




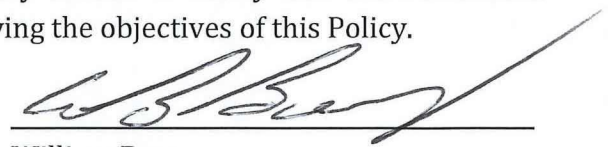
Health, Safety and Environmental (HSE) Policy

Continental Resources Inc. is committed to meeting operational and business objectives in a manner that is protective of the health, safety and welfare of its workforce while protecting the public and the environment.

To fulfill this commitment, we will:

- Require commitment and HSE leadership from the entire organization, including the Board of Directors, executive management, all employees and our contractors;
 - Provide the resources necessary to achieve this HSE Policy;
 - Build a strong HSE culture by recognizing and encouraging our employees' and contractors' behavior regarding safety and environmental leadership;
 - Conduct our operations and business in accordance with all applicable legal and regulatory requirements;
 - Identify HSE risks in our operations and business and develop controls to manage those risks;
 - Equip our employees and contractors with the knowledge and ability to conduct operations and business in a safe and environmentally responsible manner;
 - Prepare for and effectively respond to emergency situations and critical incidents;
 - Report all HSE incidents, ensure incidents are investigated where warranted based on incident severity, and develop and implement preventive and corrective actions where appropriate to mitigate the potential for recurrence;
 - Identify and implement continuous improvements to our HSE programs through openly communicating, sharing lessons learned, and proactively adopting new processes and technologies;
 - Evaluate the effectiveness of our HSE Policy and endeavor to compare our performance with our industry peers; and
- Develop, implement and maintain the necessary Health & Safety and Environmental standards and programs to ensure we are satisfying the objectives of this Policy.


Harold Hamm,
Executive Chairman


William Berry,
Chief Executive Officer