

Leaders Corner

September 9, 2026



In this edition

- 👉 Meet Brandi Heather, Hearts and Hands keynote speaker
- 👉 Share your feedback on WorkSafeBC's proposed regulatory changes
- 👉 Move your exposure control plan from paper to practice
- 👉 Register for an upcoming event
- 👉 Langley Lodge supports Hearts and Hands as silver partner

Upcoming events

WORKSHOP - The Working Mind for Managers and Leaders

WORKSHOP - Mental Health First Aid Certification

WEBINAR - Beyond diet culture: Rethinking food, stress, and wellbeing at work

WEBINAR - Understanding WorkSafeBC's 2027 preliminary rates

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You can be good at holding everything together and still be carrying too much.

Brandi Heather knows that firsthand. After years of pushing through pressure, she began looking differently at something we often dismiss as unserious: play.

At Hearts and Hands, Brandi will explore how *Playful Intelligence*™ can help us reconnect with creativity, connection and the parts of ourselves that can get buried under stress.

Her message for healthcare assistants isn't about adding more to the day. It's about making a little more room for yourself in it.

[Meet Brandi ›](#)

Bring your team to Hearts and Hands

[Purchase tickets for Langley
\(October 21\) ›](#)

[Purchase tickets for Victoria
\(October 23\) ›](#)

Share your feedback on WorkSafeBC's
proposed regulatory changes

WORK **SAFE BC**

WorkSafeBC is seeking feedback on two related proposals to the *Occupational Health and Safety Regulation (OHSR)*. If adopted, the proposals would establish clearer and more coordinated requirements for employers to address

psychosocial hazards, including specific frameworks that prevent and respond to workplace harassment and violence.

While employers already hold responsibilities to protect their workers from bullying, harassment and violence, the proposals would replace the mix of regulatory and policy requirements and introduce or formalize several requirements.

Key proposed changes include:

- A framework requiring employers to develop a Psychological Health and Safety Program to identify, assess and control psychosocial hazards, including cumulative trauma, workload, work pace and how work is organized.
- Updated definitions for harassment and violence, with each addressed through a separate prevention program and specific employer requirements. Both frameworks would cover conduct by workers and non-workers, such as residents, clients, family members and visitors.
- The addition of psychosocial hazards and harassment to new and young orientations and ongoing training requirements. Violence is already a required orientation topic.

Feedback to WorkSafeBC may be provided until 4:30 p.m. on Friday, October 9:

- [Psychological health and safety proposal](#)
- [Harassment and violence proposal](#)

SafeCare BC will also collect feedback from members and prepare a joint response to WorkSafeBC. Please send your comments to [**info@safecarebc.ca**](mailto:info@safecarebc.ca) by **Friday, October 2.**

Share your feedback ›

Move your exposure control plan from paper to practice



Check whether workers have the time, supplies, training, and support to follow the plan.

Applicable exposure control plans must be reviewed at least annually and updated when work, hazards, guidance, or controls change. The review is also a chance to ask whether the plan works in day-to-day conditions.

Involve your joint occupational health and safety committee or worker representative, listen for barriers, and confirm that staffing, supplies, equipment, training, supervision, reporting, and follow-up support the procedures in the plan.

[Build or review your workplace plan ›](#)

Register for an upcoming event

WEBINAR SERIES 

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

Understanding WorkSafeBC's 2027 preliminary rates
Webinar | September 15

 WEBINAR | SEPT 17

Compassion Begins With Curiosity

With Françoise Mathieu




[REGISTER NOW ›](#)

Compassion begins with curiosity
Webinar | September 17

Get an overview of WorkSafeBC's 2027 preliminary base rates and the key factors shaping them.

This session will help employers understand what is changing, why it matters, and how rates are determined.

[Register ›](#)

Care work asks us to show up, day after day, for people at their most vulnerable – often with too little time and too few resources. This webinar moves past the usual “take a bubble bath” advice.

Instead, we will explore simple, practical ways to notice and reduce stress while we're at work, not just once we get home.

This webinar will not be recorded for later viewing.

[Register ›](#)



Mental Health First Aid Certification Workshop | September 21-22 Burnaby

Equip a member of your team to become a certified Mental Health First Aider.

Participants will learn 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.

[Register ›](#)



The Working Mind for Managers and Leaders Workshop | September 29 Virtual

Gain practical tools to recognize changes in mental health, have supportive, trauma-informed conversations, and respond to challenges such as stress and burnout.

You'll learn how to support your own well-being, better support your team, and help build a workplace culture that supports psychological health and safety.

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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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