

Top chainsaw tips

- Safety gear can save your life, so take the time to put it on
- Never cut above shoulder height – it increases the risk of losing your balance and makes the chainsaw more likely to kickback
- Always keep two hands on the saw and hold it close to your body with your feet firmly planted and slightly apart
- Remember: chainsaws are designed to cut wood. Don't use them to cut anything else.

Did you know? Over 1,000 people were injured while using a chainsaw at home last year.



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SAFETY begins at HOME

**How to stay as safe
as houses when you're
doing DIY**



Did you know? Around 460 people were injured while using a tool at home each week last year. That's nearly 3 people an hour.

Working with tools

- Always keep safety guards in place when using power tools
- Always wear closed shoes – preferably non-slip boots – when working with power tools. This is especially important when mowing the lawn
- Make sure you've got protective eyewear and hearing protection that fits you comfortably – again, this is vital when mowing the lawn
- When you've finished, make sure your tools are stored in a safe place, out of reach of children.

Did you know? 70 people were injured on average every week by a lawnmower last year

In and around the garden

- Keep all chemicals, solvents, paints and sprays in your shed or garage out of sight and reach of children.
- If you're building a deck, grooved timber gives better grip or add sand to your deck paint for better grip.

Did you know? Last year over 9,000 people were injured from a fall while gardening.

Ladder safety

- Always keep three points of contact on a ladder at all times and don't reach over too far. Keep your belt buckle within the sides of the ladder
- Place the ladder on firm, level ground
- Make sure your ladder is angled correctly – ladders should be one metre out at the base for every four metres of height.

