



# Fit for work

Being fit for work means looking after your mind and body.

## **Sleep well, eat well and take breaks to look after your body**

- Get enough sleep before work so you can concentrate and make good decisions, and are less likely to become fatigued.
- Eat nutritious food to keep you going – and drink plenty of water.
- Be as fit as you can – stretching and making sure you're warmed up before work helps prevent injuries.
- Be aware of how you're doing. Take a break if you need one, even a short break. Don't just power on through.
- If you work in a machine, so long as it's safe get out and walk around during breaks.

## **Be a good mate – share how you're doing, and stay calm**

- A lot of injuries happen when we get stressed, angry and frustrated. Take a deep breath, refocus and stay calm.
- Tell your foreman if you're not feeling totally with it – maybe you're getting sick, or maybe you're tired from the night before.
- Be a good mate at work:
  - » Tell crewmates when they've done well.
  - » Treat each other with respect.
  - » Have breaks with your team.

## **It's OK to ask for help**

- If you feeling fatigued, stressed or not yourself, talk to someone.
- If someone in your crew doesn't seem OK, it's OK to ask how they are getting on.
- There's plenty of help available – a lot of it is free:
  - » Call or text 1737 to talk to a trained counsellor.
  - » Find out what other help your employer might give you access to (eg, counselling from Vitae or an Employee Assistance Programme, known as EAP).