

Safety is everyone's responsibility

Take 5 to
protect yourself
and your
teammates



Before you begin a task,
during a task and
After a task

1. Stop

Engage your mind before your hands.

2. Think

Consider the task.

3. Look

Look for existing and potential hazards,
and assess their risk levels.

4. Choose

Choose the most effective way to
remove or reduce risks.

5. Act

Make the changes to do the job safely
and keep a look out for changes.

Why take 5?

This quick and informal risk assessment
helps you to:

- ⑤ identify hazards step by step
- ⑤ prevent incidents and injuries
- ⑤ take control and stay involved in your own safety.

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Health & Safety tools
and information visit
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