

# The Hess Rules



## ENERGY ISOLATION

*Stored energy sources shall be identified, isolated, tested and communicated to appropriate personnel before work shall proceed.*



## LIFTING & HOISTING

*Lifting and Hoisting operations shall be correctly planned, thoroughly risk assessed and carried out by qualified personnel using certified equipment which has been pre-use inspected and is appropriate to the lifting operation it will be used on.*



## WORKING AT HEIGHTS

*Personal fall protection equipment shall be worn when working 6 feet (1.8m) or higher above ground.*



## CONFINED SPACE ENTRY

*Confined spaces shall not be entered unless authorized by written permit.*



## HOT WORK

*A written work permit is required for all hot work outside of designated safe areas.*



## EXCAVATION & TRENCHING

*All excavation and trenching work greater than 4 feet (1.2m) deep requires written approval.*



## LAND TRANSPORTATION

*Identify all driving threats associated with motor vehicle activity prior to putting motor vehicle in motion.*



## SAFETY SYSTEM BYPASS

*Authorization shall be attained before bypassing safety systems.*



## DROPPED OBJECT PREVENTION

*Appropriate precautions shall be taken in every task to identify, eliminate or control potential dropped objects.*

