

SAFETY WEEK 2020:

DRIVER FITNESS FOR WORK

Being 'fit for work' means that you are physically, mentally and emotionally able to perform your work to the required standard, and in a manner that will not put yourself or others at risk.

A person's fitness for work can be affected by:

- Fatigue
- Alcohol and drugs.

Drivers and operators of vehicles on OTML sites must inform the supervisor immediately of any medical or other condition, including fatigue, that may impair their ability to work safely.

If you are found to be unfit for work you will be prohibited from driving / operating a vehicle and you may be removed from site.

FATIGUE

Fatigue is a physical condition that occurs when a person's physical or mental limits are reached. Fatigue reduces performance and increases the risk of mistakes that can cause injuries.

The main cause of fatigue is lack of quality sleep. Most people need 6-8 hours quality sleep per night. Other ways to prevent fatigue include exercising, eating well, drinking plenty of water, alternating boring and active tasks and taking regular rest breaks.

ALCOHOL AND DRUGS

Ok Tedi has a ZERO TOLERANCE policy for alcohol and illicit drug use in the workplace. Alcohol and drugs can affect a person's ability to stay awake and alert, react in a timely manner and make good decisions.

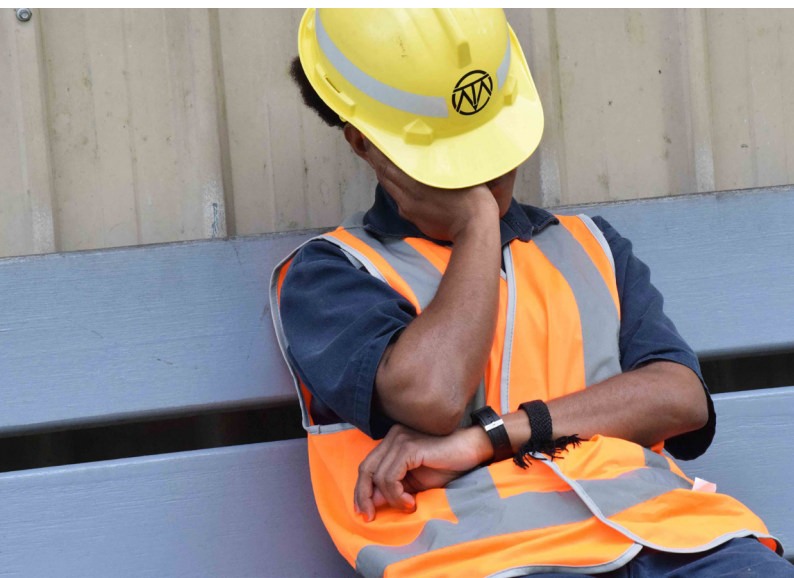
At Ok Tedi, alcohol and drug references apply to:

- All substances containing alcohol
- Drugs such as amphetamines, cocaine, barbiturates, cannabis, LSD and opiates
- Betel nut.

Drug and alcohol testing is carried out on a random basis in accordance with Ok Tedi procedures.

BE THE CONTROL NOT THE HAZARD

- Watch for the signs of fatigue in yourself and your co-workers
- Report symptoms of fatigue immediately
- Follow OTML's fatigue management plan in relation to work hours and scheduled breaks
- Do not work more than 16 hours in a 24 hour period.
- Organise yourself so that you have good routine sleep habits.
- Maintain your personal fitness, eat healthy foods and do regular exercise.
- Notify your Supervisor if you are taking medication (prescribed and over-the-counter) that could affect your ability to do your job.
- Use medication as directed by your doctor, or follow the manufacturer recommendations.
- Cooperate and participate in alcohol and drug testing.
- Notify a Supervisor if someone has unauthorised possession of alcohol, consumes alcohol, or takes illicit drugs at the workplace or during the work period.
- Talk to your supervisor, a doctor or a friend if you need help with stress or lifestyle issues affecting your work.





Mining Safety Week 2020

DRIVER FITNESS FOR WORK



Present to work in a fit condition to perform duties without risk to yourself or others

Cooperate and participate in alcohol and drug testing

Notify your Supervisor if you are taking medication (prescribed and over-the-counter)

Use medication as directed by the medical practitioner or manufacturer recommendations



Assess your own fitness for work at the end of shift to ensure that you are fit to travel home



Tell your Supervisor if you are worried about another person's fitness for work

Notify the Supervisor of any unauthorised possession and consumption of alcohol and illicit drugs at the workplace