ARMATEURS

LIFE-SAVING RULES

12 RULES, 1 CHAIN

Be the link that keeps everyone safe

SUMMARY

OUR BEHAVIOUR SHAPES OUR SAFETY

“ On our vessels and in our daily operations, safety is not just a policy — it is a way of working. It is reflected in the choices we make, the habits we build, and the vigilance we maintain. A single lapse, a moment of distraction, or an unsafe shortcut can have serious consequences. This is why safety starts with people — with each of us, and with the behaviours we demonstrate every day.

This is the foundation of Behavior-Based Safety (BBS): an active, shared approach where everyone takes responsibility for protecting themselves and others. It goes beyond compliance. It requires understanding the rules, discussing them openly, and continuously improving how we apply them. True safety is not defined by the absence of incidents, but by the consistency and quality of our actions, day after day.

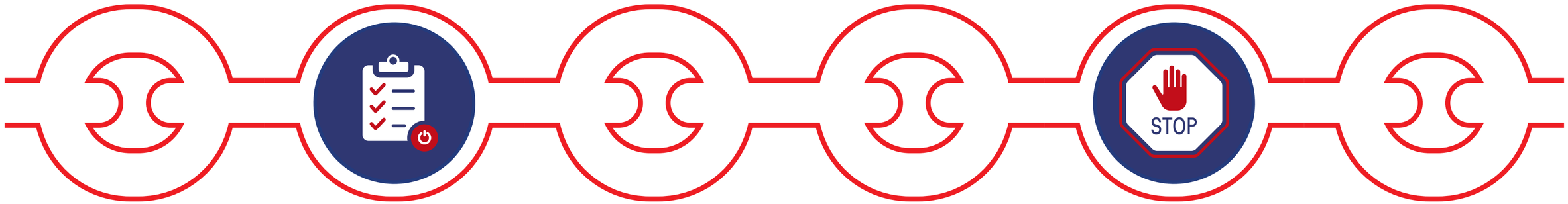
Our Life-Saving Rules embody this approach. Built on experience, shaped by lessons learned, and aligned with industry best practices, they define the critical behaviours that prevent serious harm. But rules alone are not enough. Their strength lies in how we use them — in toolbox talks, field observations, and everyday conversations. Every question raised, every near-miss reported and every safe behaviour acknowledged contributes to a stronger safety culture.

Safety is never finished. It is built progressively, through consistent actions and collective commitment. By staying alert, speaking up and looking out for one another, we do more than prevent incidents — we protect what matters most: our people and our future.

Safety starts with each of us.

Let’s be the link that keeps everyone safe. ”

Samira Draoua
CEO



WORK PREPARATION & AUTHORIZATION

Perform the work once it has been prepared and authorized

- **Verify** all work permit requirements.
- **Assess** job-specific risks and implement mitigation measures.
- **Obtain** specific authorization before deviating from procedures or disabling safety controls.
- **Attend** the toolbox talk to fully understand the task.
- **Confirm** all hazards are controlled and verify it is safe to start.

Take time to prepare, to keep everyone safe.

Description

Proper work preparation and authorization are essential for your safety. This process requires more than just a signed permit-to-work; it demands a thorough risk assessment and the implementation of all mitigation measures. This ensures everyone involved is aware of the task and any disabled safety controls.
If any conditions change after the permit is issued but before work begins, it is crucial to stop, step back, and reassess the situation.

Case Study

Following maintenance, a vessel crewmember entered a ballast tank to remove debris. Considering it was a simple task, he entered the tank without a permit-to-work or informing the duty officer. Unaware of his presence, another crewmember closed the manhole and started ballast transfer. As water filled the tank, the trapped crewmember shouted for help but was not heard.

STOP-WORK AUTHORITY

Stop work in the event of any unsafe act or condition

- **Remain** constantly aware of risks.
- **Actively** look after your colleagues' safety.
- **Exercise** your right and responsibility to stop and reassess if work conditions change or an unexpected danger is detected.
- **Ask** questions when you feel uncertain.
- **Report** all events and unsafe conditions.

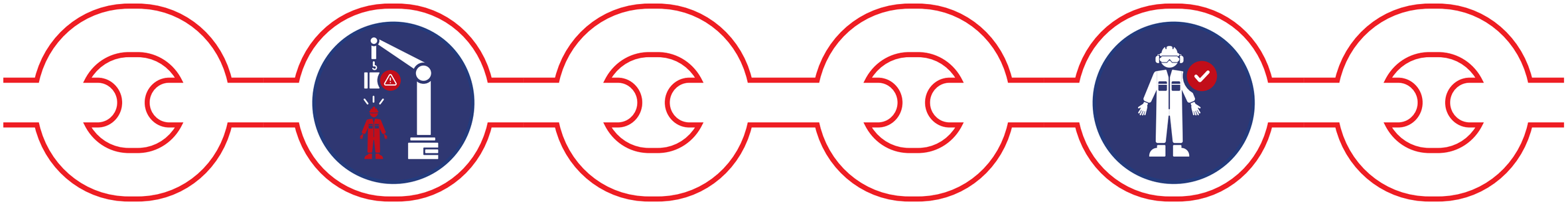
Speak up early, to keep everyone safe.

Description

Every individual - regardless of their role or involvement in the task - has the right and the responsibility to stop work if they believe safety is at risk. If an unsafe condition is identified, work must be halted and reported immediately. Operations may only resume once the risk has been fully addressed and rectified.

Case Study

An operator was working at height inside a crane's electrical cabinet. A colleague observed that the operator's fall protection harness was secured incorrectly, attached to a point below his body instead of to an approved overhead anchor point. The colleague immediately used their Stop-Work Authority and halted the task. The operator was instructed to come down, re-secure his harness to a proper anchor point, and only then resume work.



LINE OF FIRE

Keep yourself and others out of the line of fire

- **Remain vigilant** of your surroundings and any simultaneous activities.
- **Establish and obey** all barriers and exclusion zones.
- **Actively position yourself** to avoid the path of potential hazards, such as:
  - Dropped or moving objects,
  - Lines under tension,
  - Uncontrolled pressure releases,
- **Proactively secure** loose objects and immediately report any potential dropped object hazards.

Spot the danger, to keep everyone safe.

Description

Every worker must maintain constant situational awareness and adjust their position to stay out of the “line of fire”. This involves avoiding suspended loads, keeping clear of mooring lines under tension, and ensuring visibility to crane operators, forklift drivers, and winch operators. Equally important, each worker must recognize when their own actions create a hazard for others. They take preventive measures, such as setting up restricted areas or other necessary controls.

Case Study

A technician was servicing a crane’s hoisting mechanism from the crane structure, while an assistant remained on the deck below. During the inspection, the technician unintentionally left a wrench unsecured at height. When the technician moved, the wrench slipped and fell. The assistant, who was standing unaware in the “line of fire”, was struck by the falling tool. The impact hit his hard hat, knocking it off and resulting in a head injury.

PERSONAL PROTECTIVE EQUIPMENT

Wear the appropriate protective equipment at all times

- **Wear** the appropriate PPE for the task performed.
- **Verify** that your PPE is in good condition.
- **Stop** the work when your PPE or your colleagues’ are missing or damaged.
- **Maintain and check** your PPE’s condition regularly and replace it when required.

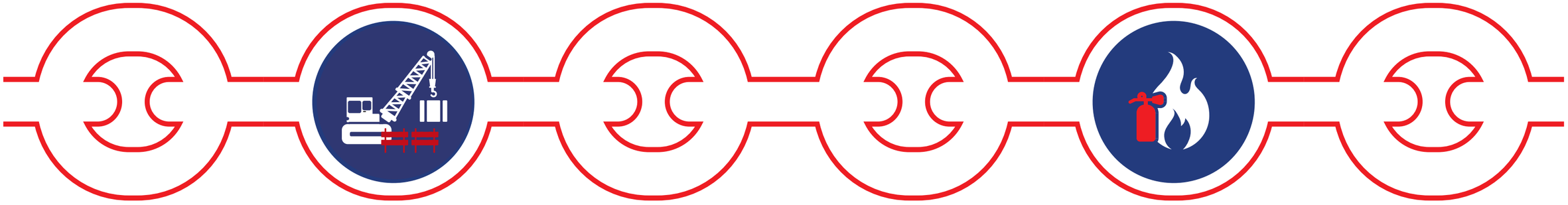
Wear the right accessory, to keep everyone safe.

Description

Personal Protective Equipment (PPE) is the vital final line of defense against hazards, especially in the high-risk environment of a vessel. It is essential for protecting against exposure to harmful substances and preventing physical injuries. Remember that each piece of PPE serves a specific purpose; for example, the correct type of gloves or boots must be selected based on the specific task. Always ensure you are properly equipped before starting any work, no matter how simple or routine it may seem.

Case Study

Upon completing a grinding task, an operator placed the tool on the floor without first disconnecting the power. After removing his gloves, he attempted to pick up the grinder to unplug it. In doing so, he inadvertently activated the switch. The rotating disc lacerated two of his fingers. The operator required stitches but was able to return to work on restricted duties.



SAFE MECHANICAL LIFTING

Plan lifting operations and control the area

- **Only operate** lifting equipment if you are qualified to use them.
- **Confirm** the lifting method follows best safe practices.
- **Thoroughly inspect** all equipment and the load to ensure they are fit for purpose.
- **Inform** all relevant parties before starting and maintain communication throughout.
- **Establish and obey** all barriers and exclusion zones.
- **Never allow anyone** to walk under a suspended load.

Lift with care, to keep everyone safe.

Description

A suspended load always poses a significant risk of swinging or falling. Therefore, all lifting operations demand meticulous planning, qualified personnel, and certified, fit-for-purpose equipment. To safeguard everyone during the lift, access must be controlled with physical barriers and clearly defined exclusion zones.

Case Study

Two crew transfer vessels were moored alongside a wind farm maintenance pontoon during a life raft replacement operation. While the recertified raft was being lifted over the pontoon, an unnoticed crew member walked beneath the suspended load. A sudden crane movement caused a sling to fail, and the falling life raft fatally struck the crew member.

HOT WORK

Control flammables and ignition sources

- **Identify and control** all ignition sources.
- **Confirm** all flammable materials have been removed or isolated.
- **Ensure** a fire watch is in place.
- In a hazardous area, **confirm a pre-work** gas test has been completed, ensure continuous gas monitoring is maintained.

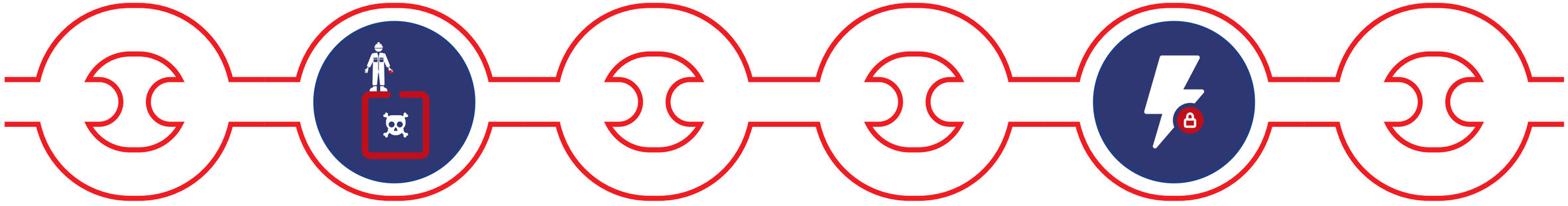
Control the flame, to keep everyone safe.

Description

Hot work is any activity that creates an ignition source - such as an open flame or high heat - in areas where hydrocarbons or flammable materials might be present. Common hot work activities include welding, grinding, torching, and smoking. Other ignition sources must also be controlled in these areas. These can include internal combustion engines, batteries, chemical reactions, or static electricity from loading hazardous materials.

Case Study

Workers were welding piping near the ship's portside bunker station. Flammable vapors ignited because the station's bunker lines had not been drained and inerted. The resulting explosion caused three contractor fatalities and one severe injury.



CONFINED SPACE

Enter confined spaces only once the conditions are safe

- **Physically** isolate all energy sources.
- **Ventilate** the atmosphere, test it, and ensure it is continuously monitored.
- **Confirm** a rescue plan is in place and that a breathing apparatus is in place.
- **Ensure** a safety attendant is standing by.
- **Wear** a personal gas detector.
- **Obtain** a valid, authorized permit-to-work before entry.

Secure the space, to keep everyone safe.

Description

The greatest danger in confined spaces is the atmosphere. An invisible lack of oxygen or the presence of toxic/explosive gases can be immediately fatal. While other physical hazards exist (like falling objects, slip/fall risks, or becoming trapped), it is the treacherous atmosphere that poses the most immediate threat to life. That is why it is crucial for all relevant parties to be aware of your presence and why authorized access is essential for your safety.

Case Study

Two workers had just finished repairing an external weld on a tank. One welder then climbed a ladder and entered the tank to inspect the repair. He immediately collapsed. His partner, seeing what happened, rushed into the tank to rescue him, but the rescuer also collapsed upon entry.

ENERGY ISOLATION

Verify and control energy sources

- **Identify** all energy sources.
- **Isolate, lock, and tag** all hazardous energy sources.
- **Verify** a zero-energy state by testing for any residual or stored energy (e.g., electric, hydraulic, pneumatic).
- After the work, **test the system** to ensure it is fully operational and safe to operate.

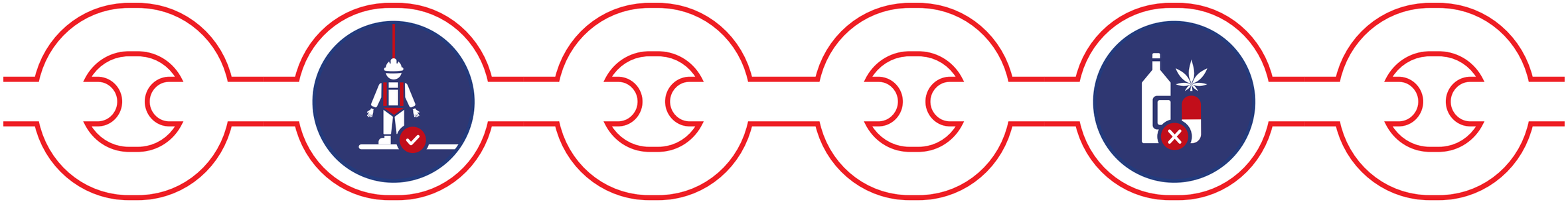
Isolate energy, to keep everyone safe.

Description

Energy, in all its forms – including electric, hydraulic, and pneumatic – can cause serious accidents. To protect people, all energy sources must be isolated. A thorough pre-work assessment is the critical step to identify every source, ensuring a complete and safe isolation.

Case Study

An electrician received a severe electric shock while mounting a component near a live power circuit. The component he was holding accidentally contacted an energized conductor, allowing current to pass through it and into his body.



WORK AT HEIGHT

Protect yourself and others when working at height

- **Inspect equipment** and secure tools.
- **Secure lanyards** to anchor points above your head.
- **Perform** a teammate check on your colleagues' equipment.
- **Confirm** a rescue-at-height plan is in place and ready, as required.

Secure your tools, to keep everyone safe.

Description

Working at height - whether on ladders or near floor openings - presents two primary dangers: a risk of falling and a risk of dropped objects. To mitigate the fall risk, workers must use approved fall protection equipment secured to an authorized anchor point, and all floor openings must be guarded with physical barriers. To protect those below from dropped objects, all tools and materials must be secured, and physical barriers must be used to establish an exclusion zone.

Case Study

An electrician sustained severe injuries after falling from a ladder. He was replacing a light - a task treated as simple and routine - and climbed the ladder without a safety harness. When the ship rolled unexpectedly, he was unsecured, lost his balance, and fell several meters. The impact resulted in severe injuries, including head trauma and multiple fractures.

ALCOHOL & DRUGS

Do not tolerate the presence of alcohol or drugs

- **Strictly adhere** to the zero-tolerance policy regarding alcohol and drugs.
- **Never report** for work under the influence of alcohol or prohibited substances.
- **Never bring** alcohol or illegal drugs into the workplace. Immediately report any signs of impairment or policy violations to a supervisor.

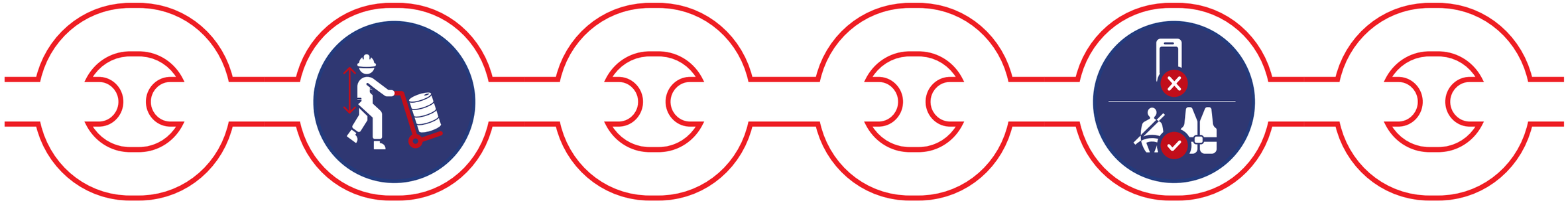
Keep a clear mind, to keep everyone safe.

Description

Being fit for duty is a non-negotiable requirement for all operations. Alcohol and drugs severely impair the balance, coordination, and decision-making skills required to work safely in onshore and offshore environments.
Because even trace amounts can compromise emergency response and operational safety, strict adherence to the zero-tolerance policy is mandatory. This commitment is vital to ensure a safe environment for yourself and your entire team.

Case Study

During vessel unberthing operations, a crewmember was assigned to let go the aft mooring lines. As the vessel moved away from the berth, the crew member lost his footing and fell overboard.
The 'Man Overboard' alarm was raised immediately. The individual was swiftly rescued by a nearby pilot boat. A post-incident investigation revealed that the crewmember was under the influence of alcohol. Impaired coordination and reflexes caused the fall.



BODY MECHANICS & TOOLS

Adapt your position and your tools

- **Adjust** your position to the work conditions to avoid strain and injury.
- **Avoid** lifting heavy loads manually and always seek mechanical lifting methods first.
- **Never use** tools with visible or known defects.
- **Use** tools only for their intended purpose and within the manufacturer's specifications.
- **Seek** assistance when you need help.

Move right, to keep everyone safe.

Description

Proper body mechanics and correct tool selection are vital for preventing injuries, the leading cause of avoidable onboard incidents. Manual handling tasks - lifting, pulling, or carrying - can cause severe strain if not managed correctly. Always assess the load before starting. Prioritize mechanical aids and do not hesitate to request assistance. A few minutes of planning helps protect long-term health.

Case Study

An operator attempted to manually maneuver a 40kg wooden box in a confined storage area. To save time, he bypassed the appropriate lifting equipment and did not request assistance. While maneuvering the load, he twisted his torso and felt sharp lower back pain. He dropped the box and reported the incident. After assessment by the onshore medic, he was placed on restricted duties as a precaution.

DRIVING & SAILING

Remain vigilant during all activities

- **Always be fit,** rested, and fully alert before starting.
- **Adjust** your speed to suit road traffic, weather, and sea conditions.
- **Never use a phone** or operate other devices while driving or maneuvering.
- **Use safety equipment**: always wear a seatbelt when driving and a life jacket when sailing or working near water.

Stay focused, to keep us safe.

Description

Driving and sailing demand constant vigilance to anticipate obstacles, from pedestrians to floating objects. Therefore, all distractions, especially mobile phones, must be eliminated for the entire journey. This includes a strict adherence to all local road and marine safety regulations. This heightened awareness is also essential for anyone working near moving vehicles.

Case Study

During ro-ro unloading operations, an officer was on the stern ramp, facing the shore and talking on his mobile phone. A driver was manoeuvering, the view was completely obstructed by the trailer, and he did not anticipate pedestrians on the ramp. The officer, distracted and facing away, was unaware of the approaching trailer. He was struck by the semi-trailer and fatally injured.

ARMATEURS

Linked in safety