

LIFE SAVING RULES



WORKING AT HEIGHTS

- Inspect fall protection equipment before use
- Secure tools and materials to prevent dropped objects
- Tie off to approved anchor points while outside protected area



HOISTING AND LIFTING

- Use proper lifting equipment and balance the load
- Establish and obey barriers and exclusion zones
- Never walk under a suspended load
- Follow up on lifting plan / instructions



KEEP YOURSELF AND OTHERS OUT OF THE LINE OF FIRE

- When using machinery (moving parts / pressure release / ...)
- During transport, hoisting activities and simultaneous operations
- Establish and obey barriers and exclusion zones
- Secure loose objects and report potential dropped objects



ENERGY ISOLATION

- Identify all energy sources
- Effective isolation means turning off, locking and tagging
- Verify zero energy and test for residual energy



WORK AUTHORISATION

- I am authorized to perform this job (training / certificate)
- I have the required plans or permits for this job
- Obey safety controls (barriers / exclusion zones)