



While physical safety should never be discounted or detracted from, it should be seen as part of a bigger picture alongside emotional and mental safety.

By thinking of safety in a more holistic way, not only will you protect your team against a greater spectrum of hazards and risks, but you'll also create a more positive, innovative and creative work environment.

To see if you're contributing to a physically, emotionally and mentally safe workplace, ask yourself how well you can relate to these statements.



## Physical

**PROTECT:**  
you're able to identify a risk or hazard and can take the appropriate action to protect yourself and others from it by ensuring its removal or minimisation.

**KEEP WELL:**  
you take your own and other people's physical wellbeing into consideration, practice good hygiene, get regular exercise and eat a balanced diet.

**PRACTICE:**  
you're aware of your workplace health and safety policies and programs, putting them into action each day.

**EDUCATE:**  
you take it upon yourself to keep up-to-date with the latest workplace health and safety standards, support networks and resources available to help keep you and your team happy, healthy, safe and productive!

## SAFE WORKPLACE



## Mental

**RESPECT:**  
you treat new ideas and concepts with respect, providing them with the time and consideration they deserve.

**CREATE:**  
you foster creative thinking and innovation, always looking for new and better ways to achieve your goals.

**MANAGE:**  
you can think and feel objectively and rationally, can understand and control your own thoughts.

**DECIDE:**  
you're able to make decisions collaboratively and productively, taking into consideration a wide range of influences and feeling comfortable with your final choice.



## Emotional

**SELF-REGULATE:**  
you're able to regulate your own moods, exercise restraint and express feelings with control.

**EMPATHISE:**  
you're a compassionate person and have the ability to connect with those around you. Generally great at customer service and problem solving.

**PEOPLE SKILLS:**  
you're able to build rapport and trust quickly with others, avoiding power struggles and backstabbing.

**SELF-AWARE:**  
you have a healthy sense of self-awareness such as being able to understand your own strengths, weaknesses and impacts your actions have on others.

**MOTIVATE:**  
you're self-motivated, resilient and optimistic when you encounter disappointment and are driven by inner ambition not just external rewards.