

Use the right help

Ask for help early.

SPOT IT: Pause when you find yourself working or using the wrong equipment.

These are signals that you might need to pause and ask for help.

- 'This is heavier than I expected...'
- 'This is really awkward...'
- The equipment's not right here but I'll just do it anyway...'

DO IT: Pause and get the right help early.

Always:

- **Ask** another person to help if possible.
- **Use** the correct piece of equipment.
- **Escalate** to your leader if you need support to make the task safe.

SAY IT: What you can say to others:.

'I can't move this safely by myself. I need help or the right equipment to continue.'

movewell



Use the right help

Who should I contact for help or escalation?

This could be your leader, health and safety rep, facilities contact, or a colleague.

Name:

Role:

Contact:

Name:

Role:

Contact: