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Questions and answers

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You've just started work or are new to a job. You have a lot of things to think about: tasks to remember, new people to meet, new equipment to work out and a new workplace to get to know. In others words you're overloaded with information. This is the point to pause and get some answers to help you.

? What tips do you have to stay safe at work

Top tips to stay safe are:

- Follow the safety rules
- Be aware of new hazards
- Look out for safety signs
- Wear the protective equipment provided
- If in doubt, stop and ask for help.

? I'm under 18yrs – what should I expect from my employer

Additional laws apply to young people below the age of 18. Your employer should have assessed risks to your health and wellbeing before you started work, taking into account your inexperience and lack of awareness of risks.

? What are my rights and responsibilities at work

Your employer should ensure your health, safety and welfare at work. You have the right to information, to be consulted, instruction, training and supervision that is necessary to ensure your health and safety.

You must take reasonable care for your own health and safety and other people who may be affected by your work. You must cooperate with your employer to enable them to comply with their duties.

? Can I say no if I feel unsafe

Yes. If you think that your employer or someone else's work activities is putting your safety at risk or damaging your health. You should raise your concerns with your employer. If there is no improvement, then you can report your complaint to the relevant authorities.

? What training should I receive

Employers must give you information about the risks in your workplace and how you are protected, and instruct and train you on how to deal with the risks. You should also be told the identity of the competent person – this is someone who has been trained and has experience to assist you when it comes to controlling risks in the workplace.