

# 6 Life-Saving Rules



## Prevent dropped tools and equipment



When using tools, portable equipment or other materials at height, take measures to prevent harm caused by falling objects.

### You should:

- Be alert to the risk of dropped objects
- Not work above each other, except when the right control measures are taken as described in the risk assessment
- Secure, if possible, all tools, equipment and other materials to prevent them from falling or being dropped
- Put up barriers around areas where there is a risk of dropped objects
- Be fit to do your work safely

## Comply with electrical safety rules



Any form of energy, when not properly controlled or harnessed, can result in serious danger. Therefore, you must comply with the following five electrical safety rules when working on a dead installation. When not working on a dead installation an authorised exception with specific instructions is needed. Work only with electricity when you are fit to do so.

### You should:

- Disconnect completely
- Secure against re-connection
- Verify the absence of operating voltage
- Carry out earthing and short-circuiting
- Provide protection against adjacent live parts

## Work with a valid work permit when required



Regulation, (company) guidelines and/or risk assessments prescribe the use of work permits. Always comply with work permit requirements. Permits are used for controlling and coordinating work to establish and maintain safe working conditions.

### You should:

- Understand the work permit and follow it
- Confirm that the work permit is valid
- Confirm with the person in charge of the work or your responsible manager if it is safe to start working
- Confirm that you are qualified to perform the work
- Be fit to do your work safely



## Protect yourself against falling when working at height



Take measures to prevent falling when working at height. Working at height is one of the major risks within TenneT.

### You should:

- Secure yourself when working at height, if possible use a scaffold or aerial work platform
- Use fall protection when required by the applicable procedure and/or risk assessment
- When using equipment to work at height, make sure that it is properly positioned (i.e. stable and at the right angle)
- Be fit to work on height in a safe manner

## Do not work, walk or stand under a suspended load



Working, walking or standing under a suspended load is unsafe, as the load may fall on you.

### You should:

- Never cross a barrier controlling an area with a suspended load without authorization
- Always obtain authorization before working underneath a suspended load
- Follow the instructions of the flagman or the person in charge of the lift

## Use personal protection equipment when required



Use life-saving personal protective equipment when required such as a survival suit to protect yourself from drowning or a helmet to prevent fatal head injuries.

### You should:

- Wear a helmet on all TenneT sites when required
- Wear a survival suit when required and wear it properly and as intended (e.g. correct size, tied where required)
- Check whether approved personal protective equipment is working properly and not damaged before use



Stay tuned.   
**Safety first!**