



Lifesavers

**Your Lifesavers
Pocket Book**



Published October 2021



Personal Commitment Statement to the Hunter Water Lifesavers

The Hunter Water Lifesavers are a set of minimum lifesaving behaviours related to high risk activities. We all must understand and abide by the Hunter Water Lifesavers to keep ourselves and our workmates safe.

Let's all work between the flags.

We all must commit to making the safe choices and when we see anyone putting themselves at risk - we do something. We never look the other way. We save a life today!

We are all fully empowered to safely stop any activity that does not align with the Lifesaving behaviours.

Please carry this Lifesaver pocket book or the Lifesaver mobile app at all times and use this information in pre-task risk assessments and safety interactions.

The Hunter Water Lifesavers support the more detailed Hunter Water WHS procedures called the Fatal Risk Standards.



Risk Management / Situational Awareness

I will always stop and think before attempting a task.

- // Consider the hazards, risks and controls associated with task using the Pre-Task Risk Assessment (HWC: Take 5 or On Site 3 in 1), Work Instructions and Safe Work Method Statements
 - conduct a 360 degree scan of the job
 - communicate hazards and risks with my teammates
 - not be complacent with my safety and the safety of others
 - be careful of "mind drift"
 - manage my fatigue to make better decisions
 - recognise how stress affects my Situational Awareness
 - listen to my "gut instinct"
- // Implement the required permits and checklists for high risk tasks
- // Be situationally aware. Consider the following prompts. I will:
 - use all of my senses to identify hazards and risks



Airborne Contaminants / Explosive Atmospheres

I will always consider dust and other airborne contaminants related to the task.

- // Treat suspected asbestos materials as such until confirmed otherwise
- // Always wear the required PPE including skin, eye and respiratory protection
- // Control silica dust from sources such as road base and concrete cutting by water suppression and respiratory PPE
- // Use gas detector to check the Lower Explosive Limit (LEL) for any hot work near sewer installations / flammable chemical storage areas



Confined Space

I will implement all of the required controls for confined space tasks.

- // Only undertake confined space work if trained and competent
- // Complete a confined space entry permit referencing a Rescue Plan for each confined space entry task
- // Test the atmosphere at the top, middle and bottom of the space, and conduct continuous monitoring
- // Ensure rescue and safe access equipment is set up prior to entry as per Rescue Plan
- // Ensure standby person maintains the entry log and clear communication with entry personnel



Electrical Safety

I will always protect myself and others from electrical hazards.

- // Inspect portable electrical equipment to ensure it is serviceable, tested and tagged
- // Ensure power tools are protected by a Residual Current Device (RCD)
- // Only competent and authorised electrical tradespeople can complete electrical work
- // Fit an electrical warning device and earth bridging straps to metallic water and sewer pipes when cutting or separating pipe
- // Immediately report all electric shocks to the workgroup leader
- // Wear the required PPE for arc flash and electrical work

Electricians

- // "Test before you touch."
Assume that electrical equipment is live until proven otherwise using approved verification method (CAT-IV rated multimeter)
- // Obtain High Voltage (HV) permits for all HV work



Excavation and Trenching

I will always dig safely and not enter unstable / unprotected excavations.

- // Prior to excavation, investigate for underground services by implementing the 5P's of Safe Excavation. Refer to Underground / Overhead Services Lifesaver
- // Isolate services which have the potential to engulf the excavation or contaminate the atmosphere
- // Ensure the stability of excavations over 1.5m deep by benching, battering or using shoring techniques
- // Not compromise excavation stability by placing spoil or operating vehicles within the zone of influence
- // Consider the impact of the excavation on the stability of nearby structures
- // Implement a safe method for access and egress
- // Secure unattended excavations to prevent unauthorised access
- // Safe access and egress must be in place
- // Consider Confined Space and Prevention of Fall controls



High Pressure Water Jetting

I will always implement controls to protect from high pressure water jetting injuries.

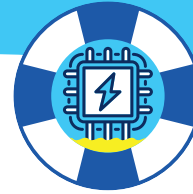
- // Set up site to protect myself and others including the public
- // Conduct daily pre-start checks on jetting equipment including pump motor, hoses, emergency stops and nozzles
- // Ensure the remote control remains with the hose operator at all times
- // Wear jetting PPE including high impact face shield
- Sewer Shaft Jetting**
 - // Ensure the minimum safety controls are always used including the rubber safety mat (planted by operator's foot), marking the hose with tape at the shaft joint + 1m and using nutted fittings for all hose joins
- Sewer Mains Jetting**
 - // Ensure the minimum safety controls are always used including the use of tiger tail and manhole protective grate including hose roller



Hot Work

I will always consider workers, community and the environment when performing hot works.

- // Seek supervisor approval for hot works on "High" or above fire danger days. Seek group manager approval for hot works during total fire bans
- // Prepare the ground (wetting, shielding...) and maintain fire suppression controls
- // Maintain a fire watch for at least 30 minutes after the completion of hot works
- // Check the Lower Explosive Limit (LEL) for any hot works near sewer structures / chemical storage areas



Isolation of Energy Sources

I will always identify, control and verify safe energy sources.

- // HWC document simple isolations using the Take 5 or On Site 3 in 1 risk assessment
- // Use a written isolation plan developed by an isolation planner for complex isolations
- // As a protected person, always apply my red lock to the hasp or group lock box before starting work for lockout isolations
- // Tag faulty or unsafe equipment Out of Service. Attach a Warning tag to temporarily changed or modified equipment
- // Never penetrate a surface until the presence of any services in walls, floors or ceilings has been confirmed

Electricians

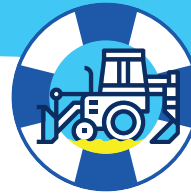
- // Always perform full current isolations and "test before you touch" to verify the isolation



Lifting Operations

I will only complete lifting operations when people are clear of the line of fire/load shadow.

- // Never position any body part under a suspended load or stand in the load shadow
 - // Keep the load in view and maintain a travel path (line of fire) clear of people
 - // Complete pre-start check of load shifting machinery and lifting gear
 - // Operate load shifting machinery within the Maximum Rated Capacity (MRC) and in accordance with safe lifting procedures / plans
 - // Only use trained and competent persons to operate lifting and load shifting machinery
 - // A trained and competent Dogger must be used if judgement is required to:
 - SELECT slinging methods and suitable lifting gear
 - INSPECT lifting gear, or
 - DIRECT the load when out of sight of the plant operator
- A Dogger is not required (as per SafeWork Australia High Risk Work - Dogging Info Sheet) if:
- A Safe Lifting Procedure is developed by a competent person, which includes load weight range, lifting points, lifting gear selection and slinging methods and a lifting gear inspection / tag system
 - The load remains in sight of the plant operator at all times
 - Workers are trained and have demonstrated competency in the Safe Lifting Procedure



Mobile Equipment

I will operate or work around mobile equipment only if all persons are outside the line of fire.

- // Ensure pedestrians stay at least 3m outside the line of fire when working with mobile plant
- // Adhere to strict protocols where work within the operating radius is necessary, including maintaining a clear line of site, clear communication, signalling and eye contact
- // Never approach plant until communicating with the operator, and ensuring plant is parked safely with implements on the ground
- // Confirm all pedestrians have vacated the plant operating radius before recommencing work
- // Wear a seat belt where fitted when operating mobile plant
- // Complete a pre-start safety inspection for each shift
- // Use only trained and competent persons to operate mobile equipment



Power Tools

I will select and operate power tools safely, wearing all required PPE.

- // Only complete pipe and concrete cutting in accordance with the Hunter Water Power Saw Task Selection Standard
- // Confirm power tools are fitted with original manufacturer's safety guards and handles
- // Always wear eye protection including high impact face shields for grinders / powered saws
- // Ensure power tools are intrinsically safe before using them in hazardous atmospheres



Prevention of Falls

I will always manage the risk of falls and protect others from dropped objects.

- // Apply the hierarchy of control when planning for Work at Height:
 1. **Eliminate** via design and innovation
 2. **Substitute** use alternate materials and work methods
 3. **Isolate** fence or handrail. Consider passive fall protection for temporary tasks (barriers, bunting etc) >2m from edge for ground <15° slope
 4. **Fall protection**
 - Work positioning - scaffold, mobile elevated work platform
 - Restraint technique
 - restraint lines
 - Limited free fall arrest
 - inertia reels
 - Free fall arrest
 - shock absorbing lanyards
- // Permanent anchor points must be rated, inspected and tagged. Temporary anchor points i.e. structural beams / static lines must be assessed by a competent person
- // Create a controlled drop zone if there is risk of falling objects
- // Unattended fall zones must be protected using controls such as secure fencing and covers
- // Use portable ladders and building stairs safely:
 - Extension / single ladders - permitted for access, egress and short duration tasks maintaining 3 points of contact. Ladders must be set up at 4:1 angle and secured or footed by second person
 - Step ladders – never stand higher than second tread below top plate. Platform ladders are preferred
 - Electricians use non-conductive ladders for electrical work
 - Industrial ladders must be rated and never overloaded
 - On stairs, hold handrails and do not carry heavy or awkward objects
- // Harness lanyards must be attached to an anchor point or the restraint line



Safe Driving and Road Transport

I will always drive motor vehicles and trucks defensively and ensure my load can not harm others.

- // Wear my seatbelt and do not speed
- // Complete pre-start checks and maintain vehicle maintenance servicing schedule
- // Apply truck loading exclusion zone / driver safe zone principles when loading trucks - if you cannot see the driver in the safe zone you cannot load
- // If a load arrives and appears unstable, conduct a risk assessment to safely contain the load prior to the removal of load restraints
- // Ensure truck loads are properly restrained or contained in accordance with the Hunter Water approved Load Restraint Guidelines and National Road Transport Commission – Load Restraint Guide
- // Cover and contain tools, equipment and materials on utility style vehicles
- // Comply with the NSW Government, Hunter Water and Delivery Partner blood alcohol concentration (BAC) and other drug rules. Always stop, revive, survive. Comply with rules for use of mobile devices in vehicles



Traffic Control

I will always set up my worksite to protect people from vehicle and pedestrian traffic.

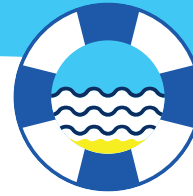
- // Select and apply the approved Traffic Control Plan (TCP) or identify exempt scenarios
- // Engage a specialist traffic control provider where Hunter Water published TCPs are not utilised
- // Set out traffic control signs and devices by placing the farthest controls out first and working back towards the work site
- // Always stand clear of traffic and not turn my back



Underground / Overhead Services

I will always look up and live and only penetrate ground using the 5P's of excavation.

- // Look up and live - maintain safe approach distances from overhead services and use trained spotters where required
- // Demarcate overhead power using visual controls such as Blue Cones, Tiger Tail, Flagging etc
- // Penetrate ground safely ensuring the 5P's are followed:
 - **Plan** Obtain and understand the Dial Before You Dig (DBYD) report
 - **Prepare** Review the DBYD, locate the asset using electronic scanners and mark out
 - **Pothole** Establish the exact location of the asset and verify direction
 - **Protect** Mark the location of exposed infrastructure and protect assets from damage while digging or working within the excavation
 - **Proceed** Only proceed with your excavation when you have implemented the four above P's
- // Always use a spotter when excavating and stop / check if ground conditions change or warning tape is exposed



Work In, On or Around Water

I will always implement controls to prevent drowning and engulfment.

- // Risk assess work in / on water and never breach perimeter barriers
- // Isolate and de-energise systems where there is a risk of entrapment, engulfment or drowning
- // Abide by exclusion controls for water hazards including reservoirs, dams, ponds, and settlement and aeration tanks
- // Wear Personal Flotation Devices (PFD) and have available rescue equipment where there is a risk of fall into water

The 60-second investment

A daily maintenance sequence for your body.



HIP PIVOT
5 reps

SEMI SQUAT
5 reps

MOVE® SQUAT
1 rep



STAR GAZE + CAT ARCH
1 rep

MOVE® SQUAT
1 rep

PIVOT + TWIST
5 reps

Notes

The word "Lifesavers" is written in a bold, sans-serif font. The "L" is white, and the "ifesavers" is dark blue. A stylized human figure with arms raised is integrated into the "L". Two Indian national flags are positioned above the "e" and "s" respectively.

Lifesavers



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