

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



### 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 $\geq$ 1.5m.

### 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



### 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:

monitored.

- The absence of gas has been tested: The absence of gas will be continuously

# Rule 12



#### 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.

# **The 12 Golden Rules**



























# **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.

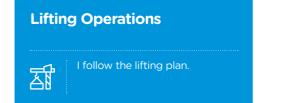
# Rule 5

# 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



## 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!



