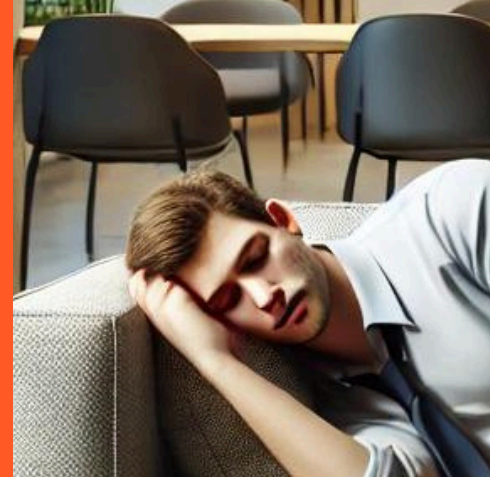


Stress and fatigue



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 optional; they're a necessity for maintaining stamina and focus and must be taken through the day to break up your work, this serves to ensure both physical and mental rest.

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 through our 'employee assistance program'. It's confidential and professional.

Leadership means looking after our wellbeing, not just our output. Let's lead with empathy and ensure our venues remain a safe and supportive environment.

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



**ACTING GENERAL
MANAGER HOSPITALITY**

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

To complete the
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