

# HANDS SAFE

**P**

## PREPARE AND PLAN

Assess the risk  
Visualise the task you are about to perform



**I**

## IMPLEMENT CORRECT EQUIPMENT

Right tool for the right job  
Appropriate glove size and selection



**N**

## NOTE WHERE YOUR HANDS ARE

Work with your hands in sight  
Improve performance with eyes on task



**C**

## COMMUNICATION

Clear and positive  
Lookout for your workmates



**H**

## HAVE A BREAK

Pacing and stretching to reduce fatigue  
Micro-breaks to stay alert

