

# The 4 D's



1

**DELETE**

WHAT CAN YOU REMOVE

2

**DEFER**

WHAT TASKS CAN WAIT

3

**DELEGATE**

LIGHTEN THE WORKLOAD

4

**DO**

FOCUS ON THE MOST  
IMPORTANT TASKS

SUPPORT FOR YOU AND YOUR TEAM  
MENTAL HEALTH FIRST AID TRAINING

#StressAwarenessMonth

**AU**  
Safety Management Ltd