

# Life Saving Essentials

## We care about your Safety



### Health and Wellbeing Checklist



#### Person



- Are you rested?
- Is your head in the right space?
- Are you stressed?
- Are you overworked?

#### Planning



- Enough personnel for task?
- Rest periods?
- Weather considerations?
- Safety critical medicals in place if required?

#### Equipment/Tools



- HAVS?
- Suitable for person? (weight etc)
- Trained and competent?

#### Workplace



- Welfare facilities suitable and sufficient?
- Emergency procedures (less able?)
- Who is your mental health first aider?

Only start if you have the right Person, Equipment/Tools, Planning and Workplace