



Sunrise



swisscom

Safety at Work Instructions

(This document forms an integral component of the contract for works)

Employees of all levels (customer and contractor, or provider and subcontractor) are obliged to ensure their own safety and the safety of their work colleagues by behaving accordingly.

Proof of this must be provided at any time on request.

Employees

- The consumption of alcohol and drugs is strictly forbidden before and during working hours. Employees must arrive fully fit for work
- Installation owner regulations (e.g. BKW, ATEL, EW, SBB) as well as the guidelines and instructions of the operator and SUVA must be followed
- Location access details must be consulted before each visit to the location

Emergencies

- First aid equipment must always be on-site

Problems

- Problems must be reported to the location operator. If there are serious safety deficiencies, the location must be closed and the dangerous area marked accordingly (report to the responsible security officer within 24 hours)
- Accidents/near misses must be reported to the location operator's safety officer

Outdoor workplaces

- Locations must not be accessed in extreme weather conditions (e.g. ice, strong wind, risk of thunderstorms)
- If there is a risk to third parties, cordon off the area and keep strangers away
- When working on masts, time spent in the danger area (e.g. mast base) must be reduced to an absolute minimum. A safe distance must be kept and the danger area observed
- Mains-powered devices must always be connected to fault current protection

Personal protective equipment (PPE)

- All employees are responsible for the safety equipment they have signed for. If parts of the safety equipment are damaged or defective, do not continue to use them under any circumstances, and notify the security officer or the unit manager immediately
- PPE must be maintained on a regular basis. Individual components must be checked by an expert annually
- A safety vest must always be worn around roads, railroad lines and tunnels
- If necessary, wear protective gloves and sunglasses, and use SPF protection

High workplaces

- Masts can only be climbed if a rescue device and at least two people trained in rescue and handling a rescue device are on-site.
- All safety distances must be adhered to
- Masts/ladders cannot be climbed without valid rescue and climbing training and PPE to protect against falls from a height
- If anyone is in poor physical condition or a bad mental state, or if they are afraid or susceptible to dizziness, they are not permitted to climb masts
- In the mast area, there is a general obligation to wear a helmet (helmet with a chin strap)
- Masts can only be climbed if full personal protective equipment is worn (including safety shoes)

- The system user must visually inspect the fall protection device (climbing protection or lifeline system) when starting work. If the device is defective, it must not be used. Defects must be reported to the installation operator immediately in writing using the “Site Closure” checklist
- When climbing up and down, the climbing protection device or the Y-band shock absorber must be used consistently for safety
- If excessive strain is put on the body (due to high climbing height, weight of the material carried, forced posture, shape or size of the available standing areas, etc.), take a break and use a resting platform if necessary
- When working, at least one safety device (not unsecured) must always be available (shock absorber at the attachment point)
- When working from the ladder, the belt shock absorber must be used as the 2nd securing system (when using a Y-belt shock absorber, both legs [pipe/scaffold hooks] must always be attached).
- Attachment points must always be as high as possible above where you are located
- Material and tools on masts must be secured to prevent you from falling if possible. Avoid abrupt lifting and lowering of the load (rope) by carefully guiding the rope and using the brake device. Secure the cable, e.g. with a strap (cable sleeve) to prevent it from slipping
- When climbing and passing through antennas (electromagnetic fields), time spent there must be kept to a minimum
- Always stabilize movable ladders (with the help of an accompanying person or by securing them)

Working in the area of high voltage towers/installations

- High voltage towers and installations may not be accessed without valid EW training (instructed person)
- Access to safety zones 2 (above the equipment platform) and 3 (line diagram) is only permitted in consultation with/accompanied by an EW representative

Working in the track area

- The danger area for railway installations (outermost track + 2.0m) may not be entered without a valid safety plan (safety warden)
- Protective equipment (helmet [orange if possible, but not white], protective goggles, safety vest and safety shoes) must be worn

Taking action in the event of dangerous behavior

Generally, an employee is required to go through the superior of the employee concerned to intervene. If there is an immediate risk to the life and limb of those involved – employees of your own company, an external company or third parties – work must be stopped. In this case, the superiors of those involved and the operator’s safety officer must be notified immediately.

Examples: People who are obviously not trained to work on masts without the presence of a trained, equipped accompanying person/extreme weather conditions/insufficient PPE/etc.

Sanctions

Failure to comply with the safety regulations may result in a warning up to and including instant dismissal. The undersigned confirms that they have received, read and understood the document “Antenna Site Safety at Work”.

They are aware that failure to comply with the regulations may result in sanctions.

Last name/first name in block letters:

Company:

Date/signature: