

# 12 LIFE - SAVING RULES

*As employees and contractors of a leading Oil and Gas services company, it is our responsibility to conduct ourselves in a manner that upholds our core values of Safety, Integrity, Transparency, Innovation and Excellence. Prioritizing Safety and Security for ourselves and others requires full adherence to our rules, proactive intervention in unsafe situations, and treating both people and property with the utmost respect.*

*Our goal is zero harm while not compromising facility integrity and security both in our facilities and that of our clients.*

*Achieving our Goal of Zero Harm is only possible through strict compliance with the Life Saving Rules established by the company, which are mandatory for all staff and contractors.*

- 1. Obtain and Operate under a valid work permit whenever required**
- 2. Verify isolation and ensure workspace is devoid of any energy sources**
- 3. Protect yourself against a fall when working at height**
- 4. Follow the rules when working in toxic gas environment**
- 5. Plan lifting operations**
- 6. Keep yourself and others out of the line of fire**
- 7. Do not walk under a suspended load**
- 8. Follow safe driving rules**
- 9. Always wear the proper safety gear**
- 10. Know how to use the equipment**
- 11. Follow prescribed Journey Management Plan**
- 12. Pay attention to your surrounding**

*\*Remember that individual accountability demands that when unfit to work, employees/contractors should not work so as not to put themselves and others at risk*

Any intentional violation of the "Life Saving Rules" will lead to appropriate disciplinary actions, which may include dismissal and contract termination.

Unwavering Commitment to Achieving **Goal Zero!!!**



**Aysha Abba**  
Managing Director  
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