

Health and Safety Matters

June 23, 2026



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Upcoming events

- WEBINAR** - Beyond diet culture: Rethinking food, stress, and wellbeing at work
- WORKSHOP** - Safe Handling Peer Coach Training
- WORKSHOP** - Mental Health First Aid Essentials
- WEBINAR** - From friction to connection: Navigating tension, burnout, and human dynamics at work

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Hearts and Hands tickets are selling fast— get yours while you can

Tickets are now on sale for the eleventh annual Hearts and Hands conference for healthcare assistants, supported by Synergy Rehab.

Returning this October to Langley and Victoria, Hearts and Hands is more than a conference—it's an experience.

Past participants have described the event as “uplifting, heartwarming, great fun and informative.” They walk away feeling inspired and take new knowledge and energy back to their workplace.

Tickets are just \$60 for healthcare assistants. The Langley event is already 50% sold, and Victoria is not far behind. Don't delay—get your tickets today.

[Get your tickets today ›](#)

Train your staff to become safe handling peer coaches



Safe Handling Peer Coach Training

July 15-16
Nanaimo

Member price: \$100

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.

SafeCare BC's Safe Handling Peer Coach Training 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.

The benefits to your workplace include:

- In-house training without the cost of external trainers.
- Timely access to training that fits your organization's schedule.
- Empowering opportunities for your staff to develop new skills.
- The ability to build a robust training program for new and current employees.
- Flexibility to tailor training to short sessions or on-the-spot instruction.

[Register for July 15-16 ›](#)

Thank you for celebrating Support Services Appreciation Day



The fifth annual Support Services Appreciation Day took place on June 18. Our team visited three of our member sites—Fair Haven Homes Society, Laurel Place, and AgeCare Lakeview—to celebrate with their staff and recognize the ways they contribute to safety every day.

You can visit our website to read the submissions we received from our members, and watch the latest episode of *Safety in action: Support services are safety services*.

Did your organization host an event? Share photos, videos, and stories of your celebration by submitting it through our form.

[Submit to our form >](#)



Chaplain services

Chaplain workers offer support and comfort on a spiritual level for people of all religious beliefs and those without a faith community. They offer their services to people in care, families, and staff.



Volunteer services

By providing companionship and social engagement, volunteers help reduce the loneliness and restlessness that can lead to distress and challenging behaviours — creating a calmer environment for everyone.

Prepare your team for the emotional impact of wildfires



Wildfire events can create difficult moments for healthcare workers, especially when staff feel responsible for the safety of residents, clients, co-workers, and their own families.

Our **Wildfires and moral distress** safety huddle helps teams talk through those moments before they happen.

Use this huddle to help your team identify what feelings may come up during a wildfire crisis, recognize possible signs of stress, discuss whether these reactions are normal, and explore ways to navigate them. The huddle also supports practical wildfire preparation.

[Download the huddle ›](#)

Save 50% on WHMIS Works this June



During June, use discount code **WHMIS2650** to save 50% on **WHMIS Works**, an online, self-paced course. That means SafeCare BC members can register for as low as **\$10**.

This course introduces the **Workplace Hazardous Materials Information System (WHMIS)** and how it is used in the workplace. Learning about WHMIS helps workers understand hazardous products and gives them the knowledge needed to protect themselves and their co-workers from hazardous products.

[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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