

LIFE-SAVING RULES

AT WORK. AT HOME. ON TRAVEL.

Nine actions, within your control, that protect life in the moments that matter most. They support our existing policies and procedures — they do not replace them.

SAFETY HEALTH SECURITY CYBER



01

SAFETY

DRIVE SAFE

Buckle up, put the phone down, and never drive impaired or exhausted.

Road incidents are the single biggest cause of work-related death — and this rule travels everywhere.



02

SAFETY

KNOW YOUR EXITS

Find two ways out wherever you are — office, home or hotel — and move the moment an alarm sounds.

Counting the doors to the exit is what saves people in a hotel fire as surely as in the office.



03

HEALTH

BE EMERGENCY READY

Know how to call for help and how to act in the first few minutes — CPR, an AED, severe bleeding.

In cardiac arrest and major bleeding, the outcome is decided before responders arrive.



04

HEALTH

SPEAK UP WHEN YOU'RE NOT OK

Reach out early when you're struggling, and check on the people who go quiet.

Mental-health crises are a leading cause of death in working-age adults. This is a life-saving rule, not a nicety.



05

SECURITY

BE FINDABLE

Stay reachable, and let someone trusted know where you are — especially when you travel.

You cannot be helped if you cannot be located. Being findable is the first condition of every rescue.



06

SECURITY

TRUST YOUR INSTINCTS

If a place or a situation feels wrong, leave. Don't wait for proof.

Situational awareness — and the permission to remove yourself early — prevents most incidents.



07

SECURITY

GUARD THE DOOR

Don't tailgate, share badges, or let strangers follow you into secure spaces.

The everyday access discipline that most physical breaches are built to exploit.



08

CYBER

STOP BEFORE YOU CLICK OR PAY

Verify unexpected links, attachments, and money or password requests through a second channel.

Phishing and fake payment requests are how most organisations get hurt. The defence is a pause and a check.



09

CYBER

LOCK DOWN YOUR ACCESS

Use strong, unique passwords with multi-factor authentication, never share credentials, and report anything suspicious fast.

Fast reporting is itself life-saving for the organisation — it limits the blast radius.

These rules support your existing policies, training and procedures — they do not replace them. They draw attention to the actions, within each person's control, most likely to save a life at work, at home, or on travel.