

DO's



BE HOOKED UP

Clip on your harness when working at height



STEP ASIDE

Stay out of the path of moving vehicles, plant and equipment



CHECK

Verify that there is no live energy (mechanical, chemical, electrical, fluids under pressure, etc.) before starting work



MAKE SURE

Only enter a trench if the appropriate wall supports are in place



CONTROL

Test that the atmosphere is safe before entering a confined space and monitor it as you work

DON'ts



HALT

Do not perform hot work until the fire or explosion risks have been eliminated



AVOID

Do not walk or stand under a load



BAN

Do not work under the influence of alcohol or drugs including driving



STOP

Do not manipulate your phone or any other communication device while driving



NO LIFE AT RISK

Respect the Life Saving Rules all the time

