



The Hess Rules



ENERGY ISOLATION

Verify isolation and zero energy before work begins.



LIFTING & HOISTING

Plan lifting operations and control the area.



WORKING AT HEIGHTS

Protect yourself against a fall when working at height.



CONFINED SPACE ENTRY

Obtain authorization before entering a confined space.



HOT WORK

Control flammables and ignition sources.



EXCAVATION & TRENCHING

All excavation and trenching work greater than 4 ft (1.2 meters) deep requires written approval.



LAND TRANSPORTATION

Follow safe driving rules.



SAFETY SYSTEM BYPASS

Obtain authorization before overriding or disabling safety controls.



LINE OF FIRE INCLUDING DROPPED OBJECT PREVENTION

Keep yourself and others out of the line of fire.

