



IL & MO

Rules to Live BY

- **Use Fall Protection, as required.**
- **Follow safe excavation, trenching and confined/enclosed space work practices.**
- **Wear the proper insulating gloves and sleeves, as required.**
- **Check for voltage and follow grounding work policies and practices.**
- **Wear Flame Resistant (FR) apparel, as required.**
- **Follow Workers Protection Assurance (WPA) safe work practices.**
- **Follow blowing gas safety requirements.**
- **Follow safe driving practices – wear seatbelts as required and do not engage in distracted driving.**

Rules to Live By

Ameren Illinois Additional Detail and Reference

The information below is intended to help further explain and provide references for The Rules to Live By to ensure we take all possible precautions to prevent serious injuries and fatalities. The bullet points are not intended to be all inclusive and are to be used in conjunction with the Steps to Injury Prevention.

Use Fall Protection, as required. ([AIC Field Safety Manual Chapter 19: Fall Protection & Prevention Systems](#))

- Wear a full body harness and lanyard when working from an aerial platform.
- Wear a positioning device or Personal Fall Arrest System (PFAS) when climbing poles or other structures.
- Use proper personal fall protection when working 4' or closer to an unprotected side or edge that is 4' or greater to a lower level.

Follow safe excavation, trenching and confined/enclosed space work practices. ([AIC Field Safety Manual Chapter 26: Confined & Enclosed Spaces](#), [Chapter 27: Excavation & Subsurface Work](#))

- Ensure a Competent Person inspects and tests soil for each excavation prior to entering.
- Do not enter excavations 5' or deeper unless protected from cave in by sloping, benching or shoring.
- Provide safe egress (ladder or slope) from excavations of depths of 4' or more.
- Confined/Enclosed Spaces:
 - Utilize pre-entry/continuous air monitoring for oxygen, flammable and toxic gases.
 - Ensure rescue equipment and attendants are readily available for emergencies.

Wear the proper insulating gloves and sleeves, as required. ([AIC Field Safety Manual Chapter 5 Personal Protective Equipment](#), [Chapter 31: Electrical Delivery Operations: General](#))

- Comply with AIC Rubber Glove requirements specified in Chapter 31.
- Wear rubber gloves and sleeves as required when working within the 4' primary zone including energized live-front URD equipment.
- Ensure a qualified observer is present when working within the 4' primary zone.
- Complete visual and air tests prior to using rubber gloves.

Check for voltage and follow grounding work policies and practices. ([AIC Field Safety Manual Chapter 32: Electrical Delivery Operations-Grounding](#))

- Follow AIC Work Methods and Grounding requirements specified in Chapter 32.
 - Isolation method preferred on underground.
 - Equipotential Zone grounding method preferred on overhead.

Wear FR apparel, as required. ([AIC Field Safety Manual Chapter 5: Personal Protective Equipment](#), [O&M Manual](#))

- Wear Ameren-approved FR apparel.
- Follow requirements of the Arc Flash requirements specified in Chapter 5.
- Wear PPE as required by the Working In Gaseous Environment in the O&M Manual.

Follow Workers Protection Assurance (WPA) safe work practices. ([Worker's Protection Assurance](#))

- Follow Work Practices Assurances (WPA) safe practices.
- Use 3-way communication for switching and WPA.
- Radio is the preferred communication method.

Follow blowing gas safety requirements. ([O&M Manual](#))

- Meet all requirements contained within Working In Gaseous Environment Requirements section of the O&M Manual.
- Establish safe zone with particular attention for potential gas migration resulting from damaged facilities related to boring operations.
- Utilize the required PPE, including supplied air-respirator and FR clothing and other protective gear.

Follow safe driving practices – wear seatbelts as required and do not engage in distracted driving. ([AIC Field Safety Manual Chapter 9: Safe Vehicle Operations](#))

- Always follow Safe Driving practices utilizing the Smith 5 Keys when operating Ameren vehicles or equipment including personal vehicles for company business.
- Perform a Circle of Safety, utilize spotters and practice back-in/pull through parking on arrival.
- Follow all requirements for hands-free use of handheld devices where allowed by state law and local traffic conditions.