



Issue 44, April 2021

AIMS 12 LIFE-SAVING RULES (12 LSR)

The life-saving rules have been created to keep AIMS premises as a safe workplace. We have analyzed the activities which hurt us the most and developed the life-saving rules to help prevent injuries in the future. Implementing AIMS 12 Lifesaving Rules requires a shared understanding of the importance of the rules and their necessity to ensure everyone goes home safely, every day.

The Life Saving Rules (LSR) not only applied to site-based personnel but also to everyone, at all levels, all the time, including our sub-contractor, visitors, and office-based staff. These rules must be understood and adhered to by all. While the criticality for these rules at operations is obvious, office-based employees should also be aware as they too are exposed to several hazards and contribute to promoting the rules to others. All AIMS employees are empowered to intervene if there is any LSR violation.

THE LIFE SAVING RULES
Rules that saves your Life

- WORK AUTHORIZATION**
Work with a valid permit when required
- BYPASSING SAFETY CONTROLS**
Obtain authorization before overriding or disabling safety controls
- SAFE MECHANICAL LIFTING**
Plan lifting operations and control the area
- LINE OF FIRE**
Keep yourself and others out of the line of fire
- CONFINED SPACE**
Obtain authorization before entering a confined space
- WORKING AT HEIGHT**
Protect yourself against a fall when working at height
- TOXIC GAS**
Follow the rules for working in toxic gas environments
- HOT WORK**
Control flammables and ignition sources
- ENERGY ISOLATION**
Verify isolation and zero energy before work begins
- NO ALCOHOL OR DRUGS WHILE WORKING OR DRIVING**
- DRIVING**
Follow safe driving rules
- DO NOT SMOKE OUTSIDE**
Designated smoking areas

How should I use Life-Saving Rules?



Toolbox talks & Safety meetings

Can we learn from incidents that involved a Life-Saving Rule not being followed?



Pre-job planning

- Are we doing any work today involving a Life-Saving Rule?
- How can we follow the Rule from start to finish?
- What needs to be in place?
- Is everything in place, and in good working condition?



Last minute risk assessment

- Have I done all the Life-Saving Rules actions?
- Is everything as we discussed in the pre-job planning?
- Are there any Line of Fire hazards or ignition sources we didn't identify?



Post-job reviews

- Did we take all the actions associated with the Life-Saving Rules?
- What went well? What didn't go well?
- Anything to note for the next time we have to this perform task or work in this area?



Observations & walkabouts

- Do you see anyone performing work where a Life-Saving Rule is relevant?
- Are they following the Rule?
- Yes? Great, recognise it!
- No? Intervene!



Intervention

- Intervene or stop the work if a Life-Saving Rule is not being followed

Prepared By,
SADIK PM