

Audience: Siemens Mobility Limited, Rail Infrastructure

EHS Reminder

Subject: Enjoy the World Cup – Looking After Yourself and Others 

EHS-010-2026

With the FIFA World Cup now fully kicked-off, it will bring some exciting (and very late!) fixtures, and we know many of you will be looking forward to getting behind your preferred team.

Late nights (or early mornings), travel, celebrations and alcohol can all affect fatigue levels, concentration and reaction times, so it's worth thinking ahead and making sure you're **fit for work** the next day.

Planning ahead for rest and travel can make a real difference to how you feel the next day. If you're unsure whether you're fit to drive, choosing a safer options is always the better call. However, this may suggest you are not fit to work either, so live by our *4 Steps to Zero Harm* at all times.

As always, our policy around alcohol and other drugs remains in place, including our programme of random testing, helping ensure that everyone arrives fit for work and ready to work safely.

If you are following a team, good luck, have fun, and we hope you enjoy the highs (and cope with the lows!) of the tournament! 😊



As you enjoy the matches, it may be helpful to consider a few simple questions:

- Have I eaten and stayed hydrated?
- Do I feel rested enough for the next day?
- Am I factoring in how a late night or alcohol might affect my alertness, concentration, or driving?
- Do I have a safe plan for getting home and getting to work?
- Am I looking out for my colleagues?

Everyone's different, but a little forward thinking can make a big difference to how you feel the next day – both at work and at home.



For more information about this topic, please contact your line manager, refer to our [Alcohol & Other Drugs procedure](#), or contact your local EHS team