

Health & Safety Anywhere



PSHSA.ca



Is Your Workplace Psychologically Healthy and Safe?

Psychologically healthy and safe workplaces contribute significantly to worker well-being, engagement and performance and lower rates of absenteeism, conflict, and disability claims. PSHSA's **Psychological Health and Safety Program** takes a focused approach to prevention, intervention and recovery designed to support worker well-being and decrease risk of work-related psychological injury and illness. Visit our website for resources to support worker well-being and decrease risk of work-related psychological injury or illness.

[Learn More](#)



Re-experience *The Workplace, Reimagined* on YouTube!

The Workplace, Reimagined virtual conference took place on November 17, recognizing how the pandemic has changed our world of work and looking forward to where we go from here. For those unable to attend the virtual conference or who may have missed any sessions of interest, TWR recordings are now available for viewing on PSHSA's YouTube channel.

[Watch Now](#)



Survey: A New Approach to MSDs for the Aging Workplace

Musculoskeletal Disorders (MSD) are disorders of the musculoskeletal system. They may be caused or aggravated by various hazards or risk factors in the workplace. MSDs continue as the most prevalent injury in Ontario workplaces. To improve MSD prevention, we're asking for your help identifying challenges, needs and opportunities when it comes to MSDs and ergonomics in the workplace. Please take 10 minutes to complete this anonymous survey. Thank you in advance for your participation and feedback!

[Have Your Say](#)



OUR CLASSROOMS HAVE NO WALLS

JHSC Certification and health and safety training courses
now available through Distance Learning



For more information and
to register visit
pshsa.ca/training

FREE Webinar: Confined Space for Police Services

January 21, 2021 & February 24, 2021
12:00 PM - 1:00 PM

In this informational webinar designed for Police Services, we will discuss the hazards associated with confined spaces as well as legislation, Section 21 and essential knowledge and skill sets.



[Register
Now](#)

FREE High Hazard Webinar Series for Fire Services

PSHSA is pleased to present a free 4-part High Hazard webinar series for Fire Services where we will discuss relevant legislation, standards and program considerations for fire departments.

Rope Rescue
January 13, 2021
12:00 - 1:00 PM

Confined Space
January 20, 2021
12:00 - 1:00 PM

Trench Rescue
February 3, 2021
12:00 - 1:00 PM

Swiftwater Rescue
March 3, 2021
12:00 - 1:00 PM



[Register
Now](#)

CLASS IS ALWAYS IN SESSION

JHSC Certification Part 1 *eLearning* is now available.

Enroll Now

JHSC Certification Part 1 *eLearning*:

\$299

Limited Time Bundle Offer

JHSC Certification Part 1 *eLearning* + Part 2 Training starting at:

\$599



For more information and to register visit

pshsa.ca/JHSC-eLearning

FREE Webinar: Practical Strategies for Fatigue Management

January 19, 2021

12:00-1:00 PM

Work fatigue is more than just feeling tired; it's a condition that impacts productivity, lowers motivation and leads to burnout. While we all go through periods of low energy, many of us don't have the tools and strategies to effectively cope.

For this webinar, join Health and Safety Consultants, Maryam and Jackie, and Occupational Therapist, Seth, as they discuss how to identify the risks of fatigue and how it impacts workers and the workplace. Practical strategies to address fatigue will also be shared.



Register Now

Preventing Eye Strain in a Virtual Workplace

January 21, 2021

12:30-1:30 PM

Working in a virtual world, many are spending much of their time at their computer or using other devices. Our work environment and behaviours can have a significant impact on our eye health. In this webinar, join Occupational Therapist, Seth Sobel, as we discuss how to identify the early signs of visual fatigue, why it's important, how this impacts workers and the workplace, and practical strategies to address vision fatigue before it becomes a more significant injury or illness.



Register Now

FIGHT BACK AGAINST SOCIAL ISOLATION

#CMHAHOLIDAYTIPS



Canadian Mental Health Association
Ontario



McMaster Survey for Healthcare Employers on the Impact of COVID-19 on DDCs



Gender Health and Caregiver
Friendly Workplaces

'Double-duty carers' (DDCs) refer to unpaid family carers who are employed in the healthcare field while also providing unpaid care outside of work to a dependent. **McMaster University** is leading a project to examine the impact of COVID-19 on both DDCs' unpaid caring work and paid healthcare work. DDCs and employers can benefit from evidence-informed guidelines on best practices, in order to reduce consequences like illness, work absences, and stress.

You are invited to participate in an anonymized online survey (approx. 25 minutes) that explores workplace responses to COVID-19 such as changes made to operations, protocols and work tasks as they affect caregivers. To be eligible for this survey, you must (1) work in a similar capacity to either: HR Professional, Manager, Executive Director or Supervisor, and (2) work for a healthcare organization.

If you have any questions, please contact mehtas11@mcmaster.ca.

[Take the Survey](#)

New Website Invites Users to Explore Occupational Disease Risks



Occupational
Cancer
Research
Centre

Workers are regularly exposed to hazards in the workplace that can cause cancers and other diseases. The **Occupational Cancer Research Centre** is pleased to announce the launch of occdiseasestats.ca. With interactive data tools, this website invites users to explore risks of disease for Ontario workers in 5 industry sectors (healthcare, construction, mining, transportation services and metal manufacturing) and hundreds of occupation groups based on results from the Occupational Disease Surveillance System.

This website is funded by the **Workplace Safety and Insurance Board** 2019 Grants Program and created in partnership with the **Canadian Centre for Occupational Health and Safety**.

occdiseasestats.ca

Stay Mentally Healthy this Holiday Season During COVID-19

Check out the **Canadian Mental Health Association, Ontario Division's** #CMHAHolidayTips for tips and activities you can do to stay mentally healthy this holiday season during COVID-19.

- [Take care of yourself](#)
- [Fight back against social isolation](#)
- [Let's get physical](#)
- [Holiday survival tips](#)

Throughout the province, programs and services are available to ensure Ontarians get the crisis supports they need during COVID-19.

[Learn More](#)



Resources for crisis
Ontario



Upcoming Distance Learning Courses

Distance Learning is facilitator-led training delivered online in real-time. The instructor teaches in a virtual classroom, leading learners through discussions and exercises while providing ongoing feedback and support throughout the live session. Distance Learning ensures remote access to the health and safety training Ontario workers need and provides participants with the same critical

[Browse All Distance Learning Courses](#)



JHSC Certification Part 1
Distance Learning

January 5-7

January 12-14

January 13-15

January 26-28

February 2-4

February 9-11



JHSC Certification Part 2, All Workplaces
Distance Learning

January 12-13

January 26-27

February 15-16

February 16-17



JHSC Certification Refresher
Distance Learning

January 12

January 15

February 2

February 4

February 25



Train the Fit Tester for Respiratory Protection
Distance Learning

February 16



Health & Safety for Building Inspectors
Distance Learning

February 11



Home Office Wellness
Distance Learning

January 13

January 21

February 18



On behalf of PSHSA's Board of Directors, leadership and staff, we wish you and your family health, wellness and peace this holiday season.

Our offices will be closed from December 25, 2020 to January 4, 2021. If you require urgent workplace pandemic safety assistance on December 29, 30 or 31, please contact us at thart@pshsa.ca.



Visit our **COVID-19 Resource Centre** for job guidance for employers & workers, tools and resources for planning a safe & sustainable return to the workplace, and more. As always, please **contact your consultant** with any specific occupational health & safety questions you may have.

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.

