

Respecting your boundaries

Caring for others starts with caring for yourself.

SPOT IT: Pause when you think there's pressure to say yes. This can lead to unsafe compromises and working beyond safe limits.

These are signals that you need to state your boundaries.

- 'I feel pressure to say yes...'
- 'I'm compromising how I usually work safely...'
- 'This doesn't feel safe for my body right now...'

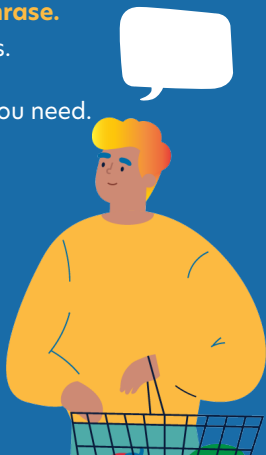
DO IT: Use a boundary phrase.

- Use factual 'I' statements.
- Name the risk directly.
- Be specific about what you need.

SAY IT: What you can say to others.

Use the 'Do It' prompt to come up with a boundary phrase you can use.

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Who should I contact for help or escalation?

This could be your leader, health and safety rep, facilities contact, or a colleague.

Name:

Role:

Contact:

Name:

Role:

Contact: