

## WHS Safety Focus – Fitness for Work

### It's important to be fit for work while at your workplace and training

Fitness for work means being in a physical and mental state to perform work safely and effectively.



Reach out to your supervisor and ETC if you have any concerns about your own fitness for work, or the fitness for work of others in the workplace.

#### Being fit for work feels like...

- Managing your daily tasks well
- Staying wakeful and focused
- Having enough energy to get through the workday

#### Being unfit for work can feel like...

- Excessive tiredness or daytime sleepiness
- Inability to stay focused
- Irritability or stress
- Pain or discomfort in the body

#### Your fitness for work can be negatively impacted by...

- Being under the influence of alcohol or drugs, including some medications
- Physical or mental fatigue
- Hunger or dehydration
- Ongoing health conditions or injuries

#### Tips for staying fit for work...

- Avoid being under the influence of alcohol or non-prescription drugs at work
- Talk to your supervisor and ETC if you have concerns about substance use, an ongoing health condition, or are taking a prescribed medication that could impact you at work (e.g. causing drowsiness). You can also access further support from the Employee Assistance Program (EAP) or your General Practitioner (GP)
- Aim to get 7-9 hours of sleep each night, with regular sleep and wake up times
- Take regular breaks at work including lunch breaks, tea breaks, and task breaks
- Stay hydrated and remember to eat nutritious meals throughout the day

We will also be releasing via Rapid Global on our Drug & Alcohol Policy soon, this training is mandatory for all GTO apprentices and trainees.

For more information about staying safe at email our WHS team at [Safety@aigroup.com.au](mailto:Safety@aigroup.com.au)