



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.

