



# Be a Safety Champion

We all have a role in making the university a safe place to study and work so we can all go home safely each day. Make physical, cultural and psychological safety the starting point of your work and build a safe environment with these actions:



## Model it

- If it's not safe, don't do it.
- Follow safety requirements and advise others to do the same.
- Create a safe and respectful space for everyone to be their authentic selves.
- Get involved! Join your Health, Safety and Environment Committee, lead a safety moment or host a safety event or training session.



## Call it out

- Celebrate success: recognize and reward safe behaviours.
- If you see something dangerous, stop and say something! If you can help someone, do so.
- Share suggestions to improve safety with your supervisor or with Health, Safety and Environment (HSE).
- Report all incidents to your supervisor and to [uab.ca/incident](https://uab.ca/incident).



## Act on it

- Use incidents as an opportunity to learn and improve.
- If you need help, reach out and talk to someone through the Employee and Family Assistance Program (EFAP).
- Update your hazard assessment as things change.
- Act to prevent injury or loss, don't wait for the worst to happen.



To learn more about the Safety Champion initiative, visit [uab.ca/safety](https://uab.ca/safety).

Whatever you're doing, do it safely.