



# PRACTICAL WAYS TO BUILD PSYCHOLOGICAL SAFETY

## WHY IT MATTERS

### IMPROVES SAFETY



People speak up early about risks, hazards, or near-misses before they turn into incidents or injuries.

### STRENGTHENS TEAMWORK




Open communication builds trust, collaboration, and faster problem-solving.

### BOOSTS WELL-BEING





Feeling respected and supported improves morale and commitment.

## PRACTICAL TIPS

 **CALL OUT RISKS**  
If something feels unsafe or unclear, say something before work continues.

 **LISTEN AND ACT**  
Take every concern seriously and respond respectfully, even if you disagree.

 **INVITE DIFFERENT PERSPECTIVES**  
Check in with teammates, especially those closest to the work.

 **FOLLOW THROUGH**  
Close the loop on safety concerns so people know speaking up leads to action.

Remember:  
Psychological safety starts with everyday choices!  
Listen openly, speak up about risks, and take action so everyone goes home safe and supported!