

I'M SAFE Checklist

Illness	Do I have any symptoms?
Medication	Have I been taking prescriptions or other over the counter drugs?
Stress	Am I under psychological pressure from the job? Worried about financial matters, health problems or family discord?
Alcohol	Have I been drinking within 8 hours? Within 24 hours?
Fatigue	Am I tired and not adequately rested?
Emotion	Am I emotionally upset?