

LOW HEIGHTS CAN BE



HIGH RISKS

More than half of serious fall injuries, such as fractured skulls, broken bones and severe cuts, are caused by falling from below head height.

To avoid a fall just follow these simple tips:

Plan ahead • Don't overreach

Use the right equipment • Don't rush

TAKE A MOMENT, NOT A FALL

To find out more visit www.hse.gov.uk/falls
or call 0845 345 0055



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