



# Speak Up for Safety's Sake

Silence is not golden at Kaiser Permanente. We all have a right to speak up and a responsibility to do so. Open communication leads to better patient outcomes, fewer workplace injuries, better attendance and greater patient satisfaction. When workers speak up, good things happen!

## TEAM ACTIVITY

Visit [LMPartnership.org](https://lmpartnership.org) and share the [How-To Guide: Make the Workplace Safer](#) with your team. Review the tools and resources, and find checklists for specific departments that target common hazards in those areas. Discuss solutions and next steps. Encourage everyone to voice their opinion and be part of the process.



## TALKING TIPS FOR TEAMS



**START SMALL.** It gets easier with practice.



**ASK QUESTIONS.** You'll get more comfortable speaking up if you start by asking others to say more about points they've made.



**GET ADVANCE SUPPORT.** Find someone on your team who shares your point of view. Knowing they stand with you will make it easier for you to speak up in a meeting.



**TAKE THREE DEEP BREATHS.**

Deep breathing relaxes your body and reduces fear.



**OFFER SOLUTIONS, NOT JUST PROBLEMS.**

Your manager and team members will be more receptive if you put in the time and effort to find possible solutions.