

LIFE-SAVING RULES

Hazardous Energy Isolation

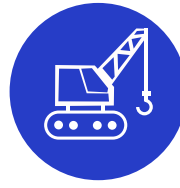
Verify isolation and zero energy before work begins.



- Identify all energy sources
- Confirm hazardous energy sources have been isolated, locked, and tagged
- Always conduct Hot/Cold/Hot checks and test out LOTO
- Utilize "repeat back" communication technique

Working Around Heavy Machinery

Keep yourself and others out of the line of fire.



- Use spotters
- Position yourself to avoid:
 - Heavy machinery (e.g., fork lifts, cranes)
 - Moving objects
 - Vehicles
- Obey barriers and exclusion zones

Driving

Follow safe driving rules.



- Always wear a seatbelt
- Do not exceed the speed limit and reduce speed for road conditions
- Do not use phones or operate devices while driving
- Follow fatigue management requirements

Working at Heights

Protect yourself against a fall when working at heights.



- Inspect fall protection equipment before each use
- Secure tools and work materials to prevent dropped objects
- Tie off 100% to approved anchor points
- Perform "buddy check"

Rigging/Signals

Plan rigging operations and control the area.



- Inspect lift gear and equipment (e.g., bags, slings)
- Beware of pinch points
- Use tag lines to control load
- Use visual and audible verbal commands

No Work in the Drop Zone

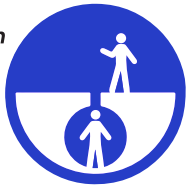
Plan lifting operations and control the area.



- Never walk under a suspended load
- Establish and obey barriers and exclusion zones
- Only qualified workers near drop zone
- Use visual and audible verbal commands

Permit-Required Confined Space

Obtain authorization before entering a permit-required confined space.



- Confirm energy sources are isolated
- Confirm the atmosphere has been tested and is monitored
- Confirm an attendant is standing by
- Confirm a rescue plan is in place and obtain authorization to enter

Bypassing Safety Controls

Obtain authorization before overriding or disabling safety controls.



- Understand and use safety-critical equipment and procedures which apply to the task
- Obtain authorization before:
 - Disabling or overriding safety equipment
 - Deviating from procedures

Job Safety Analysis

Always work with a valid Job Safety Analysis (JSA).



- Break the job tasks into steps
- Identify the hazards and control and correct unsafe conditions
- Review JSA every time the task scope changes
- Discuss hazards with crew/team

Be aware these four states . . .

- Rushing**
- Frustration**
- Fatigue**
- Complacency**

can cause or contribute to these critical errors . . .

- Eyes not on Task**
- Mind not on Task**
- Line-of-Fire**
- Balance/Traction/Grip**

which increases the risk of injury.

Critical Error Reduction Techniques (CERTs)

Self-trigger on the state (or amount of hazardous energy) so you don't make a critical error.

Analyze close calls and small errors (to prevent agonizing over big ones).

Look for the patterns in others that increase the risk of injury.

Work on habits!