

Health and safety checklist

Use this checklist to help you identify hazards at your workplace.

Unhealthy food and drink habits	Yes	No	N/A
Is healthy food and drink an accepted part of the workplace culture?			
Are facilities available for staff to bring healthy food from home and eat it at work? (e.g. cooler bags, fridge, cutlery)			
Is there a policy for safe working in heat that encourages drinking water?			
Is there easy access to healthy food and drink at work and shops near work?			
Is information available on healthy eating and drinking to manage fatigue and stay fit for work?			