

# Life Saving Golden Rules

Respect them to stay alive

1. I work in a “fit and able” condition
2. I use fall prevention or protection when the risk of falling is beyond 1.8 m
3. I follow the isolation procedure
4. I follow the confined space procedure
5. I respect all the rules of load handling and never stand under a suspended load
6. I respect all the traffic and driving rules
7. I respect rail priority and stay out of close clearance areas
8. I respect the rules for entering and working in hazardous gas areas
9. I never disable safety devices
10. I respect all the H&S basic rules, standards and signals and I wear the required PPE

