

# SAFETY FIRST BASIC SAFETY RULES

**1** Make sure you are in an appropriate mental and physical condition when at work.

**2** Make sure you are adequately trained before performing any activity.

**3** Think about possible risks before starting any activity. Stop the work and seek your supervisor's advice if you notice an unforeseen or unacceptable risk.

**4** Follow the procedures and never take shortcuts.

**5** Wear the required PPE and never modify them.

**6** Use a fall protection system when working at height.

**7** Use correctly the appropriate tools and safety devices. Never modify or remove them.

**8** Use lock-outs and de-energize the machinery before working on equipment or entering restricted areas.

**9** Operate equipment and vehicles only if you hold the proper license and follow the traffic rules.

**10** Maintain a safe distance from moving vehicles.

**11** Never stand under or near a suspended load. When operating cranes, keep your eye on the load.

**12** Report all accidents, incidents, near-misses and unsafe behavior/conditions.