



## COMMUNITY SOCIAL SERVICES Health & Safety Association of BC



**People  
Working  
Well**

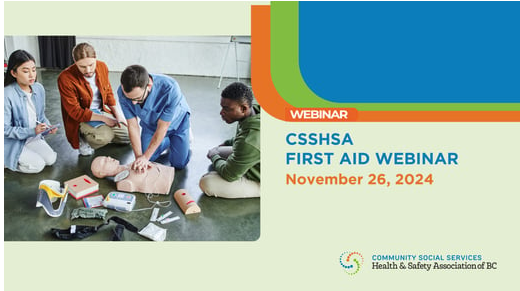
WEBINAR | NOV 20  
**Recognizing Burnout  
& Building Resilience**  
With Lucette Wesley

REGISTER NOW >

### **It's not too late! Register for the Recognizing Burnout and Building Resilience Webinar**

Feeling overwhelmed at work? You're not alone! Join our enlightening webinar on **November 20th at 12 PM** as we explore the causes of workplace stress and burnout. Learn to identify signs of burnout and discover effective coping strategies to enhance your resilience. We'll also cover how to support colleagues experiencing stress. Don't let burnout take control—empower yourself and your team with the tools to thrive in a demanding work environment! [Register](#) to secure your spot!

VISIT [CSSHSA.ca](https://www.csshsa.ca)



## Don't miss the First Aid Webinar! Learn more about the First Aid OHS Regulation changes.

Join us for an informative webinar on **November 26th at 10 AM** as we cover essential topics such as understanding your workplace's first aid needs, new first aid requirements effective November 1, 2024, developing and maintaining first aid procedures, and more. Don't miss out on this opportunity to stay up-to-date and ensure your workplace is prepared for any emergency. [Register](#) today!



## Transform Your Meetings Three Ways to Promote Inclusive Meetings

Inclusion is an important part of psychological safety within the workplace. An inclusive workplace creates an environment where people can show up as their true selves to work; where employees

feel respected, valued, and like they have equal opportunities. Inclusion can involve hiring a diverse workforce, but what about daily interactions and worker experiences? Those everyday interactions can highlight inclusivity and have a big impact on workplace culture. Diversity in combination with inclusion can work together to create psychologically healthier workplaces. Click [here to learn more](#).



## **Psychological Health and Safety In Focus**

### **Five Ways to Foster Belonging**

Belonging or the lack thereof is an important part of how people show up in the workplace. People who feel like they belong can bring their true authentic self to work. Belonging also fosters safety, which creates an environment where people experience trust and well-being. Ultimately, if employees feel like they belong in a

workplace, this not only improves their mental health at work but can also increase their productivity, teamwork, and engagement. Click [here to learn more](#).



## **How to Prevent Slips, Trips, and Falls: Essential Safety Practices in the Workplace**

Slips and trips are the third most common type of injury in our social services sector. Slips happen where there is too little friction or traction between the footwear and the walking surface. Trips happen when your foot collides (strikes, hits) an object causing you to lose balance and, eventually fall. Click [here to learn more](#) about prevention of slip, trip and falls from our partners at CCOHS.



## **FREE WEBINAR - Dec 10th** **Strategies for Coping with** **Winter Blues**

Join us for an engaging one-hour webinar designed to help you navigate the challenges of the winter months. We'll work on individualized activity plans that align with your core values and support overall well-being. You'll leave with actionable strategies that help increase enjoyment and resilience during the shorter colder days.

Register [here](#).



## **Joint Occupational Health and** **Safety (OHS) Committee** **Evaluations**

Did you know that OHS Regulation require every JOSHC to perform an annual evaluation? Improve your committee effectiveness by conducting an evaluation and bring awareness to health and safety challenges your workplace faces and seek solutions together with your

colleagues. You can download a [free tool](#) from WSBC to get started.

January is a great time to conduct a committee evaluation and the time to start planning it is now.

## Did you miss our webinars last month? You can still enjoy them here: Webinar Highlights

### Boost Your Knowledge with These Essential Topics

We recently hosted two impactful webinars that you won't want to miss!

1. **Building a Culture of Recognition:** This engaging webinar focused on the importance of fostering a culture of recognition within your organization. Learn how to implement strategies that enhance employee morale and engagement, creating an environment where everyone feels valued and appreciated. [Watch the webinar here.](#)
2. **WorkSafeBC CSSHSA Rate Information:** In this session, our experts discussed how WorkSafeBC sets insurance rates, covering topics such as community social services insurance rates, experience rating, and time-loss claims. We also shared valuable resources from WorkSafeBC to help you navigate these important topics and manage costs effectively. [Watch the webinar here.](#)

**JOIN OUR HEALTH & SAFETY SUBJECT MATTER EXPERT COMMUNITY**

If you are a health and safety professional working in the Community Social Services sector or you are responsible for health and safety in your organization, we want to hear from you. Send us an email with subject line **Health and Safety** to schedule an **Intro to CSSHSA services** with our team. Email [healthsafety@csshsa.ca](mailto:healthsafety@csshsa.ca) to get started.

[CSSHSA.CA](http://CSSHSA.CA)

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