



HSE BEST PRACTICES GUIDES

Abyss Energy

Where Talent **Powers** Impactful Projects



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INTRODUCTION

WHY THIS GUIDE?

This guide outlines the best practices to apply daily to :

- ✓ **Work safely**
- ✓ **Prevent accidents**
- ✓ **Protect the environment**
- ✓ **Comply with legal and internal Abyss Energy regulations**

WHAT TO DO

Read this guide carefully and follow the instructions

Report any risks or incidents to your Abyss Energy Account Manager
(or via the online form available on our website)



ROAD RISKS

WINTER CONDITIONS RISKS



Accident due to winter conditions
(black ice, snow, poor visibility).

BEST PRACTICES

- | | | |
|---|-------------------------|---|
| ✓ | Drive smoothly | Avoid sudden acceleration or braking. |
| ✓ | Reduce speed | 80 km/h (instead of 90) outside urban areas.
100 km/h (instead of 110) on ring roads.
110 km/h (instead of 130) on highways. |
| ✓ | Anticipate hazards | Scan ahead for dangerous zones
(curves, descents, roundabouts) |
| ✓ | Increase distance | At least 50 m in poor visibility for safety distances. |
| ✓ | Low beams | Use low beams if visibility < 50m. |
| ✓ | Take main roads | Prefer main roads (cleared of snow)
Follow detours |
| ✓ | Winter service vehicles | Never overtake winter service vehicles |
| ✓ | Stay in your vehicle | If stuck wait for emergency instructions. |



ROAD RISKS

PHONE USE



Slower reaction

Longer braking distance.

Lower environmental awareness.

Lack of concentration

Difficulty maintaining lane/speed.

Reduced field of vision.

Increased stress.

IN CASE OF ACCIDENT



Secure the area

Wear a high-vis vest

Place a warning triangle



Call emergency services 112 in Europe.

Local emergency number abroad.

Notify your Abyss Energy Account Manager

BEST PRACTICES



Avoid Temptation

Store it out of reach

If needed, hand it to a passenger

Turn off your phone or Switch to silent mode



Inform contacts

You'll be unreachable.



Take breaks

To check calls/messages



FIRE RISKS

TYPE AND FIRE RISKS (offices, workshops, sites)



Electrical Fires
Power strips
Appliances



Chemical Fires
Solvents,
Aerosols

IN CASE OF FIRE



Raise the alarm

Shout "Fire!" or trigger the alarm



Evacuate calmly

Follow posted escape routes



Intervene only if trained

Water extinguisher → Wood, paper.
CO₂ extinguisher → Electrical fires.

BEST PRACTICES



Unplug appliances at the end of the day.



Keep emergency exits clear.



NEVER Overload power strips.



NEVER Store aerosols near heat sources.



CHEMICAL RISKS

TYPE OF CHEMICAL RISKS



Burns

Soil/water pollution from leaks

Poisoning

Violent reactions

IN CASE OF A SPILL



Stop the source.



Secure the area (barriers, signs)



Absorb with an anti-pollution kit.



Notify the HSE manager.



Dispose via an approved channel.

BEST PRACTICES



Wear PPE: nitrile gloves, goggles, mask if needed.



Check labeling (GHS pictograms, SDS availability).



NEVER

Transfer chemicals without clear labeling.



NEVER

Mix unknown substances.



ENVIRONMENTAL RISKS

TYPE OF ENVIRONMENTAL RISKS



Long-term soil/water pollution

Fines for improper waste sorting

BEST PRACTICES



Waste sorting

General waste (DIB): clean packaging

Soiled waste (DISS): rags, solvents

Hazardous waste (DTQD): batteries, bulbs



Store chemicals in a ventilated, locked cabinet



NEVER

Dispose of chemicals in drains or regular trash

IF ANY DOUBT



Ask the site HSE manager
Or notify Abyss Energy via the online form





MISSIONS

PPE

PERSONAL PROTECTIVE EQUIPMENT

Chemical handling

- ☒ Nitrile Gloves
- ☒ Goggles
- ☒ Mask

Pollution cleanup

- ☒ Coverall
- ☒ Boots
- ☒ Gloves

Noise > 80 dB

- ☒ Earplugs
 - ☒ Earmuffs
- Work at height
- ☒ Harness
 - ☒ Safety shoes



Check PPE condition before each use.
Report damaged PPE to the HSE manager.



LEGAL REMINDER



NO SMOKING

DON'T EAT AT WORKSTATIONS

NO ALCOHOL/DRUGS



RIGHT TO REFUSE UNSAFE WORK (ART. L4131-1)

OVERSEAS MISSIONS



Vaccination updated

Ensure vaccinations are up to date to travel.



First-aid Kit

Carry a basic first-aid kit with prescriptions.



Emergency numbers

Save local emergency numbers in your phone.



ERGONOMIC RISKS

(MSDs – Musculoskeletal Disorders)

MUSCULOSKELETAL DISORDERS

MSDs

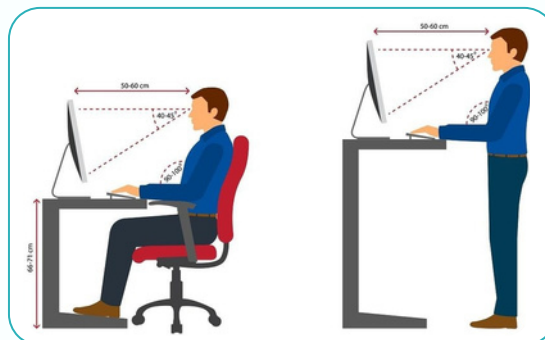
BACK PAIN

TENDONITIS

EYE STRAIN

SITTING POSTURE

- ✓ Keep back straight
- ✓ Screen at eye level
- ✓ Feet flat



MANUAL HANDLING

- ✓ Keep load close to your body
- ✓ Bend knees
- ✓ Ask for help if > 15 kg

GESTES ET POSTURES : PORT DE CHARGES

SOULEVEZ EN MÉNAGEANT VOTRE DOS

- Placez-vous au-dessus de la charge en l'encadrant de vos pieds.
- Descendez en pliant vos jambes pour saisir la charge.
- Remontez à la force de vos jambes et de vos coudes tout en gardant la charge près de votre corps.
- Gardez votre dos bien droit à chaque mouvement.



TRANSPORTEZ VOTRE CHARGE

- Transportez votre charge les bras tendus, en gardant toujours la charge près de votre corps.
- Utilisez les moyens de manutention mis à votre disposition.
- Poussez les charges au lieu de les tirer.



DÉCHARGEZ VOTRE CHARGE

- Utilisez un réhausseur si l'emplacement de rangement est trop haut.
- Ne vous mettez pas sur la pointe des pieds pour déposer la charge.
- Si le dépôt se fait au sol, baissez-vous en pliant les jambes et en gardant le dos bien droit.



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RECHERCHES
ÉVALUATION



EMERGENCY

EMERGENCY PROCEDURES

Workplace accident

- ✓ **Secure**
- ✓ **Alert (15/18/HSE)**
- ✓ **Provide first aid**
(only if trained)

Medical emergency

- ✓ **Lay the person down**
- ✓ **Alert**
- ✓ **Stay with them**

Accidental pollution

- ✓ **Stop the source**
- ✓ **Identify**
- ✓ **Wear PPE**
- ✓ **Contain**
- ✓ **Absorb**
- ✓ **Alert HSE**
- ✓ **Dispose properly**

EMERGENCY CONTACTS



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SAMU
Ambulance

18

POMPIERS
Fire Department

112

**EUROPEAN
EMERGENCY
NUMBER**

0 800 59 59 59

POISON CONTROL
Nancy



**Safety is everyone's responsibility.
Report hazards immediately!**

