

**Do you know the
health and safety
signs at work?**

**What personal
protective
equipment (PPE) do
you wear?**

**How do you use
safety gloves
or masks?**

**Do you know
how to lift heavy
items safely?**

**What do you do
if you see a
hazard at work?**

**How do you clean
safely using
cleaning products?**

**Do you know
where the first
aid kit is?**

**What should
you do in case
of a fire?**

**Do you know the
emergency
exit routes?**

How do you report accidents or injuries?

Why is health and safety important at work?

**Can you follow
safety rules
during your work?**

**Do you attend
health and safety
training?**

**What should you
wear for safety
on the job?**