

“
**Normalise
regular check ins
to change lives
for the better.**
”



Shane

Electronic Braking System
Service & Training Manager



Scan the QR code or go to
healthyheads.org.au/ruok

Ask

RUOK?
inTrucks&Sheds

No qualifications needed



Our job on the road
can be very confronting.
**We need people around
us to check in regularly
and know the signs if
we're not OK.**

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**Make the time
to chat to someone.
It could be the only
conversation they
have that day.**

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