



Stress and fatigue

THIS MONTH'S TALK FOCUSES ON STRESS AND FATIGUE. HOW TO IDENTIFY SIGNS OF FATIGUE AND STEPS TO TAKE WHEN MANAGING HIGH LEVELS OF STRESS.

Today, we're addressing hazard which can be difficult to identify. It's not a physical hazard, but can have physical consequences. The hazard is stress and fatigue.

Recognising fatigue isn't just about feeling tired; it's about noticing changes in our focus, mood swings, or a decrease in performance.

Our commitment at SkyCity is to ensure you're not just physically safe but mentally supported. Therefore, we implement measures to combat stress and fatigue. For example, we ensure adequate notice for rosters are provided, ensuring you can plan your life outside these walls and come to work rested. We're firm on scheduled breaks—these aren't a luxury; they're a necessity for maintaining stamina and focus.

Our regular team talks, like this one, are your platform. Speak up, share your concerns, and let's find solutions together. The workload isn't for you to shoulder alone; it's a collective effort. And remember every team member has access to mental health support services. It's confidential and professional.

Leadership means looking after our wellbeing, not just our output. Let's lead with empathy, ensure our kitchen remains a beacon of excellence and support. Together, we can manage the pressures and keep our passion for cooking alive and well.

This month's food safety topic is food preparation. Our policy details a few specific requirements for how we ensure food safety in the prep stage, one of which is thoroughly washing all raw fruit and vegetables after they have been cut. Make sure you are familiar with our Food Preparation policy and ask your Head Chef if you should have any questions.

Thank you, everyone. Your health, both mental and physical, is a top priority.

**DIRECTOR OF KITCHENS**

This months checklist requires we ensure that:

Rosters are provided to the team with adequate notice

Team members take breaks as scheduled

Team talks are held regularly with opportunity for discussion

Workload is managed and shared amongst the team

Staff know how to access mental health support services

All raw fruits & vegetables, after trimming are thoroughly washed before preparation with suitable sanitizers.

To complete the
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