



Health and safety checklist

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

Mental health	Yes	No	N/A
Does the workplace encourage a culture where work-related stresses and struggles can be discussed in an open and supportive/constructive manner?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do workers indicate that they are able to cope with the demands of the job?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have you provided sufficient support to your workers? (e.g. management, training, coaching)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you provide workers with opportunities to have a say about the way they do their job?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you educate staff in relation to acceptable behaviours and how to report unacceptable behaviours?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have you clarified job descriptions appropriately so workers understand their role?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have you communicated and managed any business changes effectively?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you promote a fair and positive work environment?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you recognise and reward workers efforts?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you monitor workers for signs of fatigue and take appropriate action to address risk factors?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Is coaching available for those suffering from work stress? (e.g. an Employee Assistance Program that allows workers to access counselling confidentially that the employer pays for)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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