You Must Feel Safe to be Safe

June 17, 2021
National Safety Month 2021

sponsored by

velocityEHS®

Award-winning EHS & Sustainability Software

Learn more at nsc.org/nsm
You Must Feel Safe to be Safe

Presenters:
I. David Daniels
Cassandra Dillon
Joslyn Morales
“Describes individuals’ perceptions about the consequences of interpersonal risks in their work environment. It consists of taken-for-granted beliefs about how others will respond when one puts oneself on the line, such as by asking a question, seeking feedback, reporting a mistake, or proposing a new idea.” (How will others respond, react, or treat me if I say or do X)

“Psychosocial safety relates to freedom from psychological and social risk or harm.” (What risk or harm will I be exposed to if I say or do X)

STRESS is a normal psychological and physical reaction to the demands of life. A small amount of stress can be good, motivating you to perform well. But multiple challenges daily, such as sitting in traffic, meeting deadlines, and paying bills, combined with a psychologically unsafe environment can push you beyond your ability to cope.

Resources

Canadian Standard (and Implementation Guide)

• The National Standard of Canada for Psychological Health and Safety in the Workplace (the Standard) – the first of its kind in the world, is a set of voluntary guidelines, tools and resources intended to guide organizations in promoting mental health and preventing psychological harm at work.

• Both the standard and the implementation guide are available here: https://www.mentalhealthcommission.ca/English/what-we-do/workplace/national-standard
Thank you!