

# Am I fit for work?

## 1 Before Coming to Work Health Checklist

- Am I drug and alcohol free?
- Am I able to focus on my job today?
- Do my prescription medications allow me to operate machinery?
- Am I exhibiting any symptoms of illness?



### It's not worth it!

If the answer is NO to any of these questions, please speak to your supervisor and do not perform work on this machine today.

## 2 Before Work Inspection Checklist

- Am I adequately trained? Qualified?
- Has the equipment been appropriately inspected?
- Is my workstation clean and free from fat and debris?
- Is the equipment free of any defects?



## 3 Before Entering the Plant Checklist

- Do I have my hard hat on?
- Do I have my steel toed boots on?
- Do I have my hearing protection in?
- Do I have my face protection on?
- Have I removed anything that could get caught?
- Is ALL of my PPE the correct type and size?

## 4 While Using the Equipment Checklist

- Am I following the correct order of steps?
- Am I using the correct body positions?
- Am I 100% focused on my job task?
- Am I taking adequate breaks?