

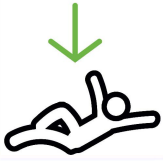
# GUIDE TO LIFE SAVING RULES AND BEHAVIORS



## Hazard Control

### Have I identified and controlled all the hazards?

- Have I completed/participated in a Tailboard or Pre-Job Hazard Assessment?
- What could go wrong?
- Are the planned controls enough?
- Are there new hazards?
- What's changed?
- Are the workers involved included in the task?
- Am I ready if something unexpected happens?



## Fall Prevention

### Could I fall?

- Are there guards and barriers in place so I don't fall?
- Can I maintain 3 points of contact entering or exiting my vehicle or on a ladder?
- Am I authorized to work at a height?
- Have I inspected my harness?
- Am I tied off?



## Road Safety

### Am I operating my vehicle safely?

- Did I inspect my vehicle?
- Am I driving the speed limit and is my speed appropriate for the conditions?
- Is everyone in the vehicle wearing their seatbelt?
- Have I removed all distractions such as my phone or mobile device?
- Am I following all the Site Driving Rules?



## Energy Isolation

### Are all types of energy dissipated and locked out?

- Have I considered all forms of hazardous energy (electrical, mechanical, pressure, gravity)?
- Is there a safety procedure for this task?
- Has stored energy been released?
- Are lockouts installed where needed?
- Have I completed the documentation on eCompliance?
- Have I verified isolation before commencing work?
- Have I made all the correct ground connections?



## Competency

### Am I qualified, experienced, and authorized to do this task?

- Am I adequately trained and experienced?
- Can I prove my competence?
- Am I authorized to undertake this task?
- Am I working within the correct Limits of Approach?
- Have I been made aware of the Limits of Approach?
- Am I competent in the operation of the equipment I'm using?



## Line of Fire

### Am I in the line of fire?

- Can I be struck or backed over by a vehicle or equipment?
- Does the equipment operator know where I am?
- Could something fall on me?
- Could something strike me?
- Could I get caught in a crush zone?
- Am I near materials being moved, loaded, or unloaded?



## Impairment

### Am I fit for work?

- Am I overly tired, exhausted, or fatigued?
- Am I free from the influence of alcohol and drugs?
- Am I overly stressed or preoccupied with other thoughts?