

LIFE-SAVING RULES

STAR

STAR - Stop, Think, Act, Review



- I take time to review the task I am about to undertake before starting
- I understand that I am empowered to stop work if I feel the task I am being asked to perform is unsafe or I am not competent
- I am empowered to approach and stop anyone else who is working unsafely

Work Authorisation

Work only with a valid Safe System of Work (RAMS)



- I have a valid set of RAMS
- I am authorised & competent to perform the task
- I have confirmed if a permit is required
- I understand the permit
- I have confirmed that hazards are controlled and it is safe to start work
- I stop and reassess if conditions change

Situational Awareness

Keep yourself and others out of the line of fire



- I check my immediate 3m area, I then check my secondary 10m area to ensure I am safe
- I position myself to avoid:
 - vehicles
 - pressure releases
 - dropped objects
 - hidden services
- I verbalise critical safety tasks as I undertake them

Energy Isolation

Verify isolation and zero energy before work begins



- I have identified all energy sources, both above and below ground
- I am authorised & competent to isolate
- I confirm that hazardous energy sources have been isolated, locked, proven, and tagged
- I have checked there is zero energy and tested for residual or stored energy

Mechanical Lifting

Plan lifting operations and control the area



- I confirm that the equipment has been inspected and is fit for purpose
- The lift has been reviewed by a Bridges Lifting AP and is authorised
- I only operate equipment that I am qualified to use
- I establish and obey barriers and exclusion zones
- I never walk under a suspended load

Working at Height

Protect yourself against a fall when working at height



- I inspect my fall protection equipment before use
- I secure tools and work materials to prevent dropped objects
- I tie off 100% to approved anchor points while outside a protected area
- I only use appropriately designed equipment for working at height

Confined Space

Obtain authorisation before entering a confined space



- I confirm energy sources are isolated
- I confirm the atmosphere has been tested and is monitored
- I check and use my breathing apparatus when required
- I confirm there is an attendant standing by
- I confirm a rescue plan is in place
- I obtain authorisation to enter

Sources of Ignition or Harm

Control ignition sources and hidden causes of harm



- I identify and control ignition sources
- Before starting any hot work:
 - I confirm flammable material has been removed or isolated
 - I am not in a hazardous area
 - I obtain authorisation
- I follow safe excavation (breaking ground) procedures & identify all hidden services
- I have a valid permit in place

Driving

Follow safe driving rules



- I always wear a seatbelt
- I do not exceed the speed limit, and reduce my speed for road conditions
- I do not make calls or operate devices while driving
- I am fit, rested and fully alert while driving
- I check my vehicle particularly tyres and lights before starting my journey

Further Information

For further information on managing the above and other workplace hazards, please consult Bridges Essential Standards, Electrical & Mechanical Safety Rules or discuss with a member of the SHEW Team
Additional information is available on the Bridges Health & Safety Intranet