

PAUSE AND THINK, IS IT SAFE?



RECOGNISE

What is the task? What are you feeling? Is it safe? Have you got the correct equipment and PPE?

RESET

Stop and breathe, take a moment to reset on what you need to do and how to do it safely.

REFOCUS

Proceed with the task, focusing on doing it safely in line with your training and safety information.



see



care



share

WE LOOK OUT FOR EACH OTHER