






Health and Safety Matters

June 16, 2026



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-  Provide feedback on WorkSafeBC's proposed policy change
-  Register for an upcoming event
-  Learn how to recognize compassion fatigue

Upcoming events

- WEBINAR** - Indigenous History Month: Understanding cultural safety
- WORKSHOP** - Mental Health First Aid Certification
- WORKSHOP** - Safe Handling Peer Coach Training
- WORKSHOP** - Mental Health First Aid Essentials

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The self-care blind spot

Self-care does not have to be big. It can start with one need you have been ignoring.

Caregivers spend their days supporting the comfort, wellness, and care of others. But many struggle to offer themselves that same care.

Our webpage on the self-care blind spot looks at why self-care can feel hard, why it matters, and how practical self-care can help sustain care workers in the work they value. Self-care might mean taking your entitled break, asking for help earlier, booking a health appointment, or speaking to yourself with the same kindness you would offer someone else.

[Learn more >](#)

Don't miss your chance to celebrate support services workers



Support Services Appreciation Day is almost here. On **June 18**, we'll recognize the workers who help keep care environments safe, clean, welcoming, and running smoothly.

Help us celebrate by submitting a photo, story, or short video featuring support services staff in your organization.

Don't miss this chance to show your appreciation and highlight the important role they play in health and safety.

Submit to Support Services
Appreciation Day >



Social workers

Social workers support residents' emotional wellbeing, help families navigate difficult moments, and make sure every person's voice is heard within the care team.

They contribute to more respectful and psychologically safe workplaces by addressing the needs of residents, reducing conflict, supporting mental health, and creating a more stable environment for residents and staff.



Housekeeping

From a resident's room to the shared spaces of a care home, housekeeping teams work hard to maintain clean, safe, and inviting spaces.

Housekeepers keep residents happy by ensuring their home is clean, but their impact goes further — by sanitizing high-touch surfaces, they help stop the spread of infection, and by keeping floors clear of spills and hazards, they help prevent slips and falls.

Provide feedback on WorkSafeBC's proposed policy change – Employer classification

WORK SAFE BC

WorkSafeBC is proposing a change to how it corrects employer classifications when information was missing or incorrect, but there was no intent to mislead.

They want to create a new category called “Firm Non-Compliance” for situations where an employer did not provide correct or timely information, but did not act fraudulently.

This change would:

- Make it clearer when a classification can be corrected
- Set clearer rules for how far back changes can be made to rates
- Help ensure employers pay the correct assessment rate
- Reduce disputes and appeals about classification decisions

For the full proposal or a link to provide feedback (available until June 26), visit [WorkSafeBC's website](#).

[Learn more ›](#)

Register for an upcoming event



Mental Health First Aid Essentials

Upcoming dates:

July 9 - SafeCare BC Training Centre | Burnaby

August 6 - SafeCare BC Training Centre | Burnaby

Be the calm in someone's storm—prepare to help when it matters most.

Mental Health First Aid Essentials provides a strong foundation in mental health awareness and supportive response skills. Participants learn how to recognize signs of declining mental health, respond with empathy, and use the ALGES action plan in everyday and crisis situations.

This course is ideal for individuals who want introductory training to better support others and strengthen their own mental wellbeing.

Member price: \$100

Lunch is provided for participants of this workshop.

[Register for July 9 ›](#)

[Register for August 6 ›](#)



**INDIGENOUS HISTORY MONTH:
UNDERSTANDING CULTURAL SAFETY** 

JUNE 17, 2026
WITH **ASHLEY HUBBARD**
RN, Occupational health nurse, First Nations Health Authority (FNHA)

WEBINAR SERIES
This session invites participants to explore the connection between cultural safety, psychological safety, and quality care in long-term care settings.



Indigenous History Month: Understanding cultural safety June 17

This session invites participants to explore the connection between cultural safety, psychological safety, and quality care in long-term care settings. Through real-world examples and lived healthcare experiences, we will look at how cultural safety shows up in daily interactions with residents, families, colleagues, and teams.

Participants will leave with a clearer understanding of how culturally safer environments build trust, strengthen relationships, and support both staff wellbeing and better care experiences.

[Register ›](#)

Safe Handling Peer Coach Training July 15 - 16 - Nanaimo

Musculoskeletal injuries remain the leading type of injury for care workers. These injuries are often caused by overexertion from pushing and pulling equipment or awkward posture. But with the right coaching and leadership, these injuries are preventable.

This workshop equips experienced staff with the knowledge, tools, and coaching techniques needed to deliver in-house safe handling education—saving your organization time, money, and most importantly, injuries.

[Register ›](#)

Learn how to recognize compassion fatigue



Understanding the Signs and Impact of Compassion Fatigue

With Geoff Moffett



Compassion fatigue can affect anyone whose work involves supporting others—especially in care settings where empathy, patience, and emotional energy are part of the job.

In this on-demand webinar, Workplace Mental Health Facilitator Geoff Moffett explores what compassion fatigue is, how to recognize the signs in yourself and those around you, and how the ABCs of prevention—awareness, balance, and connection—can help protect your wellbeing.

You'll learn practical strategies for identifying thinking traps, setting emotional boundaries, building positive support systems, and creating a regular self-care practice.

Watch >



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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