



MANE LIFESAVING RULES


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Network Rail's Lifesaving Rules reflect the ongoing commitment to eradicate all injuries and fatalities. The rules have been implemented and put into action at Mane, to ensure we are at the forefront of current safety expectations within the industry. We have fully embedded them within our own safety culture, recognising that accidents can happen whether you are site or office based. The seriousness around the rule change to the use of hands-free phones is particularly evident, now that it's considered more dangerous than being under the influence of drugs or alcohol. With nearly half of fatalities in our industry having been whilst driving, now more than ever, it's imperative to set an example.

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.


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 with electricity


 Always test before applying earths or straps.

 Never assume equipment is isolated – always test before touch.

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.



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