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Introduction

The 10 Life Saving Rules have been developed by Energy Safety Canada and the Safety Standards Council member companies and adopted into practice by CEDA. These Life Saving Rules have been endorsed and implemented to improve safety performance and/or mitigating risks to workers where significant injuries or fatalities have occurred in the industry.



CONFINED SPACE



WORKING AT HEIGHT



WORK AUTHORIZATION



ENERGY ISOLATION



LINE OF FIRE



BYPASSING SAFETY CONTROLS



DRIVING



HOT WORK



SAFE MECHANICAL LIFTING




FIT FOR DUTY

It is the responsibility of Leaders to ensure that the Life Saving Rules are followed at all times. No Employee or Leader can deviate at any time from the Life Saving rules. If an Employee or Leaders actions are in conflict with Life Saving Rules, it will be considered a breach of CEDA's Health, Safety and Environmental Management System. Following a full investigation, discipline may be issued, up to and including termination of employment, as a result of such breach.

The following guidance document will provide further detail for each of the **Life Saving Rules**.

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CONFINED SPACE

Obtain authorization before entering a confined space

- I confirm energy sources are isolated
 - I confirm the atmosphere has been tested and is monitored
 - I check and use my breathing apparatus when required
- I confirm there is an attendant standing by
 - I confirm a rescue plan is in place
 - I obtain authorization to enter

Serious Incident Safeguards	Examples of confirming safeguards are in place prior to work starting
	All potential energy sources have been identified, isolated, and locked/tagged out per isolation plan.
I confirm energy sources are isolated	<p>Lighting and electrical equipment is appropriately rated for atmosphere (e.g., 12v, explosion proof as applicable).</p> <p>The potential for simultaneous operations which could introduce additional hazards has been evaluated.</p>
	<p>Atmospheric testing has been performed as per work authorization process:</p> <ul style="list-style-type: none"> during required timeframe prior to starting work at all required locations follow-up testing is performed per atmospheric monitoring plan
I confirm the atmosphere has been tested and is monitored	<p>Confined space is ventilated according to ventilation plan.</p> <ul style="list-style-type: none"> Ventilation inlets: are not near an ignition source will not be affected by wind/ weather conditions and will not have

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flow restrictions

- will not draw contaminated air (e.g., vehicle or generator exhaust) into the space

I check and use my breathing apparatus when required

Respiratory protection is utilized if atmospheric testing determines it is required.

The breathing apparatus is complete and in good working condition.

The main air supply is certified breathing air and is properly connected.

Escape pack is in place and functioning prior to entry.

I confirm there is an attendant standing by

Confined space monitor is present at the designated entry point(s) to the confined space.

- a qualified supplied air attendant is provided if supplied air required (e.g., SCBA, supplied airline)

The attendant (or safety watch) understands their responsibilities, which include:


- using previously agreed upon communication methods (e.g., hand signals, radio)
- monitoring personnel in the confined space
- documenting entry and exits from the confined space
- monitoring the confined space and surrounding area for changing conditions

I confirm a rescue plan is in place

Emergency rescue plan and resources are available to achieve prompt rescue.

The entrant is wearing rescue equipment per plan (e.g., harnesses, retrieval device) and understands egress.

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Permit issued for confined space entry.

I obtain authorization to enter

Permit conditions and risk mitigations have been communicated to all affected personnel prior to entry.

All personnel (entrants, attendants, gas testers, entry supervisors) have been trained and understand their roles.

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WORKING AT HEIGHT

Protect yourself against a fall when working at height

- I inspect my fall protection equipment before use
- I secure tools and work materials to prevent dropped objects
- I tie off 100% to approved anchor points while outside a protected area


Serious Incident Safeguards	Examples of confirming safeguards are in place prior to work starting
I inspect my fall protection equipment before use	Full body harness is load rated to support the weight of the worker.
	Check fall protection system for signs of wear (includes fall arrest and/ or fall restraint systems).
	<p>Fall arrest system contains a self-retracting lifeline or shock absorbing lanyard.</p> <p>Fall restraint contains a fixed lifeline configured to prevent the worker from reaching the edge and falling.</p> <p>Fall arrest distance is shorter than the potential fall distance.</p>
I secure tools and work materials to prevent dropped objects	Tools used at heights have securing wire/ lanyards/ tethers.
	Materials used at height are secured in storage boxes, pouches, bags, etc. and/or stored in areas away from the leading edge.
	<p>Cover openings to lower levels (e.g., grating, gaps, etc.), use debris nets or define exclusion/drop zones.</p> <p>Access to exclusion/drop zones is controlled (e.g., attendant or physical barriers).</p>

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I tie off 100% to approved anchor points while outside a protected area	Workers understand that 100% tie-off means one hook must be anchored at all times.
	Company requires use of fall protection at heights six feet (1.8m) or greater unless local regulatory requirements are more restrictive.
	The anchor point meets regulatory/ company requirements.
	The position(s) of anchor points allow for 100% tie off.
I have validated prompt rescue capability when wearing fall protection	Work area has been assessed for sharp edge hazards and protected where applicable.
	Rescue capability and appropriate equipment is available to ensure prompt rescue (e.g., prevent suspension trauma).
I will follow safe work practices when climbing, descending or working from ladders	Workers do not work alone unless there is an alternative means of communication (e.g., cell phone or radio).
	Workers use 3-points of contact technique, keeping their body facing the ladder and near the middle of the ladder when ascending/ descending.
	Fall arrest systems are being utilized when required per local requirements.
	Workers tied-off when working from ladders with >six foot (1.8m) fall potential.

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WORK AUTHORIZATION

Work with a valid permit when required

- I have confirmed if a permit is required
- I am authorized to perform the work
- I understand the permit
- I have confirmed that hazards are controlled and it is safe to start
- I stop and reassess if conditions change

Serious Incident Safeguards

Examples of confirming safeguards are in place prior to work starting

Workers aware of work authorization requirements of the task and if a written permit or verbal authorization is required.

CEDA requires authorization before:

I have confirmed if a permit is required

- Critical high pressure water blasting
- Operating or modifying equipment outside of the manufacturers specifications

Work authorization was established:

I am authorized to perform work

- work authorization documentation/ permit complete including proper authorizations/ signatures
- site preparations have been completed


Scope of work matches what is documented on the authorization documents and/or permit.

I understand the permit

Understand if the work authorization is for the duration of the work.

Work location is consistent with the location indicated on the permit.


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I have confirmed that hazards are controlled and it is safe to start	Rescue capability and appropriate equipment is available to ensure prompt rescue (e.g., prevent suspension trauma).
	Workers do not work alone unless there is an alternative means of communication (e.g., cell phone or radio).

I stop and reassess if conditions change	Any change in scope of work is accounted for by stopping the work, reassessing the risk, and reviewing/revising the permit, as appropriate.
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ENERGY ISOLATION

Verify isolation and zero energy before work begins


- I have identified all energy sources
 - I confirm that hazardous energy sources have been isolated, locked, and tagged
 - I have checked there is zero energy and tested for residual or stored energy

Serious Incident Safeguards


Examples of confirming safeguards are in place prior to work starting

I have identified all energy sources	<p>Potential energy sources (e.g. electrical, pressure, hydraulic, mechanical, etc.) have been identified and verified.</p> <p>Tags or markings identify the circuit, system, and/ or equipment to be isolated as indicated by the isolation list.</p>
I confirm that hazardous energy sources have been isolated, locked, and tagged	<p>All isolations points are in place and tagged or marked (use an isolation diagram, equipment isolation procedure, or process flow diagram).</p> <p>Valves are open or closed per the diagram and/ or plan and secured in the correct position.</p> <p>Blinds, spades and skillets are:</p> <ul style="list-style-type: none"> sized appropriately for the pressure rating of the equipment installed per the diagram and/ or plan <p>Electrical isolation points are open/ switched off or disconnected from power source.</p> <p>Lockout-tagout devices are on isolation points.</p>

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<p>I have checked there is zero energy and tested for residual or stored energy</p>	<p>Demonstrate equipment to be worked on is de-energized before starting work.</p>
	<p>Systems (lines, gauges, etc.) have been checked for residual or stored pressure by:</p> <ul style="list-style-type: none"> checking bleed and vent points are open to release stored energy checking gauges, measurements and volt meters <p>Note: If zero energy is not possible, stop and:</p> <p>Confirm controls/ safeguards are in place, functioning and maintained to manage the risk from residual energy.</p>
	<p>I never remove or tamper with energy control devices without authorization</p>
	<p>Appropriate approvals and communications are made to all affected parties if energy control devices must be removed or modified.</p> <p>Removal or modifying of control devices does not affect any other work activities.</p>
<p>I confirm equipment is back to safe operating condition prior to re-energizing</p>	<p>Jobs related to the isolation have been completed.</p>
	<p>Lockout-tagout devices (e.g., blinds, locks, etc.) have been removed after work is completed.</p>
	<p>Personnel protected by energy isolation have been notified the equipment is ready to be re-energized.</p>
	<p>Line/ system has been walked, validated and confirmed all equipment is in proper position and ready to return to service.</p>

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LINE OF FIRE


Keep yourself and others out of the line of fire

- I position myself to avoid:
 - Moving objects
 - Vehicles
 - Pressure releases
 - Dropped objects
- I establish and obey barriers and exclusion zones
 - I take action to secure loose objects and report potential dropped objects

Serious Incident Safeguards	Examples of confirming safeguards are in place prior to work starting
-----------------------------	---

I position myself to avoid:	
<ul style="list-style-type: none"> Moving objects Vehicles Pressure releases Dropped objects 	Workers positioned outside line of fire of potential energy sources (e.g., electrical, pressure, hydraulic, mechanical, etc.).
I establish and obey barriers and exclusion zones	<p>Exclusion zones have been identified and controls are in place to protect people from line of fire hazards.</p> <p>Access to exclusion/ drop zones is controlled (e.g., attendant or physical barriers).</p> <p>See and be seen; maintain safe distance.</p> <p>Crew understands that permission must be obtained before entering exclusion zones.</p>

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Tools used at heights have securing wire/ lanyards/ tethers.

I take action to secure loose objects and report potential dropped objects

Materials used at height are secured in storage boxes, pouches, bags, etc. and/or stored in areas away from the leading edge.

Cover openings to lower levels (e.g., grating, gaps, etc.) or use debris nets.

I will position myself to avoid:


- High pressure waterjets
- Energy sources from hoses

Always use approved mechanically mounted anti-withdrawal devices as outlined in CEDA's High Pressure Water Basting Practice.

Energy sources from hoses will always be identified (i.e. vacuum, fluid, gases, etc.) and controlled. Controls include:

- use the correct hose
- hose restraints are in place
- grounding is verified
- vacuum breakers are in place

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BYPASSING SAFETY CONTROLS

Obtain authorization before overriding or disabling safety controls

- I understand and use safety-critical equipment and procedures which apply to my task
- I obtain authorization before:
 - Disabling or overriding safety equipment
 - Deviating from procedures
 - Crossing a barrier

Serious Incident Safeguards

Examples of confirming safeguards are in place prior to work starting

I understand and use safety-critical equipment and procedures which apply to my task

Follow applicable procedures/ guidance related to task safety critical equipment.

Team members understand what a safety critical device is (examples):

- fire suppression systems
- emergency shutdown systems
- process controls and alarms
- environmentally critical alarms
- relief valves
- crane safety devices (e.g., load moment indicator; anti-two block).


I obtain authorization before:

- Disabling or overriding safety equipment
- Deviating from procedures

Safety control defeat/ bypass is properly identified, documented, and communicated per local procedure including emergency preparedness and response plan, as applicable.

Workers/ crews understand how their task(s) being performed are impacted from bypassing safety controls, and:

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- Crossing a barrier
- the mitigations to be implemented
- steps to be taken to ensure the device is safely defeated

Personnel adhere to exclusion zone rules and obtain proper permission to enter.

The Critical High Pressure Water Blasting Authorization Form will be completed and adhered to by all personal performing the work. Safety critical procedures for these activities must be followed.


I will obtain authorization prior to:

- Critical high pressure water blasting.
- Operating or modifying equipment outside of manufacturer's specification.

Authorization from CEDA Management is required to operate or modify equipment outside of manufacturer's specifications. Prior to authorization, CEDA Management will:

- Consult with the Original Equipment Manufacturer
- Consult with Subject Matter Experts
- Comply with local OHS Legislation
- As required, consult with CEDA's Centre of Excellence

For additional information, please refer to the CEDA Non-Commercially Manufactured Equipment Practice.

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DRIVING


Follow safe driving rules

- I always wear a seatbelt
- I do not exceed the speed limit, and reduce my speed for road conditions
- I do not use phones or operate devices while driving
- I am fit, rested and fully alert while driving
- I follow journey management requirements

Serious Incident Safeguards	Examples of confirming safeguards are in place prior to work starting
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I always wear a seatbelt	Workers are aware of the CEDA and legal requirements of all personnel to wear a seatbelt while a motor vehicle is in motion.
I do not exceed the speed limit, and reduce my speed for road conditions	Workers are aware of the CEDA and legal requirements to obey posted speed limits while operating a motor vehicle and the requirements of the Journey Management practice to reassess risk if the driving conditions change.
I do not use phones or operate devices while driving	<p>Use of a handheld device is prohibited as per CEDA, Client and legislative requirements while operating a vehicle.</p> <p>Use of authorized, “hands free”, electronic devices paired with the vehicles Bluetooth system as per CEDA, Client and legislative requirements are acceptable.</p> <p><i>Authorized use of “hands free” electronic devices, paired with Bluetooth systems and 2-way radios on Non-Commercial Light Duty Vehicles require CEDA leadership approval. It must comply with the CEDA Transportation and</i></p>

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*Safety Policy, CEDA Health, Safety and Environment Management System, Client and legislative requirements. Example of light duty vehicles; ¾ ton, ½ ton, van, SUV. Commercial drivers operating commercial vehicles are **only permitted** to use “hands free” electronic devices paired with the vehicles Bluetooth system as required by the vehicles Electronic Logging Device (ELD Mandate) and mobile 2-way radio when travelling on signed radio assisted roads.*


I am fit, rested and fully alert while driving

Workers do not drive or operate equipment unless fit to do so.

I follow journey management requirements

Any change in road conditions is accounted for by stopping the journey, reassessing the risk, and reviewing/ revising the journey plan, as appropriate.

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HOT WORK


Control flammables and ignition sources

- I identify and control ignition sources
 - Before starting any hot work:
 - I confirm flammable material has been removed or isolated
 - I obtain authorization
- Before starting hot work in a hazardous area I confirm:
 - A gas test has been completed
 - Gas will be monitored continually

Serious Incident Safeguards	Examples of confirming safeguards are in place prior to work starting
-----------------------------	---

I identify and control ignition sources	<p>Safeguards are in place to prevent ignition sources associated with the hot work.</p> <ul style="list-style-type: none">• spark containment is in place as applicable <p>Check for simultaneous operations that may introduce additional hazards.</p>
<p>Before starting any hot work:</p> <ul style="list-style-type: none">• I confirm flammable material has been removed or isolated• I obtain authorization	<p>Potential flammable and combustible materials have been identified, isolated and removed as appropriate.</p> <ul style="list-style-type: none">• no opening of process equipment occurring within the “hot work zone”• drains, gaps, openings in tanks or piping have been covered/ sealed• vents are isolated/ routed away from the area• the system has been drained, flushed, or purged to remove flammable/ explosive materials or gases

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A trained fire watch has been designated and is at the work location.

Firefighting equipment is inspected, fully functional, and is available if needed.

Work authorization for hot work has been completed per company requirements.

Atmospheric testing has been performed as per work authorization process:

Before starting hot work in a hazardous area, I confirm:


- A gas test has been completed
- Gas will be monitored continually

- during required timeframe prior to starting hot work
- at all openings near the hot work area (including above and below)

Follow-up gas testing is performed per atmospheric monitoring plan.

Note: "Continually" monitored means periodic monitoring of the atmosphere with a defined frequency or continuous monitoring throughout the duration of work activities as specified by local requirements.

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SAFE MECHANICAL LIFTING

Plan lifting operations and control the area

- I confirm that the equipment and load have been inspected and are fit for purpose
- I only operate equipment that I am qualified to use
- I establish and obey barriers and exclusion zones
- I never walk under a suspended load

Serious Incident Safeguards

Examples of confirming safeguards are in place prior to work starting

I confirm that the equipment and load have been inspected and are fit for purpose

Periodic and pre-use crane and/ or rigging equipment inspection has been completed.

Safety and monitoring devices are in place and functioning.

The rigging equipment is rated for the lift.

Matting/ lifting surface has been assessed for stability and is level for the lifting equipment.


Loads have been assessed for stability, taking into account: 1) securing of the load, including anchor point capacity; 2) workplace conditions; 3) travel path; 4) equipment capacity.

Loose objects have been secured or removed prior to lift.

Ensure softeners are used to protect nylon slings at sharp edges.


Note: If load chart does not exist, assume equipment is not rated for the lift; stop work and identify alternative lifting equipment that is rated for the load.

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I only operate equipment that I am qualified to use	<p>Lifting equipment operator and lifting crew are qualified to perform the task, per local requirements.</p> <p>The members of the lift crew have agreed to and understand their individual roles and responsibilities for the lift.</p>
I establish and obey barriers and exclusion zones	<p>Access to exclusion zones is controlled (e.g., attendant or physical barriers).</p> <p>Lift team members know the load crush and drop exclusion zones before load is lifted, lowered or tensioned and are out of the line of fire.</p> <p>Lift team members to enter exclusion zones only as agreed in lift plan and pre-lift meeting.</p> <p>Signal person(s) are easily identified (high-visibility vest, vest labeled rigger etc.).</p>
I never walk under a suspended load	<p>Exclusion zones have been identified and controls are in place to protect people from line of fire hazards, including walking/ working under suspended loads and moving/ dropped objects.</p>
I understand lift plan prior to starting work and keep hands off load unless authorized	<p>The lift method, equipment, and number of people required has been assessed and determined.</p> <p>When required, an approved lift plan or procedure is in place and has been evaluated by a competent person.</p> <p>The lift has been assessed for load weight, center of gravity, and load size.</p> <p>The lifting equipment's current capacity and condition has been assessed (including anchor points).</p> <p>Equipment operator and lifting crew have discussed the lift plan prior to lifting.</p> <p>Discuss stop work considerations if work situation changes including change of weather.</p> <p>Note: Consider how to apply "hands-free lifting" (e.g., use of push poles and/</p>

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or taglines). If hands on load must be used load shall be without stored lateral energy and movement, and only for guiding the load to its final position.

I establish and maintain communication with lifting and rigging personnel

Communication method(s) (e.g., hand signals, radio) have been agreed to and tested.

Continuous communication maintained between lifting equipment operator and signal person(s).

Equipment operator and lifting crew have discussed the emergency response, including what emergency stop signals will be used.

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FIT FOR DUTY

Be in a state to perform work safely

- I will be physically and mentally in a state to perform my assigned duties
- I commit to not being under the influence of alcohol or drugs
- I will inform a supervisor immediately if I or a co-worker may be unfit for work

Serious Incident Safeguards

Examples of confirming safeguards are in place prior to work starting

I will be physically and mentally in a state to perform my assigned duties

During completion of the Field Level Hazard Assessment (FLHA) or pre-job meeting, all workers will confirm their fitness for work by signing the FLHA or meeting.


I will commit to not being under the influence of alcohol or drugs

All workers will participate in CEDA’s drug and alcohol program which includes pre-employment, post incident, reasonable cause and random (where applicable) testing.

All workers will notify their supervisor if they are taking prescription or over the counter medication that may impair their ability to work safely.

Workers are prohibited from entering a CEDA workspace while under the influence of drugs or alcohol.

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I will inform a supervisor immediately if I or a co-worker may be unfit for work

As per the CEDA Fit for Duty Practice, workers are responsible for notifying their supervisor if they are unfit (this may be physically or mentally) to perform their tasks safely.

Workers may exercise CEDA’s Stopping Unsafe Work Authority if at anytime they perceive condition(s) or behavior(s) that present an imminent danger.

Revision Record

Revision Date	Version	Section Affected	Changes Made
December 2023	1.0	All	Issued for implementation through HSEMS.

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