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	Life Saving Rules	Issue Date: 16/12/14	Author: Steve Milroy

(To be posted on HSQE Notice Boards for a Period of 1 MONTH from date of issue)

Background

Network Rail Lifesaving Rules are at the heart of the safety vision – **everyone home safe every day** – as a result of ongoing commitment to eliminate all injuries and fatalities in Network Rail and the industry.

The revised Rules (Below) puts learning into action and ensures they are fit for today's railway. As the industry evolves the Life Saving Rules must evolve too.

We all have a responsibility to comply with the Lifesaving Rules and to personally intervene if we feel others may be working unsafely. As a priority, please make sure that you, your colleagues and your direct reports are aware that, if you are working at Network Rail, using hands-free mobile phones while driving is no longer allowed.

The evidence to support the change to the Rule around the use of hands-free phones is clear:

using hands-free while driving is more dangerous than being under the influence of alcohol or certain drugs.

Nearly half of the fatalities in our industry have been whilst driving. Speed has also been a significant component,

You'll notice an increased emphasis on personal responsibility for safe behaviour. Safe behaviour is a requirement of working at Network Rail and that means not just taking responsibility for our own behaviour, but also intervening when we feel the behaviours of others may be unsafe.

The third big change is the amalgamation of plans and permits rules. This is in readiness for the delivery of Planning & Delivering Safe Work which will replace Safe System of Work Packs (SSOWPs) and, through pioneering technology and new roles, have a transformational impact on safety and performance.

The Lifesaving Rules underpin safety values and vision, they are for everyone; whether you are office based or work on the front line.

Working responsibly



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



Always use equipment that is fit for its intended purpose.



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



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

Driving



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.

Working with electricity



Always test before applying earths or straps.



Never assume equipment is isolated – always test before touch.

Working at height



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

Working with moving equipment



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