

## **Safety Message of the Day for IMEA Members**



## **Verbal Communication Safety Message**

Every single day we are communicating with the people around us regardless if we actually speak to them. The way we look at people, what we wear, our facial expressions, and our body language are just a few ways we communicate with others outside of spoken word. It is important to be aware of what message we are sending to those around us and how it is affecting them or the work you are completing.

## Non Verbal and Verbal Communication

Most people would guess that verbal communication makes up the majority of communication. Studies show however that the majority of communication is actually nonverbal. This nonverbal communication is linked to the actual words we say.

Think about how you come off to others you are working with. Almost any problems in the workplace can be solved with effective and respectful conversations. Try to adjust the way you communicate verbally and nonverbally with others at work to enhance your working environment, not hurt it.