

## Safety

### I'M SAFE CHECKLIST

Illness--

Do I have any symptoms? Medication--

Have I been taking any? Stress--

Am I under too much stress? Alcohol--

Have I been drinking in the

last 12 hours? Fatigue--

Am I too tired? Eating--

Am I adequately nourished?

All members should use this checklist to determine if they are fit for duty before participating in any CAP activity, exercise, or mission!