

# 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.

