

Golden Rules of Safety

- **Stay Alert:** Be aware of your surroundings and potential hazards.
- **Follow Procedures:** Adhere to established safety procedures and instructions.
- **Emergency procedures:** Be familiar with emergency procedures, including evacuation plans and first aid protocols.
- **Proper Use of Equipment:** Use tools, machinery, and equipment correctly and safely.
- **Report Hazards:** Report any unsafe conditions or situations immediately.
- **Wear Appropriate PPE:** Use the correct personal protective equipment (PPE) for the task.
- **Be Aware of Your Surroundings:** Pay attention to your environment and potential hazards.
- **Know Where First Aid is Located:** Familiarize yourself with the location of first aid kits and procedures.
- **Don't Enter Restricted Zones Without Authorization:** Follow restricted work zone protocols.
- **Stop work when necessary:** If a situation becomes unsafe, stop working and address the issue before continuing.
- **Know your limits:** Be aware of your physical and mental limitations, and don't try to do something that you are not capable of or comfortable with.
- **Maintain a Clean and Organized Work Area:** This helps to reduce trip hazards and makes it easier to see and avoid potential dangers.
- **Communication and Collaboration:** Communicate with your colleagues and supervisors about safety concerns and share information about potential hazards.

Specific Safety Areas:

- **Working at Heights:** Always protect against falling when working at heights.
- **Lifting:** Use proper lifting techniques and seek assistance when necessary.
- **Confined Spaces:** Never enter a confined space without written authorization.
- **Driving Safety:** Always wear seatbelts and follow driving safety guidelines.
- **Electrical Safety:** Follow safe electrical work practices and never work on energized systems.
- **Fire Safety:** Understand fire prevention procedures and know the location of fire extinguishers.
- **Toxic Gases:** Be aware of potential toxic gases and follow safety protocols for working with them.

Other Important Principles:

- **Safety First:** Always prioritize safety over speed or efficiency.
- **Everyone has a Role:** Understand your responsibilities and the responsibilities of others in ensuring a safe environment.
- **Continuous Improvement:** Seek out opportunities to improve safety practices and procedures.