



# Cardinal Rules





## Control of Work

Achieve a safe working environment through the Identification and evaluation of risks, definition of preventive measures and provision of Permit To Work.



## Work at Heights

Protect yourself from falling when working at heights. Above 6ft (2m). Or higher.



## Moving Machinery

Avoid the risks associated with the movement and energy that produces them (e.g.: electrical, pneumatic, hydraulic, thermal, kinetic, potential, Mechanical)



## Lifting and Hoisting

Minimize the risks associated to overhead loads by: Ensuring selection and inspection of Lifting devices and training of authorized personnel.



## Confined Spaces

It is vital that we control and monitor the atmosphere. Most confined spaces have one way in/out and awkward or tight means of entry/egress. ALWAYS have a rescue plan!



## Substance Abuse

Control the impact of misuse of substances (e.g.: alcohol, illicit drugs, over-the-counter and prescription medicines and other substances) that have the potential to impair health, behavior, judgement or job performance.



## Lock Out, Tag Out, Try Out - LO(TO)<sup>2</sup>

Control program for State a hazardous energy sources (i.e.: mechanic, electric, pneumatic, kinetic, potential, thermal, chemical and radiation) to ensure machines and equipment are safely isolated during maintenance or inspection works.



## Safe Driving

Plan the trip and job, assess risks, enhance risk awareness during operation and avoid distractions.

