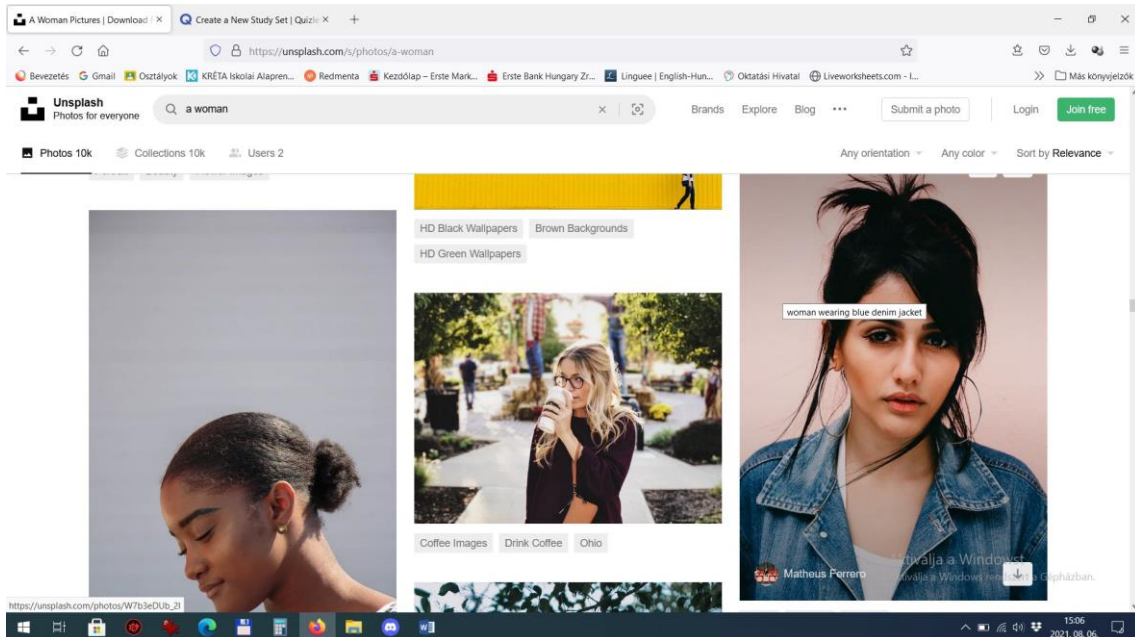
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<https://s3-eu-west-1.amazonaws.com/samples-kickresume-com/403/image.png> (Letöltés: 2021.08.02.)



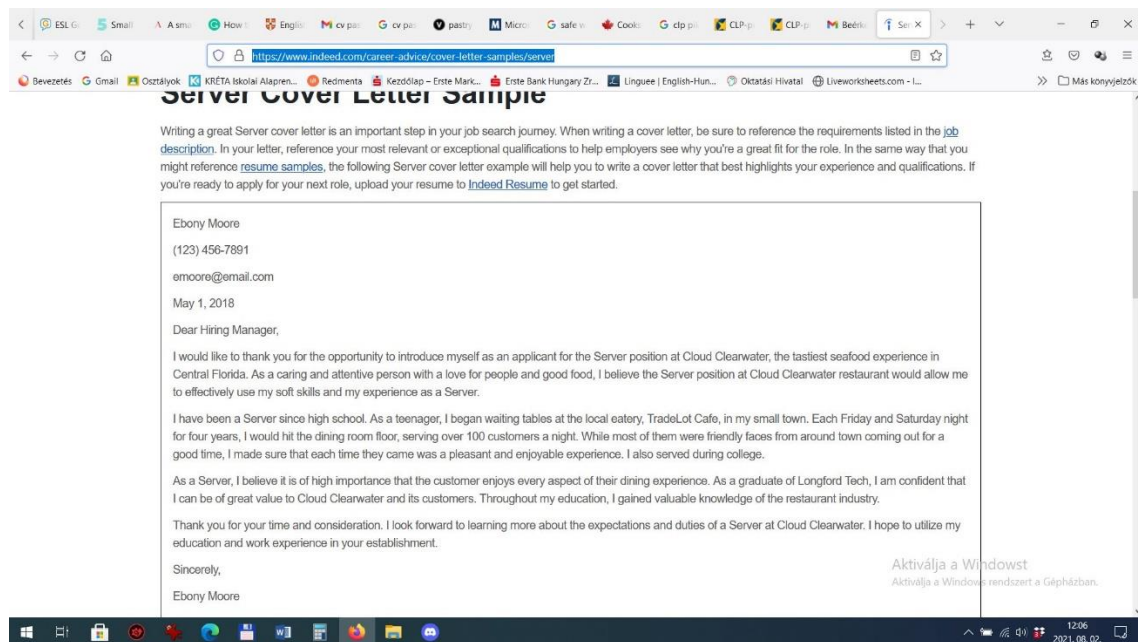
Photo

<https://unsplash.com/s/photos/a-woman> (Letöltés: 2021.08.06.)



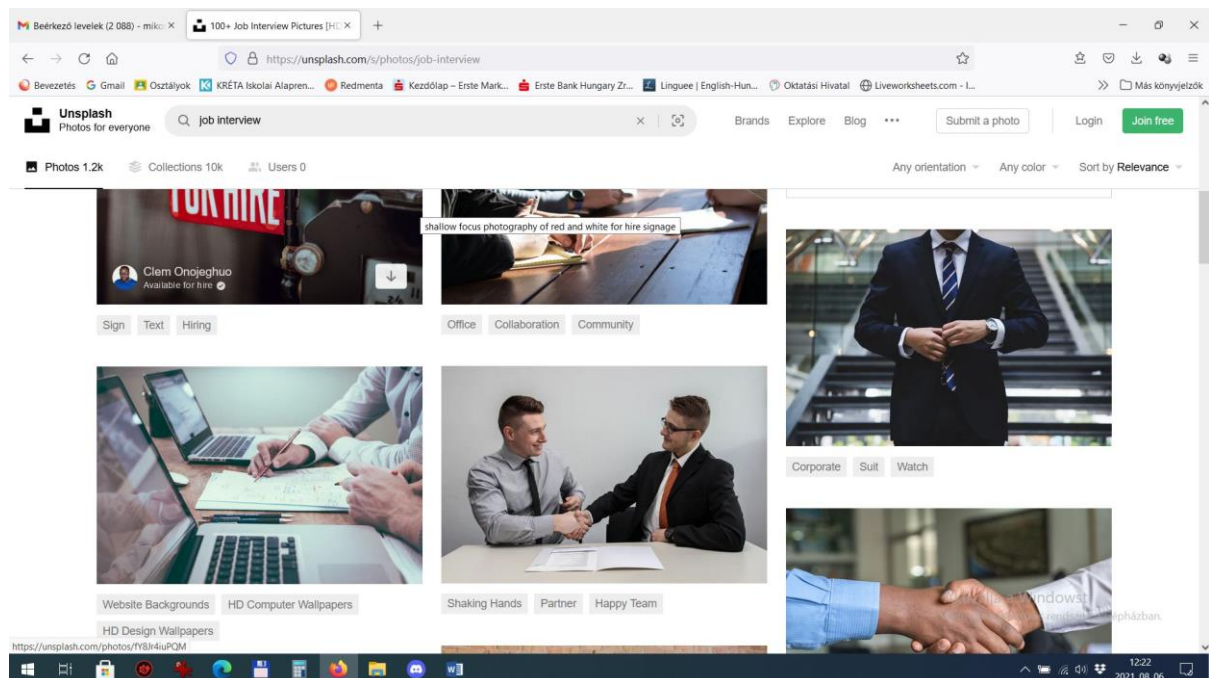
Cover letter

<https://www.indeed.com/career-advice/cover-letter-samples/server> (Letöltés: 2021.08.02.)



Photo

<https://unsplash.com/s/photos/job-interview> (Letöltés: 2021.08.06.)



Vocabulary

<https://unsplash.com/s/photos/words> (Letöltés: 2021.08.06.)

