

## When working for Programmed, you are expected to apply these safe work essentials EVERY JOB, EVERY TIME:

- ✓ Present fit for work not impaired by alcohol or other drugs, fatigue or pre-existing injuries
- ✓ Assess and discuss work related risks before starting work
- Reassess the risks when there is a change to the task
- Confirm that all team members are competent and hold the correct licence or are supervised by a qualified person
- ✓ Ensure that suitable Personal Protective Equipment (PPE) is worn
- ✓ Verify that all tools and equipment are in good working order and used as intended
- ✓ Identify line of fire hazards and take action to prevent being in harm's way
- Use lifting aids and adopt practices such as team lifts and task rotation to minimise hazardous manual tasks
- √ Stop and report any unsafe work or condition



Working at Heights

## Working at Heights, I will ensure:

- ▼ That I consider all options to eliminate the need to perform work at height
- Height access equipment is checked before use and operated only by certified and competent personnel
- √ Fall barriers, restraints and arrest devices and anchor points are set up and used
- √ Rescue plans are understood and accessible
- √ Tools and equipment are secured
- √ Drop zones are identified and barricaded
- √ That I do not exit equipment at heights unless risk assessed, approved and additional fall prevention measures are in place

For more information ask your manager about how you can be better prepared EVERY JOB, EVERY TIME.



