

# Life Saving Rules

WILL ANY OF THESE IMPACT YOU TODAY?

PEMBINA

SAFETY

STARTS WITH ME  
ZERO BY CHOICE



## DRIVING

Drive defensively for the conditions on and off road, while obeying all applicable laws.



## HAZARD ASSESSMENT

Complete hazard assessments to identify and mitigate risk. Hazards may be overhead, below ground or in the atmosphere.



## WORK PERMITS

Obtain and work under a valid permit where required.



## FOLLOW THE PLAN

No deviations from procedures, defined work plans or bypassing safety devices without documented authorization.



## ENERGY ISOLATION

Verify isolation of energy sources before work begins.



## CONFINED SPACE

Obtain a permit before entering confined space. Assess the atmosphere conditions and activity before entry.



## WORKING AT HEIGHT

Protect yourself against a fall when working at height through guardrails, equipment or a fall protection system.



## GROUND DISTURBANCE

Obtain a permit before starting ground disturbance activities.



## LIFTING OPERATIONS

Follow safe lifting operations and the lifting plan.

Stop and Think **Safety Starts with Me**