

'Fit for work' means being able to answer **'YES'** to **ALL** these questions:

Illness Am I physically well?

Medication Am I free from the effects of medication?

Stress Am I free from significant stress?

Alcohol Am I free from the effects of alcohol and drugs?

Fatigue Have I had enough rest?

Eating Have I eaten properly?

Fit For Duty

E Durkheim



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