

Train of thought

I wonder how they're doing?

I haven't seen him for a few days.

I'll invite her for a cuppa and ask 'Are you 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

Taking the time to have R U OK? conversations with our workmates – not just on Rail R U OK?Day but any day someone may be struggling - is something we can all do to help create stronger, safer and more resilient workplaces.

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:



1. Ask R U OK?



2. Listen



3. Encourage action



4. Check in

Rail R U OK?Day | 30 April 2020



Learn more at tracksafefoundation.com.au