

# 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.

