



Target Zero:
keeping people safe

Fatigue is more than just feeling tired

**If in doubt
Shout Out!**

• STOP • SPEAK UP
• REPORT

Fitness, diet, excessive driving, stress, alcohol and medication are all contributing factors. If you are concerned about your ability to carry out your work duties make sure you speak to your manager.

You can also seek help and advice from our free and confidential Employee Assistance Programme (EAP) which is available 365 days 24/7. Phone **0800 130 3414** or visit **employeeassistanceonline.co.uk** (code: ameywellbeing)

Zero Code

LOOKING OUT FOR ME, YOU AND EVERYONE

