

Are You Safe Today?

If your answer to any of these checklist questions is **“YES,”** consider your ability to work on the airfield

Illness *Do I have any symptoms?*

Medication *Have I been taking prescription or over-the-counter drugs?*

Stress *Am I under psychological pressure from the job?
Do I have money, health or family problems?*

Alcohol *Have I been drinking within 9 hours?
Within 24 hours?*

Fatigue *Am I tired and not adequately rested?*

Emotion *Have I experienced an emotionally upsetting event, such as the death of a family member, separation or divorce, or financial problems?*