

1. IDENTIFICATION OF THE WORK AND TASKS

Portable measuring tool consisting of a retractable graduated metal tape housed in a casing. Used to measure lengths or distances in construction, carpentry, plumbing, electrical work or DIY tasks.

2. RISK ASSESSMENT

2.1. Identification of risks

- Cuts caused by the tape retracting suddenly.
- Impacts caused by accidental release of the tape.
- Eye injuries caused by the tape snapping back.
- Falls when measuring at height without stable support.

2.2 Risk Assessment

Hazard	Consequence	Probability	Severity	Risk
Sudden retraction	Corte o golpe	High	Medium	High
Accidental release	Bruise	Medium	Medium	Medium
Eye impact	Eye injury	Medium	High	High
Fall from height	Serious injury	Medium	High	High

2.3. Preventive Measures for Identified Risks

- Do not use the tape measure as a cutting guide.
- Avoid bending, twisting or kinking the tape during use.
- Store the tool in a dry place with the tape fully retracted.
- Use protective gloves and safety glasses.

2.4. Corrective Measures in Case of Accident

- Cuts: wash, disinfect and cover with a dressing. seek medical advice if the wound is deep.
- Impacts: apply ice and monitor the condition. consult a doctor if swelling or persistent pain occurs.
- Eye injury: rinse with clean water and seek medical attention immediately.

2.5. Evaluation of the Effectiveness of the Measures

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This manual aims to guide the user in the safe and efficient use of this product.			

Regularly check the condition of the tool, monitor proper use and carry out periodic training on safe measuring techniques.

3. INSTRUCTIONS FOR USE

3.1. Aspects to Consider When Preparing for Use

- Check that the retraction mechanism and the end hook are in good condition.
- Verify that the numbering is legible and complete.
- Clean the surface to be measured if necessary.
- Wear the appropriate PPE.

3.2. Aspects to Consider During Use

- Fix the hook at the starting point or hold it firmly.
- Extend the tape to the desired point.
- Read the measurement at the level of the casing or at the corresponding mark.
- Retract the tape slowly, pressing the brake if available.

3.3. Warnings

- Do not leave the tape extended without supervision.
- Do not use the tape as a striking tool.
- Do not allow the tape to retract suddenly to avoid damage or accidents.
- Do not allow minors or untrained persons to use the tool without supervision.
- Use only under adequate lighting conditions.
- Do not use if you show signs of fatigue, intoxication, or if you have taken medication or substances incompatible with the work to be carried out.



4. MAINTENANCE AND STORAGE

4.1. Cleaning

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Clean with a dry cloth after use. avoid contact with water, cement or solvents.

4.2. Inspection

Check the condition of the hook, the numbering and the retraction mechanism. replace if there are deformations or malfunctions.

4.3. Storage

Store in a dry place, with the tape fully retracted and the casing clean.

4.4. Recycling and Environment

Dispose of at an authorized recycling point at the end of its service life, in accordance with local regulations. separate components if possible.

5. CONTACT AND SUPPORT

If you have any questions or need additional assistance, please do not hesitate to contact our customer service:

- **Email:** comercial@bellota.com
- **Telephone:** 0034 943 73 90 00
- **Website:** www.bellota.com

We appreciate your trust in our products and are committed to ensuring your safety and satisfaction..