

COMPANY SHE RULES

- 1 Always follow instructions from your supervisor- do not take chances.
- 2 Always report unsafe acts or conditions directly to your supervisor or Safety Representative.
- 3 Always use the protective equipment and clothing issued to you.
- 4 Report all injuries before the end of your shift, no matter how minor they may be.
- 5 Do not fool around while working- practical jokes can be dangerous.
- 6 Do not drink alcohol or use drugs at work and do not report to work intoxicated.
- 7 No dangerous weapons are allowed in any work area.
- 8 No physical assault, fighting or intimidation is allowed in any work area.
- 9 Do not use plant or machinery if you are not authorized to do so.
- 10 Report all defects on tools, equipment and machinery to your supervisor.
- 11 Always use the right tools, machinery or equipment for the job.
- 12 Never take short cuts, always use the access provided.
- 13 Obey all safety signs and notices.
- 14 Return all safety equipment back to the person who issued it to you.
- 15 Keep your work area clean, neat and tidy- a tidy project is a safe project.
- 16 Never misuse, abuse or alter safety devices on plant machinery or equipment.
- 17 Never lift heavy objects alone-rather ask someone to assist you. Use lifting equipment if necessary.
- 18 Keep electrical tools and equipment away from water and do not use them in wet conditions.
- 19 Do not throw tools, equipment or materials from any height.
- All edges and openings must be barricaded. Do not tamper with or remove barricading without permission.
- 21 Do not pollute or damage the environment- use the facilities provided for you.
- 22 Stay alert, follow the rules and protect yourself, other workers and visitors from accidents
- 23 If you are unsure about your safety then ask your supervisor.



ACKNOWLEDGEMENT OF SHE RULES TRAINING

DATE:			
TOPIC:	SHE RULES		
PRESENTER:			
I HEREBY CON	FIRM THAT THE ABOVE	SHE RULES WAS DISCUSSED	WITH AND EXPLAINED TO ME,
	AND THAT	I UNDERSTOOD THE CONTEN	TS.
	Name	ID Number	Signature
	- Traine	15 Number	Signature
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Presenter Signature:	
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