SafeCare BC

Health and Safety Matters

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Learning from workplace incidents

What happened? Why did it happen? What can we do to prevent it from happening again?

These questions are at the heart of a workplace investigation.

Whether it's an injury, a serious near miss, or another workplace concern, investigating helps identify underlying causes and opportunities to make work safer.

This November, we're exploring the different types of workplace investigations, the responsibilities of employers and workers, and why following through on findings matters.

Learn more ›

Thank you for making Hearts and Hands so special



Play and laughter have an important role in our lives—even when things get busy. That’s what Brandi Heather reminded us of at this year's Hearts and Hands conference.

Across our Langley and Victoria events, more than 400 healthcare assistants joined us for a day of celebration, education, and inspiration.

Whether you joined us in person or participated in the digital event, we would like to thank you for making this year's event so special.

Let's keep playing!
The celebration isn't over yet. Our free Digital Hearts and Hands event is open until November 4 at 11:59 p.m.

Explore videos, join discussions, and complete fun activities at your own pace. Every completed activity earns points and gives you more chances to win one of 20 $25 gift cards.

Join Digital Hearts and Hands ›

Understand the right to refuse unsafe work



When a worker raises a concern and refuses a task, what happens next?

Our **Refusal of Unsafe Work toolkit** provides employers with step-by-step guidance on handling work refusals, conducting investigations, and understanding when WorkSafeBC needs to be involved.

The toolkit includes templates and a flowchart to make the process easier to understand.

Download ›

Navigate challenging interactions in the workplace



In case you missed it, our recent webinar, *Civility under pressure,* is now available on demand.

In this webinar, Beata Chami, an organizational psychologist, explores why incivility occurs, its impact on individuals, teams, and quality of care, and evidence-informed strategies for responding constructively in the moment.

Watch ›

Upcoming webinars



Boundaries before burnout: Avoiding the people-pleasing trap

November 5 at 12 p.m.



Transform disconnected teams into places of awe, belonging, and mattering

November 10 at 12 p.m.

In this energetic and engaging webinar, Dr. Stephen de Wit explores how to set, communicate, and maintain healthy workplace boundaries without guilt, defensiveness, or becoming someone you're not.

Through humour, relatable examples, and practical tools, you'll learn how to protect your time and energy, manage the discomfort of saying no, and build healthier working relationships.

Register ›

To build psychologically healthy, socially connected workplaces, Paula Toledo will share how teams can adopt a strengths-based approach that sparks awe and wonder, fostering greater belonging and mattering.

You'll leave with practical tools you can implement immediately in your workplace.

Register ›

Know the risks of working alone



If you're working alone and an emergency occurs, would you know how to get help?

Understanding the risks of working alone—and knowing how to respond when something goes wrong—is an important part of staying safe.

Our **Working Alone** online course explores common risks and hazards associated with working alone, explains the responsibilities of workers and employers, and offers practical strategies to reduce risks.

The course takes just 15 minutes to complete and is **50% off throughout November.**

Use discount code: Alone2650

Enroll today ›

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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