

# STAY HEALTHY



Take regular rest breaks (Especially when driving)



Rest and recover



Eat Healthy (Low GI)



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



Work within your shift routine and rotation schedule.



Do regular exercise



Get plenty of sleep



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.)

Fatigue is considered in work plans and tasks



Reduce Alcohol intake before bed



Reduce Caffeine intake before bed