

Risk Assessment Form

Teek It Ltd manages occupational health issues through proportionate and practical arrangements appropriate to the size and nature of the organisation. Occupational health, including mental health and fatigue, is managed through regular communication, flexible working practices and workload monitoring. Individuals are encouraged to take regular breaks and raise any concerns at an early stage, which are handled sensitively and confidentially.

Fatigue risks are managed by promoting reasonable working hours, rest breaks and flexibility where required. Mental health and wellbeing are supported through an open and supportive management approach, with reasonable adjustments considered where practicable.

Occupational health risks are identified, assessed and reviewed through the company's general risk assessment process, which is reviewed periodically and updated where activities or circumstances change. Teek It LTD uses the WORKPLACE MENTAL WELLBEING AT WORK RISK ASSESSMENT & ACTION PLAN, to ensure occupational health issues, including mental health and fatigue are identified early on .

