

## Media release

10 September 2020

### **QAL takes RUOK day to the next level with peer support program**

Queensland Alumina Limited (QAL) has taken RUOK day to the next level, with the launch of its onsite peer support program. The program allows QAL team members to become trained onsite support volunteers who can help colleagues experiencing stress by providing a listening ear, practical assistance, or connecting them to professional help when needed.

QAL general manger Pine Pienaar said “The average person spends over one third of their life in the workplace, so it is no surprise that, more often than not, it is our colleagues we turn to in times of need or who are the first to recognise the signs that a team member may be struggling.”

In the first round of peer supporter recruitment, QAL had over 48 employees raise their hand to become trained volunteers. This Thursday marks the launch of the program, where volunteers will be speaking with teams across site as part of QAL’s RUOK day event.

QAL Crane Base team member, Ross Impiccini was amongst the applicants that stepped up to become a peer supporter.

“I know what it is like to feel overwhelmed and I understand the importance of mindset and being able to work through situations with a glass-half-full attitude.

“I believe I can support others, be a listening ear and provide the peer support that is welcomed by most when they can’t see the light at the end of the tunnel.”

The peer support initiative has already proven successful at both Boyne Smelters Limited and Rio Tinto Yarwun operations, with a range of employees receiving the support, conversation and assistance to help them journey through tough times.

The program is a key step within QAL’s business-wide wellbeing strategy to ensure everyone goes home safely every day.

~END~



QAL employees put their hand up to become a peer supporter