











LIFE SAVING RULES

No.	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.	» 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.	» 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.	» 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.	» 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.	» 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.