HBC	Tool Box Talk	
Project: Harrow School Abu Dhabi		Date: 16/06/2026
Site No: D -353		Time: 09:15 am
Location: Al Saadiyat Island		Shift: Day ☐ Night ☐

TOPIC DISCUSSED

Mid Day Break

Importance of Midday Break on Construction Sites

- **Purpose:** To ensure workers stay safe, healthy, and productive during hot weather and physically demanding work.

Rest and Recovery

- Midday breaks allow workers to recover from physical fatigue.
- Rest helps prevent exhaustion and reduces the risk of accidents.

Heat Stress Prevention

- Working in high temperatures can cause dehydration, heat exhaustion, or heat stroke.
- Take breaks in shaded or air-conditioned areas whenever possible.
- Report any signs of heat-related illness immediately.

Hydration

- Drink water regularly, even if you do not feel thirsty.
- Increase water intake during hot weather.
- Avoid excessive caffeine and energy drinks, which can contribute to dehydration.

Nutrition

- Eat a light, balanced meal during the break.
- Include fruits and healthy foods that help maintain energy levels.
- Avoid heavy meals that can cause drowsiness and discomfort.

Return to Work Safely

- Stretch and prepare your body before resuming work.
- Taking a midday break is not lost time—it is an important safety measure that protects workers from heat-related illnesses, fatigue, and workplace accidents. A well-rested and hydrated worker is a safer and more productive worker. Ensure you are alert and fit before operating tools or equipment.

Follow all site safety procedures when returning to work.

- Taking a midday break is not lost time—it is an important safety measure that protects workers from heat-related illnesses, fatigue, and workplace accidents. A

well-rested and hydrated worker is a safer and more productive worker.

Conducted By :

Safety Representative:	**HSE Engineer**	**Project Manager/Construction Manager**
Name:	**Mr.Damodhar Zamuni / Lutufullah**	**Jiries Hani / M.Ibrahim**
Signature:	.....	**Signature:**.....

Organized in Language: **HINDI, URDU & ENGLISH**

Project Details: Harrow School Abu Dhabi-Al Saadiyat Island













Toolbox Talk Topic – Mid Day Break Conducted by HSE Engineer On: 16/06/2026.

HBC Tool Box Talk Attendance Sheet

HBC-HSE-FM-005

Topic: mid Day Break

Project: Harrow School Abu Dhabi -HS -353

Location: Al Saadiyat Abu Dhbai

Date: 16/6/2026

Time: 09:15am

Shift : Day ☑ Night ☐

A.
B. Topics & picture are attached
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Include Description of Topics Discussed, Picture of the talk

Sl.No	Name	Company	Designation	Signature
1	Harendra Sah	HBC	HM-527	
2	Mukhdev Kumar Yadav	HBC	HM-608	Mukhdev kumar
3	Pyarelal Bairwa	HBC	HM-610	Pyarlal Bairwa
4	Seraj Ahmed	HBC	HM-627	Seraj Ahamad.
5	Shah Alam	HBC	HM-628	Shahalam.
6	Raghuveer	HBC	HM-629	
7	Sanjay	HBC	HM-630	Sanjay
8	Asharam Bairwa	HBC	HM-637	
9	Beerbal Bairwa	HBC	HM-638	
12	Deepak	HBC	HM-639	
13	Rohtash Kumar Bairwa	HBC	HM-641	
14	Sonu Kumar Bairwa	HBC	HM-642	
15	Banwari Lal Bairwa	HBC	HM-650	
16	Ramesh Kumar	HBC	HM-656	
17	Sonu Bairwa	HBC	HM-657	
18	Ashok Ramphool	HBC	HM-609	
19	Sonu Kumar Bairwa	HBC	HM-612	

Conducted By :

Safety Representative: HSE Enginner

Name: Mr.Damodhar Zamuni /Lutufullah

Signature:

Organized in Language: HINDI,URDU & ENG

Project Manager / Construction Manager

Name: Mr.Jiries Hani / Mohammed Ibrahim

Signature:

HBC Tool Box Talk Attendance Sheet

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Sl.No.	Name	Company	Designation	Signature
1	Dinesh Chauhan	HBC	HC-577	
2	Nakul Kumar	HBC	HC-633	Nakul Kumar
3	Nagendra Singh	HBC	HC-632	Nagendra Singh
4	Vinay Pothiganti	HBC	HC-642	
5	Rambindra Kumar Singh	HBC	HC-644	
6	Jamaluddin Mia	HBC	HC-646	
7	Kanhaiya Kumar	HBC	HC-660	
8	Arbind Kumar	HBC	HC-~~661~~ 659	Arbind Kumar
9	Muntesh Rajapati	HBC	Hc-608	Muntesh Rajapati
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Conducted By :

Safety Representative: HSE Enginner

Name: Mr.Damodhar Zamuni /Lutufullah

Signature:

Organized in Language: HINDI,URDU & ENG

Project Manager / Construction Manager

Name: Mr.Jiries Hani / Mohammed Ibrahim

Signature:

Rev o

Tool Box Talk Attendance Sheet

HBC-HSE-FM-005

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Sl.No.	Name	Company	Designation	Signature
1	Sandip Kumar Gupta	HBC	HH-1373	Sandip
2	Jitendra Kuamr	HBC	HH-1379	
3	Samir Khan	HBC	HH-1504	
4	Imtiyaz Alam	HBC	HH-1506	
5	Md Sabir	HBC	HH-1508	
6	Shah Faisal	HBC	HH-1511	
7	Abdul Rahman	HBC	HH-1530	
8	Mohmmed Islam	HBC	HH-1537	
9	Mohammed Vasim	HBC	HH-1538	
10	Damodar Shaw	HBC	HH-1543	
11	Arun Kumar	HBC	HH-1544	Arun Kumar
12	Pooran Mal Bairwa	HBC	HH-1552	POORAN
13	Rajendra Bairwa	HBC	HH-1553	Rajendra
14	Vikash Kumar	HBC	HH-1555	VIKASH
15	Santosh Kumar	HBC	HH-1510	
16	Nisar Ahmed	HBC	HH-1571	
17	Shtrudhan Pandit	HBC	HH-1574	
18	Siyavar Pandit	HBC	HH-1575	
19	Risal Ahmed	HBC	HH-1578	
20	Jiledar Kumar	HBC	HH-1579	
21				
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Conducted By :

Safety Representative: HSE Enginner

Name: Mr.Damodhar Zamuni /Lutufullah

Signature:

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Project Manager / Consruction Manager

Name: Mr.Jiries Hani / Mohammed Ibrahim

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Sl.No.	Name	Company	Designation	Signature
1	Chhathu Prasad	HBC	HS-185	
2	Narsalah Gutumukula	HBC	HS-210	
3	Venkalavedi Karuppaiah	HBC	HS-356	
4	Manikandan Mangalinkam	HBC	HS-365	
5	Rajesh Bhagat	HBC	HS-460	
6	Lovepreet Singh	HBC	HS-477	
7	Prasad Maccharla	HBC	HS-483	
8	Mular Mukhira	HBC	HS-491	
9	Deepak	HBC	HS-495	
10	Kapil	HBC	HS-496	
11	Akhtar	HBC	HS-500	
12	Ranjan Kumar Singh	HBC	HS-504	
13	Sagar Thurpu	HBC	HS-505	
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Sl.No.	Name	Company	Designation	Signature
1	Shoukat Ali	HBC	HF-133	
2	Santosh Sharma	HBC	HF-189	Santosh
3	V.Manimaran	HBC	HF-191	Mani
	Md Jalal	HBC	HF-208	
4	Sukhpreet Singh	HBC	HF-217	
5	Satendra Kumar	HBC	HE-245	
6	Karanvir Singh	HBC	HE-253	Karanvir Singh
7	Raju Ahmed	HBC	HP-125	PRW
8	Avanish Kumar	HBC	HP-196	
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Sl.No.	Name	Company	Designation	Signature
1	Jakir Gharami	Best Manpower	Carpenter	
2	Bijay Kumar	Best Manpower	Carpenter	
3	Philip Kwame	Best Manpower	Carpenter	
4	Gafur Miya	Best Manpower	Carpenter	
5	Kamil Tur	Best Manpower	Helper	
6	Md Miarul Islam	Best Manpower	Helper	
7	Minargo Sitotaw	Best Manpower	Helper	
8	Yohanes Yilma	Best Manpower	Helper	
9	Richard Danso	Best Manpower	Helper	
10	Mammedou Sdiou	Best Manpower	Helper	
11	Lional Jospin	Best Manpower	Helper	
12	Mustakim Khan	Best Manpower	Helper	
13	Getacho Lulu	Best Manpower	Helper	
14	Mudin Beyano	Best Manpower	Helper	
15	Ayub Mohammed	Best Manpower	Helper	
16	Francois Simbakuita	Best Manpower	Helper	
17	Medarel Niyomurema	Best Manpower	Helper	
18	Dereje Yeshtla	Best Manpower	Helper	
19	Eric Sibomana	Best Manpower	Helper	
20	Gena Ibrahim	Best Manpower	Helper	
21	Abdisa Tigabu	Best Manpower	Helper	

Conducted By :

Safety Representative: HSE Enginner

Name: Mr.Damodhar Zamuni / Lutufullah

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Sl.No.	Name	Company	Designation	Signature
1	Julius Ewaam	Best Manpower	Helper	
2	Adem Dube Beriso	Best Manpower	Helper	
3	Samim Mukhtar Ali	Best Manpower	Helper	
4	Md Tajul Islam	Best Manpower	Helper	
5	Emmanuel Tampori	Best Manpower	Helper	
6	Ferdinand Nduwines	Best Manpower	Helper	
7	Dominque Mbonanker	Best Manpower	Helper	
8	Abdou Rashidou	Best Manpower	Helper	
9	Anwar Mohammed	Best Manpower	Helper	
10	Mohamed Boru Gamamo	Best Manpower	Helper	
11	Vakil Ahmed	Best Manpower	Helper	वकील अहमद
12	Amarjeet Kumar	Best man	Carpenter	Amarjeet
13	vibhavChoudhari			vibhavChoudhari
14	[illegible]	BCC	Carpenter	
15	Chernor A bah	BCC	Carpenter	
16	Ochudo moses	BCC	11	
17	Peter Reason	BCC	Carpenter	
18	MONGAR KUMAR	11	11	M.G.K
19	ASABUL			ASABUL
20	Abdurahamaan			

Conducted By :

Safety Representative: HSE Enginner

Name: Mr.Damodhar Zamuni /Lutufullah

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Sl.No.	Name	Company	Designation	Signature
1	Arshad Ullah	Dianamo	Carpenter	
2	Rahat Shah Feroz	Dianamo	Steel Fixer	
3	Mohammed Shahzad	Dianamo	Helper	
4	Sukhpal Singh	Dianamo	Helper	Sukh Pal
5	Nilantha Pramakumara	Dianamo	Helper	
6	Indika Ajith	Dianamo	Helper	
7	Chandra Thilaka	Dianamo	Helper	
8	Gustav ~~Nadyi Sendga~~ NDAYISENGA	Dianamo	Helper	
9	Edmond Niyonkuru	Dianamo	Helper	
10	Fabica Kwizara	Dianamo	Helper	
11	Jems Nahayo	Dianamo	Helper	
12	Innocent ~~Ntakaratam~~ NTAKARUTIMANA	Dianamo	Helper	
13	Yahwe Chalom	Dianamo	Helper	
14	Yves Nihorimbere	Dianamo	Helper	
15	Menelick Irakoze	Dianamo	Helper	
16	Eslon Habimana	Dianamo	Helper	
17	Isaac Ssenungi	Dianamo	Helper	
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Sl.No.	Name	Company	Designation	Signature
1	Siraj Mohammed	Gulf Way	Steel Fixer	
2	Bikrant Tamang	Gulf Way	Steel Fixer	
3	Shankar Murugans	Gulf Way	Steel Fixer	
4	Emile Haiyrimana	Gulf Way	Helper	
5	Bertrand Nadayishima	Gulf Way	Helper	
6	Shyam Kumar Rai	Gulf Way	Helper	
7	Justin Niyonsengo	Gulf Way	Helper	
8	Wegene Amidisa	Gulf Way	Helper	
9	Ahmed Woyosa	Gulf Way	Helper	
10	Meraz Sardar	Gulf Way	Helper	
11	Bilal Mohammed	Gulf Way	Helper	
12	Tebarak Rashid	Gulf Way	Helper	
13	Suraj Tamang	Gulf Way	Helper	
14	Gelmeysa Johr	Gulf Way	Helper	
15	Abdella Dina	Gulf Way	Helper	
16	Fuad Sharafu	Gulf Way	Helper	
17	Chala Abdulla	Gulf Way	Helper	
18	Tujara Majido	Gulf Way	Helper	
19	Jalata Dine	Gulf Way	Helper	
20	Abdul Bashit	Gulf Way	Helper	

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Sl.No.	Name	Company	Designation	Signature
1	Anwar Ibrahim	Gulf Way	Helper	
2	Yohanis Mestin	Gulf Way	Helper	
3	Liandry Williams	Gulf Way	Helper	
4	Gardien Ibimenyim	Gulf Way	Helper	
5	Jeam Cloude	Gulf Way	Helper	
6	John Abuga	Gulf Way	Helper	
7	Maru Libase	Gulf Way	Helper	
8	MARKO KUGA	11	11	
9	Mukarad Mohamed			
10	MOHAMEDI ALLY	11	11	
11	~~KHAN~~ PETER	11	11	
12	Abdulrahimeen			
13	Abdul-SWAMAD KHAN	11	11	
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Name: Mr.Jiries Hani / Mohammed Ibrahim

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Sl.No.	Name	Company	Designation	Signature
1	Ranjeet Sharma	A.R.C		
2	Kizito Henry	BCC		
3	Nsuwa Mama Joseph	BCC		
4	Miyokwi Banda	BCC		
5	David Nsabzanuye	B.M&P		
6	Harun Al Gaudir	BCC		
7	Abdelaziz	BCC		
8	Abdeelal	BCC		
9	Hemant Sharma	Best		
10	Jithu	BCC		
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Sl.No.	Name	Company	Designation	Signature
1	Shailesh Kumar	ARC	Foreman	
2	Malick Abdulai	ARC	S.f	
3	CIZA Anissi	AR C	S.f	
4	MOUSSA MARIZIZN	ARC	S.f	15.09.2025
5	PARWEJ	ARC	SF	
6	ABDUL BASIT	ARC	SF	
7	Shahid	ARC	CR	
8	Tahir	ARC	SF	
9	[illegible]	ARC	[illegible]	
10	[illegible]	ARC		
11	T.Nampy	A.R.C		T.Nam
12	Reduwanuredin	A.R.C	S.f	
13	[illegible]	[illegible]	[illegible]	[illegible]
14	Yagya prasad Gijji	A.R.C	F.	
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Sl.No.	Name	Company	Designation	Signature
1	Athul Krishna	UPC	HSE Officer	
2	Jitendra	UPC	QC	
3	Ram Sanehi	UPC	Senior Supervisor	
4	Selvam	UPC	Foreman	—
5	Udip Yogi	UPC	Surveyor	
6	Awdesh	UPC	Gang Leader	
7	Govind	UPC	Gang Leader	
8	Sunil	UPC	Rigger	
9	rajesh	UPC	Rigger	
10	Hiran	UPC	Rigger	
11	Rakesh	UPC	Rigger	
12	Narsingh	UPC	Rigger	
13	Jitendra	UPC	Gang Leader	
14	Nithin	UPC	Gang Leader	
15	Basant	UPC	Carpenter	
16	Ankit	UPC	Carpenter	
17	Bijay Tamang	UPC	Store Kipper	
18	Raju	UPC	Gang Leader	
19	Manoj	UPC	Mason	
20	Hum Bahadur	UPC	Rigger	—

Conducted By :

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