



## Safety & Health 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.

# 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!



**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.



**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.