

Life Saving Rules



WORKING AT HEIGHT

RULE: ALWAYS protect yourself against falls from height.

DEFINITION: 'Working at height' means working in a place where a person could be injured by falling from it, above or below ground level.

Protect yourself against falling when working at height. Appropriate fall protection devices **MUST** be used when outside a protected environment.

ALWAYS ensure tools and equipment are secured and use appropriate mats and tool containers to prevent any dropped objects. Exclusion zones need to be demarcated



LINE OF FIRE

RULE: ALWAYS position yourself in a safe zone in relation to moving and energised equipment

DEFINITION: A simple definition of "line of fire" is being in harm's way. Line of fire injuries occur when the path of a moving object or the release of energy intersects with an individual's body. Energy sources could include vehicle or equipment movement, air pressure, chemical reaction etc.



PERMIT TO WORK

RULE: NEVER work without a valid permit to work when required

DEFINITION: A permit-to-work system (PTW) is a formal written system used to control certain types of work that are potentially hazardous. A PTW is a document which specifies the work to be done and mitigation measures to control the risks. PTW forms an essential part of safe systems of work for many work activities. This could include hot work, confined space, LOTO, line breaking, excavation works etc.

When undertaking work covered by a permit, ALWAYS ensure it is fully understood by the whole team and personal verification of the isolations have taken place. If in any doubt STOP work and seek assurance/ advice.



VERIFY ISOLATIONS

RULE: ALWAYS verify isolations and use specified life protecting equipment before work begins (LOTO)

DEFINITION: Lock Out, Tag Out (LOTO), Lock Out, Tag Out, Try Out (LOTOTO) or lock and tag is a safety procedure used in industry to ensure that equipment is properly isolated and to prevent inadvertent energising.



NO DRUGS & ALCOHOL

RULE: NEVER work under the influence of intoxicating substances and always smoke in designated areas.

DEFINITION: Substance abuse or misuse is formally defined as the continued misuse of any mind-altering substance that severely affects a person's physical and mental health, social situation and responsibilities. Smoking is only permitted in designated areas

Do not use drugs or alcohol whilst on duty. If prescription medication is required an employee **MUST** communicate this with their line manager



DRIVING

RULE: Never use your phone and comply with local regulations including speed limits. Always ensure you and your passengers wear your seat belts.

DEFINITION: Any person driving a vehicle.



STOP WORK AUTHORITIES

RULE: Always remember you are empowered to stop work and intervene when unsafe conditions or unsafe acts are observed.

DEFINITION: Permits any employee at any level to stop a job or task when a hazardous situation appears imminent. If it feels unsafe it is unsafe.



TOOLS & EQUIPMENT

RULE: Always use approved plant, tools and equipment fit for the purpose.

DEFINITION: Plant, tools and equipment can be any item that is used to achieve a goal and should be maintained to ensure fit for purpose.