

Card 32 Keeping fit and healthy for work

- Makes you more alert and able to carry out your job better
- If you are not 100% fit and healthy the work you are doing could cause danger to you or your colleagues
- Time off work through being sick might mean your employer losing money and making you unpopular!
- Going to work unwell might pass on germs and viruses to your colleagues or the public
- Feeling well at work will make your job much more enjoyable