Good morning, everyone, Thank you all for being here today. I understand that safety training might seem like just another routine, but it's genuinely about ensuring that each and every one of you goes home safe and sound to your loved ones.

We know accidents can happen, but by taking the time to refresh our knowledge and skills, we can significantly reduce those risks. Your wellbeing is our top priority, and it's important to us that you feel supported and reassured in your role.

If you have any questions throughout this session, please don't hesitate to ask. We're here to help and support you, so you feel confident in applying these safety measures at work.

Thank you for your commitment to making our workplace a safer environment for everyone. Let's work together to protect ourselves and one another. Stay safe, and let's begin.