



**LOcHER**  
Learning Occupational Health  
by Experiencing Risks

  
**south essex college**  
FURTHER & HIGHER EDUCATION

Poster design: David Fox

# Spray Safely!



**Smoking is not the only thing that  
damages lungs**



**Spray in a booth.  
Wear an airfed mask!!!**

**Safety Groups UK**  
PROMOTING HEALTH & SAFETY NATIONWIDE



**Helping  
Great Britain  
work well**