



G+ Lifesaving rules

Always ensure the **required plans and permits** are in place **before you start a job**



Start safe, Stop if unsure

- ☑ What are the required plans and permits?
- ☑ Do I understand them?
- ☑ Is everything described in place and functioning?
- ☑ Are the conditions today as expected in the plans/permits (e.g. weather, visibility, correct equipment and tools)?
- ☑ How do I tell you if I spot something when we start, or conditions change?
- ☑ How do I Stop The Job?



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Always use **tools and equipment** that are **fit for the intended purpose**



Start safe, Stop if unsure

- ☑ Is your PPE rated for the task? (e.g. electrical hazard)
- ☑ Are your tools rated for the task? (e.g. insulated for working on live electrical systems)
- ☑ Where do I take faulty tools, equipment (inc PPE) to be inspected?



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Never undertake any job unless you have been **trained and assessed as competent**



Start safe, Stop if unsure

- ☑ What are the competences required for this task?
- ☑ When do I need to go to refresher training?
- ☑ I have been trained, but don't have much experience, what exactly am I competent to do?
- ☑ What am I competent to perform unsupervised?



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Never work, or operate vehicles or machinery, while **under the influence of drugs or alcohol**



Start safe, Stop if unsure

- ☑ How do over the counter medications affect me? (for example, some medications can make you drowsy)
- ☑ How is my performance affected in other ways? (Do I have enough rest time between work, commuting and home responsibilities?)



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Always **verify isolation and zero energy** before work begins



Start safe, Stop if unsure

- ☑ What are all energy sources?
- ☑ Is the equipment to be worked is correctly identified in the isolation plans or drawings?
- ☑ Who is responsible for isolating the equipment?
- ☑ How do I demonstrate the equipment cannot be started?
- ☑ How do I verify isolation/zero energy state?
- ☑ Who is responsible for safely re-energising?
- ☑ How do I communicate with my team?



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Always use **fall protection** when
working at height



Start safe, Stop if unsure

- ☑ How do I know my fall protection equipment is certified, inspected, rated and fit for the task?
- ☑ How do I know I've correctly adjusted the equipment to fit me?
- ☑ How do I recognise approved anchor points, where I am going to tie-off?
- ☑ How do I communicate with my team while I'm working at height?

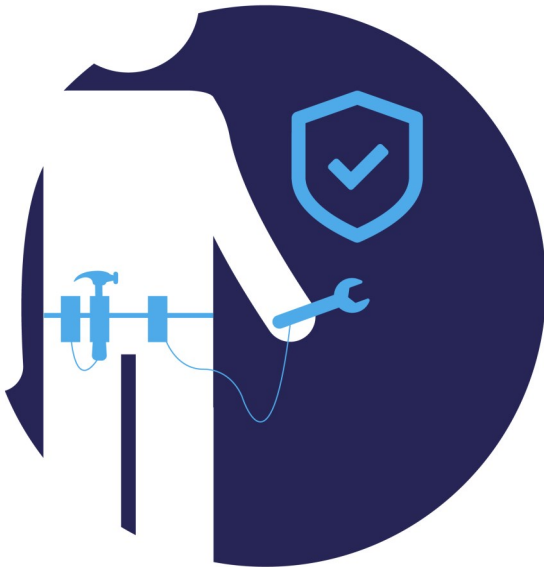


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Always **secure tools, loose materials and equipment** to prevent them from falling



Start safe, Stop if unsure

- ☑ Do we have enough securing wire/lanyards/tethers for all the tools and equipment we need?
- ☑ Do we have enough storage boxes, pouches, bags, etc for all materials at height to be securely enclosed?
- ☑ How do we identify drop/exclusion zones and control access during work above?

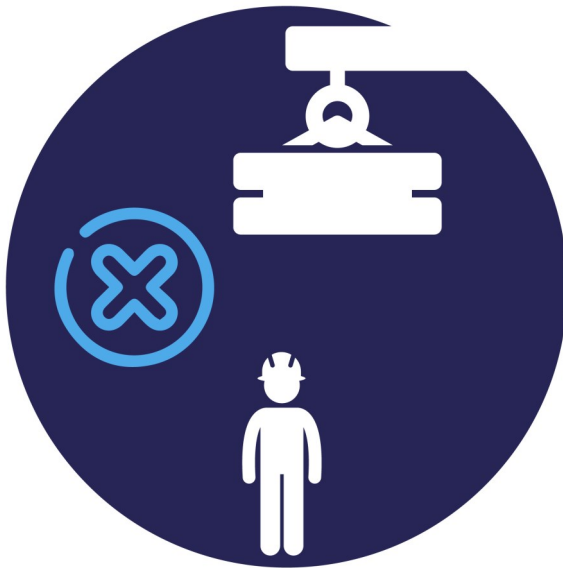


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Never place yourself **under a suspended load** during lifting



Start safe, Stop if unsure

- ☑ What lifting operations are happening? Are there any SIMOPS?
- ☑ How do I know if a lifting operation is happening?
- ☑ How do I adjust the load without going near it?
- ☑ Have we tested our team's means of communication? Do we all understand the signals?



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Always adhere to barriers and exclusion zones



Start safe, Stop if unsure

- ☑ How do I recognise a barrier or exclusion zone?
- ☑ Who can tell me if and when it's safe to cross?
- ☑ What are alternative paths?
- ☑ How do I communicate with other teams?



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Only transfer from a vessel when you are ready, and permission is provided



Start safe, Stop if unsure

- ☑ How do I know I'm ready?
- ☑ Am I physically capable to transfer right now?
- ☑ What signals are we using to communicate?
- ☑ Am I secure?
- ☑ Is my equipment secure? Have I checked my pockets?



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