Psychosocial Hazards

Look After Your Wellbeing and Each Other

1. **BE AWARE**
   Look out for signs of stress, fatigue or changes in behaviour.

2. **SUPPORT EACH OTHER**
   Be respectful, include others and speak up if someone needs support.

3. **COMMUNICATE**
   Raise concerns early with your Supervisor.

4. **TAKE BREAKS**
   Look after your mental and physical wellbeing.



Before You Start...

- Be respectful and professional at all times.
- Look out for your workmates.
- Speak up if you or someone else is not okay.
- Raise any concerns with your Supervisor.

A safe workplace includes everyone – look after yourself and each other.