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# LSR 6

Always be fit for work.

## RISK

Not being 'fit for work' either through fatigue, wellbeing or by use of alcohol or other illegal or prescription drugs.

## WHERE THIS RISK MAY APPLY TO YOU:

- > Being fatigued at work by working long hours;
- > Being fatigued at work through lack of sleep, illness or external factors outside of work;
- > being unable to meet the inherent requirements of my job.
- > Being adversely affected by alcohol when at work;
- > Being adversely affected by illegal or prescription drugs when at work.

## PERSONAL BEHAVIOURS

- > I can check that I fit for work;
- > I can ensure I never start work impaired by drugs, alcohol or fatigue.
- > I can let my supervisor know if I think I am not fit for work.