

I'M SAFE

A checklist adapted for clinicians to assess fatigue and fitness to work



I ILLNESS

Have you been unwell or suffering from the symptoms of pregnancy?
Has your health been put at risk by clinical work?
(e.g. needle-stick injury, risk of exposure to infectious disease)
Do you need to talk to Occupational Health?

M MEDICATION

Are you taking prescribed or over-the-counter medication that might be affecting you?

S STRESS

Are there work- or non-work-related factors that might affect your performance?
Do you need to speak to someone before going on or off shift?
Does the team need to debrief or provide feedback?

A ALCOHOL

Could there still be alcohol in your system?
Consider your consumption in the last 24 hours, not just the previous 8 hours.

F FATIGUE

Have you had restricted sleep* in the last 2 weeks?
Do you have a sleep debt?*

Have you had trouble speaking coherently or keeping your eyes open?
Would a short sleep make you safer?

E EATING

Have you had something to eat or drink?
Do you need to?

* see 'Fatigue: the facts' for more information