



**Ditrolic
Energy**

OCCUPATIONAL HEALTH & SAFETY

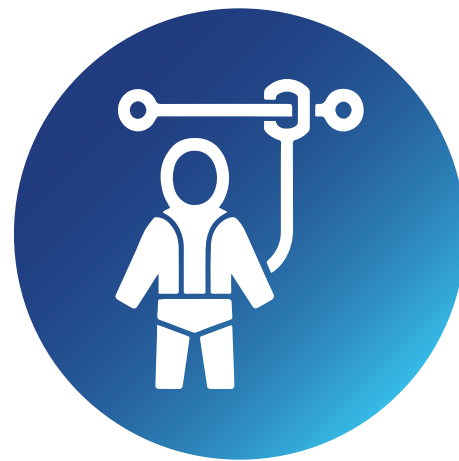
8 LIFE-SAVING RULES (LSR)



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Secure Your Harness When Working at Height



Wear a double lanyard body harness for work above 2m height.

Check your body harness before use; make sure it is in good condition.

Inspect the anchorage point regularly for any defects.

8 LIFE-SAVING RULES



Do Not Work With High Voltage/ Live Load Unless Authorised



Isolate energy before starting work; unless power is necessary, only perform the task if competent.

Never work alone; perform work with only one hand to prevent hand-to-hand shock current path.

Use suitable work equipment and Personal Protective Equipment (PPE).

8 LIFE-SAVING RULES



Do Not Stand Under/Near Suspended Load



Do not be within a barricaded area of any lifting operation.

Use designated pedestrian walkway and/or safe access or egress.

Warn others who walk near or under a suspended load.



Do Not Operate Machinery/ Equipment Unless Certified or Trained



Allow workers to handle machinery or equipment only if they are certified or trained.

Inexperienced workers shall be supervised during operation.

Stay alert of passersby.



Do Not Use Electronic Devices While Operating Machinery/ Equipment



Do not use phones, electronic cigarettes, etc. while operating machinery or equipment such as mobile cranes, sky lifts, etc.

Stop and pull over the vehicle or equipment for safety before attending a call or text.

8 LIFE-SAVING RULES



Do Not Work Under Extreme Weather



Stop work when it rains, strong wind and when lightning occurs.

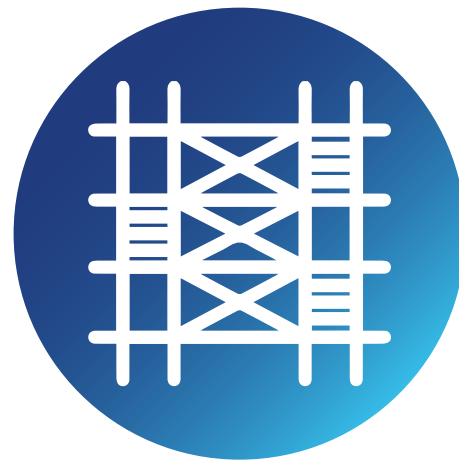
Take precautions during hot weather i.e., sufficient drinking water, and frequent rest.

Notify the supervisor if unfit or feeling unwell.

8 LIFE-SAVING RULES



Always Use Secure Ladder/ Scaffold



Do not use Scaffold unless it is tagged safe to use.

Allow only one person to climb up at one time.

Check the ladder before use; replace it if it is defective.

Maintain 3-point contact and face the ladder when climbing.

Avoid using a ladder as the working platform.



Always Wear Provided Personal Protective Equipment (PPE)



Use the correct size.

Wear the right PPE for the right job.

Maintain your PPE; ensure it is always in good condition.
