

Rule 7

Powered Systems



I check the isolation and the absence of energy and fluids before any intervention.

My commitment to **Safety**:

- I **have** a permit to work and a powered system isolation certificate.
- I **have identified** all energy and fluid sources.
- I **respect** the isolation plan.
- I **confirm** that energy and fluid sources have been isolated, locked, and tagged.
- I **ensure** that there is no energy and fluid supply.
- I **ensure** that there is no residual or accumulated energy and fluid.
- I **ensure** that the work is completed and check the removal of isolation before starting up.

Rule 8

Confined Spaces



I obtain authorisation before entering a confined space.

My commitment to **Safety**:

- I **have** a work permit and a confined space entry certificate.
- I **ensure** all energy and fluid sources are isolated.
- I **check** and use respiratory protection equipment when required.
- I **confirm** a rescue plan is in place.
- I **confirm** the atmosphere has been tested prior to intervention and that it is monitored.
- I **confirm** there is supervision for entry/exit and for alerting.
- I **obtain** authorisation to enter.

Rule 9

Excavation Work



I secure excavation areas.

My commitment to **Safety**:

- I **have** a work permit and an excavation certificate.
- I **confirm** that the excavation area is clearly marked off.
- I **stay alert** to the location of underground structures and networks.
- I **position** machinery and extracted material at least one meter away from the excavation area.
- I **only enter** an excavation deeper than 1.3m if the access is secured.

Rule 10

Work at Height



I protect myself against a fall when working at height $\geq 1.5\text{m}$.

My commitment to **Safety**:

- I **inspect** my harness, lanyard and lifeline before use.
- I **secure** tools and materials to prevent dropped objects.
- I **wear** a harness and tie off to approved anchor points as per the work permit.
- I **use** scaffolding fit for purpose and approved.
- I **respect** the minimum safety distance when working near power lines.
- I **ensure** the integrity of roofs (storage tanks, buildings, canopies..) before work starts and that appropriate fall protection has been installed for fragile areas.
- I **only move** a Mobile Elevating Work Platform (MEWP) in its low position.

Rule 11

Hot Work



I avoid hot work whenever possible.

My commitment to **Safety**:

- I **have** a hot work permit.
- I **identify** flammable substances and ignition sources.
- Before starting any hot work:
 - I **ensure** the absence of flammable substances or their isolation
 - I **obtain** a written authorisation
- In a hazardous area, I **confirm**:
 - The absence of gas has been tested;
 - The absence of gas will be continuously monitored.

Rule 12

Line of Fire



I keep myself and others out of the line of fire.

My commitment to **Safety**:

- I **position myself** to avoid:
 - Moving objects
 - Vehicles
 - Pressure releases
 - Dropped objects
- I **establish** barriers and exclusion zones.
- I **take action** to secure loose objects.
- I **respect** barriers and exclusion zones.

Safety at Work

The 12 Golden Rules



Rule 1

High-Risk Situations



I avoid high-risk situations.

My commitment to Safety:

- ✓ I do not smoke or vape outside designated areas.
- ✓ I do not work or drive under the influence of alcohol or drugs.
- ✓ I secure the downgraded situation and report it to my supervisor.
- ✓ I know the risks before executing a non-routine or complex operation.
- ✓ I respect the operating instructions for shutting down and starting up equipment and units.

Rule 2

Traffic



I follow the safety rules when I drive, ride a bike or walk.

My commitment to Safety:

- ✓ I check the condition of my vehicle before use.
- ✓ I always wear a seatbelt.
- ✓ I do not exceed the speed limit and adapt my driving to road conditions.
- ✓ I do not use any communication system while driving, such as phone, walkie-talkie and radio, even with hands-free kit.
- ✓ I respect the authorised driving time and the journey management plan.
- ✓ I use the lanes dedicated to pedestrians and cyclists accordingly.
- ✓ I hold handrails when taking the stairs.

Rule 3

Body Mechanics & Tools



I handle tools safely.

My commitment to Safety:

- ✓ I check that my tool is:
 - The one specified in the work permit or operating instruction
 - Suitable for the task and work area
 - In good condition
- ✓ I use the tools, including those for pressure tests, in line with the manufacturer's specified design limits.
- ✓ I position my body to minimize excessive strain.

Rule 4

Personal Protective Equipment (PPE)



I wear the required PPE.

My commitment to Safety:

- ✓ I check that my PPE are in good condition before use.
- ✓ I wear my helmet with the chin strap fastened.
- ✓ I wear the PPE adapted for the task and the area in which I am working.
- ✓ I wear a life jacket whenever required.

Rule 5

Work Permits



I work with a valid permit.

My commitment to Safety:

- ✓ I have checked the permit and associated certificates.
- ✓ I am qualified and authorised to perform the work.
- ✓ I understand the work permit.
- ✓ I ensure that the point of intervention is identified.
- ✓ I have checked that the safety conditions are met to start the work.
- ✓ I stop and reassess the risks if conditions change and refer to my supervisor.

Rule 6

Lifting Operations



I follow the lifting plan.

My commitment to Safety:

- ✓ I establish barriers and exclusion zones.
- ✓ I check that the lifting equipment has been inspected, is in good condition and fit for purpose.
- ✓ I only operate equipment that I am qualified to use.
- ✓ I check that the load is securely slung and bundled and I control the load in motion.
- ✓ I ensure that a qualified banksman is present for the lifting operation.
- ✓ I never position myself under a suspended load.

STOP CARD

I step in if a situation seems dangerous to me!

