# THE EMRC LIFE SAVING RULES

All workers at the EMRC will pledge to uphold the EMRC's fundamental life-saving rules, and we will all commit to hold ourselves and others accountable in achieving a Safety First culture.





# Working at Heights

I will ensure I am trained and competent, have a permit to work and have the correct fall protection equipment before undertaking any work at heights.



# **Lifting Operations**

I will always follow safe lifting procedures and never walk under a suspended load.



# All Road Going Vehicles

I will have the appropriate training and be assessed as competent before operating any EMRC road going vehicles.



## **Hot Works**

I will not undertake any hot work activities outside of a designated hot work area without a permit to work.



#### Excavation

I will be trained, competent, have a permit to work and will ensure controls are in place before breaking ground.



# Personal Protection Equipment (PPE)

I will inspect and wear the correct item of PPE for the task being undertaking in my workplace.



#### Mobile/Fixed Plant

I will have the appropriate training and be assessed as competent before operating any EMRC mobile/fixed plant unsupervised.



# Psychosocial Hazards Mental Health

I will be aware of anything that increases the risk of workrelated stress.



# **Energy Isolation**

I will obtain a permit to work and ensure isolation of all energy sources before commencing work.