

Health and Safety Matters

July 9, 2026



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Upcoming events

- WEBINAR** - Finding connection through empathy
- 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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A safer shift starts with a quick check

In long-term care and home care, conditions can change quickly. A task, room, piece of equipment, behaviour, or care plan may be different from what was expected.

Before starting, take a moment to ask:

- Is this task safe to perform?
- Do I have the right equipment?
- Do I need assistance?
- Am I focused?
- Is the area safe?
- Has the behaviour or the care plan changed?

This quick point-of-care risk assessment can help protect you, residents, clients, and visitors.

[Learn more ›](#)

Supporting you through uncertainty

Many people working in healthcare are navigating added pressures right now. As you continue to provide care, support colleagues, or lead teams through uncertainty, you may be experiencing increased stress, concern, or emotional strain.

Taking care of your own wellbeing is an important part of continuing to care for others. If you need support, the following resources are available to you:

- [Advica Health](#): Access to virtual counselling for you and your family members at a reduced rate (eligible for coverage through many extended benefits).
- [Care to Speak | Care for Caregivers](#): Peer-based phone, text, and webchat service providing free and confidential support to healthcare workers.
- [SafeCare BC's Wellness and Support Guide](#): Information on resources and services to support your wellbeing, including counselling services, webinars, self-care practices, and more.

You may also be able to access services through your organization's Employee Assistance Program.

For immediate mental health support or referral call 310-6789.



Stay safe on the road - Get a discount on our
Motor Vehicle Safety eCourse



For home and community care workers, a vehicle is more than a means of transportation—it's a workplace. And like any workplace, you have responsibilities to keep yourself safe and healthy.

In just 15 minutes, our Motor Vehicle Safety online course will:

- Review common risks and hazards of driving on the job.
- Explain the health and safety responsibilities of the worker and employer.
- Provide strategies to minimize risks.

During July, you can get 50% off this course. Use code Motor2650 at checkout.

[Register ›](#)

Register for an upcoming workshop



Mental Health First Aid Essentials

August 6 | Burnaby

Gain a strong foundation in mental health awareness and supportive response skills.

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

[Register for August 6 ›](#)



Gentle Persuasive Approaches

August 11 | Parksville

Learn ways you can better care for someone with dementia.

This one-day workshop provides you with the tools to apply emotional, environmental, and interpersonal communication strategies to prevent and defuse responsive behaviours.

[Register for August 11 ›](#)

Mental Health First Aid Certification

August 24-25 | Burnaby

Receive in-depth training on how to respond to mental health challenges and crises.

Successfully completing the workshop will give you a nationally recognized certification that is valid for three years.

[Register for August 24-25 ›](#)



Skills to Engage and Support People

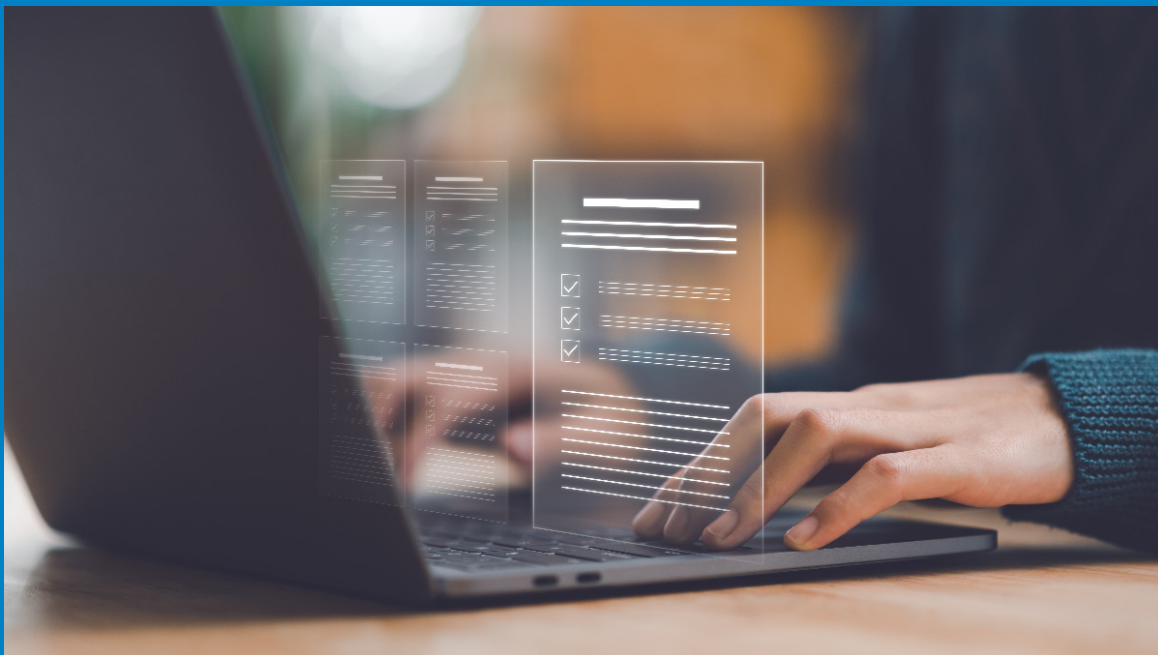
September 15 | Burnaby

Build the skills to help support people through changes.

Using the fundamentals of motivational interviewing, this workshop will help you have conversations with respect and curiosity that make others feel heard, supported, and valued.

[Register for September 15 ›](#)

Don't miss your chance to receive funding for disability management and return-to-work programs



Time is running out for B.C. employers to access funding through the National Institute of Disability Management and Research to assess and strengthen disability management and return-to-work programs. **Funding is limited and available on a first-come, first-served basis while funds remain.**

This opportunity may be especially valuable for organizations managing disability claims internally and looking to strengthen processes, reduce claim durations, and improve outcomes for workers.

[Apply for funding ›](#)



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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SafeCare BC

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