

Speak up in the moment

Silence makes it normal.

SPOT IT: Pause when you find yourself at risk or conditions continue to be unsafe.

These are signals that you need to say something.

- 'This equipment isn't working properly...'
- 'We're rushing or taking a shortcut...'
- 'Someone is doing something risky right now...'

DO IT: Speak up in the moment

- **Observation:** say what you've seen or heard.
- **Impact:** say why it matters.
- **Suggestion:** suggest a safer option.
- **Check:** ask for their opinion.

SAY IT: What you can say to others.

'This doesn't look safe. Someone could get hurt. Should we pause and rethink it? What do you reckon?'



movewell

Speak up in the moment

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: