



THIS CERTIFIES THAT

**Stephanie Messervey**

Has successfully completed the course  
requirements for **Life Saving Rules**

You are expected to develop and maintain a clear understanding of RothLochston's Life Saving Rules and to comply with them at all times. You are required to actively subscribe to these rules. Adherence to these Life Saving Rules is a condition of employment.

- Do not walk under a suspended load
- Follow prescribed lift plan
- Do not consume or be under the influence of alcohol or drugs while working
- Obtain authorization before entering a confined space
- Position yourself in a safe zone in relation to moving and energized equipment
- Prevent dropped objects
- Protect yourself against a fall when working at heights
- Verify isolations before work begins and use the specified life protecting equipment
- Work with a valid work permit when required

February 7, 2023  
**DATE COMPLETED**