



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.**

Linked in safety



Scan the QR Code
to explore the
12 life-saving rules



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.**

Linked in safety



Scan the QR Code
to explore the
12 life-saving rules



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 everyone safe.**

Linked in safety



Scan the QR Code
to explore the
12 life-saving rules



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.**

Linked in safety



Scan the QR Code
to explore the
12 life-saving rules



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.

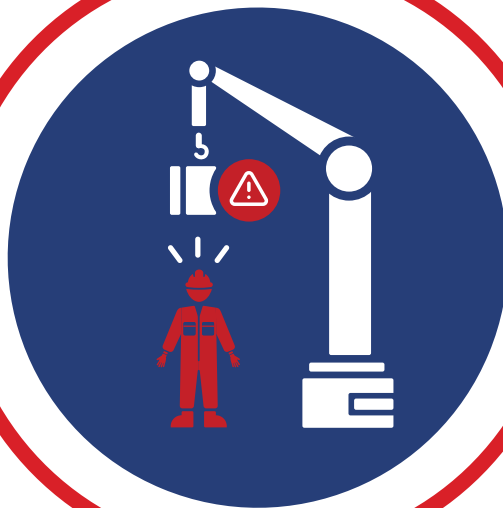


**Control the flame,
to keep everyone safe.**

Linked in safety



Scan the QR Code
to explore the
12 life-saving rules



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.

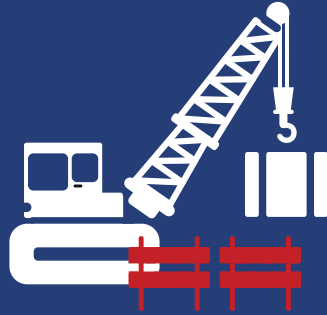


**Spot the danger,
to keep everyone safe.**

Linked in safety



Scan the QR Code
to explore the
12 life-saving rules



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.

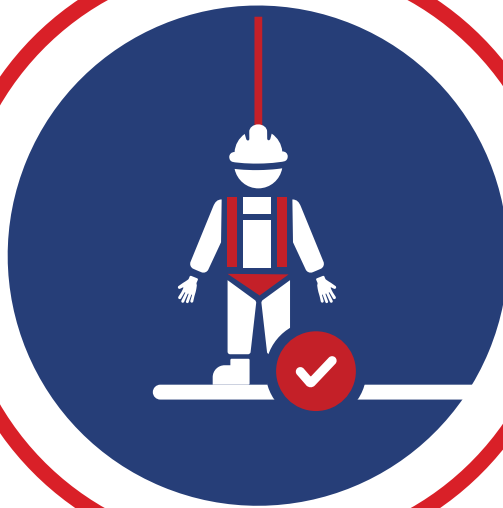


**Lift with care,
to keep everyone safe.**

Linked in safety



Scan the QR Code
to explore the
12 life-saving rules



WORK AT HEIGHT

Protect yourself and others when working at height

- ✓ **Inspect equipment** and secure tools.
- ✓ **Secure lanyards** to approved anchor points when outside a protected area.
- ✓ **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.**

Linked in safety



Scan the QR Code
to explore the
12 life-saving rules



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.**

Linked in safety



Scan the QR Code
to explore the
12 life-saving rules



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.**

Linked in safety



Scan the QR Code
to explore the
12 life-saving rules



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.**

Linked in safety



Scan the QR Code
to explore the
12 life-saving rules



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.**

Linked in safety



Scan the QR Code
to explore the
12 life-saving rules