

Keep the  
conversations **on**  
track

**MAKE A PROMISE**  
to stay connected and ask "are you OK?"



Find more resources at  
[tracksafefoundation.com.au/event/rail-r-u-ok-day](http://tracksafefoundation.com.au/event/rail-r-u-ok-day)

**TrackSAFE**  
Foundation

**RUOK?**



Keep the conversation **on track** I PROMISE...

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Learn how to ask at [ruok.org.au](http://ruok.org.au)

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