







# Health and Safety Matters

April 28, 2026



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## Upcoming events

- WORKSHOP** - Safe Handling Peer Coach Training
- WORKSHOP** - Mental Health First Aid Certification (Virtual)
- WEBINAR** - The weight of grief: Understanding and moving forward
- WORKSHOP** - Occupational Health and Safety Committee: Part 2 - Beyond the Basics
- WEBINAR** - Before you speak: Communicate with intention

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# Observing National Day of Mourning

Every year on April 28, we observe the **National Day of Mourning**. It is a day to remember those who have lost their lives, been seriously injured, or developed illness because of their work.

In long-term care and home health support, workplace harm is often chronic and cumulative. Serious musculoskeletal injuries, violence, and occupational illness can have lasting effects on workers, their families, and their ability to continue in the work they do.

These harms are often life-changing, and for some, career-ending. Today, we invite you to reflect on the human impact of workplace harm and hold in your thoughts those whose lives have been altered by it, as well as those who never came home.

Together, we renew our commitment to creating a safer, healthier environment for every caregiver.

## Psychological Health and Safety Days are coming up



Psychological Health and Safety Days run May 13–20, offering a full week of activities to help you and your team build safer, more supportive workplaces.

Focused on the theme *words matter*, the event highlights how communication, respect, and everyday behaviours influence workplace well-being and team

dynamics.

### Join the challenge

Take part in daily activities designed to spark reflection and encourage positive change—while earning entries to win prizes.

### Get your team involved

Download the promotional kit to share key messages, spark participation, and bring the week to life in your workplace.

[Learn more ›](#)

## Help us tell the story of support services



Support services staff play a vital role in creating safe, welcoming care environments. From preparing meals to maintaining clean and functional spaces, their work supports not only residents and clients but the entire care team.

On June 18, we're recognizing these essential contributions during Support Services Appreciation Day.

### Help us recognize their impact

We're collecting submissions from across the province to showcase these contributions. Send in a photo, story, or short video to help recognize the people who keep everything moving.

[Submit ›](#)

# Good safety is not built alone - Christine Shearer



In this Why I Care feature, Christine Shearer shares how having the right partner can turn policies into tools that actually work on the ground, where “this work is not about checking boxes or meeting minimum requirements.”

She reflects on how collaboration with SafeCare BC helped strengthen consistency across teams, improve engagement, and make safety feel more relevant to the realities staff face every day.

Because when safety reflects real work, it becomes something people can trust and use with confidence in their daily decisions.

Learn how the right partnership can make safety more practical, consistent, and effective in your workplace.

[Read more ›](#)

## Introducing the Safety Den 2026 finalists

Meet the finalists of the healthcare category for this year's Safety Den. These innovative teams will take the stage on May 25 to pitch their ideas to the Safety Dragons for a chance to win the top prize of \$2,000.



## AgeCare

*QR code safety reporting for early hazard prevention*

With QR codes placed around the care home, this system provides an easy way for anyone to submit safety and maintenance concerns as soon as they are noticed.



## Luther Court

*Visual path kit*

This colour-coded clip system easily explains a resident's mobility needs. It aims to remove the guesswork required by staff and make transfers safer.



## Fraserview Retirement Community

*Bed height tag*

The bed height tag marks the optimal bed height for safe sit-to-stand, based on therapist assessment and supported through care plans and staff training.

[Learn more about Safety Den ›](#)

# Understanding the grieving process

WEBINAR SERIES



## 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](http://www.safecarebc.ca)

## The weight of grief: Understanding and moving forward April 30

Grief is a deeply personal journey that can feel overwhelming, confusing, and isolating. Whether the loss is recent or something you have carried for years, the pain of grief can affect every aspect of life – emotionally, mentally and physically.

This compassionate webinar is designed to help participants better understand the grieving process and learn gentle, practical ways to cope with loss, and healthy strategies that support healing over time. Participants will also learn how to care for themselves during difficult moments and how to support others who might be grieving.

This session offers a safe and supportive space to learn, reflect, share, and find hope while moving forward one step at a time.

[Register >](#)



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.

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