



1. Maintain your Limits of Approach.



2. Ensure there is a Safety Protection Guarantee or Lockout in place and check that it is appropriate for your work.



3. Test for hazardous energy.



4. Ensure that Worker Protection Grounding/Bonding is applied.



5. Protect yourself from falling when working at height.



6. Maintain a safe atmosphere in a confined space and ensure you can be rescued.



7. Prevent harmful exposure to known carcinogens, toxins and bio-hazards.



8. Don't work while under the influence of alcohol or drugs.



9. Adjust your driving to the weather and road conditions.

# Life Saving Rules

**OVERARCHING VALUE:** have the courage to intervene if you see an unsafe act or condition or you observe someone unfit for work.