

OBSRDL034

## Life-Saving Rules

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**Duration** 30 Minutes

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**Target group** Oil and Gas Industry

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**Prerequisites** No prerequisites are required to sit this course.

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**Objective**

- LO1: Summarise the Life-Saving Rules, and why we have them
- LO2: Explain Life-Saving Rule 1 - Bypassing Safety Controls
- LO3: Explain Life-Saving Rule 2 - Confined Space
- LO4: Explain Life-Saving Rule 3 - Follow Safe Driving Rules
- LO5: Explain Life-Saving Rule 4 - Energy Isolation
- LO6: Explain Life-Saving Rule 5 - Hot Work
- LO7: Explain Life-Saving Rule 6 - Line of Fire
- LO8: Explain Life-Saving Rule 7 - Safe Mechanical Lifting
- LO9: Explain Life-Saving Rule 8 - Work Authorisation
- LO10: Explain Life-Saving Rule 9 - Working at Height
- LO11: Describe how you can proactively implement the Life-Saving Rules

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**Contents**

The aim of this course is to provide a solid understanding and awareness of each the 9 Life-Saving Rules, by demonstrating their importance in the workplace. You will also learn about some of the ways in which you can proactively implement the Rules, and encourage others to follow them, helping to prevent avoidable accidents and incidents.

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**Exam**

This course is CPD approved. The assessment is taken during the course and is within the expected duration.