



STAY HEALTHY

of sleep











Eat Healthy (Low GI)



Go for a short walk in rest break or when on phone



Work within your shift routine and rotation schedule.





If you need help with stress or lifestyle issues, talk to your supervisor, Employee Assistance Program (EAP), doctor or a friend



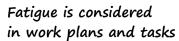
Sip water regularly

Regular Medical assessments

are up to date.



Conduct workplace inspections (e.g. adequate lighting, noise, temperature etc.)





Reduce Alcohol intake before bed



Reduce Caffeine intake before bed