

Safety Essentials



STOP & THINK



Look after yourself and each other



Don't let anyone act unsafely, always stop unsafe practices.



Get a grip



Hold handrails on stairways and use three points of contact when getting into/out of vehicles.



Manual Handling



Use mechanical aids or ask for help to reduce risks.



Driving



Drive safely, ensure you are authorised and that vehicles/mobile plant are well maintained.



Isolation Procedures



Never work on live or moving machinery – always 'lock out'.



Confined Spaces



Obtain a permit to work and always follow the safety requirements.



Housekeeping



Keep designated access routes and work areas tidy and free from trip/slip hazards.



Personal Protective Equipment



Always wear the correct PPE.



Tools and Equipment



Use the right, well maintained, tools/equipment for the job. Never make do.



Safe Systems



Follow safe systems of work, site rules, signage and traffic signals.



Working At Height



Use appropriate access equipment and fall protection.



Incident/Hazard alerts



Report all incidents/hazards immediately.