

IT'S OKAY TO TALK.

Mental health and wellbeing. A struggling colleague is a safety issue, not a weakness.

1 in 6

South Africans live with anxiety, depression or a substance-use disorder (SADAG). Someone on your crew is one of them.



1

CHECK IN

Ask how someone is doing, then ask again. "Are you sure?" opens more doors than the first question.

2

NOTICE THE SIGNS

Withdrawal, irritability, mistakes, missed shifts, drinking more, sleeping less. Change is the signal.

3

LISTEN

Without judging or fixing. Give time, keep it confidential, take it seriously.

4

SIGNPOST HELP

Employee assistance programme, a doctor, or SADAG on 0800 567 567 (24 hours, free). Offer to make the first call together.

5

MANAGE THE LOAD

Realistic targets, proper breaks and rest days. Fatigue and stress cause accidents.

6

LOOK AFTER YOURSELF

Sleep, movement, time off the phone, time with people. You cannot look out for others if you are running empty.

Speak up early. For yourself, or for a mate.

CHECK IN

LISTEN UP

REACH OUT

FREE SAFETY RESOURCES

www.ohsresolved.co.za

People · Process · Progress

