

# DO's



## BE HOOKED UP

Clip on your harness when working at height



## STEP ASIDE

Stay out of the path of moving vehicles, plant and equipment



## CHECK

Verify that there is no live energy (mechanical, chemical, electrical, fluids under pressure, etc.) before starting work



## MAKE SURE

Only enter a trench if the appropriate wall supports are in place



## CONTROL

Test that the atmosphere is safe before entering a confined space and monitor it as you work

# DON'Ts



## HALT

Do not perform hot work until the fire or explosion risks have been eliminated



## AVOID

Do not walk or stand under a load



## BAN

Do not work under the influence of alcohol or drugs including driving



## STOP

Do not manipulate your phone or any other communication device while driving



# NO LIFE AT RISK

Respect the Life Saving Rules all the time

