



Be Safe at Home & Work



- Don't take chances
- Take precautions when putting up decorations and temporary lights
- Avoid work at height, where possible, and don't over-stretch
- When temperatures drop, the risk of slips, trips and falls increases
- Turn-off decorative lights at night
- Be mindful that alcohol and drugs (prescribed or other) may influence decision-making
- Take a deserved rest, and do something you enjoy
- If you need help, freephone the 'Construction Industry Helpline' on **1800 939 122**

Merry Christmas

AND HAPPY NEW YEAR 2023

FROM THE CIF SAFETY & HEALTH COMMITTEE

