

## Network Rail Life Saving Rules



### Our Lifesaving Rules



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



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



Always use equipment that is fit for its intended purpose.



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



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.



Always test before applying earths or straps.



Never assume equipment is isolated – always test before touch.



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



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

**Safe behaviour is a requirement of working for Network Rail**

