

2018

# LIFE SAVING RULES

Toolbox Talk  
Fit for Duty



ENERGY  
SAFETY  
CANADA

SETTING THE STANDARD IN OIL AND GAS SAFETY

## OUTLINE

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- 10 Life Saving Rules
- Description of Fit for Duty Rule
- Additional Guidance
- Roles & Responsibilities
- Example Violations
- Related Life Saving Rules
- Summary



# ENERGY SAFETY CANADA'S 10 LIFE SAVING RULES



**CONFINED SPACE**



**WORKING AT HEIGHT**



**WORK AUTHORIZATION**



**ENERGY ISOLATION**



**LINE OF FIRE**



**BYPASSING SAFETY CONTROLS**



**DRIVING**



**HOT WORK**



**SAFE MECHANICAL LIFTING**



**FIT FOR DUTY**

## FIT FOR DUTY RULE

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- Be in a state to perform work safely
  - I will be physically and mentally in a state to perform my assigned duties
  - I commit to not being under the influence of alcohol or drugs
  - I will inform a supervisor immediately if I or a co-worker may be unfit for work



## ADDITIONAL GUIDANCE

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- Workers or supervisors in an appropriate **physical and mental state** to conduct their assigned duties are:
  - Physically capable of performing the duties (physical demands analysis)
  - Rested (not fatigued)
  - Mentally alert (mind on task)
  - Able to effectively communicate to their supervisor and co-workers
  - Not under the influence of drugs and alcohol

## AS A SUPERVISOR

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- I ensure I know how to recognize the signs of a worker who is not fit for duty
- I ensure I investigate and take action if I have reason to believe a worker may be unfit for work
- I ensure workers are physically capable of completing the assigned duties and have the necessary communication skills
- I ensure workers under my supervision are not subject to harassment or violence, as that may impact their fitness for work
- I ensure harassment or violence incidents are investigated and corrective action is taken

## AS A WORKER

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- I notify my employer of any medical condition that may influence my ability to perform work safely
- I notify my employer if I am using over-the-counter medications that may influence my ability to perform work safely
- I am not under the influence of legal or illegal drugs, alcohol, or substances that influence my ability to perform my assigned duties
- I do not participate in harassment or violence, and I notify my supervisor if I observe these unacceptable behaviours
- I ensure any physical or mental limitations are identified and communicated to my supervisor for effective management
- I notify my supervisor if I or another co-worker may be unfit for work

## EXAMPLE VIOLATIONS

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- A worker or supervisor participates in or knowingly condones workplace harassment
- A worker or supervisor fails a drug or alcohol test
- Using illegal drugs at site
- A worker or supervisor is taking prescription medication or over-the-counter medication that is likely to affect their performance and have not disclosed this to their employer
- An unfit worker is observed but not reported



# RELATED LIFE SAVING RULES



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## SUMMARY

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- Know your role and responsibilities in relation to the Fit for Duty rule
- Notify your supervisor immediately if you are unsure about how to comply with this rule in your work environment
- If you see a potential violation of the Fit for Duty rule, intervene – it could be the last chance to prevent a fatality
- Consistent application of the Life Saving Rules equates to saved lives
- These rules are essential to achieving industry's shared vision: zero injuries, zero incidents

# QUESTIONS?