

Help get a workmate back on track. Start a conversation.



RU OK?™

A conversation could change a life.

1. Ask R U OK?

Help them open up by asking
"How are you going?"



**Start a
conversation
using these
4 steps**

4. Check in

Make time to catch
up soon.



2. Listen

Take what they say seriously.



3. Encourage action

Urge them to commit to doing one
thing that might help them.

20 April 2017
Rail R U OK?Day

RU OK?™

 trackSAFE™
FOUNDATION