



FIT FOR DUTY

**MANY FACTORS
CAN AFFECT
YOUR ABILITY TO
PERFORM WORK
SAFELY**

PHYSICAL REQUIREMENTS

THE BODY ITSELF

**Health, vision
and hearing**

PSYCHOLOGICAL CONDITION

MENTAL STATE

**Risk tolerance,
emotional state,
workplace culture**

PHYSIOLOGICAL CONDITION

AFFECTS HOW THE
BODY FUNCTIONS

**Fatigue, alcohol and
drugs, workplace
exposures**

Fit For Duty - One of Energy Safety Canada's 10 Life Saving Rules