

Life Saving Golden Rules

Respect them to stay alive

1. I work in a “fit and able” condition
2. I use fall prevention or protection when the risk of falling is beyond 1.8 m
3. I follow the isolation procedure
4. I follow the confined space procedure
5. I respect all the rules of load handling and never stand under a suspended load
6. I respect all the traffic and driving rules
7. I respect rail priority and stay out of close clearance areas
8. I respect the rules for entering and working in hazardous gas areas
9. I never disable safety devices
10. I respect all the H&S basic rules, standards and signals and I wear the required PPE



Life Saving Golden Rules

Respect them to stay alive

1

I work in a “fit and able” condition

Involvement in 2 fatal events since 2017

Practical examples of expected behaviours:

- I work free from the influence of alcohol, drugs (illegal or legal)
- If I take some medication impacting my alertness,
I talk to my occupational physician
- I speak up to my colleagues and leader if I feel unwell,
over-stressed or if time pressure is beyond my ability to work safe
- I pay attention to my colleagues' condition



Life Saving Golden Rules

Respect them to stay alive

2

I use fall prevention or protection when the risk of falling is beyond 1.8m

Involvement in 12 fatal events since 2017

Practical examples of expected behaviours:

- a. I understand and identify working at height hazards, including but not limited to roofs, fragile or poorly-guarded structures, floor opening and water along docks
- b. I understand and sign off the risk analysis. I apply all its foreseen controls, 100%, at all times
- c. In particular, I tie off 100% to approved anchor points while outside a protected designated area
- d. I keep my chinstrap clipped



Life Saving Golden Rules

Respect them to stay alive

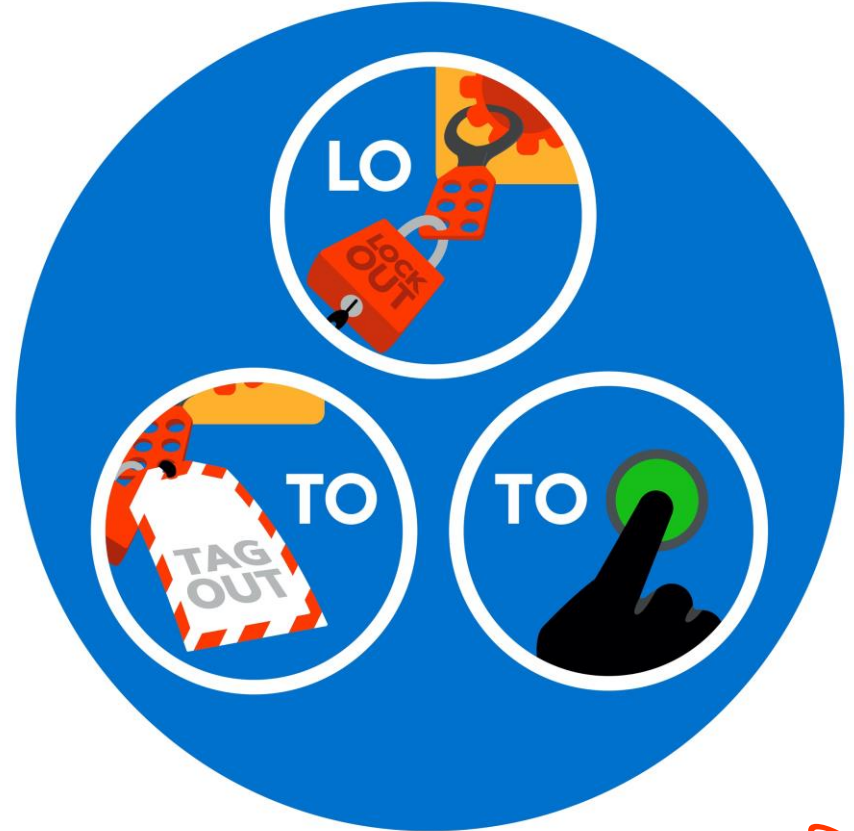
3

I follow the isolation procedure

Involves in 18 fatal events since 2017

Practical examples of expected behaviours:

- a. I respect isolation requirements prior to working on any piece of equipment
- b. I follow isolation procedures, step by step
- c. I understand and respect the 3 phases of the Lock Out – Tag Out – Try Out isolation process
- d. In particular:
 - I put my personal lock on the identified element (lockbox): 1 person – 1 key – 1 lock
 - I check dissipations of residual energies or have them checked by a competent person
- e. If it is absolutely necessary to work on equipment under no or partial isolation (for example, for fault diagnosis), I obtain written authorisation from my leader, perform a specific risks analysis and respect all its controls



Life Saving Golden Rules

Respect them to stay alive

4

I follow the confined space procedure

Not involved in a fatal event since 2017
(involved several times before 2015)

Practical examples of expected behaviours:

- a. I understand and identify confined spaces hazards
- b. I am trained and I receive a specific work permit before entering the confined space
- c. I understand and use the controls foreseen by the risks analysis, at all times
- d. In particular, I do not enter a confined space without an individual gas detector, and will keep it continuously operational, or, when required, an autonomous respiratory device
- e. I understand and respect gas detector alarms and corresponding evacuation rules



Life Saving Golden Rules

Respect them to stay alive

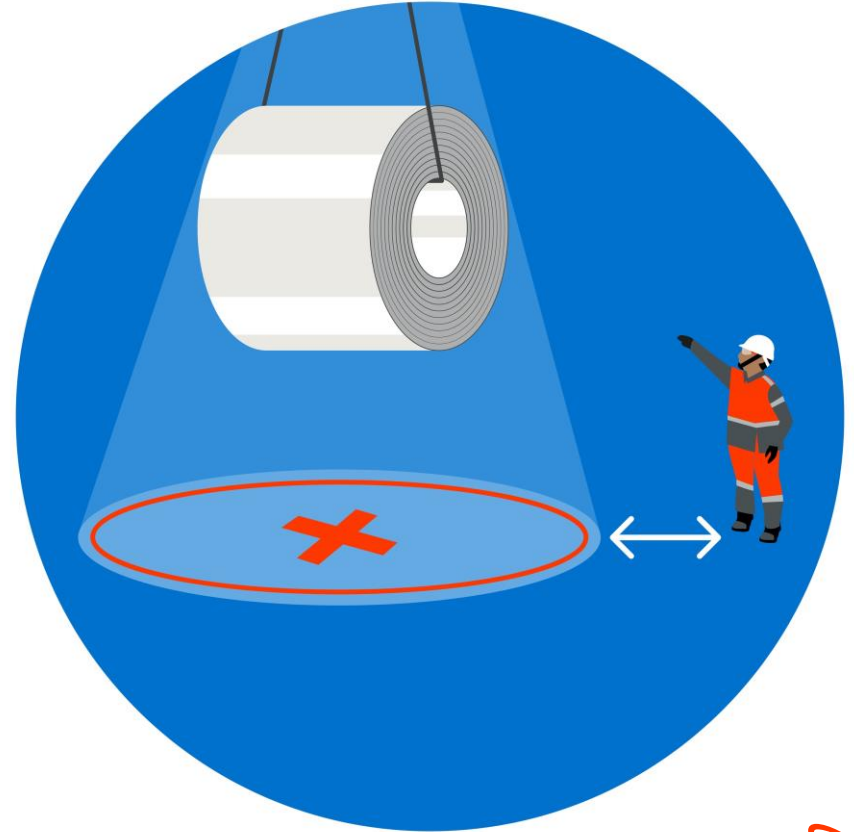
5

I respect all rules of load handling and never stand under a suspended load

Involvement in 9 fatal events since 2017

Practical examples of expected behaviours:

- a. I understand and identify suspended loads and gravity energy hazards
- b. I respect all the rules of load rigging and handling. In particular, I use tag line or no touch tools for load guiding when needed
- c. I never put myself between a suspended load and a fix point, as the load might move unexpectedly or in an unanticipated direction
- d. I move away from the load BEFORE starting the lifting
- e. I never stay within the safety cone of a suspended load. When not possible, I understand and respect all the controls foreseen by the specific risks analysis
- f. I never go under or near a supported piece of equipment that has not been secured in a safe engineered way and might therefore fall/collapse



Life Saving Golden Rules

Respect them to stay alive

6

I respect all traffic and driving rules

Involvement in 13 fatal events since 2017

Practical examples of expected behaviours:

- a. I understand and identify vehicle hazards
- b. I respect the separation of pedestrians and vehicles at all times
- c. I understand blind spot hazards and stay away from large vehicles at all times
- d. I respect all traffic rules, in particular, I always wear the safety belt when I am in a vehicle
- e. I never drive without proper visibility
- f. I double check the application of my parking brake before leaving my vehicle



Life Saving Golden Rules

Respect them to stay alive

7

I respect rail priority and stay out of close clearance areas

Involvement in 7 fatal events since 2017

Practical examples of expected behaviours:

- I understand and identify railway hazards, including cranes on rails and transfer cars on rails
- I stay out of close clearances if the rail track has not been isolated
- I stay 3m away from a still wagon or loco when I need to cross a railway
- I never put myself between 2 buffers
- When driving a rail vehicle, I respect the line of sight rule at all times, and all railway operation rules



Life Saving Golden Rules

Respect them to stay alive

8

I respect the rules for entering and working in hazardous gas areas

Involvement in 5 fatal events since 2017

Practical examples of expected behaviours:

- a. I understand and can identify gas hazards
- b. I understand and use the controls foreseen by the risks analysis, at all times
- c. I wear an individual gas detector and ensure it is operational at all times
- d. I understand and respect gas detector alarms and corresponding evacuation rules



Life Saving Golden Rules

Respect them to stay alive

9

I never disable safety devices

Involvement in 1 fatal event since 2017

Practical examples of expected behaviours:

- I always put back in place safety devices at the end of the work and check their effectiveness before removing my personal lock
- I speak up if a safety device is damaged or malfunctioning
- If absolutely necessary to temporarily override or disable a safety device, I first obtain my leader's written authorisation, I perform a specific corresponding risks analysis, and I implement its controls (for example exclusion zones)



Life Saving Golden Rules

Respect them to stay alive

10

I respect all the H&S rules, standards and signals and I wear the required PPE

Involvement in 32 fatal events since 2017

Practical examples of expected behaviours:

- a. I respect all the risks controls according to the job risks analysis and Standards Operating Practices
- b. I obtain a work permit, when required, before starting the job
- c. I ask questions if something is unclear
- d. I communicate clearly and use 3-way communication for critical messages
- e. I scan my environment for hazards and practise shared vigilance
- f. I immediately STOP the work and speak up when a life saving golden rule is not respected

