

Set up the space

Clear the space, cut the risk.

SPOT IT: Pause when you find yourself working in cluttered or poorly set-up spaces.

These are signals that you are changing how you move to get around things:

- 'I'll just reach over this...'
- 'I can step around it...'
- 'I'm twisting instead of turning...'

DO IT: Own your space.

Stop the task and take 10 seconds to pause and scan the space.

- Remove clutter and obstacles.
- Secure or reroute cords, hoses and leads.
- Make sure the **surface and lighting** are safe.

SAY IT: What you can say to others.

'This space isn't set up safely yet. I need to clear it or get support before I continue.'



movewell

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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: