



How to...

How to: 5

Personal safety

stay safe

a brief introduction to health and safety for young workers

if you are 13–19



Your responsibilities

Practical jokes are good fun but can result in serious injury or even death. You can still have a good time at work, make friends, and learn new skills but it is not the place for practical jokes.

- Ask if you don't understand something.
- Don't use equipment or machinery unsupervised unless you have been trained to do so.
- Report any faulty equipment or an unsafe environment.
- Don't put yourself or your fellow workers at risk.
- Work tidily and put things away once you've finished with them.
- Use guards and safety equipment as appropriate.
- If you are asked to do something that you think is unsafe, or are being bullied or picked on, then talk to someone who can help and support you. For example your boss or your Connexions Personal Adviser (PA).
- Always wear personal protective equipment, if required.

A young person died from burns received in a petrol explosion – this accident could have been avoided. His parents would like all young people to receive health and safety training. The employer was given a prison sentence.

Being responsible for your own personal safety includes letting others know where you are and taking steps towards ensuring your own safety.

- Make sure someone knows where you are.
- Tell your family or friends when you will be returning.
- If you carry a mobile phone make sure it is charged and has credit.
- Use the abbreviation ICE in your phone for your main contact number In Case of Emergency.
- Trust your instincts and stay alert.
- Use a reputable taxi company rather than walk home alone.
- Keep expensive items hidden from view.
- Don't accept lifts from people you don't know.
- Never assume it won't happen to you.

Visit www.suzylamplugh.org for more information on personal safety for young people.

Safety at work

When you carry out the following activities, think about how you can reduce the risk of injury to yourself and others. Risks will exist in all sorts of things you do, it is how they are managed that stops people getting injured or killed. Employers must carry out risk assessments on hazards at work, which records things that are put in place to reduce the risk of people getting hurt.

These are just a few examples of hazards and risks in the workplace:

- Lifting, carrying, pushing, and pulling.
- Handling hazardous substances.
- Working in a noisy environment.
- Using sharp knives and blades.
- Climbing scaffolding or ladders.
- Working with machinery.
- Driving vehicles.
- Caring for animals.
- Working with electricity.

A 14 year old boy was killed when his quad bike overturned. He had not been trained and the bike had not been maintained. This accident could have been avoided.



Staying safe

If you would like to know more about how to stay safe at work or in your personal life then please use the websites highlighted in this leaflet.

- Your employer has a duty to provide you with a safe working environment. This includes where you work, how you work, and the equipment you use.
- You have responsibilities as well. You must follow health and safety rules and procedures, and not misuse or interfere with health and safety equipment.
- If something looks unsafe tell someone, don't assume someone else will do it.

Safe work is team work.

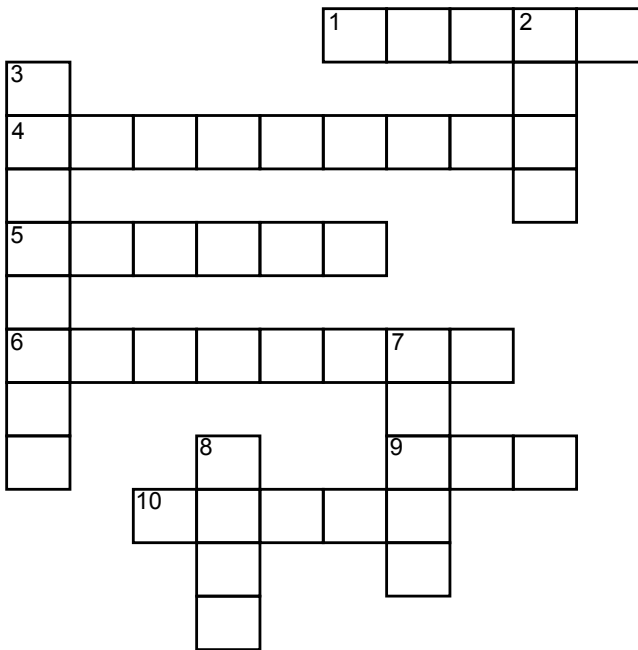
Health and Safety induction

When you start work your employer should tell you about health and safety in your workplace. These are some of the things you should be told about when you start work:

- Who will supervise you.
- The emergency procedures for fire, first aid, and accident reporting.
- The hours you will work and when you can take breaks.
- Who to tell if something is broken or faulty.
- The safety policy and the results of the risk assessment the employer has carried out on the risks to your health and safety.
- How to use, wear, and store protective equipment.

A 16 year old was burnt when a deep fat fryer fell from its support – the fault was known, so the accident could have been prevented.

Health and safety crossword



Clues – Across:

1. Stay this when out and about.
4. Trust these senses to keep you safe.
5. Health and
6. If you have one of these report it.
9. In case of an emergency initially.
10. Worse than slips.

Clues – Down:

2. Do not put your fellow workers at
3. You will need this if you get hurt.
7. You need ear protection in this type of environment.
8. Do not do this alone after meeting friends.

Answers:
Across: 1 alert; 4 instincts; 5 safety; 6 accident; 9 ice; 10 falls.
Down: 2 risk; 3 first aid; 7 noisy; 8 walk.

Additional sources of information

- www.connexions-cd.org.uk
- www.apprenticeships.org.uk
- www.hse.gov.uk
- www.rospa.org
- www.safelearner.info
- www.safestartup.org
- www.suzylamplugh.org
- www.youngworker.co.uk

To get in touch...

with your PA or to find your nearest Connexions centre go online to www.connexions-cd.org.uk or give us a call on **0800 9755111**. Calls from a landline are free and you'll be connected to your nearest centre. Calls from a mobile may be subject to a network charge – you'll be connected to our head office, but we can redirect you to your nearest centre.

This Connexions service is committed to safeguarding and promoting the welfare of children, young people and vulnerable adults and expects all employees and volunteers to share this commitment.

This Connexions service is committed to improving its products and services. If you have any comments or complaints please contact the Head of Quality, Contracts and Adult Services at Careers South West Ltd, Tamar Business Park, Pennygillam Industrial Estate, Launceston, PL15 7ED.

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