



GCMS 12 Golden Life Saving Rules

The rules that save lives...

Follow the "Golden Life Saving Rules" so that everyone gets home safely....

Safety is our priority in our company, our vision is providing world class standards service and continuously improve all our business process to meet the highest level of satisfaction to our customers while being committed to our employees QHSE practice and community.

Our 12 Golden Lifesaving rules are implementing based on our present year's lessons learned, to achieving our goals to ZERO Fatal Incidents

By following the **"12 Golden Life Saving Rules"** so that everyone gets home safely....

You're the lifeblood of our company (as your people are your company's lifeblood)! with this in mind, I challenge each Insafe to make time each day to reestablish his or her focus on **"T3" – Thinking, Things, Through.**



Shouqi Al Balushi
General Manager



Our Golden Life Saving Rules are:



Rule -1: Life of line



Rule-2: Public Safety



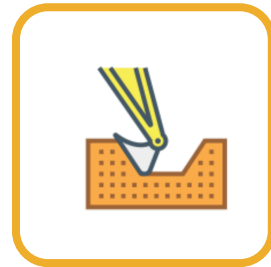
Rule -3: Traffic Safety



Rule -4: Electricals Safety



Rule -5: Lifting Safety



Rule-6: Excavation Safety



Rule -7: Hot work Safety



Rule -8: Work at height Safety



Rule -9: Confined Space safetyRule



Rule-10: Radiography Work



Rule -11: No Drugs/Alcohol/Smoking



Rule -12: PPE

Receipt

It is my understanding that the Golden Life Saving Rules are documented in the GCMS 12 Golden Life Saving Rules, and I will take the necessary safety precautions in accordance with them, and I acknowledge receipt of this document.

Name: _____

Company: _____

Civil ID Number: _____

Designation: _____

Signature: _____

Date: _____

Receipt (Copy)

It is my understanding that the Golden Life Saving Rules are documented in the GCMS 12 Golden Lifesaving Rules, and I will take the necessary safety precautions in accordance with them, and I acknowledge receipt of this document.

Name: _____

Company: _____

Civil ID Number: _____

Designation: _____

Signature: _____

Date: _____

(Receipt copy shall be kept along with HSE Induction)

Safety Everyone's Responsibility...

To saving lives, we need to do:

- ✓ **Know the rules:** both GCMS rules and client rules, as well as local rules at the workplace
- ✓ **Always implement** Golden Life Saving Rules
- ✓ **Ask**, if you do not know the rule(s)
- ✓ **Notify** your supervisor if you do not have the tools, equipment, processes to comply with the rules
- ✓ You have an obligation to intervene by using your **Stop Work Authority** if you see an unsafe act or condition, as long as it is safe to do so
- ✓ **Correct your behavior** immediately if one of your co-workers intervenes because of an unsafe act, remember they have your welfare in Mind
- ✓ **Report all violations** of Golden lifesaving rules via the safety observation system or incident reports
- ✓ **Use existing** HSE systems, to keep Golden lifesaving rules front-of- mind



**SAFETY
FIRST**



Rule : 01 Life of line

(Safety is my own responsibility)

- ✓ I **position** myself away from Hazardous
- ✓ I **undergone** TBT before start work
- ✓ I **Know** the risk associated with job before executing work
- ✓ I **respect** the HSE procedure, instruction & legal compliance
- ✓ I **Check** all tools and tackles prior to use and confirm safe for use
- ✓ I **do not** violate HSE rules /Golden life Saving rules
- ✓ I **correct myself** unsafe condition /act if I found.
- ✓ I **report** anomalies to my supervisor & HSEE/O.
- ✓ I **maintain and ensure** the safety of company assets properties.
- ✓ I **wear** my appropriate PPE according to the work requirement

Our Commitment



Rule -1: Life of line



1

Position yourself safely



2

Taking action yourself



3

Feel free to report yourself



4

Comply yourself



5

Protect yourself

Unless everyone involved confirms that these controls are in place, no work can begin or continue. If not stop work and report to your supervisor immediate.



Rule : 02 Public Safety

- ✓ **I check** and confirm that all work premise closed and locked against unauthorized personnel entry
- ✓ **I check** and confirm that all safety barriers were placed against unauthorized personnel entry
- ✓ **I do not allow** any unauthorized personnel entry to work premises.
- ✓ **I do not** bring any unauthorized personnel to work premise
- ✓ **I ensure** all IN & OUT been recording
- ✓ **I ensure** all electrical network and apparatus close and locked all the time.
- ✓ **I ensure** all visitor entry according to the GCMS Visitor Safety Policy
- ✓ **I ensure** that all safety precautions are taken whenever there is public interaction with work.

Our Commitment



Rule-2: Public Safety



1

Barriers



2

Signage



3

Security guard

Unless everyone involved confirms that these controls are in place, no work can begin or continue. If not stop work and report to your supervisor immediate.



Rule : 03 Traffic Safety

- ✓ I **confirm** vehicle is fit for purpose before use
- ✓ I **am** competent to drive, and I have DDST
- ✓ I **always** wear a seatbelt & I **ensure** seatbelt passenger seated wear a seatbelt
- ✓ I **do not** exceed the speed limit and reduce my speed for road conditions
- ✓ I **do not** overtake in dust or reduced visibility
- ✓ I **do not** use phones or operate devices, even in hands free mode while driving
- ✓ I **do not** smoke inside vehicle
- ✓ I **don't** drive under influence of alcohol or drugs
- ✓ I **am** fit, rested and fully alert while driving
- ✓ I **follow** journey management requirements
- ✓ I **always** maintain a safe distance from other vehicle (3 Second Rule)
- ✓ I **confirm** loads are properly restrained and within Gross Vehicle Mass (GVM) limits

Our Commitment



Rule -3: Traffic Safety

1
Pre-use check

2
JMP

3
Competent driver

4
Fasten Seat belt

5
No overspeed

6
No mobile phone use

7
No alcohol

8
No smoking

9
Never Break Red Signal

10
Safe distance

Unless everyone involved confirms that these controls are in place, no work can begin or continue. If not stop work and report to your supervisor immediate.



Rule : 04 Electricals Safety

- ✓ **I have** identified all energy sources
- ✓ **I have** verified the isolation methods are fit for purpose
- ✓ **I have** verified the correct plant/equipment has been isolated as required
- ✓ **I have** witnessed or self-demonstrated that an effective try test has been performed before commencing work
- ✓ **I have** confirmed if a permit is required
- ✓ **I have** a Permit to Work
- ✓ **I am** competent and authorized to undertake the prescribed work
- ✓ **I understand** and follow critical procedures which apply to my task
- ✓ **I have obtained** authorization before;
 - disabling or overriding safety equipment
 - entering a barricaded area
- ✓ **I wear** my appropriate PPE according to the work requirement
- ✓ **I will** verify that all work is completed and require authorizations are obtained before removing or altering isolations

Our Commitment



Rule -4: Electricals Safety



1

Work planning



2

Safety Documents



3

Skilled/Qualified workforce



4

Insulated tools



5

Supervision



6

Special PPE



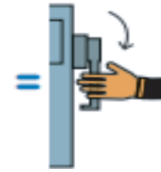
7

Fire Fighting Aid



8

Rescue Plan



9

Switch off/isolate



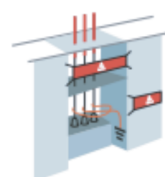
10

Proved death



11

LOTO



12

Earthing



13

PTW



14

Demarcation



In addition, Safe distance must be followed while approaching to Live HV & LV Conductors



15

Live HV &
LV Conductors

Unless everyone involved confirms that these controls are in place, no work can begin or continue. If not stop work and report to your supervisor immediate.



Rule : 05 Lifting Safety

- ✓ **I obey** exclusion zones and barriers established during truck loading/ unloading activities
- ✓ **I only** operate equipment that I'm qualified to use
- ✓ **I ensure** that a qualified banksman is present for the lifting activity
- ✓ **I confirm** the lifting operation has been planned and a documented lift plan prepared where required
- ✓ **I have** authorization to conduct a lift over live plant
- ✓ **I confirm** that the equipment and the load have been inspected and are fit for purpose
- ✓ **I confirm** maximum weight and dimensions of the load is known and is within the rated capacity of the lifting and rigging equipment
- ✓ **I confirm** separation distances from electrical services determined and maintained
- ✓ **I never** position myself under a suspended load
- ✓ **I maintain** positive communications with everyone involved in the operation

Our Commitment



Rule – 05: Lifting Safety



1

Work planning



2

Safety Documents



3

Skilled/Qualified workforce



4

Supervision



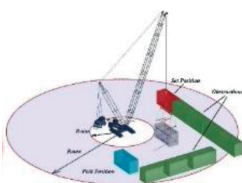
5

Barricade/signs



6

SWL



7

Working radius



8

Safe distance



9

Signal Man



10

Lifting Plan



11

PTW



12

Tagline



13

Working Under
Suspended Load



14

Weather Condition



In addition, Safe distance must be followed while approaching to Live HV & LV Conductors



15

Special PPE

Unless everyone involved confirms that these controls are in place, no work can begin or continue. If not stop work and report to your supervisor immediate.



Rule : 06 Excavation Safety

- ✓ **I confirm** an excavation plan has been approved for scope, location and methodology
- ✓ **I confirm** that excavation area is clearly marked
- ✓ **I obtain** an Excavation Permit where required
- ✓ **When conducting mechanical excavation:**
 - I will positively identify hazardous underground services
 - I maintain 300mm exclusion zone from any underground Services
 - I maintain safe distance when working near power line
- ✓ **Before entering an excavated area:**
 - I determine if it is a confined space and apply controls for confined space entry
 - I confirm it is structurally safe to enter.
- ✓ **I position** machinery and extract material at least 1 m away from excavation area.
- ✓ **I position** myself away from the machinery's working radius
- ✓ **I only** enter an excavation deeper than 1.5 m if the access is secured

Our Commitment



Rule - 06: Excavation Safety



1

Work planning



2

Safety Documents



3

Skilled/Qualified workforce



4

Supervision



5

Barricade/sign



6

Utilities locate



7

Banksman



8

PTW



9

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh euismod tincidunt ut laoreet dolore



10

Safe distance



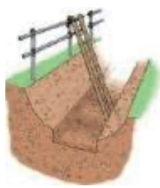
11

Working radius



12

Cave- in protection



13

Safe access
and egress



14

Gas test

In the case of potential hazards (Confined spaced & Work at height) present during excavation, please take the necessary precautions



Confined Space



Working at height



In addition, Safe distance must be followed while approaching to Live HV & LV Conductors



15

Special PPE



16

Fire Fighting Aid

Unless everyone involved confirms that these controls are in place, no work can begin or continue. If not stop work and report to your supervisor immediate.



Rule : 07 Hot Work Safety

- ✓ **I obey** exclusion zones and barriers established during hot activities
- ✓ **I obtain** an authorized Hot Work Permit
- ✓ **I have** identified and controlled all ignition sources
- ✓ **Before starting any hot work, I confirm:**
 - all permit conditions have been implemented
 - flammable materials have been removed or isolated
 - firefighting aids & fire watcher have been placed
- ✓ **Before commencing hot work in a classified hazardous area (Confined spaced) I confirm:**
 - a pre-start gas test has been completed
 - continuous gas monitoring is in place
- ✓ **I wear** my appropriate PPE according to the work requirement

Our Commitment



Rule - 07: Hot Work Safety



1

Work planning



2

Safety Documents



3

Skilled/Qualified workforce



4

Supervision



5

Barricade/sign



6

Fire watcher



7

Removal of FM/FL



8

Fire Safety



9

Fire Fighting Aid



10

Special PPE



11

PTW



12

Rescue Plan

For this case of hot work in confined spaces, hot work in potentially explosive atmospheres area should be gas tested and all source to be de-energized before PTW is issued.



13

Gas test



14

De-energized

Unless everyone involved confirms that these controls are in place, no work can begin or continue. If not stop work and report to your supervisor immediate.



Rule : 08 Work at Height Safety

- ✓ **I confirm** that I am physically and mentally fit to work at height
- ✓ **I confirm** the work activity has been planned and documented
- ✓ **I confirm** a rescue plan, procedures and equipment are in place before work commences
- ✓ **I inspect** my fall protection equipment's before use
- ✓ **I confirm** controls are in place to prevent falling objects including securing tools and materials.
- ✓ **I obey** barricades, exclusion zones and signage
- ✓ **I wear** a full body safety harness
- ✓ **I always** tie off to suitable anchor points while outside a protected area.
- ✓ **In my work,** I only use safe MEWP, scaffolding, and ladders
- ✓ **I maintain** safe distance when working near power line
- ✓ When I'm on top of MEWP & Mobile scaffolding, I won't move it.
- ✓ **I Stop** work under adverse conditions: if wind speed exceeds 20 knots, humidity exceeds 80%, temperature exceed 45 degrees centigrade and raining.

Our Commitment



Rule - 08: Work at Height Safety



1

Work planning



2

Safety Documents



3

Skilled/Qualified workforce



4

Medical fitness



5

Supervision



6

Barricade/sign



7

Working Platforms



8

Safe Distance



9

Special PPE



10

Rescue Plan



11

PTW



12

No work under WH



13

Objective Hazards



14

Weather Condition

Unless everyone involved confirms that these controls are in place, no work can begin or continue. If not stop work and report to your supervisor immediate.



Rule : 09 Confined Space Safety

- ✓ **I confirm** the confined space has been isolated from all energy sources and connected equipment/piping
- ✓ **I confirm** the atmosphere has been tested and is monitored and there is a ventilation plan in place if required
- ✓ **I check** and use my breathing apparatus when a safe atmosphere cannot be maintained
- ✓ **I confirm** there is a dedicated standby person to monitor conditions and communicate with workers
- ✓ **I confirm** a documented rescue plan is in place
- ✓ **I obtain** an authorized Confined Space Entry Permit to work before Entry
- ✓ **I confirm** there is supervisor for entry/exit for alerting.
- ✓ **I confirm** a rescue kit is in placed
- ✓ **I confirm** a lighting facility is in placed

Our Commitment



Rule - 09: Confined Space Safety



1

Work planning



2

Safety Documents



3

Skilled/Qualified workforce



4

Supervision



5

Barricade/sign



6

De-energizing



7

Gas test



8

Rescue kits



9

Rescue Plan



10

PTW



11

Watcher



12

Ventilation



13

SBA/SCBA



14

Lighting



In addition, appropriate PPE must be worn



15

Special PPE

Unless everyone involved confirms that these controls are in place, no work can begin or continue. If not stop work and report to your supervisor immediate.



Rule : 10 Radiography Safety

- ✓ **I have** witnessed or self-demonstrated that an effective try test has been performed before commencing work.
- ✓ **I have** a Permit to Work
- ✓ **I am** competent and authorized to undertake the prescribed work.
- ✓ **I obey** exclusion zones and barriers established during radiography activity.
- ✓ **I ensure** that a qualified radiography is present for the radiography activity
- ✓ **I position** myself away from the radiography radiation (If radiation Level is 10 micro Sv/hr at 1 meter at 2 meters, the radiation level will be 2.5 micro Sv/hr i.e. double the distance)
- ✓ **I wear** my appropriate PPE according to the work requirement

Our Commitment



Rule – 10: Radiography Safety



1

Work planning



2

Safety Documents



3

Skilled/Qualified workforce



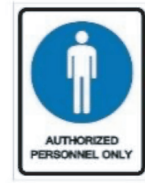
4

Supervision



5

Barricade/sign



6

Authorized person/ license



7

Medical certificate




8

Safe distance /alert




9


Special PPE



10
PTW



11
Boundary



12
Continuous monitoring



13
Safe dispose

Unless everyone involved confirms that these controls are in place, no work can begin or continue. If not stop work and report to your supervisor immediate.



Rule :11 No Drug/Alcohol /Smoking

- ✓ **I do follow** GCMS drugs, Alcohol & smoking policies
- ✓ **I do inform** to my supervisor if I'm taking medicine that may affect or impair my Performance
- ✓ **Double-checked** with my Supervisor who may seek medical advice if there is any doubt about the substance are taking?
- ✓ **I do sure** that I don't use, keep, sell, or distribute illegal Drugs, alcohol & other illegal substance?
- ✓ **I do not work or drive** under influence of alcohol or drugs
- ✓ **I do not smoke** inside workplace and vehicle or vape smoking point
- ✓ **I do report** any use /sell or distribution of illegal drugs or alcohol to the Supervisor or HSEE/O of the site.

Our Commitment



Rule-11: No Drug/Alcohol /Smoking



No alcohol or illegal substances when performing activities on a GCMS Site/Accommodation.



Rule :12 Personal Protective Equipment

- ✓ I **wear** my appropriate PPE according to the work requirement
- ✓ I **check and ensure** my PPE are safe condition prior to use
- ✓ I **do** report to my supervisor if my PPE are not safe for use.
- ✓ I **wear** my helmet chin strap when I'm working at height
- ✓ **My** PPE store safely after use

Our Commitment



Rule-12: Personal Protective Equipment



Wear appropriate personal protective equipment (PPE) while working.




Raise your voice when you see a potential risk. Never remain silent bring the risk to someone's attention



**STOP WORK AUTHORITY
YOUR STOP WORK AUTHORITY IS ONE
OF OUR MOST IMPORTANT SAFETY
BARRIERS**

The Consequence of Breaking the Rules

Breaking the Golden life savings rules could have deadly consequences for yourself and others

			
A Golden Life Saving Rules broken for the first time	Warning letter (Low Potential risk)	Final Warning letter/salary deduction	Dismissal
	Final Warning letter /salary deduction (High Potential risk)		
Second time Rule Breaking or if several Rules are broken at the same time	Final Warning letter /salary deduction	Dismissal	
Third time rule breaking, or rule breaking caused injury or death or done recklessly or willfully	Dismissal		

Our top priority is **your safety**



Fire Safety

1. In case of **"FIRE"** remember **"RACE"**

R



A



C



E



R- "Rescue" any person in immediate danger.

A- "Alarm" Alert others by activating alarms.

C- "Contain" closing all doors in the fire area.

E- "Evacuate" Extinguish if trained and safe to do so.

2. How to properly operate a "Fire Extinguishers "

P



A



S



S



PULL the locking pin

AIM the extinguisher nozzle at the base of fire.

SQUEEZE the handle

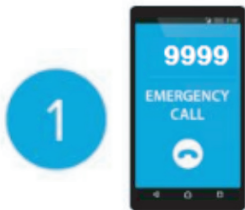
SWEEP from side to side at the base of fire until extinguished

Our top priority is **your safety**



Fire Safety

CPR stands for **cardiopulmonary resuscitation**. stands for it is an emergency life- saving procedure that is done when someone's **not breathing, or heartbeat has stopped**. This may happen after an electric shock, heart attack, or drowning



1 Call or ask someone else to dial 9999



2 Lay the person back and open-air way



3 Look for no breathing or only gasping



4 Push hard and fast give 30 compressions



5 Open airways and give 2 breaths and repeat- Sets of 30 compressions and 2 breaths



6 Repeat this cycle until victim conscious- ambulance or AED arrives



QUALITY, HEALTH & SAFETY ENVIRONMENT



SAFETY WITHOUT COMPROMISE

CONTACT US

- +968-24583900
- info@albaramigroup.com
- www.gcms.om
- Al Azaiba, Al Barami Building,
Muscat, Oman