

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?