

Top Tips for Young Workers

- **Be aware of your new surroundings**
There are hazards in every workplace
- **Follow the health and safety rules**
The rules are there for a reason
- **Follow the correct procedures**
Cutting corners is a fast track to injury
- **Wear the required protective equipment**
A safety helmet could save your life
- **Use the correct tools and equipment**
Use a proper ladder instead of standing on a chair
- **Don't be afraid to ask for training**
Always ask how to safely use a new bit of kit
- **Don't be afraid to ask questions**
Asking questions will help keep you safe
- **Trust your instincts**
If you think that something is unsafe, don't do it
- **Never work under the influence of alcohol or drugs**
You're more likely to get hurt
- **Report anything that you think is wrong**
You might save someone's life

Remember: you cannot be punished or sacked for reporting a health and safety problem.