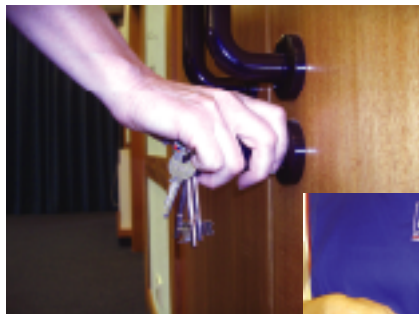


# **SECURITY while at work**



- 1** Make sure family/friends know what time to expect you home and raise the alarm if you do not return.



- 2** **LOCK** the door and keep keys with you.



- 3** Take a mobile phone with you.



- 4** Know how to use a phone in an emergency

**NEVER accept a position to work alone if you have any medical condition that may put you at risk**

Please contact Head Office if you have any concerns about your Health and Safety

**01432 273434**

