



## Confidential Reporting for Safety



This is Nasreen

Nasreen is feeling fatigued

Nasreen is worried about making a fuss

Nasreen called CIRAS and her shifts have changed

Nasreen feels better

Be like Nasreen

The name we've used is fictional. We share your concern so the company can address it. You will not be identified.



Work  
environment



Rules &  
procedures



Fatigue



Welfare  
facilities



Equipment



Shift  
design



Safety  
practices



Training &  
competence

[www.ciras.org.uk](http://www.ciras.org.uk)

**Report hotline:**  
0800 4 101 101

**Report textline:**  
07507 285 887

**Freepost: CIRAS**