











LIFE SAVING RULES

#	Icon	Title	Rule description	Rule details
1		Wear PPE correctly	Wear mandated personal protective equipment (PPE) correctly.	<ul style="list-style-type: none"> I wear safety goggles, safety shoes, head protection and hearing protection (>85dB), where mandated in the plant area. I adapt PPE to the task at hand
2		Working at height	Protect yourself against falls when working at height.	<ul style="list-style-type: none"> I check local working-at-height rules. I inspect my fall protection equipment before use. I secure tools and work materials to prevent any objects from falling. I tie off 100% to approved anchor points when outside a protected area.
3		Safe mechanical lifting	Plan lifting operations and secure the area before starting.	<ul style="list-style-type: none"> I confirm that the equipment and load have been inspected and are fit for purpose. I only operate equipment that I am qualified to use. I establish and obey barriers and exclusion zones. I never walk under a suspended load.
4		Work with a work permit	Work with a valid work permit when required.	<ul style="list-style-type: none"> I have confirmed if a permit is required. I am authorised to perform the work. I understand the permit. I have confirmed that hazards are controlled, and it is safe to start. I stop and reassess if conditions change.
5		Drive and move carefully	Hold handrails when going up or down. Use pedestrian crossings. Stop in a safe place to read text messages. Obey speed limits on the premises.	<ul style="list-style-type: none"> I always use handrails. I always use pedestrian crossings. I always stop in a safe place to use phones or other devices. I always wear a seatbelt. I do not exceed the speed limit, and reduce my speed to suit road conditions. I am fit, rested and fully alert while driving. I follow journey management requirements.

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6		Bypassing safety controls	Obtain authorisation before overriding or disabling safety controls.	<ul style="list-style-type: none"> • I understand and use safety-critical equipment and procedures which apply to my task. • I obtain authorisation before: <ul style="list-style-type: none"> • disabling or overriding safety equipment • deviating from procedures • crossing any barrier.
7		Line of fire	Keep yourself and others out of the line of fire.	<ul style="list-style-type: none"> • I position myself to avoid: <ul style="list-style-type: none"> • moving objects • vehicles • pressure releases • falling objects. • I establish and obey barriers and exclusion zones. • I take action to secure loose objects and report any objects which are at risk of falling.
8		Energy isolation	Verify isolation and zero energy before work begins.	<ul style="list-style-type: none"> • I have identified all energy sources. • I confirm that hazardous energy sources have been isolated, locked out and tagged. • I have checked that there is zero energy and tested for residual or stored energy.
9		Confined spaces	Obtain authorisation before entering a confined space.	<ul style="list-style-type: none"> • I confirm that energy sources are isolated. • I confirm that the atmosphere has been tested and is being monitored. • I check and use my breathing apparatus when required. • I confirm that there is a trained attendant standing by. • I confirm that a rescue plan is in place. • I am trained and I obtain authorisation to enter.
10		Fit for duty	Be in a state to perform work safely.	<ul style="list-style-type: none"> • I will be physically and mentally in a state to perform my assigned duties. • I commit to not being under the influence of alcohol, drugs or medication. • I will inform a supervisor immediately if I or a co-worker may be unfit for work.