

Name: _____ Date: _____

Ways of Staying Safe and Well

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| 1. To avoid tinnitus | A. Safety Harness |
| 2. To avoid a hammer falling from the scaffold onto your head | B. Knee pads |
| 3. To avoid sunburn | C. Lifting equipment |
| 4. To avoid being struck by a moving vehicle | D. High viz |
| 5. To avoid skin abrasion or dermatitis to hands | E. Gloves |
| 6. To avoid materials entering the eye | F. Hard hat |
| 7. To avoid inhalation of dust | G. ear defenders |
| 8. To avoid damage to knees if kneeling | H. Safety boots |
| 9. To avoid broken toes | I. Netting |
| 10. To avoid falling from height | J. Dust mask |
| 11. To avoid back strain | K. Suncream |
| 12. To stop you hitting the ground if you fall | L. Goggles |