

Life Saving Rules

You're worth it!



Electricity Safety

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

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.

Trenching Operations

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

Take Your Time

Ensure you have the right "tool for the job". Don't take shortcuts and take time to do the job correctly. Safety has no time restrictions.

No Drugs & Alcohol

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

Drive Safely

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

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.