

April 14, 2025

Collect
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National Waste
& Recycling AssociationSM

SAFETY



MONDAY

Are You Fit for Duty?



Staying safe on roadways **STARTS WITH YOU!**

- Be sure you are always fit for duty. Get plenty of rest, be prepared for the day.
- If you have sleep apnea, be sure to use your CPAP as prescribed. This will ensure you have restful sleep.
- Never take someone else's prescription medications. If you take medications, be sure you understand the side effects...especially effects of dizziness and drowsiness.
- Prioritize your mental wellness. Be sure to have effective ways to address workplace and roadway stresses.
- If you find yourself mentally distracted while driving, **STOP** and take a reset.



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