



THE LIFE SAVING RULES

MECHANICAL LIFTING

Plan the lift, control the area, and stay clear of moving and lifted loads



- I understand and follow the plan for the lift
- I only perform lifting tasks I am qualified and authorized to do
- I confirm equipment is inspected, fit for purpose, and load is stable
- I comply with barriers and verify myself and others are in a safe location



WE START WORK **ONLY** WHEN IT'S SAFE, AND **STOP** WHEN IT'S NOT.



THE LIFE SAVING RULES

WORK AT HEIGHT

Assess, prevent and protect
against falls from height



- I confirm scaffolds, personnel lifts, platforms and ladders are inspected, and barriers and guardrails are in place
- I verify an exclusion zone is established
- I inspect my personal fall protection equipment and confirm rescue plan
- I maintain 100% tie off to approved anchor point while outside protective barriers
- I secure tools and materials to prevent dropped objects



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DRIVING SAFETY

Plan your journey, focus on driving and stay alert



- I always wear a seatbelt
- I inspect my vehicle before starting the drive
- I follow driving rules and adjust for hazardous conditions
- I do not touch my phone and avoid distractions while driving
- I am rested and fully alert while driving



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THE LIFE SAVING RULES

LINE OF FIRE

Keep yourself and others out of the line of fire



- I comply with barriers or an established exclusion zone
- I secure objects such as tools equipment or materials
- I position myself to avoid being hit, pulled in or crushed by:
 - Moving or rotating objects
 - Motorized vehicles
 - Dropped, falling or flying objects
 - Energy release such as pneumatic, hydraulic, pressure and electrical



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WORK AUTHORIZATION

Assess risk, apply controls, and obtain authorization before starting work



- I have confirmed if a permit is required
- I am qualified and authorized to perform the work
- I inform all affected workers of risks and work plan prior to starting work
- I use safety devices and only temporarily bypass or override with authorization
- I reassess if conditions change



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CONFINED SPACE

Assess risk, control hazards
and obtain confined space permit



- I confirm energy sources are isolated
- I verify air has been tested and is monitored
- I have an attendant standing by and communication is clear
- I confirm emergency response and equipment are available and ready



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ENERGY ISOLATION

Isolate and verify zero energy before work begins



- I am qualified and authorized to perform energy isolation
- I have identified all energy sources
- I follow LOTO procedures to isolate hazardous energy sources
- I test for residual stored energy and verify zero energy



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LIVE ELECTRICAL

Apply controls and meet
boundary access requirements



- I am qualified and authorized to work on live electrical systems
- I execute job safety planning for every electrical task
- I apply controls and use shock and arc flash rated personal protective equipment
- I verify all tools and equipment are insulated and rated for voltage level
- I confirm emergency response equipment are available and ready



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FIRE AND EXPLOSION

Control ignition sources and eliminate fire and explosion risk



- I remove or isolate flammable and combustible materials from ignition sources
- I use grounding methods and personal protective equipment
- I obtain a permit when performing hot work outside approved designated areas
- I confirm emergency response and equipment are available and ready



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