

# Health and safety guidelines



1) Listen carefully and number the illustrations in the order the speaker mentions them. One is done for you

2) Match the questions to the answers. Then listen again and check your answers

1) What did the speaker say about hazardous waste?	a) He said, "Waste needs to be sorted properly and dealt with properly"
2) What is one of the most common accidents?	b) He called it PPE
3) What did he say about rigging loads?	c) He told us not to rig loads unless we're trained to do it
4) What happened in sand last year?	d) He said it's falls
5) What did he call protective clothing?	e) He said that one person died by being buried alive

**Choose the correct word to complete the advice**

- 1- *Follow/ Take/ Name* the instructions
- 2- *Take/ Give/ Receive* proper instructions
- 3- *Don't fall/ Don't cut/ Don't rig* corners
- 4- *Take/ Break/ Remember* your time
- 5- *Take/ Use/ Keep* the equipment
- 6- *Keep/ Handle/ Wear* your hard hat
- 7- *Use/ Follow/ Keep* the recommendations