



**Media Release**

**Wednesday, 20 April 2016.**

## **TasRail drive to get mental health on track**

### ***Rail R U OK? Day – Thursday, 21 April 2016***

Tasmania's rail workers will take the time to ask one another 'are you ok?' tomorrow (Thursday, 21 April), as TasRail joins an industry-wide, national initiative to help rail staff keep their mental health on track.

Depression, anxiety and mental trauma are serious issues that can impact rail staff, especially train drivers and those who may witness or be involved in tragic situations in the workplace.

These include unpredictable near-miss incidences, such as vehicles ignoring rail crossing signals. TasRail reported 112 near-miss incidents last year alone.

TasRail CEO Damien White said Rail R U OK? Day aimed to encourage rail workers at all levels to start a conversation that could ultimately save someone's life.

"R U OK? Day is not just about one day, but importantly it focuses on empowering our leaders with the capacity to provide support for our employees every day," Mr White said.

"Encouraging meaningful conversations has the power to help transform the workplace into a strong and resilient community.

"Simply looking out for one another and going out of our way to have regular and genuine discussions with our colleagues can really make a difference to someone who may be doing it tough.

"We know better than anyone else the pressures our workmates have to face every day and so we're best placed to ask them 'are you ok?'.

"By participating in Rail R U OK? Day our employees are also helping to ensure TasRail is a safe, strong and more supportive workplace."

Mr White said as part of the Rail R U OK? campaign, TasRail would be launching a number of workplace initiatives in the coming weeks.

"These include a review of our trauma support systems and resources as well as a refresh of our Peer Trauma Support Team, evaluating its applications and seeking ways to improve it," he said.

"Another new program being launched nationally by the TrackSAFE Foundation on Rail R U OK? Day is an app called RailRes, which assists rail employees to manage their immediate response to stress.

"The app includes interactive tools for exercise and a place where workers can test their response to stress and adjust their physical, cognitive and behavioural reactions.

The RailRes app will be launched on National Rail R U OK? Day TOMORROW, Thursday, 21 April and is free to download.

**ENDS**

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**FAST FACTS**

**BREAKDOWN OF RAIL SAFETY STATISTICS**

<b>Year</b>	<b>Total Near Miss Incidents</b>	<b>Total Level Crossing Collisions</b>	<b>Fatalities</b>	<b>Trespass Reports</b>
<b>2015 YTD</b>	<b>112</b>	<b>0</b>	<b>0</b>	<b>55</b>
<b>2014/15</b>	<b>94</b>	<b>1</b>	<b>0</b>	<b>85</b>
<b>2013/14</b>	<b>105</b>	<b>1</b>	<b>1</b>	<b>77</b>
<b>2012/13</b>	<b>102</b>	<b>1</b>	<b>0</b>	<b>84</b>
<b>2011/12</b>	<b>69</b>	<b>2</b>	<b>1</b>	<b>91</b>

<b>Train Collisions 2015 YTD</b>	<b>Total</b>
Collisions (vehicles)	0
Collisions (pedestrians)	0
Collisions (animals)	27
Near Miss (vehicles & cyclists)	109
Near Miss (pedestrians)	3
Stock on Line	73