

Health and Safety at Work

What is Health and Safety at Work?

Health and Safety means being safe and careful at work. It protects you and others from getting hurt.

Important Vocabulary

Word	Meaning
Hazard	Something that can cause harm or danger
PPE	Personal Protective Equipment (e.g. gloves, helmet)
Safety signs	Symbols or pictures to show danger or action
First Aid	Help given to someone who is hurt or sick
Emergency	A serious, unexpected situation

Types of Safety Signs

Sign Type	Colour	Means	Example
Prohibition	Red Circle	Must not do	No smoking
Warning	Yellow Triangle	Be careful / Danger	Danger: Wet floor
Mandatory	Blue Circle	Must do	Must wear a helmet
Emergency Info	Green Rectangle	Where to go in an emergency	First Aid / Fire Exit

Useful Sentences

- "You **must** wear safety boots."
- "You **mustn't** use your phone near machines."
- "There is a **hazard** on the floor."
- "Follow the **safety signs** at all times."
- "Report any **accidents** to your manager."

