



This is Anna

Anna works nights and sometimes feels scared

Anna told her boss but nothing was done

Anna spoke with CIRAS and now things have changed

Anna did the right thing

Be like Anna

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

Report hotline: 0800 4 101 101

Report textline: 07507 285 887

Freepost: CIRAS