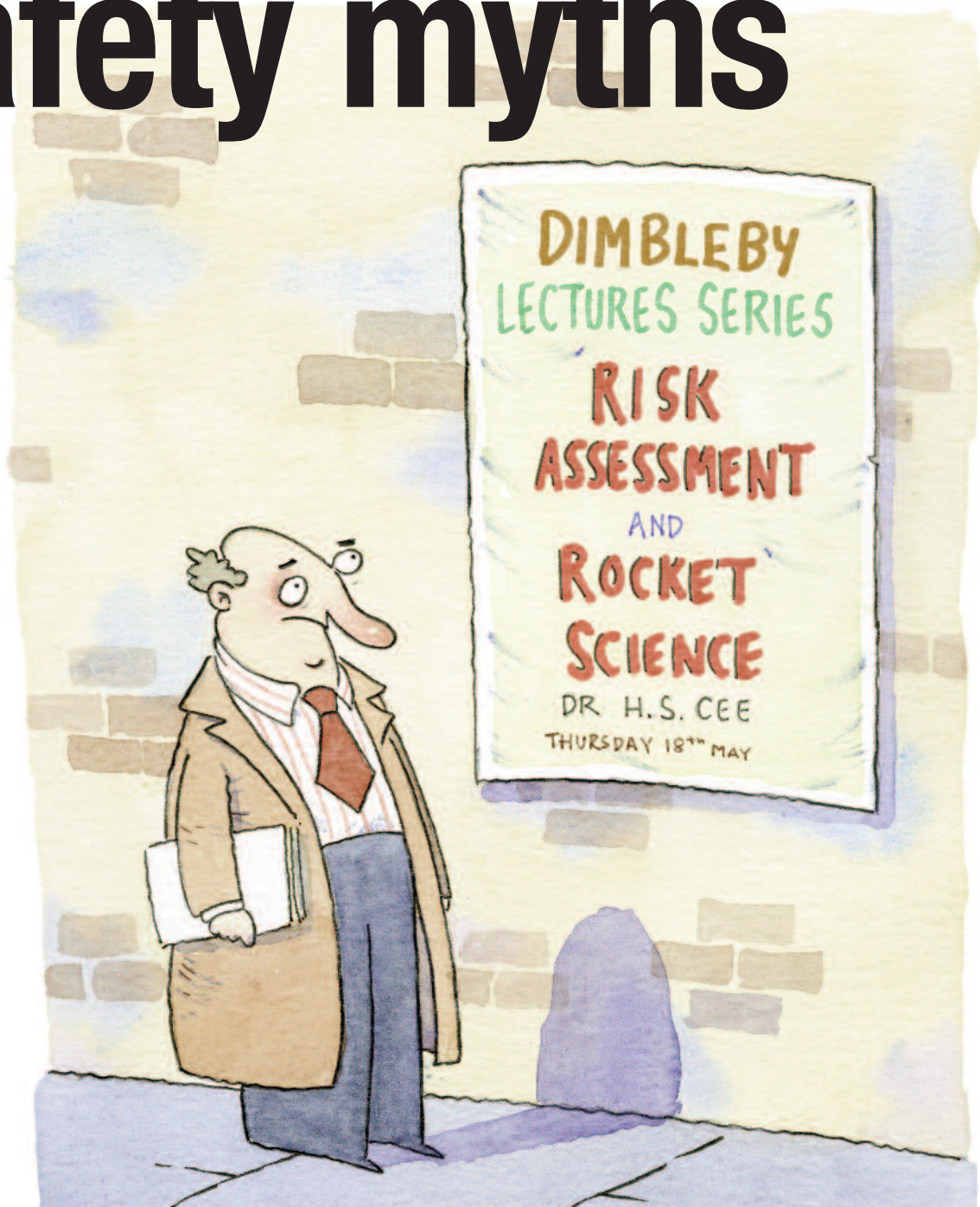


# Great health and safety myths



**The myth** Risk assessment is too complicated for me to do!

**The reality** Carrying out a risk assessment should be straightforward. It's about focusing on real risks and hazards that cause real harm and, more importantly, taking action to control them.