



**ON TRACK
FOR THE FUTURE**



Five steps to enable you to be 'Free to be Safe'.....

Before each shift ask yourself...

- **Am I fit for work?**
Am I fatigued? Am I competent to undertake all the expected duties and do I have all the correct PPE?
- **Have I been suitably briefed for the task?**
Was the briefing clear, are roles and responsibilities clear and has the brief been signed and understood by everyone?
- **Do I have the right tools and equipment for the task?**
Are the tools fit for purpose and am I competent to use them?
- **Do I understand all the risks involved?**
Is the site suitable to undertake the task and have I checked that the site is free from unacceptable risks?
- **Have all my safety concerns been answered?**

If the answer is No to any of these questions.... STOP!

Do not start work until all concerns are dealt with, if you are still unsure call the on call manager for advice.

STILL UNSURE? - STOP & ASK ALWAYS

For more information please contact your Line Manager or your local Health & Safety Representative listed below:

