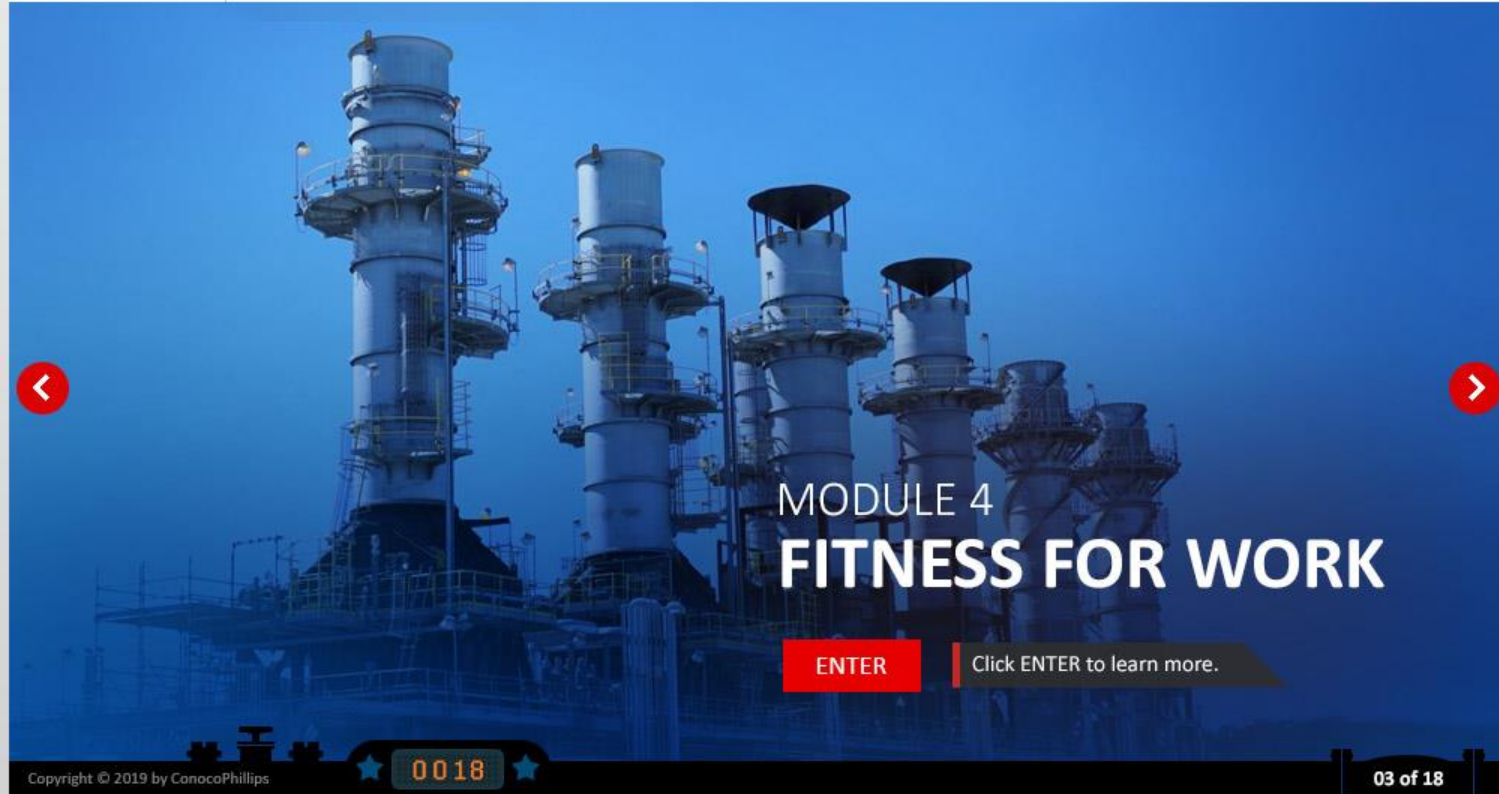




FACILITY INDUCTION PROJECT

MODULE 04: Fitness for Work

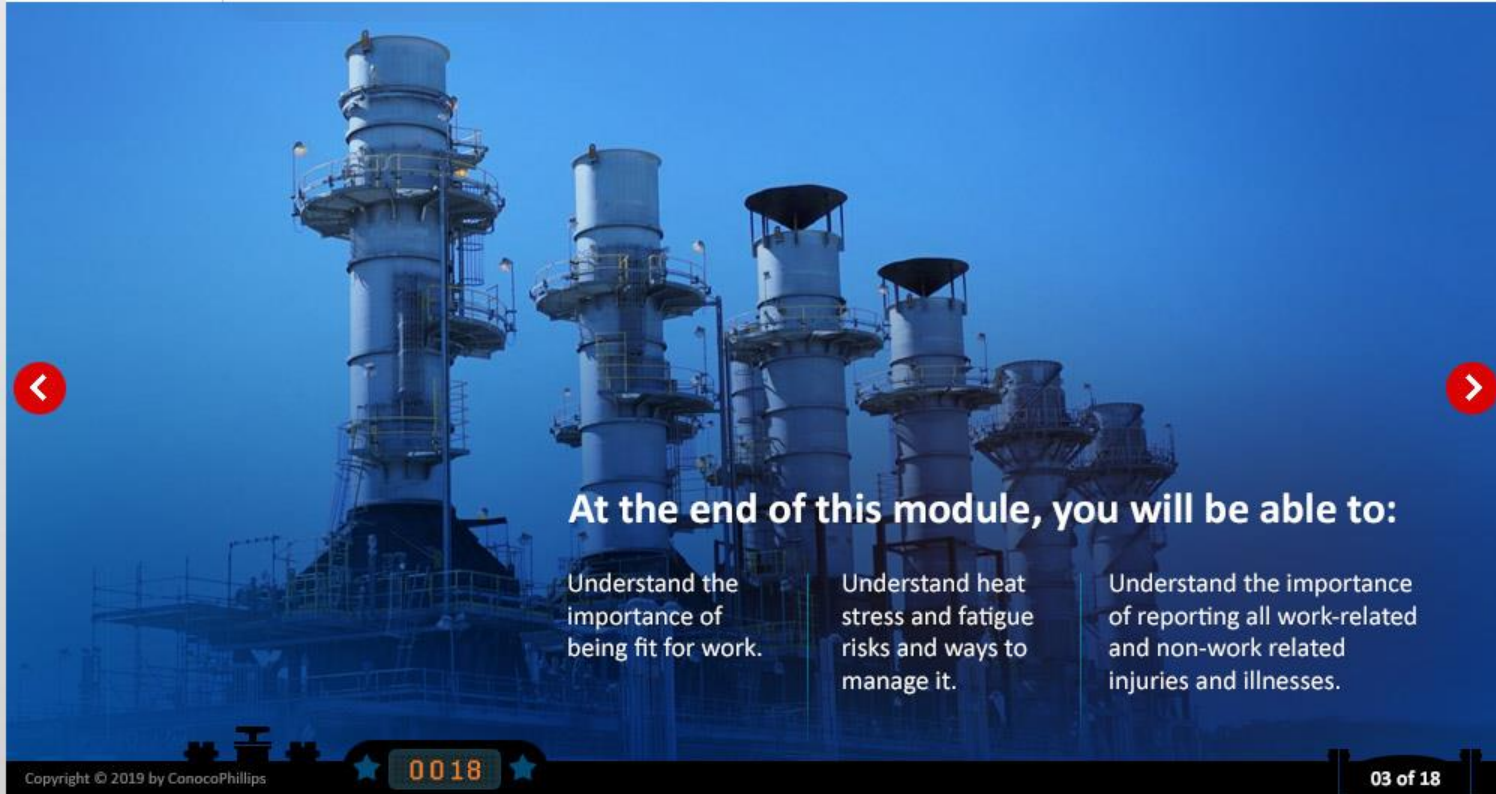
VISUAL STORYBOARD



MODULE 4
FITNESS FOR WORK

ENTER Click ENTER to learn more.

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At the end of this module, you will be able to:

- Understand the importance of being fit for work.
- Understand heat stress and fatigue risks and ways to manage it.
- Understand the importance of reporting all work-related and non-work related injuries and illnesses.

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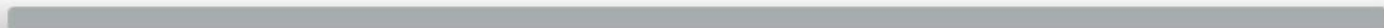
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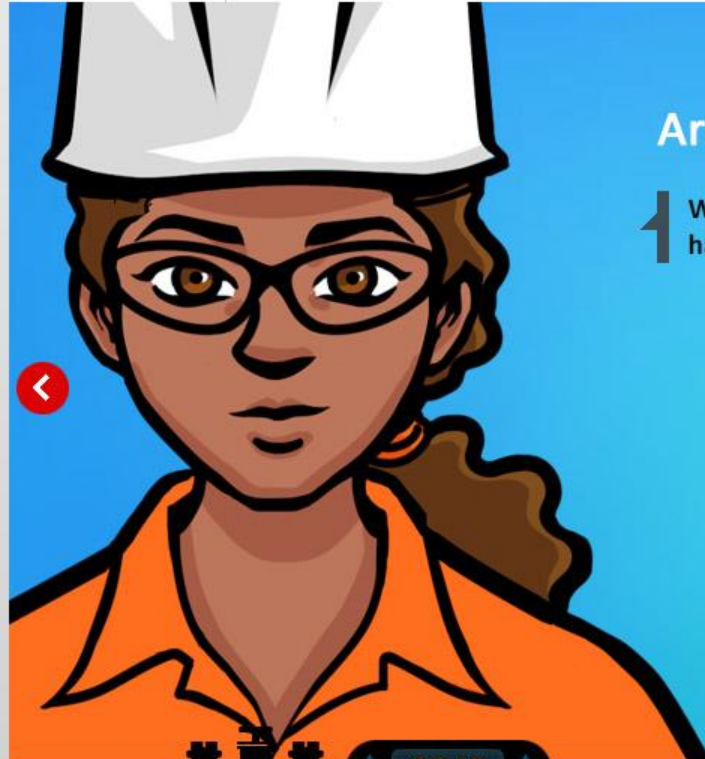
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Are you fit for work?

Before I joined the facility at ConocoPhillips, I always thought fitness was only about being physically fit.

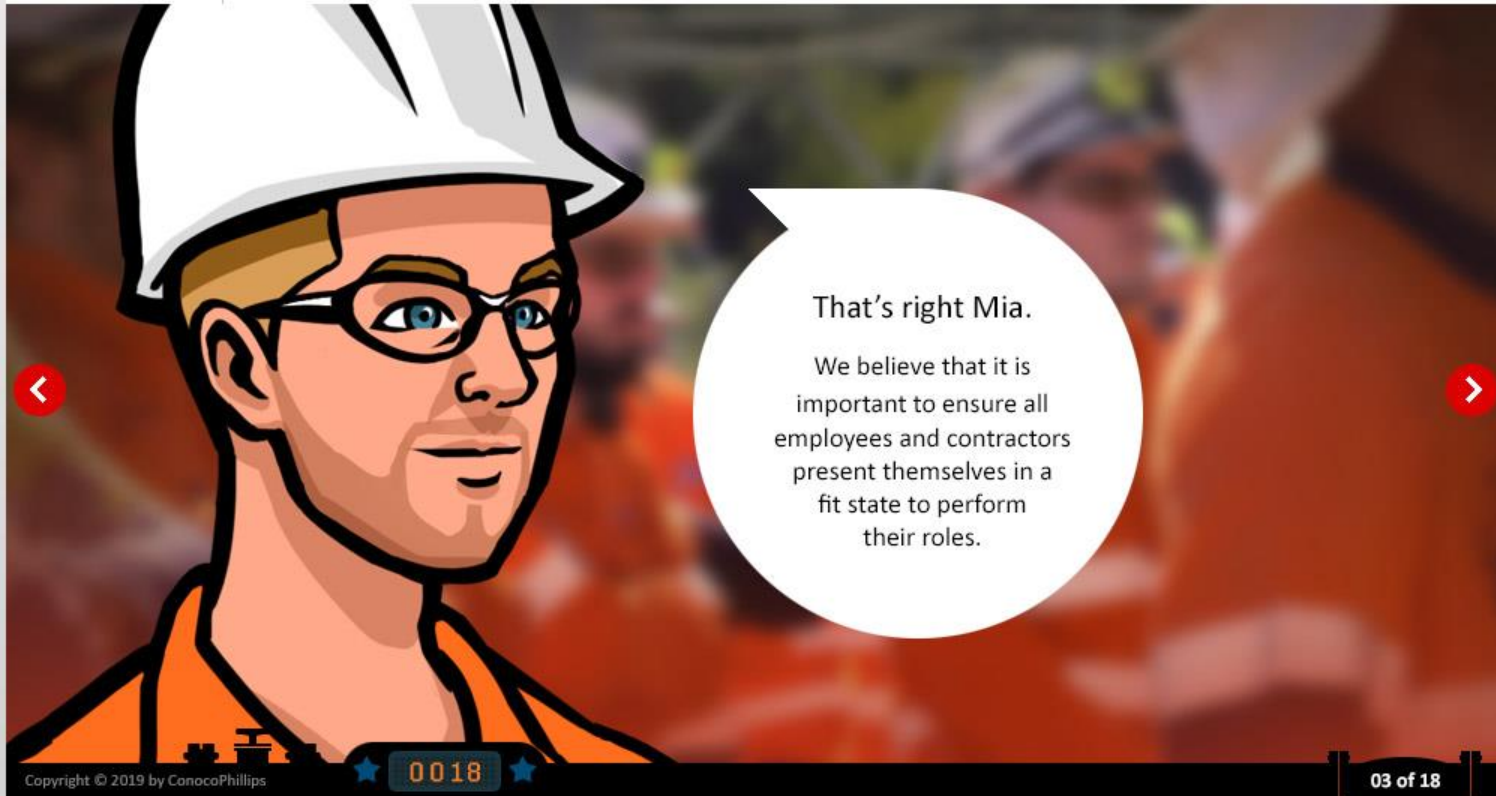




Are you fit for work?

While that is true even here, I realised that fitness has many other dimensions at work.







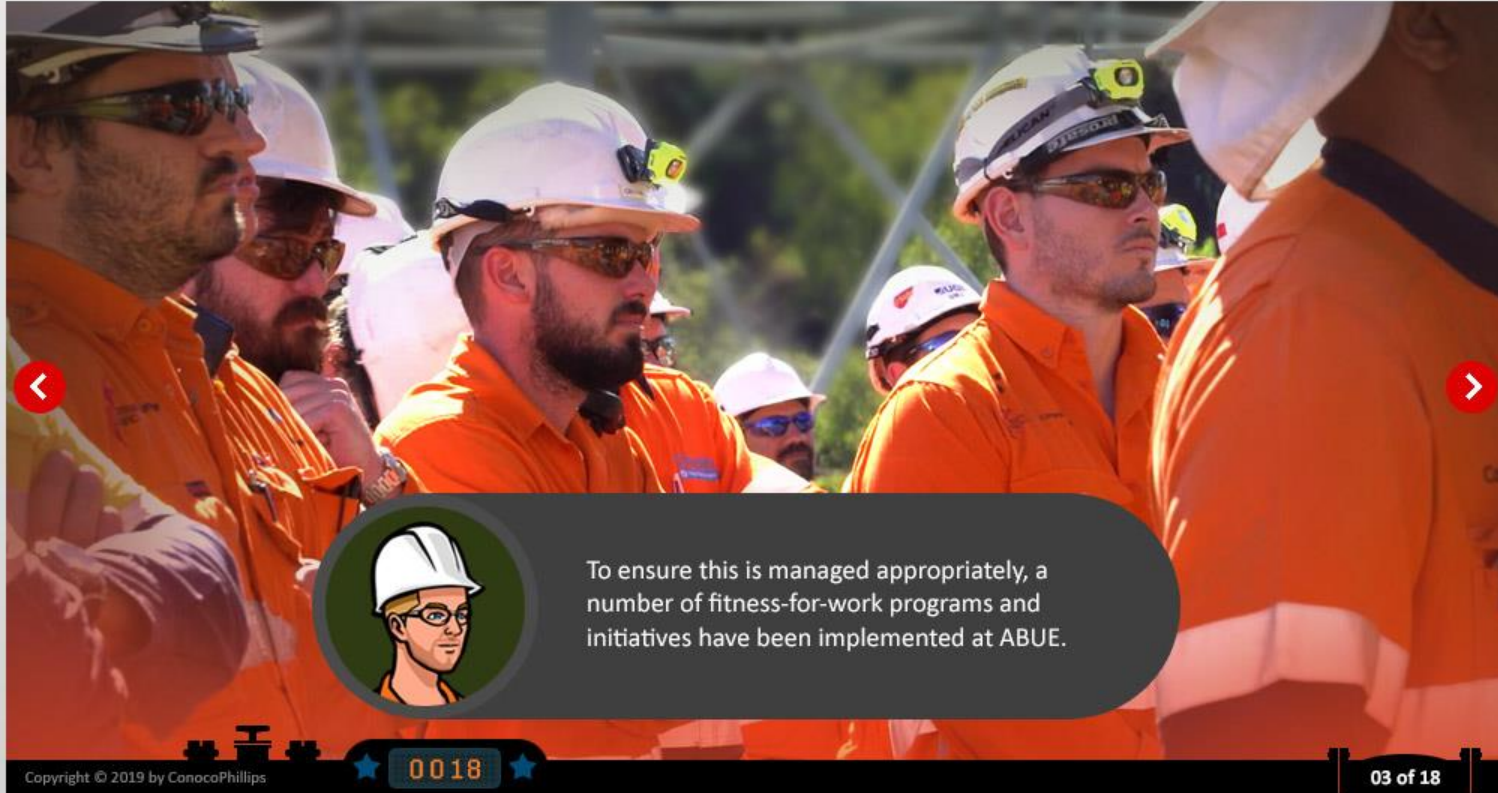


Navigation icons: Left arrow, Right arrow

Icons: Worker profile, Heart with pulse line, Clipboard with pulse line

Medication and Reporting of Existing Injuries

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TAKING MEDICATION



Sure Gary.

We understand that there might be times when we have to take medication to maintain a certain level of fitness.



In such cases, you need to ensure that:



You have obtained the necessary information to determine whether the use of the medication may negatively affect your ability to perform your work safely. This means talking to your physician or pharmacist



You have reported all medications to the site nurse or medic, if the medication could impact on your ability to work safely.

Medical Condition Reporting

Also, sometimes we may have injuries or existing medical conditions.

Proactive communication of injuries and existing medical conditions to medical staff ensures that key personnel are aware of injuries.



Medical Condition Reporting

This allows treatment and recovery to be monitored and prevents any existing injuries from becoming worse. Remember, we keep all this information confidential. It's for your safety.



Now let's look into our other fitness for work programs.

Click each icon to learn more.



Drug and Alcohol
Testing



Industrial Hygiene
Exposure Assessment
Plan (IHEAP)



First Aid



Now let's look i

Click each icon to



Drug and Alcohol
Testing

Industrial Hygiene Exposure Assessment Plan (IHEAP)

Employees and contractors identified as at risk of exposure to environmental hazards in the workplace may be included in IHEAP.

Selected personnel may be required to wear specialised health monitoring equipment to ascertain their exposure while on site.

Heat Stress

Being situated in Central Queensland means we can be subject to extreme temperatures and humidity, so extra care needs to be taken to manage the potential health issues arising from heat stress.





To manage the risk of heat stress, we must:

Identify the potential for heat stress in our work activities.

Manage and observe both ourselves and our team for heat stress-related symptoms.

Implement controls to mitigate heat stress so far as reasonably practicable.



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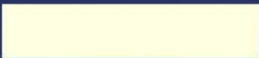
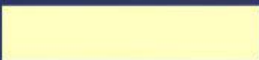
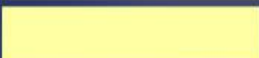
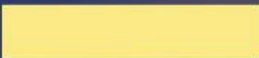



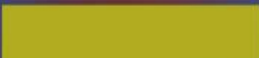
Identify the potential for heat stress in our work activities.

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Implement controls to mitigate heat stress so far as reasonably practicable.



1		If your urine is similar to the colours numbered 1, 2, or 3 you are adequately hydrated. These colours should be your target!
2		
3		
4		Colours 4 and 5 suggest you are dehydrated and need to drink more fluid. If your urine continues to match these colours, despite attempts to drink more fluid, seek medical advice.
5		
6		Colours 6 to 8 indicate you are severely dehydrated. Seek medical advice.
7		
8		

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1 We encourage a culture of care and continuous monitoring by looking out for both you and your mates.

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Fatigue Management

Fatigue is the loss of alertness and performance that results from insufficient or poor quality sleep or engaging in mentally or physically demanding activities.





You had insufficient rest prior to shift commencement

An assessment is requested

There are signs you may be fatigued



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Working hours
**must not
exceed 14
hours** in any
24-hour period.

You must have
a minimum of
10 hours rest
between shifts.

Shift workers
must not work
**more than 13
consecutive
shifts.**

It is the
responsibility
of all personnel
working at the
APLNG facility to
**ensure
adequate
rest between
shifts.**

**Monitor your
fatigue levels**
and use the
fatigue
management
tools available
to you.



