

# GOVERNMENT OF ROMANIA

## DECISION

on the minimum requirements for the provision of safety and/or health signs at work

On the basis of article 108 in the Romanian Constitution, republished,

**The Government of Romania** has adopted this decision:

### CHAPTER I

#### General Provisions

Art.1 - The present decision establishes the minimum requirements for the provision of safety and/or health signalization at work.

Art.2 - The present decision does not apply upon signalization provided through dangerous substances and preparations, products and/or equipment regulations, exempt when these regulations make specific reference thereto.

Art.3 - The present decision does not apply upon signalization provided for road, rail, inland waterway, sea or air traffic regulation.

Art.4 - The provisions of Law of safety and health at work no. 319 apply in all to the entire field referred by art. 1, without prejudice to more stringent and/or specific provisions in this decision.

Art.5 - On the purpose of present decision, the subsequent expressions mean as it follows:

a) *safety and/or health signalization* - signs referring to a specific object, activity or situation and providing information or instructions about safety and/or health at work by means of a signboard, a color, an illuminated sign or acoustic signal, a verbal communication or a hand signal, as the case may be;

b) *prohibition signalization* – the sign prohibiting behavior likely to incur or cause danger;

c) *warning signalization* – the sign giving warning of a hazard or danger;

d) *mandatory signalization* – the sign prescribing specific behavior;

e) *emergency escape or first-aid signalization* – the sign giving information on emergency exits or first-aid or rescue facilities;

f) *information signalization* - sign providing information other than that referred to in b) - e);

g) *signboard* – the sign that provides specific information by a combination of a geometric shape, colors and a symbol or pictogram and which is rendered visible by lighting of sufficient intensity;

h) *supplementary signboard* – the signboard used together with one of the signs described under (g), which provides supplementary information;

i) *safety color* – the color to which a specific meaning is assigned;

j) *symbol or pictogram* – the figure which describes a situation or prescribes specific behavior and which is used on a signboard or illuminated surface;

k) *illuminated sign* – the sign produced by a device made of transparent or translucent materials which are illuminated from the inside or the rear in such a way as to give the appearance of a luminous surface;

l) *acoustic signal* – the coded sound signal which is released and transmitted by a device designed for that purpose, without the use of a human or artificial voice;

m) *verbal communication* – the predetermined spoken message communicated by a human or artificial voice;

n) *hand signal* – the movement and/or position of the arms and/or hands, in coded form, for guiding persons who are carrying out maneuvers which constitute a hazard or danger for workers.

## CHAPTER II EMPLOYERS' OBLIGATIONS

### SECTION 1 General requirements

Art.6 - (1) Where hazards cannot be avoided or adequately reduced by techniques for collective protection or measures, methods or procedures used in the organization of work, the employer must provide safety and/or health signs at work place, according to this decision and to verify that such signalization is in place.

(2) When selecting the adequate signalization, the employer has to consider any risk assessment according to art.7 par. (4) let. a) in Law no.319/2006.

Art.7 - Safety and/or health signalization at work must comply with the minimal requirements within annexes no. 1 – 9, as inner part of the present decision.

Art.8 - Inside companies' and/or work units' quarters, given the case, road, rail, inland waterway, sea and air transport adequate signalization must be provided without any prejudice to the provisions of minimum requirements provided by annex no. 5

### SECTION 2 Information and tuition of employees

Art.9 - The employees and/or their representatives must be informed about all the measures to be taken concerning safety and/or health signalization used at the working place, without prejudice to art. 16 and art. 17 in Law no.319/2006.

Art.10 - (1) The employees must be provided an adequate tuition regarding safety and/or health signalization used at the working place, especially in precise instructions form, without prejudice to art. 20 and art. 21 in Law no.319/2006.

(2) The tuition referred by par. (1) must comprise the significance of signalization, especially the one containing words, and also the general and specific behavior to be adopted.

### SECTION 3 Consultation and participation of employees

Art.11 - The employees' and/or their representatives' consultation and participation concerning the aspects regulated through present decision should be completed according to art.18 in Law no. 319/2006.

## CHAPTER III TRANSITORY AND FINAL PROVISIONS

Art.12 – (1) This decision comes into force on 1<sup>st</sup> October 2006.

(2) At date of entering in force of present decision, the Order of Minister of Labor and Social Protection no. 599/1998 concerning the endorsement of Minimal prescriptions for safety and/or health at work place, published in Romanian Official Monitor, part I, no. 482 on 15<sup>th</sup> December 1998 is abrogated.

\*

This decision transposes the Directive 92/58/CEE concerning minimal requirements for the provision of safety and/or health signs at work place, published in the Official Journal of European Communities (JOCE) no. L 245/1992.

PRIME MINISTER

**CĂLIN POPESCU-TĂRICEANU**

Countersigning:

Minister of Labor, Social Security and Family,

**Gheorghe Barbu**

Minister of Economy and Trade,

**Codruț Ioan Șereș**

for Minister of Public Health,

**Ervin-Zoltan Szekely,**

secretary of state

Minister of Environment and Water Management,

**Sulfina Barbu**

Minister of Transportation, Constructions and Tourism,

**Radu Mircea Berceanu**

for Minister of European Integration,

**Adrian Ciocănea,**

secretary of state

Bucharest, 26<sup>th</sup> July 2006  
no. 971

*ANNEX no.1*

**MINIMAL GENERAL REQUIREMENTS CONCERNING SAFETY AND/OR HEALTH  
SIGNALIZATION AT WORK**

1. Preliminary remarks

1.1. Where health and/or safety signalization is necessary, according to general requirements in art. 6, this must comply with specific requirements in annexes no. 2-9 of present decision.

1.2. This Annex introduces specific requirements concerning safety and/or health signalization, describes various uses and establishes the general rules on the interchanging and combining of signs.

1.3. Health and/or safety signs must be used only to convey the message or information specified by Decision.

## 2. Signalization modalities

### 2.1. Permanent signalization

2.1.1. Signalization referring to prohibitions, warnings and mandatory requirements, as well as location and identification of emergency escape routes and first-aid facilities must consist of permanent signboards.

Signboards and/or a safety color must be used to mark permanently the location and identification of fire-fighting equipment.

2.1.2. Signalization on containers and pipes must be placed according to Annex 3 provisions.

2.1.3. Places where there is a risk of colliding with obstacles or of falling must be permanently marked with a safety color and/or with signboards.

2.1.4. Traffic routes must be permanently marked with a safety color.

### 2.2. Occasional signalization

2.2.1. Whenever circumstances demand, illuminated signs, acoustic signals and/or verbal communication must be used where the occasion requires, taking into account the possibilities for interchanging and combining signs set out at point 3, on purposes to notice danger, to call persons to take a specific course of action and for the emergency evacuation of persons.

2.2.2. Guiding the persons carrying out hazardous or dangerous maneuvers must be done, where the occasion requires, by hand signals and/or verbal communication.

## 3. Interchanging and combining in signalization

3.1. While equal effectiveness, there may choose among the following:

- a) a safety color or a signboard to mark places where there is an obstacle or a drop;
- b) illuminated signs, acoustic signals or verbal communication;
- c) hand signals or verbal communication.

3.2. Some signalization modalities may be used together:

- a) illuminated signs and acoustic signals;
- b) illuminated signs and verbal communication;
- c) hand signals and verbal communication.

4. The instructions in the table below apply to all signs incorporating a safety color:

| Color           | Meaning or purpose      | Instructions and information                         |
|-----------------|-------------------------|--|
| Red             | Prohibition sign        | Dangerous behavior                                   |
|                 | Danger alarm            | Stop, shutdown, emergency cutout devices<br>Evacuate |
|                 | Fire-fighting equipment | Identification and location                          |
| Yellow or Amber | Warning sign            | Be careful, take precautions                         |

|       |                                  |  |
|-------|----------------------------------|--|
|       |                                  | Examine  |
| Blue  | Mandatory sign                   | Specific behavior or action – Wear personal protective equipment |
| Green | Emergency escape, first aid sign | Doors, exits, routes, equipment, facilities                      |
|       | No danger                        | Return to normal   |

5. The effectiveness of a sign must not be affected by:

5.1. the presence of another signalization or emission source of the same type which interferes with visibility or audibility; therefore, in particular:

- a) avoid placing excessive number of signboards too close together;
- b) do not use simultaneously two illuminated signs likely to be confused;
- c) do not use an illuminated sign in the proximity of another similar illuminated source;
- d) do not use two acoustic signals at the same time;
- e) do not use an acoustic signal where is too much ambient noise;

5.2. poor design, insufficient number, incorrect positioning, and poor state of repair or incorrect functioning of the signs or signaling devices.

6. Depending on requirements, signs and signaling devices must be cleaned, maintained, checked, repaired, and if necessary replaced on a regular basis to ensure that they retain their intrinsic and/or functional qualitative.

7. The number and positioning of signs or signaling devices to be installed will be decided on hazards' or dangers' or on the zone to be covered importance.

8. Signs and related devices using power sources whilst functioning must be provided with a reserve power supply, for the case of power cut, unless the hazard has been eliminated by power cut.

9. An illuminated sign and/or acoustic signal must indicate at triggering the start of respective action; the signalization as long as required by action.

The illuminated sign and/or acoustic signal must be reconnected immediately after each use.

10. The illuminated signs and acoustic signals should be operational and real effectiveness verified before entering in service and afterwards by periodical revisions.

11. Supplementary adequate or replacement measures must be applied when hearing or the sight of employees concerned is limited, including impairment caused by the wearing of personal protective equipment.

12. The areas, halls or precincts used at hazardous substances or mix deposit in huge quantities must be signalized by suitable warning signboards, either chosen from the ones indicated by point 3.2 in Annex no.2, or identified according to point 1 in Annex no.3, unless the labels on different packages or recipients are sufficient for this purpose.

*ANNEX no.2*

## **MINIUM GENERAL REQUIREMENTS CONCERNING SIGNBOARDS**

1. Intrinsic features

1.1. The shape and colors of signboards are set out by point 3, in accordance with their specific object, respectively signboards indicating a prohibition, a warning, a mandatory action, an escape route, emergency or fire-fighting equipment.

1.2. Pictograms must be as simple as possible and useless details should be avoided.

1.3. The pictograms used may be slightly different from or more detailed than those shown at point 3, provided that they retain the same meaning and that no difference or adaptation alters the meaning.

1.4. Signboards are to be made of shock, weather and other occurred aggressions resistant material cause by the surrounding environment.

1.5. The dimensions, colorimetric and photometric features of signboards must assure a good visibility and understanding of their message.

## 2. Conditions of use

2.1. Signboards must be installed, in principle, at a suitable height and in a position appropriate to the line of sight, taking account of any obstacles, either at the access point to an area in the case of a general hazard, or in the immediate vicinity of a specific hazard or object and in a well-lit and easily accessible and visible location.

Where the natural illuminating conditions are poor phosphorescent colors, reflective materials or artificial lighting, without prejudice to the provisions of **national legislation transposing Directive 89/654/EEC**.

2.2. The signboard must be removed when the situation to which it refers ceases to exist.

## 3. Signboards used

### 3.1. Prohibition signboards

Intrinsic features:

a) round shape;

b) black pictogram on white background and red crossing tape (the red colored area should be at least 35 % of signboard's surface).

|   |   |   |
|---|---|---|
|  |  |  |
| No smoking  | No smoke and open fire  | No trespassing  |
|  |  |  |
| No water extinction   | No unauthorized trespassing   | No potable water  |










|   |   |  |
|---|---|--|
|  |  |  |
| No stuff vehicles   | Do not touch  |  |










### 3.2 Warning signboards

Intrinsic features:

a) triangle shape

b) black pictogram on yellow background, black border and red crossing tape (the yellow colored area should be at least 50 % of signboard's surface).

|   |   |   |
|---|---|---|
|   |   |   |
| Flammable materials   | Explosive materials   | Toxic materials   |
|  |  |  |
| Corrosive materials   | Radioactive materials   | Hanged weight   |
|  |  |  |
| Stuff vehicles  | Electric power danger   | General danger  |

|  |  |  |
|--|--|--|
|    |    |    |
| Laser radiations   | Firing materials   | Ionization free radiations   |
|   |   |   |
| Highly magnetic field  | Clogging danger  | Back fall subsidence   |
|  |  |  |
| Biological hazard  | Low temperatures   | Harmful or irritating materials  |

.3.2.1. The signboard „Inflammable materials” is also used in the absence of a specific signboard for high temperatures.

3.2.2. The background of the signboard „ Noxious or irritant” may, exceptionally, be orange, if this color justifies in connection with a similar signboard regarding traffic.

### 3.3 Compulsoriness signboards

Intrinsic features:

a) round shape;

b) white pictogram on blue background (the blue colored area should be at least 50 % of signboard's surface).

|   |   |   |
|---|---|---|
|  |  |  |
| Compulsory eye protection   | Compulsory head protection  | Compulsory ear protection   |



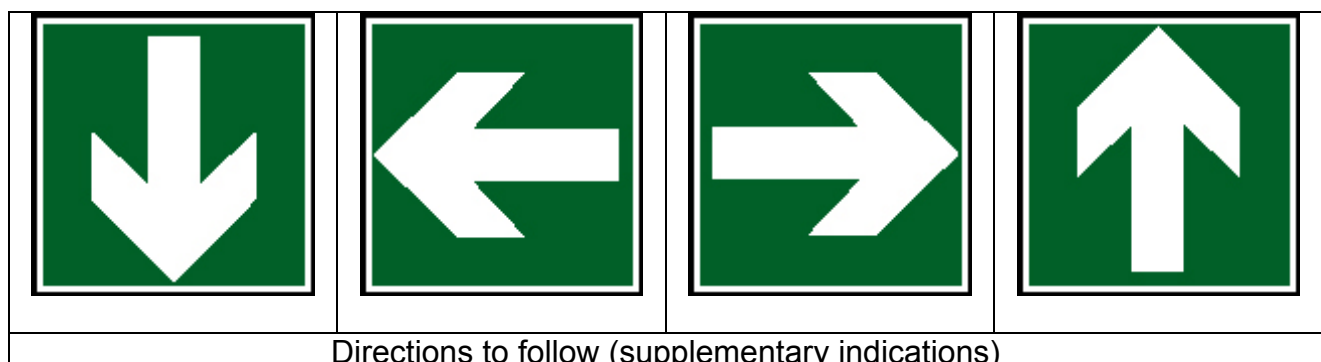
|   |   |   |
|---|---|---|
|    |    |  |
| Compulsory breathe protection   | Compulsory legs protection  | Compulsory hands protection   |
|    |    |  |
| Compulsory body protection  | Compulsory face protection  | Individual depth back fall protection   |
|  |  |   |
| Compulsory walk   | General compulsory signboard (together with another signboard)                      |   |






### 3.4. Emergency and first aid signboards


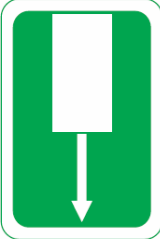



Intrinsic features:

a) rectangular or square shape

b) white pictogram on green background (the green colored area should be at least 50 % of signboard's surface).











|   |   |  |   |
|---|---|--|---|
|  |  |  |  |
| First aid and rescue telephone  | Hard barrow   | Hygienic shower  | Eyes cleaning   |
|   |  |  |   |
|   | First aid center  |  |   |

|   |   |   |
|---|---|---|
|  |  |  |
|  | Escape ways/exits   |  |

### 3.5 Signboards concerning the necessary fire prevention and extinguish material and equipment

Intrinsic features:

- a) rectangular and square shape;
- b) white pictogram on red background (the red part have to be at least 50 % the signboard area)

|   |   |  |   |
|---|---|--|---|
|  |  |  |  |
| Fire hose   | Stairs  | Fire extinguisher  | Fire emergency telephone  |
|  |  |  |  |
| Directions to follow (supplementary indications)                                  |   |  |   |

### ANNEX no.3

#### MINIMUM REQUIREMENTS GOVERNING SIGNS ON CONTAINERS AND PIPES

1. Containers used at work for dangerous substances or preparations, defined according to Government Emergency Ordinance no.200/2000 concerning classification, labeling and packing of chemical substances and preparations, endorsed by Law no. 451/2001, together with subsequent improvements and additions, the containers used for its depositing, as well as seen pipes containing or transporting such substances or dangerous preparations, must be provided with labels (pictograms or symbols on colored background), provided by the respective emergency ordinance.

1.1. Provisions at point 1 do not apply to containers used at work for a short period of time and to containers with frequently changed contents, on the condition that alternative adequate measures having the same protection level guarantee, especially for employees' information and tuition.

1.2. The labels referred to in point 1 may be:

- a) replaced by warning signs as provided for in Annex no. 2, using the same pictograms or symbols;
- b) supplemented by additional information, such as the name and/or formula of the dangerous substance or preparation and details of the hazard;
- c) supplemented or replaced by signboards applicable for the transport of dangerous substances or preparations, in case of containers transporting at the place of work.

2. Signalization must be placed in the following conditions:

- a) on the visible side(s);
- b) in unipliable, self-adhesive or painted form.

3. The intrinsic features defined at point 1.4 of Annex no.2 and the conditions of use provided by point 2 in Annex no.2 regarding signaling boards applies, where appropriate, to labeling provided by point 1 of present annex.

4. Without prejudice to point 1, 2 and 3 provisions, the labels on pipes must be clearly visible placed in the neighborhood of highest hazard places, such as pewits and joints, and at approximate even distances.

5. Areas, rooms or enclosures used for the storage of significant quantities of dangerous substances or preparations must be indicated by suitable warning signboards.

These signboards must be taken from the ones enumerated at point 3.2 in Annex no.2 or marked according to point 1 of present annex.

The excepted case concerns packages or containers labeled accordingly, considering dimension provisions from point 1.5 in Annex no. 2.

Stores of a number of dangerous substances or preparations may be indicated by the warning signboard for "general danger".

The signboards or labels referred to above must be positioned, as appropriate, near the storage area or on the door leading into the storage room.

*ANNEX no.4*

#### **MINIMUM REQUIREMENTS FOR THE IDENTIFICATION AND LOCATION OF PREVENTION AND FIRE- FIGHTING EQUIPMENT**

1. Preliminary remark

This Annex applies to equipment used exclusively for prevention and fire-fighting purposes.

2. Prevention and fire-fighting equipment must be identified by using a specific color for the equipment and placing a location signboard, and/or by using a specific color for the places where such equipment is kept, or their access points.

3. The color for identifying this equipment is red.

The red area must be large enough for quick equipment localize.

4. The signboards provided at point 3.5 in Annex no.2 must mark the location of these equipments.

*ANNEX no.5*

#### **MINIMUM REQUIREMENTS GOVERNING SIGNS USED FOR OBSTACLES AND DANGEROUS LOCATIONS, AND FOR MARKING TRAFFIC ROUTES**

1. Signs for obstacles and dangerous locations

1.1. Marking the places with colliding with obstacles, of falling or of objects falling risk should be done in built-up zones in the undertaking to which workers have access during their work, by alternating yellow and black, or red and white stripes.

1.2. The dimensions of the markings must be commensurate with the scale of the obstacle or dangerous location in question.

1.3. The yellow and black or red and white stripes must be at an angle of approximately 45° and of more or less equal size.

1.4. Example:



## 2. Marking of traffic routes

2.1. The vehicles traffic routes must be clearly identified by continuous stripes in a clearly visible color, preferably white or yellow, taking into account the color of the ground, where the use and equipment of rooms so requires for the protection of workers.

2.2. The stripes must be located so as to indicate the necessary safe distances between the vehicles and any object which may be near by, and between pedestrians and vehicles.

2.3. Permanent traffic routes in built-up areas outdoors should be similarly marked. Provision applies unless they are provided with suitable barriers or pavements.

*ANNEX no.6*

## **MINIMUM REQUIREMENTS FOR ILLUMINATED SIGNS**

### 1. Intrinsic features

1.1. The light emitted by a sign must produce a luminous contrast appropriate to its environment, in accordance with the intended conditions of use of the sign, but without producing glare for an excessive intensity of light or poor visibility as a result of insufficient light.

1.2. The luminous area emitting a sign may be of a single color or contain a pictogram on a specified background.

1.3. The single color must correspond to the table of colors and their meanings set out at point 4 in Annex no.1.

1.4. When the sign contains a pictogram, the latter must comply with all the relevant rules set out in Annex no.2.

### 2. Specific rules of use

2.1. If a device can emit both continuous and intermittent signs, the intermittent sign should be used to indicate a higher level of danger or a more urgent need for the requested/imposed intervention or action than is indicated by the continuous sign.

The duration of each flash and the frequency of the flashers of an intermittent illuminated sign must be such as to:

a) ensure the proper perception of the message;

b) avoid any confusion either between different illuminated signs or with a continuous illuminated sign.

2.2. If a flashing sign is used instead of - or together with - an acoustic signal, identical codes must be used.

2.3. One device emitting flashing signs in the event of grave danger must be under special surveillance or be fitted with an auxiliary lamp.

*ANNEX no.7*

## **MINIMUM REQUIREMENTS FOR ACOUSTIC SIGNS**

### 1. Intrinsic features

### 1.1. Acoustic signals must:

(a) have a sound level which is considerably higher than the level of ambient noise, so that it is audible without being excessive or painful;

(b) be easily recognizable, particularly in terms of pulse length and the interval between pulses or groups of pulses, and be clearly distinct from any other acoustic signal and ambient noises.

1.2. If a device can emit an acoustic signal at variable and constant frequencies, the variable frequency should be used to indicate a higher level of danger or a more urgent need for the requested/imposed intervention or action in relation to the stable frequency.

### 2. Applied code

The signal for evacuation must be continuous.

ANNEX no.8

## MINIMUM REQUIREMENTS FOR VERBAL COMMUNICATION

### 1. Intrinsic features

1.1. Verbal communication takes place among a speaker or emitter and one or more hearers, taking the form of short texts, phrases, groups of words and/or individual words, sometimes coded.

1.2. Spoken messages are to be as short, simple and clear as possible.

1.3. The verbal skills of the speaker and the hearing abilities of the hearer(s) must be such as to ensure reliable verbal communication.

1.4. Verbal communication is direct, by means of the human voice, or indirect, by means of a human or artificial voice which is broadcast by whatever means is appropriate.

### 2. Specific rules of use

2.1. The persons involved must have a good knowledge of the language used so that they are able to pronounce and understand the spoken message correctly and consequently behave in a way which is appropriate to health and/or safety.

2.2. If verbal communication is used instead of or together with gestures, code words should be used such as:

a) *start* - to indicate the start of a command

b) *stop* - to interrupt or end a movement

c) *end* - to stop the operation

d) *raise* - to have a load raised

e) *lower* - to have a load lowered

f) *forwards*

g) *backwards*

h) *right*

i) *left*

The sense of respective movements must be coordinated, when appropriate, with the corresponding hand signals.

j) *danger* - for an emergency stop

k) *quicklyto* - to speed up a movement for safety reasons.

## MINIMUM REQUIREMENTS FOR HAND SIGNALS

### 1. Features

1.1. Hand signals must be precise, simple, expansive, easy to make and to understand, and clearly distinct from other such signals.

1.2. Where both arms are used at the same time, they must be moved symmetrically and for giving one sign only.

1.3. the signals used may vary slightly from or be more detailed than those shown at point 3, Provided that they fulfill the conditions given above at point 1.1 and 1.2, under condition that they are equally meaningful and comprehensible.

### 2. Specific rules of use

2.1. The person giving the signs, hereinafter referred to as the *signal agent*, will use arm/hand movements to give maneuvering instructions to the person receiving the signs, hereinafter referred to as the *operator*.

2.2. The signal agent must be able to monitor all maneuvers visually without being endangered thereby.

2.3. The signal agent's duties consist exclusively of directing maneuvers and ensuring the safety of workers in the vicinity.

2.4. If the conditions at point 2.2 are not met, one or more extra signal agents should be deployed.

2.5. When the operator is unable to carry out the orders he has received with the necessary safety guarantees he must interrupt the ongoing maneuver in order to request new instructions.

2.6. Accessories to hand signaling:

2.6.1. The operator must be able to recognize the signal agent without difficulty.

2.6.2. The signal agent must wear one or more appropriate distinctive items, such as: a jacket, helmet, sleeves or armbands, or carry bats.


2.6.3. The distinctive items are to be brightly colored, preferably all of the same color and for the exclusive use of the signal agent.



### 3. Coded signals to be used

Preliminary remarks:




The following set of coded signals is without prejudice to other codes applicable at national level, used for the same maneuvers in certain sectors.

A) General signals:




| Meaning  | Description   | Illustration  |
|--|---|---|
| START<br>Attention<br>Start of<br>Command's<br>execution | Both arms are extended horizontally with the palms facing forward |  |

|   |   |   |
|---|---|---|
| <p>STOP</p> <p>Interruption<br/>End of movement</p> | <p>The right arm points upwards with the palm facing forwards</p> |  |
| <p>END<br/>of the operation</p>                     | <p>Both hands are clasped at chest height</p>                     |  |



B) Vertical movements:

| Meaning                      | Description  | Illustration  |
|------------------------------|--|---|
| <p>RAISE</p>                 | <p>the right arm points upwards with the palm facing forward and slowly makes a circle</p>   |    |
| <p>LOWER</p>                 | <p>the right arm points downwards with the palm facing inwards and slowly makes a circle</p> |   |
| <p>VERTICAL<br/>DISTANCE</p> | <p>the hands indicate the relevant distance</p>  |  |


C) Horizontal Movements:

| Meaning                                 | Description   | Illustration  |
|---|---|---|
| <p>MOVE<br/>FORWARDS</p>                | <p>both arms are bent with the palms facing upwards, and the forearms make slow movements towards the body</p>                          |  |
| <p>MOVE<br/>BACKWARDS</p>               | <p>both arms are bent with the palms facing downwards, and the forearms make slow movements away from the body</p>                      |  |
| <p>RIGHT<br/>to the<br/>signalman's</p> | <p>the right arm is extended more or less horizontally with the palm facing downwards and slowly makes small movements to the right</p> |  |



|                               |  |   |
|-------------------------------|--|---|
| LEFT<br>to the<br>signalman's | the left arm is extended more or less horizontally with the palm facing downwards and slowly makes small movements to the left |  |
| HORIZONTAL<br>DISTANCE        | the hands indicate the relevant distance   |  |

D) Danger:

| Meaning                   | Description  | Illustration  |
|---------------------------|--|---|
| DANGER:<br>Emergency stop | both arms point upwards with the palms facing forwards |  |
| QUICK                     | Gestures that command all movements faster             |   |
| SLOW                      | Gestures that command all movements slower             |   |