

HEALTHY MINDS

Protection of Physical Safety



Even though safety is a primary concern, no workplace is immune to immediate or long-term hazards.

These hazards can include both physical and mental health. Workplaces must be proactive to address hazards and keep employees safe.

What can I do as an employee?

- Ensure that you've completed all mandatory safety training
- Report any safety concerns, accidents, or near-misses
- Ask questions and voice concerns with your supervisor - everyone has the right to refuse unsafe work
- Read manuals before operating equipment; read WHMIS/GHS/MSDS sheets before working with chemicals

Everyone has a role in keeping the workplace safe.

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What can I do as a manager?

- Be familiar with the Ontario Occupational Health and Safety act**
- Identify hazards, assess risk and control alongside OH&S**
- Ensure that all employees know how to report incidents and/or safety concerns; encourage feedback**
- Verify that all employees have completed and are current with training**

Wellness Resources

Employee (and Family) Assistance Program
1-844-880-9142
<https://www.lifeworks.com>

Western Rehabilitation Services, Safety & Wellness
Support Services Building RM 4159
www.uwo.ca/hr/safety/

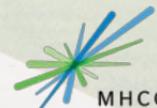
Ontario Health and Safety Act
www.ontario.ca/laws/statute/90o01

Canadian Mental Health Association
<https://www.cmha.ca>

For more information, visit:
www.uwo.ca/hr/safety/wellness/healthy_minds/index.html



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