

# Health & Safety Anywhere



## Introducing Beyond Silence

PSHSA recently launched [Beyond Silence](#) - a series of resources, customized for healthcare workers that are designed to promote early intervention and support for the mental health of healthcare workers, and to promote psychological health and safety in healthcare workplaces.



Visit [www.beyondsilence.ca](http://www.beyondsilence.ca)

## WHMIS 2015 is Here!

Workplace Hazardous Materials Information System (WHMIS) 2015 is Canada's new national hazard communication standard! Organizations must comply with the WHMIS 2015 classification system when hazardous materials are present in the workplace.



To ensure worker protection, employers must educate and train workers about WHMIS 2015 and provide site-specific training on the hazardous materials that are present in your workplace. Our eLearning module can help you meet this requirement by providing an effective and efficient way of providing information on WHMIS 2015.

See [WHMIS 2015 eLearning](#)

## Reduce your Premiums with PSHSA Safety Group Membership

Since 2010, PSHSA Safety Group members have shared over 4.3 million dollars in rebate!

Safety Groups are an initiative from Workplace Safety Insurance Board (WSIB) that allow groups of companies to pool their health and safety experience and resources to help improve their prevention systems. Safety Group members can reduce their workplace injuries and illnesses and be rewarded with rebates on WSIB premiums.

Our objective at PSHSA is simple – to eliminate workplace injuries and illness, and to help you reduce your WSIB costs.

[Learn about Safety Groups Program](#)



## Moral Injury Assessment

Are you a first responder or public safety worker or who has faced moral challenges while on the job?

A team of researchers at McMaster University and St. Joseph's Healthcare Hamilton are interested in learning more about moral injury, which can occur when an individual perpetrates, witnesses, fails to prevent, or learns about behaviour that violates deeply held beliefs about one's own moral or ethical standards.

[Click here to participate in the study](#)



## Are you Stressed? Boosting Resiliency at Work

Library staff deal with stressful situations as a part of their everyday lives. Whether it's the minor problem of a person haggling over \$1.50 in fines, or the major concerns of shrinking budgets and rising costs, librarians sometimes feel anxious and overwhelmed by these situations.

Read Caroline Goulding's, CEO, Fort Frances Public Library Technology Centre experience using [Healthy Workers](#) to manage stressors at work and how it helped improve her work-life-personal balance.

[Read Open Shelf article](#)



## Too Much Holiday Happiness Can Harm your Health

Ah, the holidays. Turkey, stuffing, gravy, plum pudding, shortbread cookies, pie ... and that's just the main feast. There are also yummy hors-d'oeuvres and cocktails, the office Christmas pot-luck and those endless lunches catching up with old friends



during the holidays. While it's important to keep up holiday traditions and connect with family and friends over a nice meal or seasonal treats, remember that it is possible to indulge in a few festive treats without totally losing control. It's all about balance.

**Here are a few tips for taking in the holiday festivities without taking in too many calories.**

## **4 Reasons the Holiday Season is Stressful and Tips on Surviving December**

The busyness of life does not stop during the holidays, but your to-do list is probably growing by the day. Work parties, friends' reunions, and family celebrations can fill the calendar leaving little breathing room. Without a plan, preparations and holiday shopping can drive you into a few really stressful weeks. However, with a little bit of planning and strategizing your time, you can go from surviving this month to enjoying it.



**Read four reasons the holiday season is stressful and ways you can manage it.**

## **MSD Prevention Guideline for Ontario**

The Centre of Research Expertise for the Prevention of Musculoskeletal Disorders (CRE-MSD) has developed a new prevention Guideline for the province.

Sprain and strain injuries to soft tissues in areas like the back, shoulder and wrist represent one of the leading causes of disability and discomfort in Ontario's workforce. The 2018 Guideline helps employers and employees understand and prevent MSD by following the recommendations in the Guideline.



**Visit [www.msdpreservation.com](http://www.msdpreservation.com)**

## **Cannabis in the Workplace**

The Conference Board of Canada is conducting a Cannabis in the Workplace survey. This is a national survey examining the impact of cannabis use on Canadian organizations.

The survey covers questions on recreational cannabis use, cannabis use authorized for medical purposes, alcohol and drug testing, and more.



**Take survey**



## JHSC Certification Part 1 Training

This course is the first part of the training process for individuals to be certified joint health & safety committee members. Participants will learn about relevant legislation, rights & responsibilities, and common hazards.

- [January 8 - Cambridge](#)
- [January 22 - Toronto](#)
- [January 29 - Hamilton](#)



## JHSC Certification Part 1 Blended Training

This program is the first part of the training process for individuals to be certified under guidelines established and enforced by the Ontario Ministry of Labour.

- [January 9 - Ottawa](#)
- [January 16 - Toronto](#)



## JHSC Certification Part 2 General Workplace

To complete Certification Part Two, both management and worker members of the JHSC must receive training in the significant hazards found in their workplace.

- [January 15 - Barrie](#)
- [January 15 - London](#)
- [January 30 - Cambridge](#)



## JHSC Certification Refresher

Completion of the refresher program renews individual's certification status and maintains the certification under guidelines established and enforced by the Ministry of Labour.

- [January 10 - Mississauga](#)
- [January 14 - Ottawa](#)
- [January 17 - London](#)

*Health & Safety Anywhere* is your resource for legislative updates, current trends and all things health and safety. You are receiving this email because you opted in to receive regular updates from PSHSA. To unsubscribe at any time, please click the link below.

