



## Health Safety and Wellbeing Checklist

- You are responsible for the safety of yourself and those around you.
  - Follow safety rules.
  - Do it Right - Don't take risky short-cuts.
  - Include safety in your plan.
  - If you see a potential hazard –
    - Eliminate it or
    - Reduce it
    - Protect people from it
    - Tell others about it
  - Make sure you are fit and competent for the task you are performing.
  - Look out for your colleagues.
  - If in doubt talk to others, get advice before proceeding.
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- ❖ Stop
  - ❖ Think – identify the hazards
  - ❖ Plan – the best way to avoid danger. Get advice.
  - ❖ Communicate – with others around you. Tell them the plan.
  - ❖ Act