

Health and Safety Matters

July 21, 2026



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Upcoming events

- WEBINAR** - Sustainable performance: High-performance teams that don't cost people their health
- WORKSHOP** - Mental Health First Aid Certification
- WORKSHOP** - Gentle Persuasive Approaches
- WEBINAR** - From friction to connection: Navigating tension, burnout, and human dynamics at work

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Do you recognize the signs of burnout?

Burnout happens when stress builds up over time, leaving the body and mind feeling exhausted and worn out. It can make people feel drained, unmotivated and hopeless. Burnout can show up in many ways, and not all the signs are visible.

Some signs include:

- Feeling easily annoyed or upset.
- Always feeling tired or having a hard time sleeping.
- Having constant headaches or tight muscles.
- Experiencing trouble focusing or thinking clearly.
- Thinking about work all the time—even at home.
- Avoiding people or staying quiet.
- Making more mistakes than usual.

The good news is that there are practical strategies that organizations and teams can use to reduce burnout and support a healthier, safer workplace.

For leaders:

- Schedule regular check-ins with staff.
- Recognize staff efforts and achievements.
- Actively promote mental health and well-being in the workplace.
- Create safe spaces for staff to share difficult feelings.

For frontline workers:

- Talk regularly with colleagues, friends, and family.
- Pause intentionally between tasks. Breathe, stretch, or step outside.
- Set aside time in the day just for yourself.
- Ask for help early—don't wait until you feel worse.

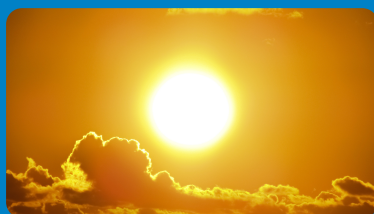
[Learn more ›](#)

Stay safe in the heat



Temperatures across the province are expected to be high this week. [Heat warnings are in effect](#) in parts of northwest and southwest British Columbia.

Extreme heat can be a serious hazard for health-care workers and the residents and clients they support. To help you prepare—and stay safe—in the heat, we've prepared resources that explain the risks of heat stress (heat exhaustion and heat stroke) and provide essential tips to stay safe during hot weather.



Safety huddle | Extreme heat: Keeping staff safe

Learn to recognize and report signs of heat exhaustion and discuss preventive measures that can reduce the risk of heat stress.

[Download ›](#)



Poster | Summer is here and so are its hazards

Display this poster in your workplace to raise awareness of the signs of heat exhaustion and the preventive measures workers can take.

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Article | Protecting your people during wildfire season: A guide for employers

Use this guide to prepare for wildfire-related risks, review your emergency procedures and help protect workers, residents and clients.

[Read ›](#)

Learn more about psychological health and safety with these webinars

Care for Caregivers WEBINAR | JUL 28

Sustainable Performance: High-Performance Teams That Don't Cost People Their Health

With Mary Tibbetts




[REGISTER NOW >](#)

Sustainable performance: High-performance teams that don't cost people their health

July 28

In this practical and relatable webinar, Mary Tibbetts explores how leaders, managers, caregivers, front-line staff and people who support the health-care sector can continue to perform, lead, and care without constantly operating from depletion.

[Register >](#)

WEBINAR SERIES **SafeCare BC**

PTSD AT WORK: UNDERSTANDING TRAUMA EXPOSURE

JULY 30, 2026

WITH GINGER HENDERSON
Founder and owner, clinical supervisor, educator and registered counsellor



www.safecarebc.ca

PTSD at work: Understanding trauma exposure

July 30

This webinar explores the realities of trauma and PTSD within healthcare settings, helping participants understand how trauma affects the nervous system, workplace functioning, and overall quality of life.

[Register >](#)

When did skipping your break become normal?



Two people call in sick. The shift doesn't slow down. You eat a granola bar at the nursing station and tell yourself you'll eat properly at home.

It's not just you. It happens all the time in care work. And it's worth talking about.

Ask your supervisor about our "Supporting work-life balance" safety huddle. It takes 5–10 minutes to run. It uses real scenarios — ones that might sound familiar — and it gives your team a chance to talk about what can help on a short-staffed shift.

[Get the huddle ›](#)

Become certified in mental health first aid



Mental Health First Aid Certification
Thursday, August 24-25 at 8:30 a.m. - 4:30 p.m.
Burnaby | SafeCare BC Training Centre

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

Mental Health First Aid Certification provides comprehensive training to prepare participants to respond to a wide range of mental health challenges and crisis situations. The course builds practical skills through structured learning, discussion, and scenario-based activities.

This course is recommended for individuals who require formal training in mental health first aid and want to be fully prepared to support others.

[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.

LEARNING AND EDUCATION SUPPORTED BY

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