



HSE CAMPAIGN Q4 2019

YOUR HEALTH

There is an established link between fatigue and reduced cognitive functions such as slower reactions, ability to process information, memory lapses, absent-minded slips and lack of attention. This can result in adverse consequences such as accidents and injuries as well as having impact on health. *Ref. HSE.gov.uk*

OUR 5 TOP TIPS TO STAY HEALTHY, BOTH ON AND OFFSHORE



WORKING ENVIRONMENT



EAT HEALTHY



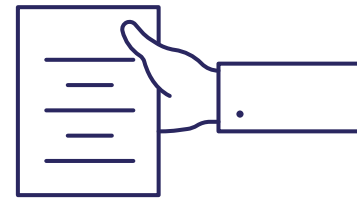
ERGONOMICS



SLEEP WELL



EXERCISE



PLEASE ALSO PAY ATTENTION TO APPLICABLE ITEMS IN OUR QMS (QUALITY MANAGEMENT SYSTEM):

REACH-HSE-RA-030
Risk Assessment - Shiftwork Offshore

This document addresses several topics:

- Nightwork
- Prolonged working hours
- Workplace design
- Procedures
- Inactivity
- Quality of food & diet
- Swing shifts
- Insomnia
- Psychological distress
- Fatigue etc.

Put this poster onboard and use it as a reminder in all applicable meetings during Q4 2019.

PLEASE GIVE YOUR FEEDBACK HERE
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