

# Fit For Work



## RESTED?

Daily life can bring with it challenges and events that can impact our fitness for work. To help manage this;

- Get at least 8 hours sleep, even on your days off
- Keep hydrated and vary tasks to keep you focused
- Avoid excess alcohol consumption or illegal drugs
- If you feel tired at work, talk to your supervisor
- Report any side effects of prescription medication to your supervisor

## DISTRACTED?

Roper Gulf offers free access to an employee assistance program, the program is:

- Available to employees
- Strictly confidential – Roper Gulf is not provided with the details of the people that use this service.
- For issues at home or work that are upsetting, difficult or stressful

If they affect your concentration at work then get help. Distractions can reduce your safety and put you at increased risk of having an incident.



## DONE IT BEFORE?

Give your **full attention** to those “everyday” tasks. Remember to Plan your work and assess the risks.

There is always the potential for injury. Put controls in place to protect yourself and your workmates.



# Fit For Work – Q & A

## **What should you do if you think someone is not fit for work?**

*Talk to the person. If you are not comfortable doing this, discuss your concerns with your Supervisor.*

## **What should you do if you need to take prescription drugs?**

*Always talk to your Doctor about the effects medications might have on you and tell your supervisor about it.*

*Always take medicines as per the manufacturers instructions.*

## **What does it mean to be “Fit for Work”?**

*Fitness for work means that an individual must be in a state (physical, mental and emotional) which allows them to perform their daily duties effectively and in a manner which does not threaten their own or others safety or fitness for work.*

## **What is the Roper Gulf employee assistance program and how does it work?**

*It is a free confidential counselling service provided to Roper Gulf employees to assist them in dealing with difficult, upsetting or stressful situations. Counsellors can provide direct assistance or make referrals to specialist agencies for particular problems or for on going support. Employees can call 1800 193 123 to make an appointment.*

## **How can we Ensure we are Fit for Work?**

- Do not exceed 12 hours of work within a 24 hour period
- Avoid excessive caffeine consumption & do not take illicit substances
- Be physically active outside of work
- Use the Employment Assistance Program when required
- Manage out of work activities
- Drink plenty of water to remain well hydrated
- Look after your mates

## **How can we remain focussed on our work? (Supervisors discuss ways specific to your work group)**

*Maintain vigilance – always remember that what we are doing can hurt us if we get it wrong*

*Ask for help – if you are struggling to stay focussed speak to your supervisor or the employee assistance program*

## **What can we do to help manage the risks associated with fitness for work?**

*Take the time to look out for each other - identify at risk behaviours and help your workmates to do the job safer.*

*Team Meetings & Toolbox Talks – to communicate with our team, raise any concerns and help each other focus on the tasks at hand.*

*Hazard Reporting - identify and action measures to reduce risk in our workplace*