

## Health & Safety Policy

Amarc Resources Ltd. places a high priority on the health and safety of its people, and insists that no employee or contractor should work in an unsafe manner or environment.

Amarc's goal is to conduct its mineral exploration activities without accident or injury. The company enforces a number of important health and safety protocols to achieve this outcome, including:

- all employees and contractors are required to participate in regular safety briefings;
- all employees and contractors are required to complete requisite instruction and training before undertaking potentially hazardous activities or operating potentially hazardous equipment;
- all employees and contractors are required to wear high-visibility clothing while working in the field, as well as personal protective equipment (e.g. hearing protection, eye protection, hard hat, steel toed boots) as required for their specific role and function;
- all employees and contractors are required to immediately report any health and safety hazards or incidents;
- employees and contractors are forbidden from being under the influence of alcohol or controlled substances while present at any Amarc work site.

In addition to meeting and/or exceeding all applicable occupational health and safety regulations, Amarc Resources Ltd. also ensures full compliance with federal and provincial regulations for protecting the environment.