



## **Liz Groundland**

*Head of SHEQ (Safety, Health, Environmental and Quality)*

Seddon Construction Ltd

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'Safety starts and ends with people, and I truly believe that every accident is preventable. What I've learnt in over 19 years in the construction industry is that by working alongside people, it's easier to create and implement systems that support the delivery of a quality output. I've also learnt that simple is best, and that if you keep it simple, it's more likely to be right first time. The most important thing for me is knowing that everyone goes home safe at the end of every working day, if that happens, I know we're getting it right.'



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