



1.



ENERGY ISOLATION

Interrupt, block and verify the absence of any type of energy before starting your work.

- I have identified all energy sources associated with my task;
- I ensure that all the hazardous energy sources have been isolated, locked and tagged;
- I have checked there is zero energy and tested for residual or stored energy, if necessary;
- I follow strictly the implemented procedure.

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2.



CONFINED SPACES

Obtain authorization and follow procedures for working in confined spaces.

- I am qualified and able to carry out work in confined spaces;
- I always apply for a special work permit to enter and carry out any work in a confined space;
- I ensure that all the hazardous energy sources have been isolated, locked and tagged, if necessary;
- I only enter in a confined space with an attendant at its entry and with the required communication devices;
- I confirm that the atmosphere has been monitored;
- I confirm that the rescue plan is in place and I have read it;
- I do not enter confined spaces under the influence of alcohol or drugs;
- I follow strictly the implemented procedure.

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3.



WORKING AT HEIGHT

Protect yourself from falls whenever working at height.

- I only carry out work at a height of more than 2 meters using collective and/or personal protection (PPE);
- I am qualified and able to carry out work at height;
- I inspect my fall protection equipment before using it, confirming that they have a valid inspection and are in good condition;
- I only use duly approved anchoring points;
- I do not carry out any work at height under the influence of alcohol or drugs;
- I follow strictly the implemented procedure.

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4.



SAFE MECHANICAL LIFTING

Plan properly lifting operations and control the area of intervention.

- I confirm that the lifting equipment (and accessories) to be used have valid inspection and are in good condition;
- I only operate lifting equipment that I am qualified to use
- I ensure that the area for lifting and moving suspended loads is properly marked-off and signposted;
- I never stand or walk under a suspended load.

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5.



WORK AUTHORIZATION

Make sure you work with a valid special work permit, when required.

- I have confirmed if a permit is required for the work that I will perform;
- I am qualified to carry out the work;
- I understand the permit and its content;
- I have confirmed that hazards are under control and that it is safe to start the work;
- I stop immediately the work if the conditions set out in the work permit change.



6.



LINE OF DANGER

Keep yourself and others out of the way of danger.

- I position myself to avoid being struck by objects, projections and discharges of under pressure fluids, rotating equipment and vehicles;
- I do not wear loose clothing or any accessory that could get caught in rotating equipment;
- I obey and do not go beyond any barrier or marked and restricted access area;
- I demarcate my workspaces during their execution;
- I take the necessary precautions not to drop any objects that could hit workers or installations.

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7.



DRIVING

Follow safe driving rules.

- I am qualified and able to drive industrial (and other) vehicles;
- I always wear a seatbelt;
- I do not exceed the speed limit;
- I do not drive under the influence of alcohol or drugs;
- I do not handle the phone or radio while driving;
- I am rested and fully alert while driving.

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