**I’M SAFE**

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

**Illness**

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

**Medication**

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

**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 / give feedback?

**Alcohol**

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

**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?
*Please see ‘Fatigue: the Facts’ poster for more information about these.

**Eating**

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

**References**


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