

RU OK?™ inTrucks&Sheds



Sandra (centre) with colleagues

meet Sandra

Sandra, 53, has been in the road transport, warehousing and logistics industry for 25 years and currently works in HR at Bass Strait Transport. Sandra has experienced her fair share of ups and downs from dealing with health struggles to experiencing the loss of colleague. These experiences fuel her passion for creating mentally healthy workplaces and serve as a reminder that at the end of the day, behind our work titles, high vis vests, steel caps boots, our gender or our cultural background - we are all human.

Sandra: For the first 20 years of my career, work was my life. But that's not uncommon in our industry. **Work life balance is a huge struggle.** With long hours, shift work, being away from family and friends – it can feel like an endless cycle of work and rest, with not much in between.

You might be thinking, how can our company introduce work life balance when we need our drivers on the road and have rotating schedules. **It comes down to creating opportunities for connection at work, that aren't work related.** We have regular BBQs, where everyone, including management, spends time together – we have a chat, laugh and kick a footy around. We hold get togethers at different times so everyone has the opportunity to attend.

” **Coming together as a team strips away hierarchy and allows workers to see everyone as a person rather than a role – and that's incredibly powerful for building morale and meaningful connection.**

You actually don't know what someone is going through behind closed doors. They could be battling silently, unsure who to talk to or worried about the impact of sharing their struggles. But bringing people together and making it a regular thing opens doors and normalises talking about life's challenges.



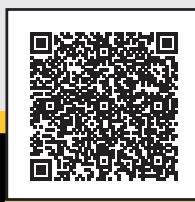
**We all need a safe place and safe person to talk to
– I really believe it saves lives.**

Recently there was a guy at work who wasn't in a very good place, and he was experiencing suicidal thoughts. He opened up to me, and we spoke about getting professional help. Getting it off his chest and having someone trustworthy to talk to changed his life. There is so much power in reminding everyone no matter what you're going through, you're never on your own.

**Anyone reading this who is in the industry and
wanting to make a difference – you can.**

**Don't wait for the perfect moment, it may never come.
Start with regularly checking in with your workmates and
make asking, R U OK? in Trucks & Sheds a part of your everyday.
You will change lives.**

**Drive
conversations
and ask
'are you OK?'**



www.healthyheads.org.au/ruok

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