



## Our Lifesaving Rules

Safe behaviour is a requirement of working for Network Rail.  
 These Rules are in place to keep us safe and must never be broken.  
 We will all personally intervene if we feel a situation or behaviour might be unsafe.

### Working responsibly



Always be sure the required plans and permits are in place, before you start a job or go on or near the line.



Always use equipment that is fit for its intended purpose.



Never undertake any job unless you have been trained and assessed as competent.



Never work or drive while under the influence of drugs or alcohol.

### Working with electricity



Always test before applying earths or straps.



Never assume equipment is isolated – always test before touch.

### Driving



Never use a hand-held or hands-free phone, or programme any other mobile device, while driving.



Always obey the speed limit and wear a seat belt.

### Working at height



Always use a safety harness when working at height, unless other protection is in place.

### Working with moving equipment



Never enter the agreed exclusion zone, unless directed to by the person in charge.

We will always comply with our Lifesaving Rules

For more information about our Lifesaving Rules go to [safety.networkrail.co.uk/LSR](http://safety.networkrail.co.uk/LSR)

