

Life Saving Rules

CONFINED SPACE ENTRY

- You must be trained and competent to enter a Confined Space.
- You must be identified on an approved Confined Space Entry Permit to enter a Confined Space.

WORKING AT HEIGHTS

- You must be trained and competent and authorised to work within 2 metres of an edge where there is potential to fall more than 2 metres (unless traversing a vessel) or to use fall restraint equipment, an EWP, Boom or Scissor Lift.
- You must work from dedicated work platforms, unless you can maintain 3 points of contact at all times and, if a portable ladder is used, it is tied off or supported below.

HAZARDOUS CHEMICALS

- You must comply with signage and Safety Data Sheet requirements when handling chemicals.

LIFTING

- You must ensure lifted items do not pass over people, occupied buildings or manned vehicles.
- You must keep clear from a suspended load (that is not pinned or secured) and not be under the load or in the line of fire.

ENERGY ISOLATION

- You must isolate before you remove a guard, other safety device, or perform repairs and maintenance tasks on equipment.
- You must use an appropriate isolation device and not use control circuit devices (e.g. E tops, lanyards etc.) for energy isolation.



CONTAINER HANDLING

- You must always ensure containers are lifted and moved with appropriate specialist equipment.

TRAFFIC MANAGEMENT

- You must comply with the Site's Traffic Management Plan.
- You must use mobile phones (or similar personal devices) in hands free mode or not at all during vehicle operation.
- You must adhere to road rules including the wearing of seat belts at all times when operating a heavy vehicle.

MOBILE PLANT

- You must use mobile plant in accordance with the Original Equipment Manufacturers specifications and recommendations.
- You must wear a seat belt in mobile plant while it is operating (unless seat belts are not capable of being fitted).

MAINTENANCE AND INSPECTION

- You must only perform maintenance work that you are trained and authorised to do.

RAIL OPERATIONS

- You must not turn your back on a shunt movement when in the line of fire.
- You must never shunt from within a motor vehicle.
- You must never ride on rolling stock.

At LINX Cargo Care Group we must demonstrate a "don't walk by" approach to non-compliance of our Life Saving Rules. If you see a breach of the Life Saving Rules you should stop the activity immediately and report it to your manager.

Failure to comply with or enforce the Life Saving Rules may result in disciplinary action.