Life-Saving Rules

Re-Energising Life Saving Rules

You may think that these are only for manufacturing or plant workers...Are they?
While driving, do not use your phone and do not exceed speed limits

Drivers should...

✓ Not use a mobile phone or pager, send or read a text message, or use a hands-free mobile phone device

✓ Stay at or below the maximum allowable speed for the road you are driving on as indicated by road signs or Journey Management instructions

✓ Stay at or below the maximum allowable speed limit for the vehicle you are driving

✓ Adjust your speed to the prevailing conditions
Wear your seat belt

Drivers and Passengers should...

✔ Always use a 3-point seatbelt (please note exceptions* below)
✔ Check that your seatbelt works properly
✔ Keep your seatbelt properly fastened while in a moving vehicle
✔ Check that everyone in the vehicle is wearing a seatbelt properly before starting to drive
✔ Intervene when your fellow passengers are not wearing seatbelts properly

* Exceptions include vehicles where only lap seatbelts are available or in public transport where seat belts are not available.
Paralysis is most often caused by damage in the nervous system, especially the spinal cord.

In a collision the 3-point belt spreads out the energy of the moving body over the chest, pelvis, and shoulders.

Separation of the lumbar vertebrae

"seat belt syndrome", 
Follow prescribed Journey Management Plan

Drivers should…

✓ Confirm if a Journey Management Plan is required before starting the journey

✓ Discuss the Journey Management Plan with the authorised person

✓ Understand the Journey Management Plan before starting the journey

✓ Comply with the duty, driving and rest hours specified in the Journey Management Plan

✓ Follow the route specified in the Journey Management Plan

✓ Always tell the authorised person immediately if changes occur

We should think of the JMP as a permit to work!
- In approximately 20% of severe road transport incidents in the last 4 years, JMP:
  - Did not exist, or
  - Was inadequate, or
  - Was not followed.

- 12% of all reported Life-Saving Rule confirmed violations pertain to JMP. Further violations may be occurring due to lack of knowledge of need to have a JMP.

70% of all LSR violations are related to road safety.
A JMP is a plan that defines the controls for all the identified risks of a journey. Typical risks include:

- Driver fatigue
- Transport in high risk environments
- Transport in areas with security risks
- Transport in remote areas
- Transport at night, long driving distances
- Loading and unloading activities
The content and format of the JMP depends on local circumstances, but should at least cover:

- Authorised route(s)
- Identification of route hazards
- Rest areas and breaks
- Communication requirements during the journey
- Loading and discharge site (where applicable)
- Emergency procedures
Current HSSE&SP Control Framework requirements:

- For Drivers: a JMP is required when total driving time during a day or a person’s shift is over 4.5 hours.

- For Professional Drivers: Implement a JMP where a security assessment or local Risk Assessment identifies such a control to be necessary.

- In Road Safety High Risk Countries: Implement a JMP where a security assessment or local Risk Assessment identifies such a control to be necessary.
- Challenge the need to drive and transportation mode(s).

- Execute journeys in line with agreed JMP; comply with the control measures as documented in the JMP (e.g. duty hours, authorised route).

- Advise the Supervisor of any changes in order to update the JMP.

- The passenger is responsible for their own safety and take appropriate action to mitigate the risk. This may include the use of alternative means of transport or be more vigilant when selecting a car/driver.

- Intervene if the journey feels unsafe or if the driver is driving unsafe, is speeding, is fatigued, etc.
Protect yourself against a fall when working at height

Why is this rule important and what incidents have we had related to relate it to in road transport.
As a driver you may violate the working at height LSR by climbing on the vehicle or load if the height is greater than 1.8m (6’).
Verify isolation before work begins and use the specified life protecting equipment

Why is this rule important and what incidents have we had related it to in road transport?
As a driver inspecting the under carriage of the vehicle may be required – never go underneath the vehicle while the engine is running, ensure the vehicle is isolated from being started or a LSR has been violated.
No alcohol or drugs while working or driving

You should…

✓ Always inform the Supervisor or the Person in Charge if you are taking medicine that may have an affect on your performance

✓ If in doubt always check with your Supervisor or the Person in Charge who may seek medical advice

✓ Not use, keep, sell or distribute illegal drugs

✓ Intervene if you see a case of alcohol or drugs abuse