

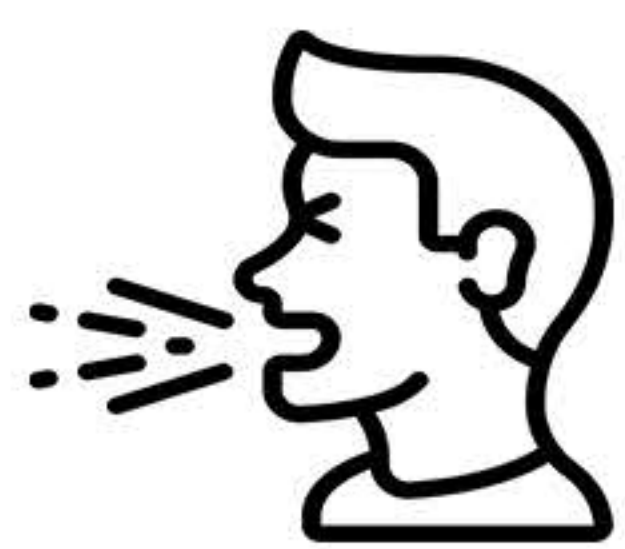


Canadian  
Patient  
Safety  
Institute

Institut  
canadien  
pour la sécurité  
des patients

I'M SAFE

## A Simple Checklist to Support Safety Awareness



### I - Illness

Am I feeling so bad  
that I cannot do my work?



### M - Medication

Does the medication that  
I am taking affect my ability  
to maintain situational  
awareness at work?



### S - Stress

Is there a life event or  
situation that is distracting  
me from my ability to  
focus at work?



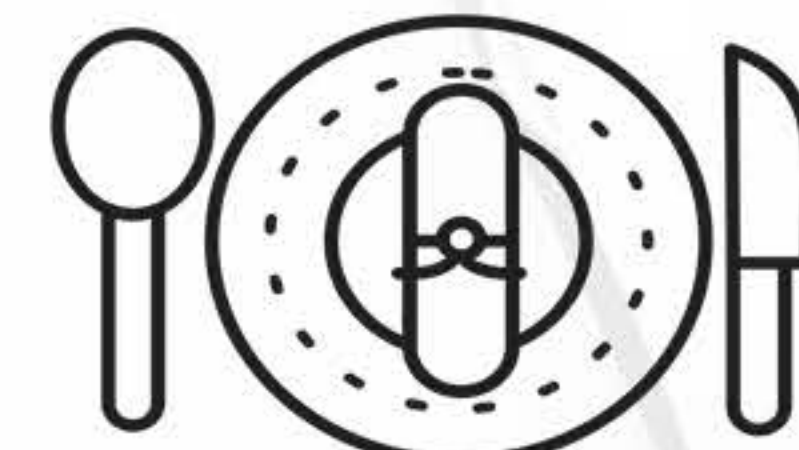
### A - Alcohol & Drugs

Is my use of alcohol or illicit  
drugs affecting me so  
that I cannot do my work?



### F - Fatigue

Am I tired?  
The effects of fatigue  
should not be ignored.



### E - Eating & Elimination

Has it been 6 hours since I  
have eaten or used the  
restroom? This can affect ability  
to concentrate.

### PERFORMING SAFELY CAN PREVENT ERRORS FROM REACHING PATIENTS

Healthcare workers can be prone to human error. Safety for all is vital to the work environment.  
Recognizing your ability to perform is important. Maintaining awareness supports each other.