

DRIVER FITNESS

Driver fitness means that, as an individual, you are physically, mentally and emotionally able to perform your work to the standards set by Ok Tedi, and in a manner that will not put yourself or other road users at risk.

Ok Tedi recognises that a person's fitness for work can be adversely affected by many factors including:

- general health
- fatigue
- inappropriate use of alcohol
- use of illicit drugs and some prescribed and over-the-counter medications
- emotional issues such as stress, anxiety and depression
- physical illness and injury

For the safety of all road users, it is important to identify when someone is not fit for work at an early stage and to provide support and assistance when it is required.

WHAT TO LOOK FOR

Signs that someone may not be fit for work include:

- frequently turning up late for shift
- showing signs of fatigue (yawning, heavy eyelids, falling asleep)
- slow reaction times
- making mistakes in routine tasks
- not being able to concentrate
- wanting to be alone all the time
- crying
- getting angry without provocation
- smell of alcohol

Everyone is different. Not everyone will show these signs. The most important indicator is a change in someone's behaviour. Trust your gut. If you think something is not right - ASK R U OK? And report your concerns to you supervisor who may be able to help.



YOUR OBLIGATIONS

Make sure that you:

- ✓ Present to work in a fit condition to perform your duties without risk to yourself or others
- ✓ Tell your supervisor if you are worried about your own, or someone else's fitness for work
- ✓ Cooperate and participate in alcohol and drug testing
- ✓ Notify your supervisor if you are taking medication (prescribed and over-the-counter)
- ✓ Use medication as directed by the medical practitioner or manufacturer recommendations
- ✓ Assess your own fitness for work at the end of shift to ensure that you are fit to drive home
- ✓ Notify your supervisor of any unauthorised possession and consumption of alcohol and illicit drugs at the workplace

FIT FOR WORK TESTING

A fitness assessment is required following an accident or reportable incident and in any situation where a Supervisor has reasonable grounds to suspect a person is unfit for work.

Fitness for work assessments may also be conducted on a random basis and as part of a pre-employment medical examination.

Fitness for work assessment methods include:

- Readiscore on Readi Watch for high risk operators and drivers
- Face-to-face discussion
- Observation of work performance
- Medical assessment
- Alcohol and drug testing
- Self-testing for alcohol and drugs.

Fatigue is the main contributing factor to vehicle accidents

- Get 8 hours sleep every night
- Never tamper with fatigue ID systems
- Do NOT drive or operate equipment if fatigued
- A Fatigue Management Plan must be in place and approved
- Take extra breaks
- Introduction to Readi Watch System which Ok Tedi has trialled and implemented with its high risk drivers.

STAY HEALTHY



Take regular rest breaks (Especially when driving)



Rest and recover



Do regular exercise



Go for a short walk in rest break or when on phone

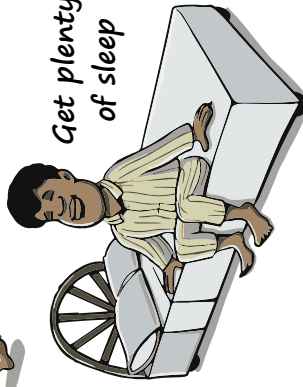


Work within your shift routine and rotation schedule.



Sip water regularly

Regular Medical assessments are up to date.

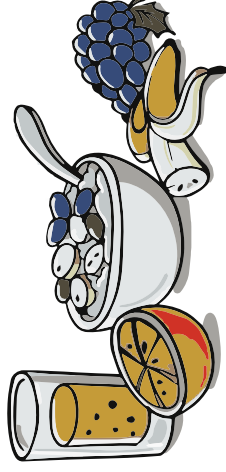


Get plenty of sleep

Conduct workplace inspections (e.g. adequate lighting, noise, temperature etc.)



Fatigue is considered in work plans and tasks



Eat Healthy (Low GI)



If you need help with stress or lifestyle issues, talk to your supervisor, Employee Assistance Program (EAP), doctor or a friend



Reduce Alcohol intake before bed



Reduce Caffeine intake before bed