

Life Saving Rules



Obtain authorisation before entering a confined space



Protect yourself against a fall when working at height



Do not go under a suspended load



Always wear your seat belt



Whilst driving, do not use your phone or exceed speed limits



Work with a valid work permit when required and always carry out a risk assessment and ensure precautions are implemented before starting any work



Verify isolation before work begins and use the specified safety equipment



Position yourself in a safe zone in relation to moving equipment



Wear a personal floatation device when required



No alcohol or drugs while working or driving



Do not smoke outside designated smoking areas



Conduct gas tests when required