

Look after yourself

Look after each other



1 LOOK AFTER YOURSELF LOOK AFTER EACH OTHER

Don't let anyone act unsafely,
always stop unsafe practices.



2 HOUSEKEEPING
Keep designated access routes and work areas tidy and free from trip/slip hazards.



3 GET A GRIP
Hold handrails on stairways and use three points of contact getting into/out of vehicles.



4 PERSONAL PROTECTIVE EQUIPMENT
Always wear the correct PPE.



5 MANUAL HANDLING
Use mechanical aids or ask for help to reduce the risks.



6 TOOLS/EQUIPMENT
Use the right, well maintained, tools/equipment for the job. Never make do.



7 DRIVING
Drive safely, ensure you are authorised and that vehicles/mobile plant are well maintained.



8 SAFE SYSTEMS
Follow safe systems of work, site rules, signage and traffic signals.



9 ISOLATION PROCEDURES
Never work on live or moving machinery – always “lock out”.



10 WORKING AT HEIGHT
Use appropriate access equipment and fall protection.



11 CONFINED SPACES
Obtain a permit to work and always follow the safety requirements.



12 INCIDENT/HAZARD ALERTS
Report all incidents/hazards immediately.

