

How do I get started?

You will receive support from your employer to help you:

- recognise risks in your workplace;
- understand how health and safety risks are reduced; and
- make positive changes in the workplace.

Talk to your colleagues and employer about being a representative for health and safety.

SAFE & SOUND AT WORK

The logo features the text 'do your bit' in white lowercase letters inside a green circle. To the left of the circle are three stylized hand icons: one orange, one white, and one green.

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Represent your colleagues in health and safety

For detailed information
visit www.hse.gov.uk/doyourbit

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SAFE & SOUND AT WORK



By representing your colleagues you're helping make the workplace healthier and safer for yourself and for them.

Worker involvement is fundamental to good health and safety performance. This is because people who do the job can:

- recognise potential risks based on experience;
- put practical controls in place; and
- make a commitment to health and safety in their workplace.



What will I be doing?

- You will represent your colleagues in discussions with your employer on health and safety.
- You will inform your employer about potential risks during regular meetings or on an informal basis.

Your employer will provide information to help you and your colleagues discuss ways to make your workplace safer and healthier.

You can find further information in the leaflet *Engaging effectively with your employer*. If you're a union member, visit www.hse.gov.uk/involvement.

What are the benefits?

Your employer has made a commitment to improve conditions in your workplace - your participation will also help you:

- increase your skills and value in the workplace; and
- help protect your colleagues from health and safety risks.

