

## Stronger connections = Safer crews

Strong relationships keep us sharp: When we trust each other and communicate well, we make better calls. But if there's tension, it's easier to miss something or make a bad decision.



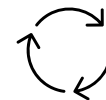
### Why it matters

Our relationships shape how we show up each day.

#### **Crew tension or miscommunication can:**

- Increase stress
- Distract from the task
- Strain team dynamics

Teams that respect and support each other work safer and smarter.



### How to connect better

1. **Listen to understand:** Focus on hearing, not reacting.
2. **Stay calm and grounded:** If you are stressed, take a moment to reset.
3. **Focus on connection, not being right:** Ask yourself: Do I want to fix, understand or just prove a point?
4. **Assume good intentions:** See the other's perspective.
5. **Know when to pause**



### ← Scan to take action

Under the Hat connects you with mental health partners who offer tools to build stronger relationships.

*Employee Assistance Program (EAP) providers vary from country-to-country and individual benefits packages. Please read the EAP eligibility statements noted within the materials under your country on [UndertheHat.com](https://UndertheHat.com).*

# CREW SIGNATURES

Project:		Supt:	
Date:		Foreman:	

**Topic:**

Crew Member Names
