

AM I FIT TO WORK? REMEMBER THE

I'M SAFE

 CHECKLIST

I



ILLNESS

Free of illness and symptoms

M



MEDICATION

Safe medication only

S



STRESS

Managing stress well at home and at work

A



ALCOHOL AND DRUGS

Free of alcohol and drugs and their effects

F



FATIGUE

Rested and sleeping well

E



EATING

Fed, watered, and ready to go



Te Kāwanatanga o Aotearoa
New Zealand Government



CIVIL AVIATION AUTHORITY
OF NEW ZEALAND
Te Mana Rererangi Tūmatanui o Aotearoa