

# Life Saving Rules

Please ensure your co-workers follow these 9 Life Saving Rules

- 1 Always report to the responsible safety official**  
when entering or leaving a site
- 2 Never go to work without your PTS card and a safety official's instructions**
- 3 Always follow the instructions closely**
- 4 Wear the prescribed PPE**
- 5 Use you telephone/tablet only where it is absolutely safe to do so**
- 6 Never walk underneath a suspended**
- 7 Carry out only those tasks and activities that you are able and permitted to carry out**
- 8 Never work under the influence**  
of alcohol, drugs or other mind-altering substances
- 9 Work only with approved tools**