



### **The reality**

This is one of the oldest chestnuts around, a truly classic myth. A well-meaning head teacher decided children should wear safety goggles to play conkers. Subsequently some schools appear to have banned conkers on 'health & safety' grounds or made children wear goggles, or even padded gloves!

Realistically the risk from playing conkers is incredibly low and just not worth bothering about. If kids deliberately hit each other over the head with conkers, that's a discipline issue, not health and safety.





## The reality

We've said it all before, but there are still too many reports that HSE and health and safety law are responsible for all sorts of bans – cheese-rolling events, knitting in hospitals and even toothpicks!

In reality HSE has banned very little outright, apart from a few high-risk exceptions like asbestos, which kills around 4000 people a year.

Too often health and safety is used as a convenient excuse, but it's time to challenge this and remind people to focus on the real risks – those that are still causing people to be killed, injured or made ill at work.

Challenge the myths, tackle real risks!