

Golden Rules

Running Machinery



- Keep limbs out of harm's way
- Ensure that machine safeguards are on the equipment
- Ensure that hair/clothing/items do not get entangled in the equipment

Golden Rules

Hoisting & Lifting



- The crane operator shall have appropriate crane license
- Barricade the danger zone
- Stand/work outside the danger zone

Golden Rules

Trenches (deeper than 1,2m)



- Barricade trenches
(at least 1 meter from edge)
- Prevent collapse with slope or pillars
 - A trench up to 2 meters deep should be secured with a 3:1 slope or pillars
 - A trench deeper than 2 meters should be secured with a 1:1 slope or pillars
- Keep materials and heavy objects at least 1 meter from the edge of trench

Golden Rules

Confined Spaces



- Work according to checklists/permits for confined spaces
- Measure the air quality
- Ensure ventilation
- Safety observer and rescue plan

Golden Rules

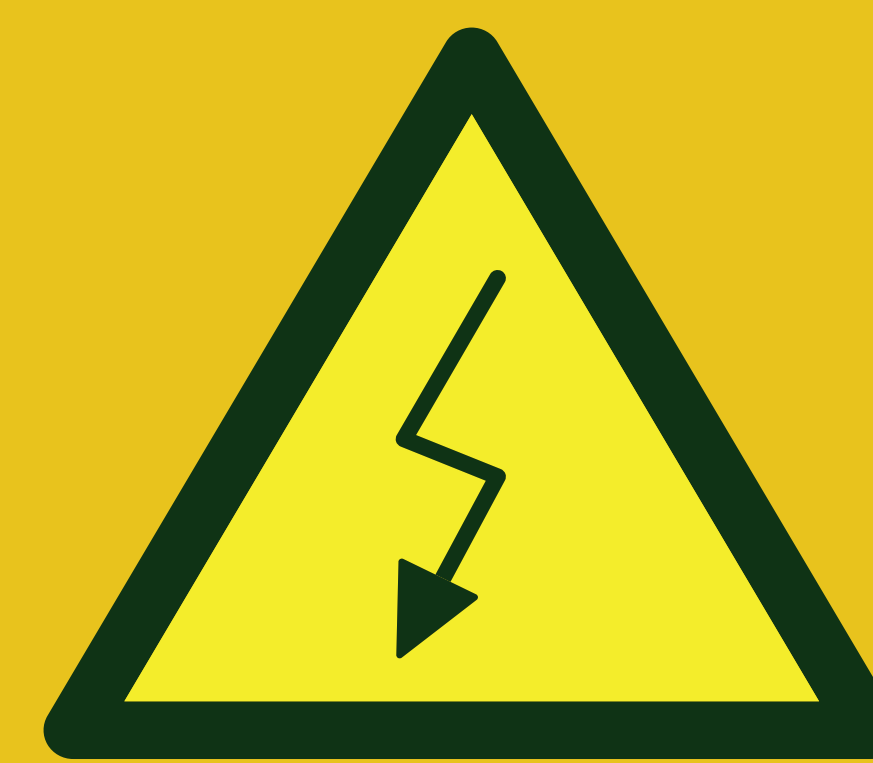
Harmful Gases (e.g. H_2S , CO_2)



- Work according to checklists/permits
- Wear respiratory protection
- Always work in pairs, and an additional safety observer
- Carry a calibrated gas detector

Golden Rules

Hazardous Energy



Electricity / Arc flash

- Identify energy sources
- Isolate energy
- Lock - Tag - Verify
- Wear arcflash clothing

Hot water / Steam / Gas

- Identify energy sources
- Trace visible pipes
- Isolate energy
- Lock - Tag - Verify

Golden Rules

Working at Height (>2m)



In general

- Wear fall protection harness if other controls are not possible
- Safety observer
- Rescue plan

Lifts / Boom lifts

- Wear fall protection harness
- The operator shall have appropriate license
- Barricade the work area
- Stand at the bottom of the work platform

Golden Rules

Cars and Vehicles



Driving

- Driver shall have appropriate driver's license
- Use seatbelts
- Follow traffic rules
- Use hands-free equipment

In traffic

- Park vehicle in a way to shelter from oncoming traffic
- Use flashing lights / warning lights
- Barricade the work area
- Visible clothing and reflectors

Walking

- Stand outside the danger zone
- Make eye contact with vehicle drivers