

A shield-shaped icon with a thick orange border and a diagonal split between dark blue and light blue. Inside the shield, the text "Health & Safety Prevention" is written in white, with a white checkmark below it.

**Health
& Safety**
Prevention

OUR 10
LIFE-SAVING
RULES



**I never cross a barrier, including
a radiography barrier, unless
I'm authorised to do so.**

I always respect the barriers, markings
and safety perimeters in place;

I never alter any markings or access
prohibitions without authorisation;

I report any deterioration of markings.



**I never work or drive
under the influence of
alcohol or drugs.**

I arrive at work in a fit state to perform my job,
respecting all legal limits;

I never bring alcohol or drugs into the workplace;

Whatever the causes, I inform my manager or team
leader when I feel unfit for work.



**I use the safety equipment (belt, hard hat, etc.),
I respect the speed limits, I do not handle the
phone or SatNav when driving a vehicle.**

I check the condition of my vehicle before use;

I always fasten my seat belt if it is provided by the manufacturer;

I wear my helmet when riding my bicycle;

I never handle a communication system (smartphone, tablet,
walkie-talkie or radio) while driving a vehicle;

I respect the speed limit and adapt my driving style
to the road conditions;

I make sure I am visible and seen by everyone;

I always use the lanes designated for my mode of transport
in the authorised direction;

I comply with the permitted driving times and the travel
management plan.



I always protect myself against falling from height and I protect others from falling objects.

I always wear a compliant safety harness and lanyard attached to a suitable anchor point when working at height unless collective protective equipment is in place to secure my work area;

I use suitable fall arrest equipment, which has been inspected and is in good condition (no visible damage);

When working on a mobile platform or using fall arrest equipment, I never work alone;

I enquire about the strength of roofs and canopies before any work is carried out, and make sure that appropriate protection is installed on vulnerable areas;

I ensure that safety barriers and safety markings are in place in areas where there is a risk of people or objects falling;

I secure tools and materials to prevent falling objects.



I never move under a suspended load, and I keep a safe distance from it.

I never cross a barrier indicating a lifting area;

If I am involved in the lifting operation:

- I am aware of the lifting suitability examination;
- I check the SWL (Safe Working Load) and the condition of the lifting accessories before each use;
- I maintain an adequate safety distance from the suspended load;
 - I identify and use load guiding means;
 - I always maintain visual or voice contact with the shunting supervisor.



**I always use the specified
protective equipment when working
with or near live equipment.**

I maintain and check my protective equipment and tools before performing live electrical work;

I always wear appropriate protective equipment in accordance with the requirements of my company.



I only work on equipment with isolated energy sources.

I always follow my company's procedure for
de-energised electrical work;

I always have a valid permit when performing
de-energised electrical work;

I never assume that the equipment is isolated:

- I check the isolation before starting work;
- I use the specified protective equipment;
- I always verify the absence of voltage with an approved device before touching the item.



I always keep a safe distance from moving equipment or vehicles.

I maintain the required safety distance from moving machinery, assemblies and vehicles, in the absence of effective separation measures;

I respect safety signs, isolation zones and safety markings;

I respect traffic plans and areas reserved for pedestrians;

I make sure the driver has seen me when I approach the equipment;

I wear high visibility clothing when required.



I always wear a life jacket when working near water if there is no collective protection.

I always wear personal flotation equipment when procedures or the work permit require it;

I check that personal flotation equipment is effective and undamaged before using it;

I wear personal flotation equipment correctly and for the purpose for which it is intended (e.g., correct size, properly attached, etc.).



I never enter a confined space without authorisation, atmospheric control, and supervision.

I never work alone;

Before entering, I check the atmosphere of the confined space, or have it checked by means of detectors that can detect the assessed risks (oxygen meter, explosimeter, etc.);

I monitor the atmosphere throughout the work;

As a lookout or rescuer, I may be exposed to a serious hazard (e.g. toxic atmosphere), so I always comply with the provisions relating to emergency management operations on the site.

Life is **PRECIOUS**

No emergency
justifies taking
risks.



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Shared vigilance

Dare to question and be questioned,
and to be able to **STOP** in case of danger!