

The Office • 2001 • UK • Mackenzie Crook • c.4.5 min. 00:13:17-00:17:51 • [Clip 1: Gareth's Health & Safety Seminar for the New Girl- YouTube](#) [IMDb](#) [Wikipedia](#)

- **grammar points:** be going to, present perfect, lets, shall, might, I want you to, can, double negative, be supposed to, will, whether, future continuous, have got to, same as
- **phrasal verbs:** find out, start off, make up, crack on, shout out, get something, sleep with someone, spread around
- **idioms:** Pleased to meet you, even, keen, place, in order, real life, mind, never mind, manage, mad, basically, stuff, keep, Well, tick the box, just, a couple of, a few of, a bit of one more time, that's it, mate, to file

.....
GARETH:

Ok, welcome to 'Wernham Hogg - Health and Safety Training' with Gareth Keenan, ok? That's me. **Pleased to meet you.**

There are many hidden dangers in the work-space and today we're **going to find out** what those dangers are together, alright?

Starting off with your work-station.

Now, **I want you to** imagine that this is a mug of hot coffee.

It's not, ok? because that would be dangerous **even** in a training situation. What we're **going to** do is play a little fun game that **I've made up**, alright?

I like to have a bit of fun when I'm teaching people.

I like a laugh most of the time - in and out of work.

In fact, there's **a few of** us going out tonight...

DONNA:

Shall we crack on?

GARETH:

Good. **Keen.** Excellent. All right. Now watch where I **place** this mug **in order** to simulate where someone **might** put a mug in **real life.**

And what **I want you to** do is **shout out** - and shout, **mind** - "safe" or "dangerous." alright? Do you think you **can manage** that? OK. **Let's** go.

DONNA:

Dangerous.

Dangerous.

GARETH:

So, what have we learnt there?

DONNA:

Don't put coffee over the computer.

GARETH:

Any fluids. Alright? Good.

TIM:

First-class, please.

DAWN:

You all right?

TIM:

Eh?

DAWN:

Are you all right?

TIM:

Yeah, yeah, fine, thanks, yeah.

DAWN:

Have you had a good morning or a bad morning?

TIM:

A bit of a... Oh, God, a bit of a mad morning.

DAWN:

Oh, never mind.

TIM:

See you later.

DAWN:

Ok.

GARETH:

Basically, there's a correct way and an incorrect way to lift stuff, alright? This is the incorrect way. Ok? Incorrect.

The correct way, 2 things to remember: First of all, keep your back nice and straight. Straight back. And then...

DONNA:

You bend your knees.

GARETH:

You've got to keep the back straight and bend your knees. Alright?
Very important. That's the correct way.

Do you want to try that with me?

DONNA:

I'm fine.

GARETH:

Well, I'm supposed to witness you do it so I can tick the box, so just do it with me a couple of times, alright?

So, nice straight back, bend your knees...Up. That's it.

Down again. Same on the way down as on the way up.

Down again. Good. One more time.

Nice straight, nice straight back, nice straight back.

That's it. That's it. Great. One more time. That's it.

So have you got that?

DONNA:

I'll practise it at home.

GARETH:

Excellent. Good. Well done. If there's any questions you want to ask, or you know, if you want to talk about anything at all, just come in...I know you've um...you slept with Jeff.

DONNA:

Are we done then?

GARETH:

Well, you know, You made a mistake...that's fine.

DONNA:

I haven't made a mistake.

GARETH:

I'm just checking whether you're going to be sleeping with him again, or spreading it around...?

DONNA:

Right. Bye.

GARETH:

Good. Good. Yeah, excellent pupil. Fast learner.

She **won't be spilling any** fluids or lifting things incorrectly.

"A" I'm **going to** give her..."A."

OFFICE WORKER:

Hi, Gareth, quick question, **mate**. I've **got** these invoices **to file** and I don't know wh...

GARETH:

Yes?

OFFICE WORKER:

Where do I **file** these?

GARETH:

I don't know.

OFFICE WORKER:

Excellent. Thanks.