

Health and Safety Matters

April 22, 2026



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Introducing Psychological Health and Safety Days

You're invited to participate in Psychological Health and Safety Days, a new virtual event featuring activities to spark reflection, build skills, and strengthen team connections.

Taking place May 13–20, the event's theme—*words matter*—highlights how the way we speak to one another shapes workplace culture and sets the tone for psychological health and safety.

Participating is a win-win

Throughout the week, you'll have opportunities to participate in activities and challenges designed to support mental well-being at work. Get involved for your chance to win prizes while building stronger, more supportive team environments.

Get the word out

A little planning goes a long way toward creating a meaningful and engaging experience for your team. We've made it easy with the [downloadable promotional kit](#). This kit includes social media content, talking points, a ready-to-use poster, and content for your internal newsletter and intranet.

[Learn more >](#)

Register for a free webinar



WEBINAR SERIES

SafeCare BC

**BARIATRIC CARE ESSENTIALS:
ENVIRONMENT & EQUIPMENT**
APR 23, 2026
WITH MARIKIM POITRAS
RN, MSN, Clinical Consultant, Educator



www.safecarebc.ca

Bariatric care essentials: Environment and equipment April 23

Join us for a focused webinar designed to help healthcare teams safely and confidently care for individuals with bariatric needs.

Led by Registered Nurse and Clinical Consultant for Arjo, Marikim Poitras, this session explores key considerations for delivering dignified, person-centred care



WEBINAR SERIES

SafeCare BC

**THE WEIGHT OF GRIEF:
UNDERSTANDING AND
MOVING FORWARD**
APR 30, 2026
WITH CARMEN SMITH
Community relations specialist, business development advisor
and seniors advocate with Home Instead



www.safecarebc.ca

The weight of grief: Understanding and moving forward April 30

Grief is a deeply personal experience that can feel overwhelming, confusing, and isolating, affecting us emotionally, mentally, and physically.

This compassionate webinar helps you better understand the grieving process while offering gentle, practical strategies for coping with loss, caring for yourself, and supporting others.

across acute and long-term care settings.

You will gain practical insights into assessment, equipment, environmental planning, and safe handling strategies.

This webinar also provides a safe, supportive space to reflect, learn, and find hope while moving forward one step at a time.

[Register ›](#)

[Register ›](#)

Sometimes the issue isn't what's in front of us — it's how we see it



In this edition of Why I Care, Jessica Ramgren shares a simple story that reframes how we think about teamwork in care. What may look like a small misunderstanding can actually reflect something deeper, with different perspectives shaping the same moment in very different ways.

Jessica explores how these everyday differences can either create tension or open the door to stronger communication, trust, and collaboration. In busy care environments where pressure is high and time is limited, taking a moment to understand another point of view can make a meaningful difference for teams and the residents they support.

[Read her story ›](#)

Why your input matters more than you think



Not having control over how your work gets done is one of the leading causes of burnout in healthcare. A real voice at work can change that.

You have probably shared feedback at work: a question at a staff meeting, a concern passed to your supervisor, or a note left on a form. And you may have never heard what happened to that feedback. That is more common than it should be, and it has a real impact.

When you have no say in how your work gets done, it wears on you. It is one of the recognized drivers of burnout, the slow drain of feeling like your perspective does not reach anywhere that matters. Genuine participation means your input goes somewhere. It means that decisions that affect your work are made with your view in mind. And it means you hear back even when the answer is no. Your workplace has a responsibility to close that loop. Your perspective is specific to the work you do every day, and it's something nobody else has.

[Read more ›](#)

A five-minute team discussion for the shifts where balance breaks down



Short-staffed shifts have a pattern. Two people call in sick. Breaks get pushed. By the end of the evening, someone's back is hurting, and their patience is thin — and nobody's had a chance to talk about it.

Our “Supporting work-life balance” safety huddle gives you a structured 5–10-minute team discussion to open that conversation before it turns into a bigger problem.

It includes a long-term care scenario and a home care scenario, guiding questions for each, facilitation tips, and a sign-in sheet. Pick the scenario that fits your team. Run it before a shift or at the start of a meeting.

No prep beyond a quick read-through. Download the huddle and use it this week.

[Download the huddle ›](#)



We strive to empower those working in the continuing care sector to create safer, healthier workplaces by fostering a culture of safety through evidence-based education, leadership, and collaboration.

LEARNING AND EDUCATION SUPPORTED BY

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