

BYSTANDER ACTION

A guide for NSW nurses and midwives

When you witness racism, bullying and harassment it can be hard to know what to do.

But taking bystander action is important, because doing nothing supports and encourages the behaviours and attitudes.

You should not be penalised or intimidated for taking bystander action – if you are concerned contact the NSWNMA



CALL OUT THE ACTION/ BEHAVIOUR

If it's safe to do so, step in and help your colleague



CALL FOR SUPPORT

Ask a trusted colleague to assist if you don't feel confident to tackle this alone



CALL THE POLICE

Emergency call 000 if there is immediate risk to self/others



CALL ON THE VICTIM

Check they're OK during and after the event

If you witness an incident **in the workplace** make an incident report and seek advice from the NSWNMA 02 8595 1234

JOIN THE ASSOCIATION



nswnma.asn.au

For matters affecting your safety at work (including your psychological safety) contact

SAFework NSW • 131 050

ANTI-DISCRIMINATION NSW

• 1800 670 812

• complaintsadb@justice.nsw.gov.au

AUSTRALIAN HUMAN RIGHTS COMMISSION

• 1300 656 419

• infoservice@humanrights.gov.au

Contact for personal support

BEYOND BLUE

• 1300 22 4636

LIFELINE • 13 11 14



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