

# **LIFE SAVING RULES**

**AN INDUSTRY ACCEPTED STANDARD**



**CONFINED  
SPACE**



**WORKING AT  
HEIGHT**



**WORK  
AUTHORIZATION**



**ENERGY  
ISOLATION**



**LINE OF FIRE**



**BYPASSING  
SAFETY  
CONTROLS**



**DRIVING**



**HOT WORK**



**SAFE  
MECHANICAL  
LIFTING**



**FIT FOR DUTY**

# LIFE SAVING RULES



## CONFINED SPACE

### Obtain authorization before entering a confined space

- I confirm energy sources are isolated
- I confirm the atmosphere has been tested and is monitored
- I check and use my breathing apparatus when required
- I confirm there is an attendant standing by
- I confirm a rescue plan is in place
- I obtain authorization to enter



## WORKING AT HEIGHT

### Protect yourself against a fall when working at height

- I inspect my fall protection equipment before use
- I secure tools and work materials to prevent dropped objects
- I tie off 100% to approved anchor points while outside a protected area



## WORK AUTHORIZATION

### Work with a valid permit when required

- I have confirmed if a permit is required
- I am authorized to perform the work
- I understand the permit
- I have confirmed that hazards are controlled and it is safe to start
- I stop and reassess if conditions change



## ENERGY ISOLATION

### Verify isolation and zero energy before work begins

- I have identified all energy sources
- I confirm that hazardous energy sources have been isolated, locked, and tagged
- I have checked there is zero energy and tested for residual or stored energy



## LINE OF FIRE

### Keep yourself and others out of the line of fire

- I position myself to avoid:
  - Moving objects
  - Vehicles
  - Pressure releases
  - Dropped objects
- I establish and obey barriers and exclusion zones
- I take action to secure loose objects and report potential dropped objects



## BYPASSING SAFETY CONTROLS

### Obtain authorization before overriding or disabling safety controls

- I understand and use safety-critical equipment and procedures which apply to my task
- I obtain authorization before:
  - Disabling or overriding safety equipment
  - Deviating from procedures
  - Crossing a barrier



## DRIVING

### Follow safe driving rules

- I always wear a seatbelt
- I do not exceed the speed limit, and reduce my speed for road conditions
- I do not use phones or operate devices while driving
- I am fit, rested and fully alert while driving
- I follow journey management requirements



## HOT WORK

### Control flammables and ignition sources

- I identify and control ignition sources
- Before starting any hot work:
  - I confirm flammable material has been removed or isolated
  - I obtain authorization
- Before starting hot work in a hazardous area I confirm:
  - A gas test has been completed
  - Gas will be monitored continually



## SAFE MECHANICAL LIFTING

### Plan lifting operations and control the area

- I confirm that the equipment and load have been inspected and are fit for purpose
- I only operate equipment that I am qualified to use
- I establish and obey barriers and exclusion zones
- I never walk under a suspended load



## FIT FOR DUTY

### Be in a state to perform work safely

- I will be physically and mentally in a state to perform my assigned duties
- I commit to not being under the influence of alcohol or drugs
- I will inform a supervisor immediately if I or a co-worker may be unfit for work