



HIDDEN RISKS: **ARE YOU FIT FOR DUTY?**



IMPAIRMENT—WHETHER CAUSED BY ALCOHOL, DRUGS, FATIGUE, STRESS, ILLNESS OR DISTRACTIONS FROM ELECTRONIC DEVICES—CAN AFFECT JUDGMENT, REACTION TIME AND DECISION-MAKING. IMPAIRMENT CAN LEAD TO SERIOUS INJURY OR LOSS OF LIFE.



ON THE ROAD



AT WORK



AT HOME

WHY IT MATTERS



INCREASES
THE RISK OF
INJURIES AND
FATALITIES

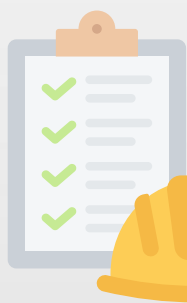


CONTRIBUTES TO
WORKPLACE
INCIDENTS AND
VEHICLE
ACCIDENTS



IMPACTS
COWORKERS,
FAMILIES AND
THE ENTIRE
ORGANIZATION

HOW TO REDUCE THE RISK



Follow company
policies and
procedures related
to impairment
prevention



Learn the signs of
impairment and
how to report
concerns
appropriately



Utilize available
employee assistance
resources for mental
health, substance
abuse and personal
challenges



Prioritize rest and
safe work practices
to help prevent
fatigue-related
incidents

RECOGNIZING THE SIGNS OF IMPAIRMENT CAN HELP PROTECT YOU AND THOSE AROUND YOU. STAY ALERT, STAY INFORMED AND HELP EVERYONE MAKE IT HOME SAFELY EACH DAY.