

Train of thought



I've noticed she seems under the weather.



She hasn't returned any of my texts.



I'll have a quiet word with her at lunch 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?

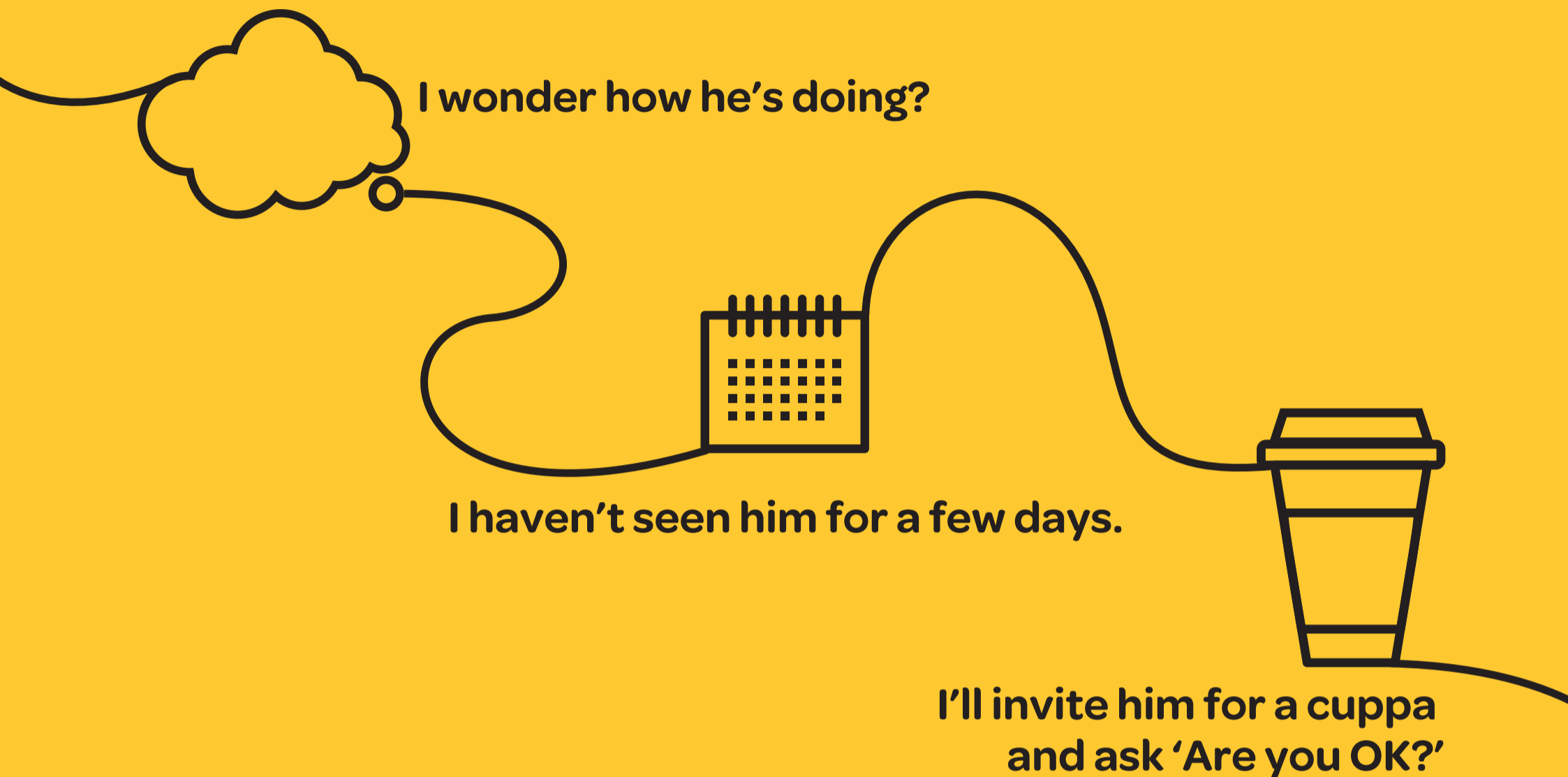
By participating in Rail R U OK?Day, and encouraging meaningful conversations in your workplace you are helping to create a stronger, safe and more supportive rail industry.

Rail R U OK?Day | 11 April 2019



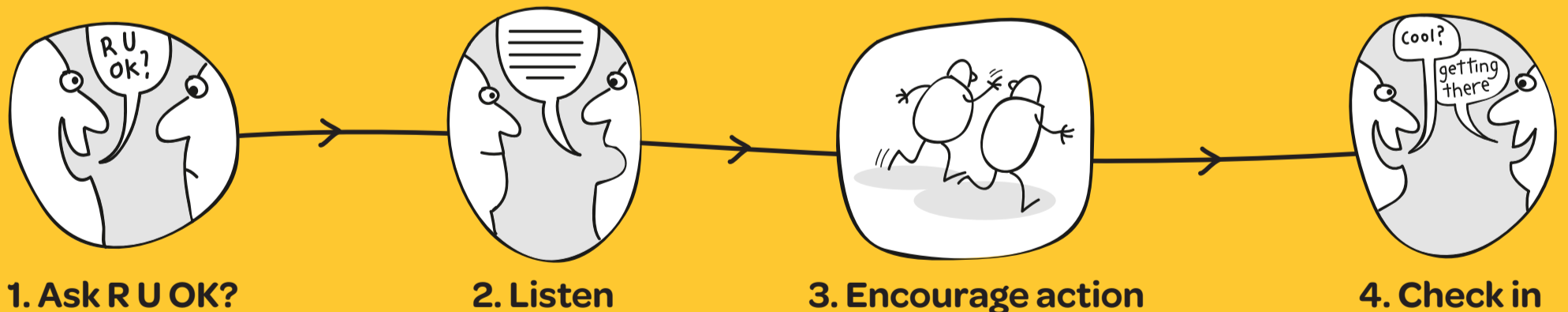
Learn more at tracksafefoundation.com.au

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How to have a life-changing conversation

We all go through life's challenges; grief, relationship breakdowns, or tough times at work or home. Because you see your workmates often, you are in a great position to notice any changes that could indicate they're going through a tough time. When you notice a change or just feel something's not quite right with a co-worker find the time and courage to check in with them using these four steps:



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