



Life Saving Rules



RULE 1: Be Fit for Duty

- Remain physically and mentally able to perform assigned tasks
- Do not work if impaired by alcohol, marijuana, illegal or prescription drugs



RULE 2: Use Appropriate Personal Protective Equipment (PPE) and Tools

- Use required and specialized PPE when in construction zones
- Inspect PPE and tools for defects prior to use
- Do not use defective PPE and tools



RULE 3: Be Qualified and Authorized for the Task

- Obtain permits and approvals prior to starting high hazard tasks
- Do not accept a task that you are not qualified to do
- Do not operate equipment without proper training and prior authorization



RULE 4: Keep Away from the Line of Fire

- Do not use phones and personal electronic devices in construction zone
- Do not walk/work under suspended loads or pass into equipment's operational radius or blind spots
- Do not override or disable safety guards and barriers



RULE 5: Protect Yourself from Falls from Heights

- Tie off to approved anchor points when at or above 10 ft/3m from a lower level and outside a protected area
- Inspect and secure ladders prior to use. Maintain three points of contact. Do not overreach
- Use only designated stairways or ladders to climb the scaffold. Do not overload the scaffold



RULE 6: Practice Safe Confined Space Entry and Work

- Prior to entry confirm that confined space atmosphere has been tested and is being monitored
- Do not enter confined space without an outside attendant present and a reliable rescue plan in place



RULE 7: Practice Energy Isolation and Safety

- Maintain safe limits of approach to energized power lines and other utilities
- Always lock out/tagout defective equipment and energy sources prior to repair



RULE 8: Safely Operate Equipment

- Maintain constant communication with workers around you. Establish and obey barriers and exclusion zones
- Use lifting devices, hardware, and cargo securement according to the rated capacity
- Do not fly loads over personnel when hoisting and rigging



RULE 9: Practice Safe Driving

- Keep a safe distance away from other road users
- Observe speed limits and all applicable traffic rules
- Adjust your driving to weather and other conditions

Building on Safety