

# Helping Hamish

Can you help Hamish choose?



## FOREWORD

Our children are precious and there is nothing more important to most of us than making sure that the young people around us are safe and protected. As a parent I am all too aware of the day to day hazards to be aware of when bringing up children. As the leader of an organisation with over 35,000 people globally, safety is our top priority and it matters that our colleagues go safely home to their families at the end of the working day.

Achieving a safe environment for people is only one aspect of protection from hazards. Education and developing an understanding of safety awareness is also vital.

This book will help you and the children who you read to take time together to talk about the hazards and potential accidents that may make the difference between having an accident or preventing one. The words and pictures in the book have been carefully created so that children can learn about safety in a fun and memorable way.

Thank you for buying this book and making a difference to the safety of children you care for. Thanks also from Children 1st, a fantastic children's charity; profits from the sale of the book will support them, which will make a real difference to children who need it in our local communities.

Robin

Robin Watson  
Wood Group Chief Executive



Hamish is a hairy cow...who lives in the highlands

He lives with his mum,  
dad and little sister, Hilda






Hamish and Hilda love to play games  
and sometimes play tricks on people!

They have so much fun playing together!

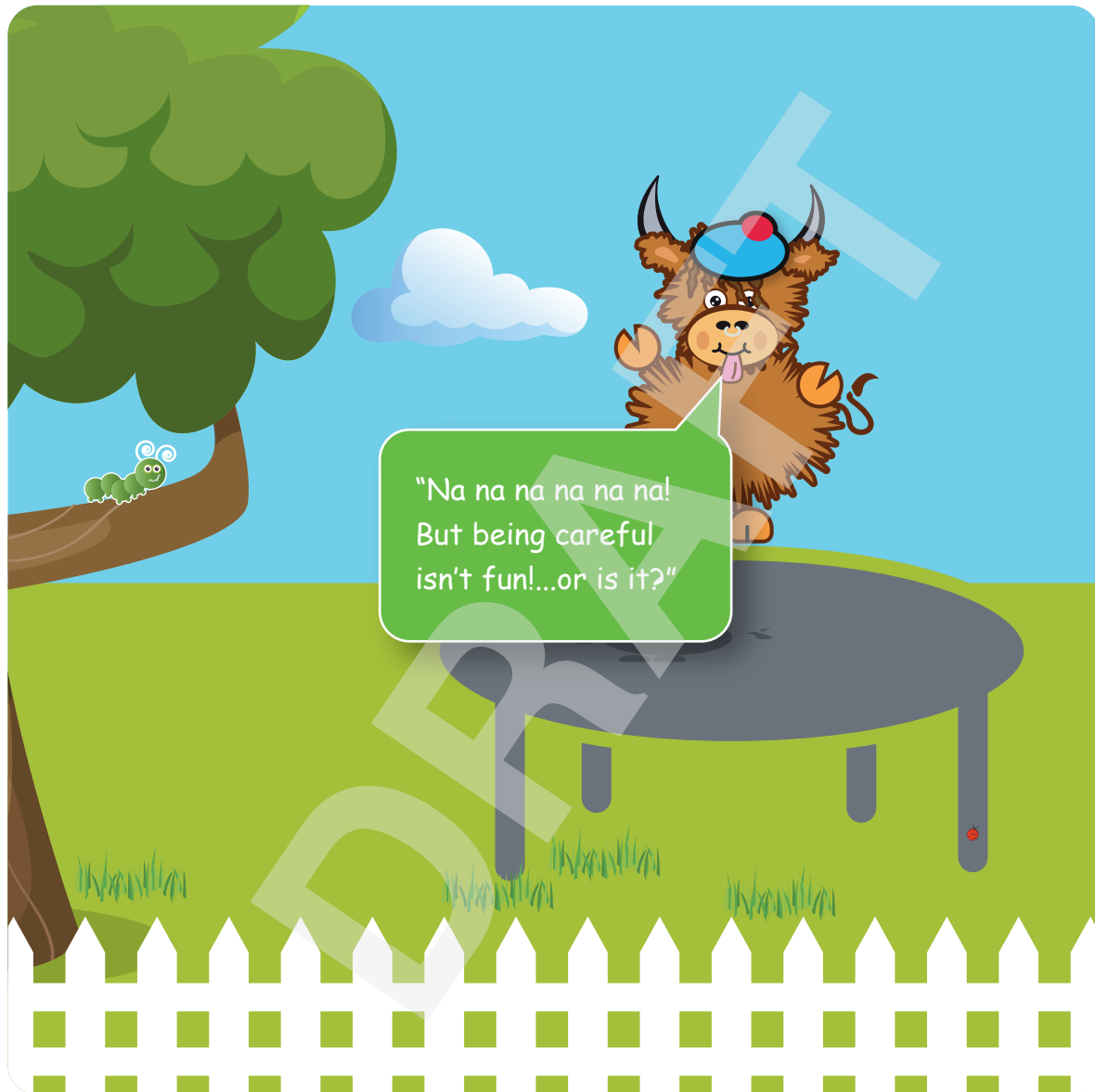




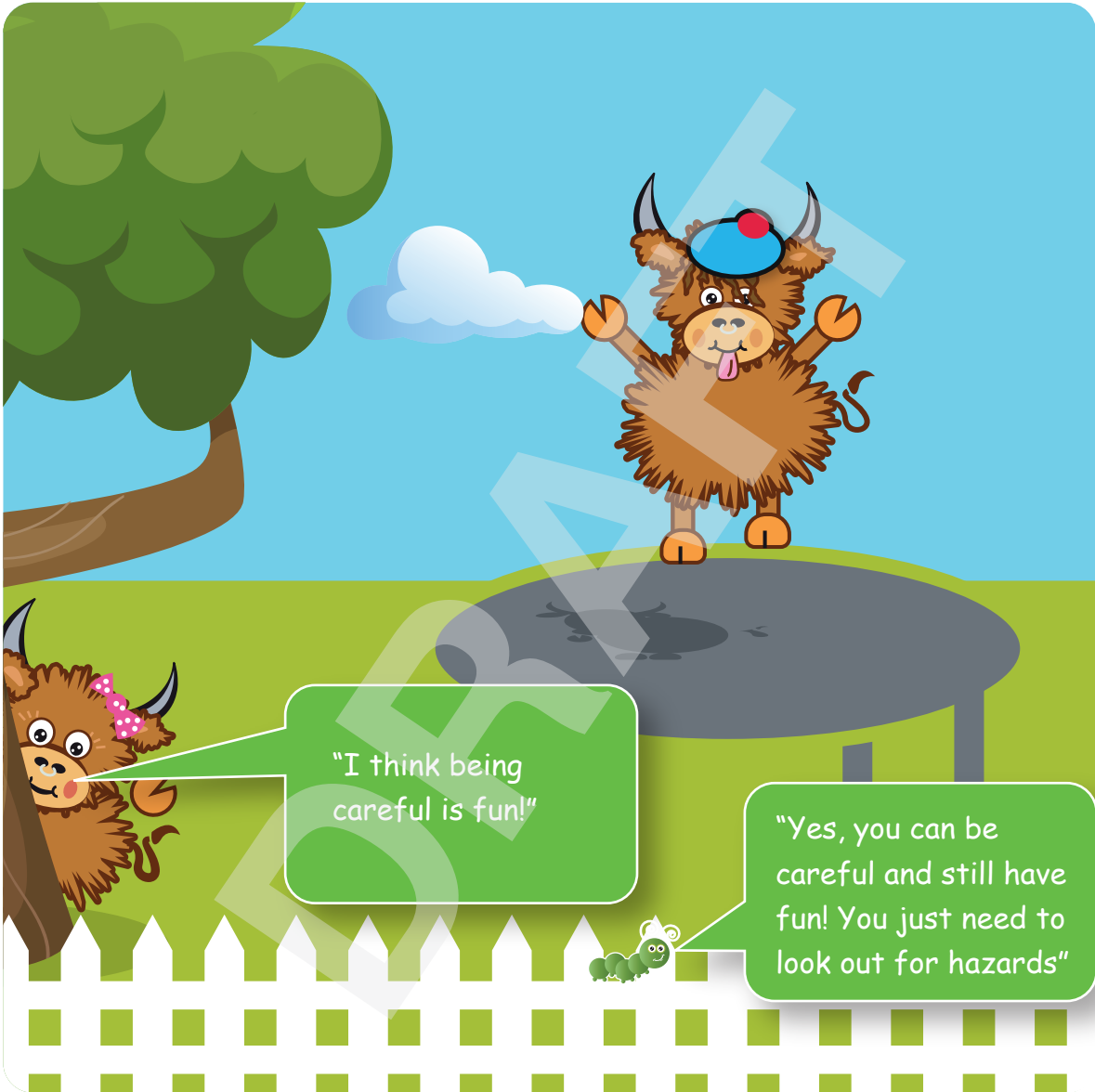
Their friend, Caitlyn, the furry green caterpillar watches them play.

"Hamish, careful you don't fall off the trampoline!"

Caitlyn worries that if Hamish and Hilda are not careful, they may get hurt



"Na na na na na na!  
But being careful  
isn't fun!...or is it?"




"I think being careful is fun!"

"Yes, you can be careful and still have fun! You just need to look out for hazards"



"What's a hazard?"



"A hazard is something  
that can hurt you,  
unless you are careful."

Hazards can be lots of things,  
some are sharp, some are slippery,  
and some are hot.

But there are many more . . .  
you just have to look out for them!





How many hazards you can spot in the garden?...

For the first one, here's a clue ... it's made of wood and rope and it's the colour blue.



If you can spot a hazard and make the right choice you can stay safe!



I can teach you a riddle/game that will help you make the safest choice.



Wherever you are in your day  
Think what hazards could come your way  
Every time you make a choice  
Ask yourself with your inner voice  
Is this the safest thing to do?  
Could something \*bad\* happen to you?

If there is a hazard that you see, Stop for a minute  
and think of me,

Remember this Rhyme and you'll  
stay safe until bed time.

With my special way you can make  
the safe choice everyday



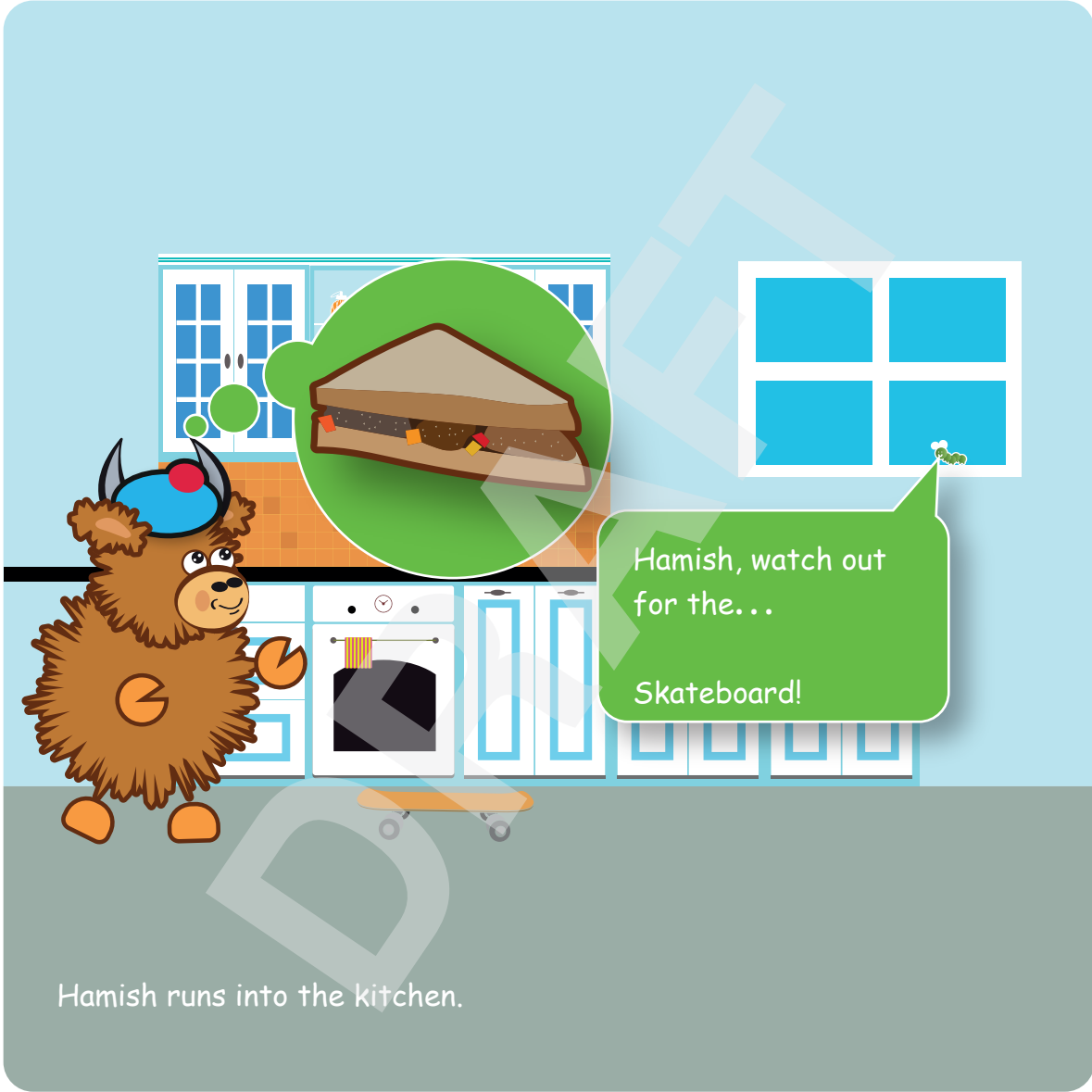
Hamish's mum calls him for lunch



Hamish  
lunch time

"Haggis and  
pickle sandwiches,  
my favourite

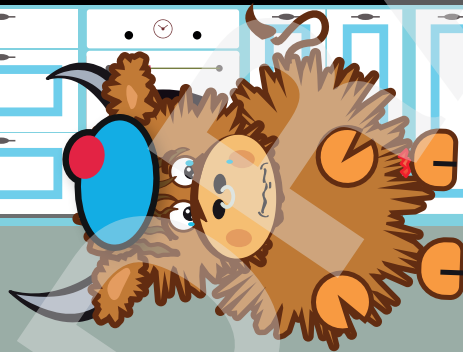
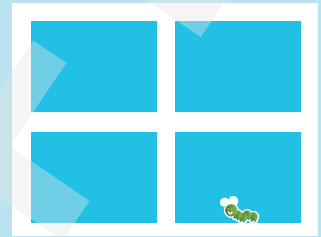




Hamish, watch out  
for the...

Skateboard!

Hamish runs into the kitchen.



THUD!