

Health and Safety Matters

August 25, 2026



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Upcoming events

- WORKSHOP** - The Working Mind for Employees
- WORKSHOP** - Skills to Engage and Support People
- WORKSHOP** - The Working Mind for Managers and Leaders (Virtual)
- WORKSHOP** - Provincial Violence Prevention Curriculum
- WEBINAR** - Beyond Diet Culture: Rethinking Food, Stress, and Wellbeing at Work

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What decades of caring for others taught Jo Sedman about safety



What if the biggest sign of a healthy workplace is not fewer concerns, but more people willing to raise them?

That is what Jo Sedman has come to believe after decades in care.

At North Okanagan Hospice Society, she has watched staff move from feeling intimidated by difficult situations to speaking up, sharing ideas and stepping into leadership themselves.

For Jo, safety is not about silence. It is about trust, confidence and knowing your voice will be heard.

Read Jo's story and see how a people-first approach is changing what safety looks like in practice.

[Continue reading ›](#)

Become certified in mental health first aid



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.

September 21 - 22, 2026 | 8:30 a.m. to 4:30 p.m.

SafeCare BC Training Centre, Burnaby

\$150 for members | \$165 for associate members | \$330 for non-members

[Register today ›](#)

Learn what WorkSafeBC's 2027 preliminary rates mean for you

UNDERSTANDING WORKSAFEBC'S 2027 PRELIMINARY RATES

SEPT 15, 2026

WITH DARYL DAVIDSON

Industry and program specialist with prevention programs and services at WorkSafeBC



www.safecarebc.ca

Join us on September 25 for a free webinar featuring Daryl Davidson, industry and program specialist, prevention programs and services at WorkSafeBC. This session will provide an overview of the preliminary rates, the key factors influencing them, and what the changes may mean for you.

You'll leave with a clearer understanding of how rates are determined and what to look for as you plan for 2027.

[Register ›](#)

Discover practical approaches to help others feel valued and recognized

MATTERING AT WORK: FROM UNDERSTANDING TO EVERYDAY ACTION

SEPT 29, 2026

WITH SHEILA FAUMAN

Workplace Psychological Health and Safety Specialist, SafeCare BC



www.safecarebc.ca

Join us on September 29 for an ask me anything session led by our workplace psychological health and safety specialist, Sheila Fauman.

In this session, we will explore what mattering means in the workplace, why it is particularly important in work centred on caring for others, and how it can influence employee wellbeing, connection, burnout, and retention. Most importantly, we will explore how each of us can contribute to a workplace where people know they matter.

Bring your curiosity, questions, and experiences as we learn together and

explore practical ways to create everyday experiences that help people feel valued.

Register ›

WorkSafeBC Board approves regulatory changes for respirators

The logo for WorkSafeBC, featuring the word "WORK" in white on a black background, followed by "SAFE BC" in black and white on an orange background.

Changes to the *Occupational Health and Safety Regulation, Part 8, Personal Protective Clothing and Equipment — Respirators: Face Seal* will come into effect on November 6.

The changes are intended to clarify existing requirements rather than introduce new ones, and do not apply to loose-fitting respirators.

The proposed amendments for respirators:

- Introduce a clear definition of a “tight-fitting respirator” (one that requires a seal with the face to function properly and removes mention of the neck).
- Clarify that nothing may interfere with the seal or proper functioning of a tight-fitting respirator (including hair, clothing, jewellery, or other materials between the respirator and the face).
- Reinforce existing expectations that workers must be clean-shaven where the respirator seals.
- Align and simplify language across related sections on fit testing and user seal checks.

Resources to support you:

- [Respiratory protection program and policy templates](#)
- [Qualitative N95 Fit Testing Training](#)

For more information, you can view [WorkSafeBC’s approved amendments](#) with explanatory notes.

If you have questions about the amendments or you would like help refining your respiratory fit testing program, connect with us at info@safecarebc.ca.

BC General Employees' Union supports Hearts and Hands as gold partner



We'd like to thank BC General Employees' Union for supporting the Hearts and Hands conference for healthcare assistants, as a Gold Partner.

Learn how you can be like them and become one of our event partners by checking out our [sponsor prospectus](#).

Support Hearts and
Hands ›



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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1424-4710 Kingsway, V5H 4M2, Burnaby

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