

# Follow that train of thought. There's more to say after R U OK?



## What is Rail R U OK?Day

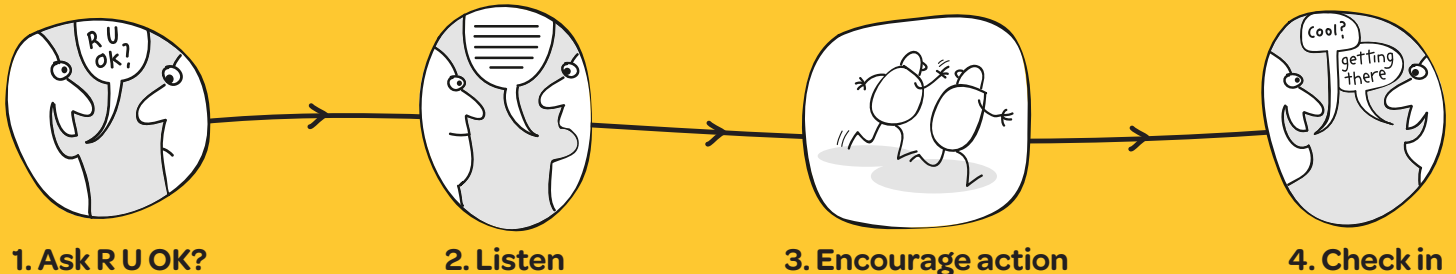
Since 2015 Rail R U OK?Day has been inspiring rail staff across Australia and New Zealand to look out for one another during life's (including worklife's) ups and downs by asking "Are you OK?" and really listening to the answer. This annual event is a collaboration between the TrackSAFE Foundation and R U OK?

By participating in Rail R U OK?Day and encouraging meaningful conversations in your workplace you are helping to create a stronger, safe and more supportive rail industry.

## How to have a life-changing conversation

R U OK? conversations shouldn't just happen on Rail R U OK?Day but every day of the year. Having these conversations with your workmates is something you can do to help create a stronger, safer and more resilient workplace.

If you've noticed a change in what a workmate is saying or doing or you know there's something going on in their life, it's time to start a conversation. Use these four steps:



# Rail R U OK?Day | 29 April 2021



Learn more at [tracksafefoundation.com.au](https://tracksafefoundation.com.au)