



# Health & Safety 12 Golden Rules

Strictly respected and enforced by all - do's and don'ts

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|--|---|--|--|
| <p>1</p>    | <p><b>BEFORE WE START</b><br/> <b>ALWAYS</b> prepare the job site, conduct a risk assessment &amp; pre-start briefing</p>   | <p>7</p>     | <p><b>Lifting activities</b><br/> <b>ALWAYS</b> keep clear of loads and lifting/moving activities.<br/> <b>ALWAYS</b> follow safe lifting practices</p>  |
| <p>2</p>    | <p><b>ARE WE FIT TO START?</b><br/> <b>Drugs &amp; alcohol</b><br/> <b>NEVER</b> work or drive under the influence</p>  | <p>8</p>     | <p><b>Confined spaces</b><br/> <b>NEVER</b> enter a confined space unless authorised and permitted</p>   |
| <p>3</p>  | <p><b>Protective Equipment and Tools</b><br/> <b>ALWAYS</b> wear the appropriate PPE and use the correct tools</p>  | <p>9</p>   | <p><b>Hot work, fire and explosion</b><br/> <b>NEVER</b> perform hot work before the fire or explosion risks have been eliminated</p>  |
| <p>4</p>  | <p><b>WE WORK SAFELY</b><br/> <b>Fall from height</b><br/> <b>ALWAYS</b> put in place collective measures to prevent falls from height and falling objects.<br/> <b>ALWAYS</b> wear your body harness as a second measure</p> | <p>10</p>  | <p><b>Stability of excavations and structure</b><br/> <b>ALWAYS</b> ensure trenches/ excavations are secured and structures are stable</p>   |
| <p>5</p>  | <p><b>Dangerous energy</b><br/> <b>ALWAYS</b> verify that there is no live energy (mechanical, chemical, electrical, fluids under pressure, etc.) before starting work</p>  | <p>11</p>  | <p><b>Health</b><br/> <b>ALWAYS</b> ensure the environment is healthy (chemicals, dust, fumes...) and adapt the job to the person (ergonomics).<br/> <b>ALWAYS</b> stay focused when using hand-held devices</p> |
| <p>6</p>  | <p><b>Plant, vehicles &amp; traffic management</b><br/> <b>ALWAYS</b> stay out of the path of moving vehicles, plant and equipment and keep eye contact with the driver</p>   | <p>12</p>  | <p><b>STOP!</b><br/> <b>Shared vigilance!</b><br/> <b>ALWAYS</b> stop work or stop a colleague when feeling unsafe and ask for support</p>   |