

# WORK SAFELY OR NOT AT ALL

01.

## I AM COMPETENT AND AUTHORISED

Only carry out work that you are capable of and allowed to do. Only go to places where you are allowed to go.

02.

## I APPLY LMRA

Each time before starting or recommencing work, satisfy yourself that it's safe by carrying out a LMRA.

03.

## I ONLY ACCEPT A SAFE WORKPLACE

Only work in a safe workplace. A safe workplace is one that is tidy, protected and safely accessible.

04.

## I WORK WITH SAFE TOOLS AND EQUIPMENT

Always work in the correct manner with suitable and approved tools and equipment.

05.

## I USE THE CORRECT PPE AND WORKWEAR

Always wear the prescribed PPE and workwear.

06.

## I AM OPEN TO COMMENTS AND SPEAK UP MYSELF

If someone comments on your work, be open to this. If you see someone working unsafely, speak to him or her about it.

07.

## I KEEP MY EYES OPEN AND ENSURE OTHERS CAN SEE ME

Make sure you can be seen by operators of large (driving) machinery. Don't stand under a suspended load or in a blind spot.

08.

## I LISTEN AND STAY ALERT

Make sure you can hear warning and alarm signals. Telephone only if really necessary and then only from a safe place.

09.

## I DO NOT WORK UNDER THE INFLUENCE OF ALCOHOL OR DRUGS

Do not work or drive under the influence of alcohol, drugs or medicines that affect your reactions.

10.

## I WORK SAFELY AT HEIGHT (AND DEPTH)

Protect yourself against the risk of falling. Make use of safety devices such as scaffolding, edge protection and covers for recesses.



## 10 LIFE-SAVING RULES

> [WWW.DURAVERMEER.NL](http://WWW.DURAVERMEER.NL)

**SAMEN  
VEILIG**  
DURAVERMEER