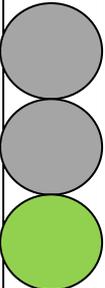
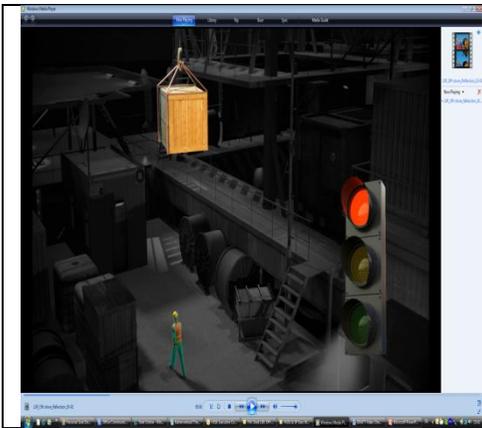
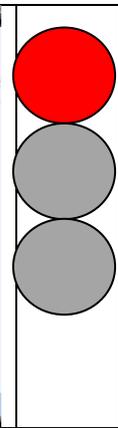
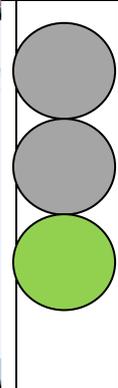
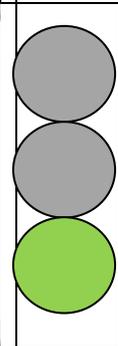


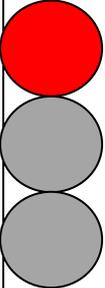
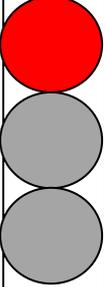
Video Reflection Guide – Offshore Reflection Video

The following screenshots of the reflection video are intended to help you understand what can be observed in the video. It repeats the messages of each Life Saving Rule incorporated in the video. In preparation for the engagement session with your team, you are encouraged to prepare by watching the video a few times before going into the engagement session with the team to familiarise yourself with the content. You can also make your own notes based on your reflection.

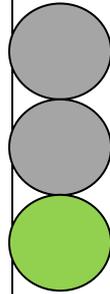
Screenshots	Ok?	LSR	Explanation
 A screenshot from a video showing a worker in a blue uniform and yellow hard hat standing in a designated smoking area. The area is marked with a blue circle containing a white cigarette icon. A red 'no smoking' sign is visible on the wall.	 Three circles are shown vertically. The top two are grey, and the bottom one is green.	 A red circle with a diagonal slash over a black cigarette icon, indicating a no-smoking area.	<p>The rule says “Do not smoke outside designated smoking areas”</p> <ul style="list-style-type: none">• The worker smokes at a designated area• He extinguishes his cigarette before he leaves the area

			<p>The rule says “Do not walk under suspended load”</p> <ul style="list-style-type: none"> • The worker walks under a suspended load • The area should have been barricaded off accordingly
			<p>The rule says: “Conduct gas testing when required”</p> <ul style="list-style-type: none"> • During the welding scene a gas meter is in place indicating the air is tested • A permit to work is in place
			<p>The rule says: “Protect yourself against fall when working at height”</p> <ul style="list-style-type: none"> • The worker on the scaffolding is tied off properly • A permit to work is in place

			<p>The rule says: “Verify isolation before work begins and use specific life protecting equipment”</p> <ul style="list-style-type: none"> • One of the valves is still open whilst the permit to work is ready to sign
			<p>The rule says: “Conduct gas testing when required”</p> <ul style="list-style-type: none"> • The gas meter is indicating air is not tested whilst the permit to work is ready to sign
			<p>The rule says: “Work with a valid work permit when required”</p> <ul style="list-style-type: none"> • Knowing that one of the valves is still open and air is not tested by the gas meter, the work permit isn't valid

			<p>The rule says: “Work with a valid work permit when required”</p> <ul style="list-style-type: none"> • Seeing that the supervisor signs off the permit without checking correctness and verifying the permit, it is not safe to start the work • Focus at this point about the importance to ensure a work permit is valid by being filled out correctly and verified seriously
			<p>The rule says: “Obtain authorisation before entering a confined space”</p> <ul style="list-style-type: none"> • The tank is entered whilst one of the valves is still open and air is not tested by the gas meter
		<p style="color: green; text-align: center; font-weight: bold;">INTERVENTION</p>	<ul style="list-style-type: none"> • The worker on ground-level intervenes with his colleague as it is observed that the working at height rule is not followed. • The person on the scaffold his error recognizes and is thankful for the intervention

			<p>The rule says: “Protect yourself against fall when working at height”</p> <ul style="list-style-type: none"> • The worker stands on a scaffold which is not safe; i.e working without being properly harnessed
			<p>The rule says “Do not walk under suspended load”</p> <ul style="list-style-type: none"> • The worker passes by the barricaded area and does not observe the moving pipes above him
		<p style="color: green; text-align: center;">INTERVENTION</p>	<ul style="list-style-type: none"> • The worker in the background intervenes with his colleague as it is observed that rule of not walking under suspended load is not followed. • The person stops walking, steps back and is thankful for the intervention



- These are the Rules that save lives
- If you observe something going wrong, your intervention is key
- You might have recognized that the person being not compliant is sometimes not the only one being responsible for it
- Therefore it is important that every violation is reported to investigate the root cause and to help prevent similar situations from happening again