

When Life Saving / Golden Rules are Followed, One is Assured to go Home Safely



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GOLDEN



ADventure Offshore aims to become the preferred crewing/ship manager in the marine industry.

Guided by best practices in the industry, and some of our clients, we have set out 12 Key Essential rules to raise safety awareness of our crew managed vessels. To support our aim, ADventure Offshore is committed to deliver and maintain Operational Excellence.

With a continuous and strong focus on Risk and Safety Management, ADventure Offshore is introducing a set of rules that consolidate our existing safety standards and are dedicated to preventing harm to people: the 12 Life Saving Rules.

Safety in ADventure Offshore is a core value. The Life Saving Rules enhance personal awareness

of the risks with highest potential severity to our seafarers and all people involved in our

operations. Each Life Saving Rule has objectives:

- Develop personal safety awareness;
- Prevent unsafe acts or situations;
- Comply with rules and procedures.

ADventure Offshore's Life Saving Rules support customer equivalents. Together we can work to achieve zero fatalities or high impact incidents



## **TASK PLANNING**

A lot of factors can impact the safety of a task, each operation needs to be planned in advance. Carefully consider your environment- both the work force and material - in order to plan a task with optimal safety. Ensure each step of the plan is followed.





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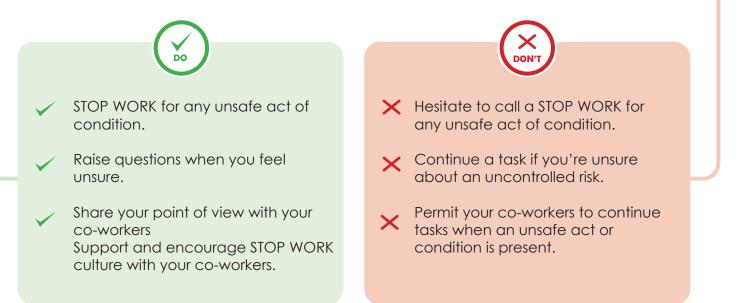
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#### **STOP WORK AUTHORITY**

During any operation, be critical regarding the situation. If you notice anything that presents a risk for safety, you have the authority to STOP WORK. It is better to have a delay than an accident





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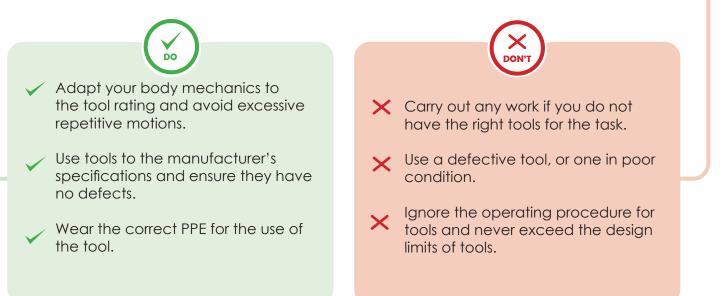
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## **USE OF TOOLS**

Poor body mechanics can result in an injury when using tools or handling an object. The task to be performed must be evaluated and risks assessed. Precautions must be taken to when using powered or hand tools.







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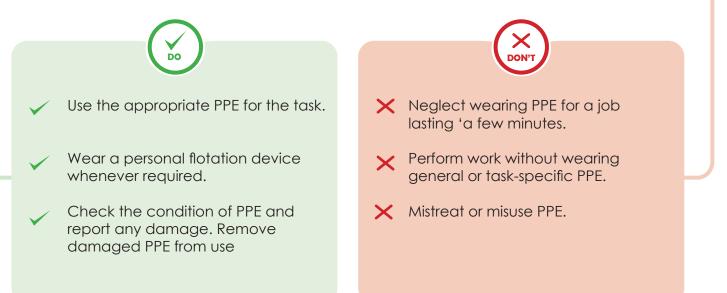


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# **PERSONAL PROTECTIVE EQUIPMENT**

In your job, you're often exposed to a large number of hazards. Personal Protective Equipment (PPE) is the last barrier which provides a protective measure against such hazards





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#### MANUAL HANDLING

You will face situations when manual handling is required. Can you do it by yourself? Do you need help from anyone else or from a mechanical device? Consider the route if you are carrying an item, the set-down area and weather conditions: all may introduce hazards into the task and you must plan ahead.





- Manually handle when the task can be conducted another way.
- Forget about pinch-points and other hazards to hands and feet.
- Use your back instead of your legs when lifting loads and don't twist or stretch your back when carrying loads.



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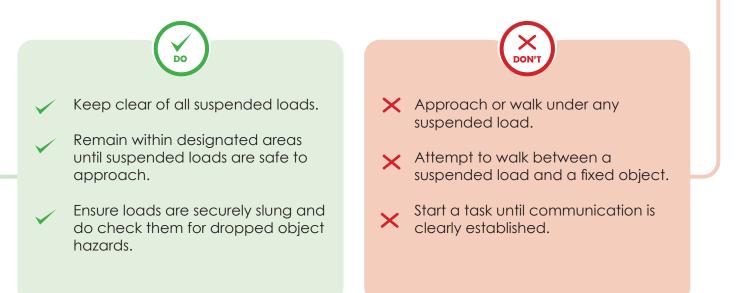
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**CLEAR DECK** 

Whenever people are engaged in, or in the vicinity of operations involving a suspended load, we respect and comply with the 'Clear Deck Policy'.





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# **ALCOHOL AND DRUGS**

Alcohol and drugs have no place in any workplace. Misuse of alcohol and drugs can create personal health issues. The effects can last for hours, days or longer, placing individuals and other people at higher risk.





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#### **CONFINED SPACE**

Confined space entry is highly hazardous without elective controls in place. Risk assessment, permit to work and rescue planning must be in place before starting any confined space entry. You may only enter a confined space when all other options have been assessed and there is sufficient reason to enter the confined space.





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#### **ISOLATION**

Sources of energy to equipment and machinery can be fatal if not correctly controlled. Effective controls include risk assessment, permit to work and a plan to ensure any isolation needs are identified, sequenced, tagged and locked when necessary. These control measures must be in place before.







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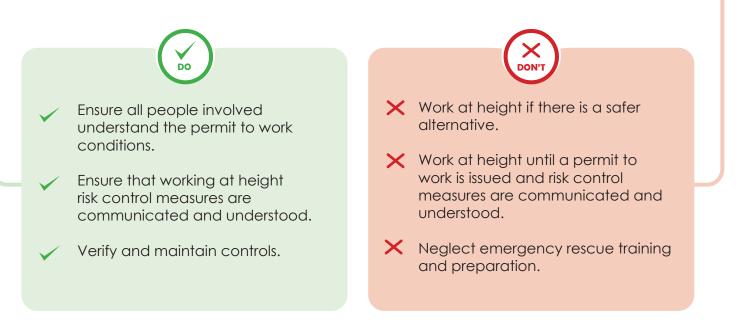


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# WORKING AT HEIGHT & DROPPED OBJECTS

If people work at height there are potential high severity risks such as falling or dropping objects onto coworkers. Effective controls such as risk assessment and permit to work must be in place before working at height. People should only work at height when all other options have been assessed and there is sufficient reason to work at height.





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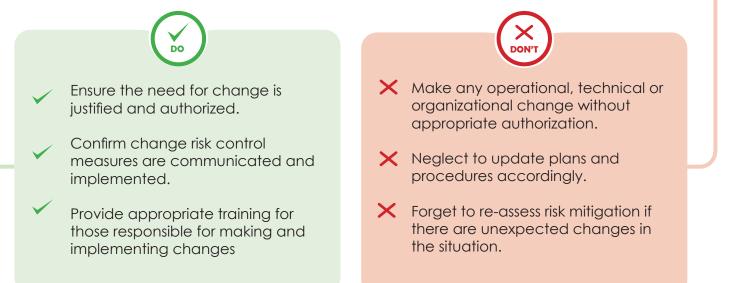
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# **MANAGEMENT OF CHANGE**

Uncontrolled changes can introduce risk of undesired events and outcomes, including risks to health and safety. Operational, technical and organizational changes must undergo risk assessment. This is applicable to changes affecting onboard/ashore equipment, safety systems or devices; changes to procedures, planned operating conditions or safety parameters; changes in personnel, especially any safety-critical positions.





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## **REPORT ALL INCIDENTS**

When incidents happen, we must ensure that the causes can be identified and corrected and the learnings shared. This way, we can best ensure the incident doesn't happen again. This is why it is always necessary to report and investigate incidents.

