

Life Saving Rules

You're worth it!



Prepare Each Day

Be prepared each day. Ensure you checked all the boxes and have work permits, completed safety checks, and a job safety analysis.



Fall Protection

Wear fall protection where required. Even falling a short distance can cause great harm to you.



Drive Safely

Obey speed limits and practice safe following distances. Slow down and arrive alive.



Take Your Time

Ensure you have the right "tool for the job." Don't take shortcuts and take time to do the job right. Safety does not have time restrictions.



PPE

Make sure you have well-fitted Personal Protective Equipment (PPE). Utilize your PPE to minimize exposure to hazards that cause serious workplace injuries or illness.



Trenching Operations

Be aware working around excavation and trenching operations. Know the rules and follow safety guidelines.



Electricity Safety

Follow electrical lockout/tagout protocols. Electricity can cause severe burns to your body or even death.



Cell Phones Away

Distracted driving will result in an accident. 1 out of 4 vehicle accidents is caused by texting.



No Abusive Substances

Alcohol and drugs have no business in the workplace. Remember, driving under the influence of a mind altering substance is illegal.