

Confined Spaces

Life Saving Rule: It is expected that you will be suitably trained, certificated and competent to work in a confined space.



What a confined space is:

A confined space could be a vessel, tank or pipe.

Before you start:

A Permit to Work, a pre-entry risk assessment, and your manager's or supervisor's permission are required.

Because:

A confined space can present significant dangers like explosive or toxic gases, a lack of breathable oxygen, or a sudden ingress of water.

If you are undertaking this work, you are expected to:

- be competent to work in confined spaces
- have all relevant safety equipment with you before you start
- confirm with the entry supervisor or person in charge of the work that you can enter the confined space
- confirm with the supervisor or person in charge that it is safe to start work
- follow the requirements of the work permit

If you are the supervisor or person in charge of this work, you are expected to:

- confirm that the requirements of the work permit are in place
- ensure you have an emergency plan and that it is understood
- ensure you have a means of raising an alarm
- confirm that gas testing is carried out as per work permit before entry
- confirm that it is safe to start work
- approve and control access to the confined space
- ensure communication with people in the confined space
- remain at the work space until all operatives exit the confined space

Working at Height



Life Saving Rule: It is expected that you will be suitably trained, authorised and competent to work at height.



What working at height is:

Working where, if no precautions were in place, a person could fall a distance that would cause injury.

For example

- working on a ladder or a flat roof
- could fall through a fragile surface
- could fall into an opening in a floor or a hole in the ground.

Before you start:

Ensure you work in accordance with the task Risk Assessment. You should use fall protection equipment when working outside of a 'protective environment'. A protective environment includes equipment like scaffolds, stairs with handrails, and person lifts.

Because:

Falls from height are one of the biggest causes of workplace fatalities and major injuries.

If you are undertaking this work, you are expected to:

- have permission to work at height
- be aware of what fall protection equipment to use and how to use it
- check equipment before using it and if when wearing it
- always use an approved anchor point when working at height
- check that the equipment you are using is defect free and worn correctly
- check the equipment after use for defects and that it is then stored correctly

If you are the supervisor or person in charge of this work, you are expected to:

- be trained and competent to supervise working at height
- avoid working at height where it is reasonably practicable to do so
- where work at height cannot be avoided, prevent falls from height by working in a protective environment that is already safe. Outside of a protective environment ensure the use of the correct type of fall prevention equipment
- confirm that it is safe to start work at height
- check the equipment the employee is using is defect free and worn correctly
- check the equipment after use for defects and that it is then stored correctly

Energy Isolation



Life Saving Rule: It is expected that you will be suitably trained, certificated and competent to isolate plant and equipment.



What energy isolation is:

The placement of a lock on an energy-isolating device ensuring that the energy-isolating device and the equipment being controlled cannot be operated until the lock is removed.

Before you start:

Ensure you work in accordance with the task Risk Assessment. You must have a lock and key. Verify isolation by testing that the equipment is dead before commencing work and that no residual energy remains.

Because:

Working on live equipment can lead to major incidents and serious injuries.

If you are undertaking this work, you are expected to:

- be competent to isolate equipment and plant
- understand the isolation process that protects you from danger
- confirm with the supervisor or person in charge of the work that isolations are in place
- sign onto the relevant isolation register (if used on site) and permit to work
- place your personal lock on the relevant isolation point and keep the key on your person at all times, never give it to anyone else
- confirm with the supervisor or person in charge of the work it is safe to start work and the equipment you are working on is dead
- confirm with the supervisor or person in charge of the work that you have removed your lock, all tools and equipment used are accounted for once work has finished
- sign off the relevant isolation register (if used on site) and permit to work

If you are the supervisor or person in charge of this work, you are expected to:

- be trained and competent to oversee isolation of plant and equipment
- confirm isolation is in place
- confirm no stored energy or dangers remain
- confirm that everyone is accounted for before removing any isolations
- confirm that it is safe to restart equipment once work is complete

Ground Disturbance



Life Saving Rule: It is expected that you will be suitably trained, certificated (where necessary) and competent to undertake ground disturbance activities.



What ground disturbance is:

Ground disturbance is any man-made cut, cavity, trench or depression formed by earth removal (e.g. digging).

Before you start:

Ensure that no underground services, such as electric cables and gas mains, exist where ground disturbance is to take place.

Because:

Ground disturbance activities may disturb hazards such as electrical and communication cables, water and gas supplies which may cause injuries or damage to property and plant.

If you are undertaking this work, you are expected to:

- be trained and competent to undertake ground disturbance work
- confirm with the supervisor or person in charge that it is safe to start work
- follow all applicable work permit requirements
- stop work and notify your supervisor immediately if you hit anything
- ensure your work area cannot be entered by unauthorised persons
- ensure you leave the area safe when work is complete

If you are the supervisor or person in charge of this work, you are expected to:

- be trained and competent to supervise ground disturbance work
- ensure all permit to work requirements are in place
- ensure barriers and signs are in place to restrict access to excavation sites
- ensure a risk assessment has been conducted by a competent person(s) including: identifying hazards, e.g. cable/pipeline route marking by use of a cable avoidance tool (CAT) or similar
- ensure soil movement is controlled to prevent collapse (e.g. shoring, sloping soil placement)
- ensure ground stability is inspected before work and after adverse weather conditions
- have an emergency response plan in place
- If mechanical excavators are used, you have a means of communicating with driver other than by approaching them, i.e. two-way radio

Lifting Operations



Life Saving Rule: It is expected that you will be suitably trained, certificated and competent to undertake lifting operations.



What lifting operations are:
Lifting operations are any object that is temporarily lifted and hangs above the ground or platform.

Before you start:
Ensure you work in accordance with the task Risk Assessment. Consider ground conditions and stability and that no overhead obstructions exist and that the working area is suitably guarded to prevent access.

Because:
Working or walking immediately under a suspended load is unsafe as the load can fall on you.

If you are undertaking this work, you are expected to:

- only be involved in lifting operations if you are suitably trained and competent
- follow the instructions of the person in charge of the lift
- never cross, or allow anyone else to, a barrier controlling an area with a suspended load

If you are the supervisor or person in charge of this work, you are expected to:

- be trained, certificated and competent to supervise a lifting operation
- ensure that the lifting operation is suitably planned
- ensure all paperwork, such as a lifting plan, is in place and relevant
- mark the unsafe area and put suitable barriers in place to prevent access beneath it

Driving Safely



Life Saving Rule: It is expected that you will be suitably licensed, fit to drive and follow the rules of the Highway Code and all other applicable legislation.



What driving

safely is:

Understanding and obeying all the rules of the road whilst driving a vehicle.

Before you start:

Hold a suitable license, be fit to drive and understand all of the rules of the Highway Code and applicable legislation.

Because:

Everyone can take simple steps to reduce driving related risks, whether you are the driver or passenger. This includes cars, taxis, (mini) buses, trucks, cranes or fork lift trucks and involves all persons in any moving vehicles.

If you are undertaking this work, you are expected to:

- plan your journey in advance
- always wear a seat belt, keeping it fastened whilst moving and require your passengers to do the same
- not use a mobile phone, pager or hands free mobile device whilst driving
- stay at or below the maximum allowable speed for the road you are driving on and within the operating speed of the vehicle being driven
- adjust your speed to the prevailing conditions
- use your lights as appropriate dependent on weather conditions
- do not smoke or allow passengers to smoke either
- make sure that the vehicle you're driving is clean, properly maintained and road legal

If you are the passenger you are expected to:

- intervene if a driver is acting unsafely while driving, including:
 - using a phone
 - Speeding
 - not wearing a seatbelt or allowing passengers not to wear seatbelts
- avoid distracting the driver unnecessarily

Fire Prevention



Life Saving Rule: It is expected that you will know what to do in the event of a fire in any workplace you may attend during your working day.



What fire prevention is:
Reducing ignition risks, such as naked flames, and the amount of combustible material on site.

Before you start:
If you see signs of a fire, raise the alarm immediately and get out of the building quickly. If you smoke, remember to only smoke in designated areas.

Because:
Fire can cause serious injuries, fatalities and significant damage to plant and property.

At any given site you are expected to:

- know where the emergency exits are
- keep emergency routes clear
- ensure fire doors are used as intended
- always sign in and out of the workplace you are attending
- report all fire near misses i.e. overloaded sockets or overheating plant
- report any missing/broken fire fighting equipment
- keep your workplace clean and tidy and encourage others to do the same
- ensure you have appropriate fire protection/prevention training as necessary

If you are the supervisor or person in charge of a site, you are expected to:

- ensure your site has an up-to-date fire risk assessment
- ensure your site has routine fire alarm tests and drills and that they are recorded
- ensure your site has an up-to-date emergency site plan which details all the fire fighting equipment, fire call points and fire evacuation points
- make sure your teams are aware of what to do in the event of fire
- make sure your teams are aware of all the fire control measures on site
- appoint Fire Marshalls to assist you in the event of a fire
- assess the needs of vulnerable or disabled employees to ensure they can leave the building safely in the event of a fire
- report all instances of fire and fire near misses via the correct reporting channels and log them on the incident management system
- keep your site clean and tidy and encourage your teams to do the same
- ensure that a Hot Work Permit is completed in areas not designated for Hot Work (contractors always require a Hot Work Permit)

Lone Working



Life Saving Rule: Lone Workers are expected to know, understand and follow all of the necessary safety arrangements.



What lone working is:

A lone worker is an employee who performs an activity that is carried out in isolation from other workers without close or direct supervision.

Before you start:

Always follow Company policy, procedures and instructions with respect to lone working. Additional training will be provided when there is limited supervision to control, guide and help lone working staff. Lone workers must ensure they understand how the Company

communication systems work for lone working. If any lone working and/or communication device is not working, then report it immediately to your manager/supervisor.

Because:

Working alone has the added risk of a delayed response if an incident occurs.

If you are undertaking this work, you are expected to:

- be competent to complete lone working activities
- ensure that you know and use the safety arrangements
- make sure you know what you can and cannot do whilst working alone
- suspend any task that you feel is unsafe to complete as a lone worker
- keep your supervisor informed about any personal circumstances or medical conditions which may affect your ability to safely carry out lone working
- ensure that you know what to do in the event of an accident or emergency
- report any near misses involving lone working

If you are the supervisor or person in charge of this work, you are expected to:

- ensure lone working is not performed until a risk assessment has been completed
- ensure all staff performing lone working have had appropriate training
- periodically visit lone workers and confirm that the safety arrangements are effective
- check whether staff may be more vulnerable than others if they work alone (for example if they are a trainee or have an underlying medical condition)
- ensure staff know how to use lone working and/or communication devices
- act promptly on any concerns raised by staff regarding lone working
- ensure staff understand what they can and cannot do whilst lone working
- act on any near misses reported to you

Working by Water



Life Saving Rule: When working by water, it is expected that you will be competent to do so and where required by a risk assessment, a life jacket will be worn.



What working by water is:

Working in close proximity to, or on, open water such as lakes, ponds, rivers, lagoons and water catchment tanks/areas.

Before you start:

If you are working near to, or on open water where fixed guard rails are not present, then you will need to wear a life jacket. Life jackets should always be worn when working in close proximity to open water where risk of accidental immersion exists, or where your risk assessment says to do so.

Because:

If accidental immersion takes place, a life jacket can prevent you from drowning.

If you are undertaking this work, you are expected to:

- understand when it is required to wear a life jacket
- wear the life jacket as intended (e.g. correct size, tied where required etc.)
- check the life jacket is not damaged before use
- always adhere to signage

If you are the supervisor or person in charge of this work, you are expected to:

- be competent to supervise working by water
- based on a risk assessment, confirm if a life jacket must be worn
- erect mandatory signage and always ensure your team is aware of the need to wear a life jacket when necessary
- ensure that all life jackets are regularly inspected
- monitor staff working by water to ensure they are working in accordance with relevant safety instructions

Health & Wellbeing



Life Saving Rule: It is expected that you will co-operate with company requirements so that your health and well-being is not put at risk whilst at work.



What health and wellbeing is:

Being fit and healthy so you can safely undertake your full range of duties whilst at work.

Before you start:

You should take personal responsibility for your health and wellbeing at all times – and ensure that you are fit to work. Also look out for the health and wellbeing of others to ensure they are not

putting themselves or you at risk. We want you to protect your health and wellbeing at all times and we will provide the necessary training and resources you may need to remain healthy at work. This is a shared responsibility and you should inform us of any health changes you experience that could be impacted by your job OR could impact on your ability to do your job.

Because:

Failing to look after your own health and well-being can put you and your colleagues at unnecessary risk.

If you are undertaking this work, you are expected to:

- report any medicines you are taking which may impact upon your ability to do your job safely
- report any health issues which may impact upon your ability to do your job safely
- report any health issues related to threatening behaviour, bullying and/or violence in the workplace
- intervene if you believe anyone is working under the influence of drugs or alcohol
- intervene if you believe anyone is being put under undue stress in the workplace either by workload or colleagues

If you are the supervisor or person in charge of this work, you are expected to:

- ensure your team are supported in all issues relating to their health and wellbeing
- ensure relevant monitoring measures are in place to reduce the risk of health issues developing
- intervene if you believe anyone is working under the influence of drugs or alcohol
- intervene if you believe anyone is being put under undue stress in the workplace either by workload or colleagues