



What you must do



- 1** Follow the training you have received when using any work items your employer has given you.



- 2** Take reasonable care of your own and other people's health and safety.



- 3** Co-operate with your employer on health and safety.



- 4** Tell someone (your employer, supervisor, or health and safety representative) if there is a health and safety risk.

If there's a problem



- 1** If you are worried about health and safety in your workplace, talk to your employer, supervisor, or health and safety representative.



- 2** You can also visit www.hse.gov.uk for general information about health and safety at work.



- 3** If, after talking with your employer, you are still worried, you can find the address of your local enforcing authority for health and safety and the Employment Medical Advisory Service via HSE's website:

www.hse.gov.uk