



**BCFED Health & Safety
centre**

Prevention Through Education



The BCFED Health & Safety Centre is again offering courses during the **CLC Winter School**. This is a great opportunity to take several of our eight hour courses in a compressed time frame and get your skills up to speed quickly! See reverse for course descriptions.

2017 CLC Harrison Courses

HEALTH AND SAFETY LEVEL 1

Jan 16-20 & Feb 6-10

BUILDING PSYCHOLOGICALLY HEALTHY WORKPLACES

Jan 16-20 & Feb 6-10

HEALTH AND SAFETY LEVEL 2

Jan 23-27

IMPROVING RETURN TO WORK OUTCOMES

Jan 23-27

BUILDING HEALTH AND SAFETY ACTIVISM

Jan 30-Feb 3

WOMEN'S HEALTH AND SAFETY IN THE WORKPLACE

Feb 14-17

CANADIAN HEALTH AND SAFETY CENTRE ROUNDTABLE

Feb 14-17

To register, go to the CLC Pacific website at
canadianlabour.ca/union-education/workshops-and-courses/pacific-region-winter-school

For more information on course content, contact the BCFED Health & Safety Centre 604.433.1453

HEALTH & SAFETY

BOOT CAMP

HEALTH AND SAFETY LEVEL 1

This introductory Occupational Health and Safety (OH&S) course will introduce new committee members and worker representatives to the basic principles of workplace health and safety. This also serves as a great 'Back to Basics' course for those OH&S committee members who desire refresher training. In this course, participants will learn the responsibilities and duties of the Joint OH&S Committee, OH&S legislation (provincial and federal), workers' OH&S rights and the procedure for refusing unsafe work, how to conduct effective incident investigations and safety inspections, identify and assess ergonomic problems in the workplace, and ways of finding solutions.

BUILDING PSYCHOLOGICALLY HEALTHY WORKPLACES

Current research confirms that mental health issues are prevalent in B.C. workplaces. Workers who experience mental health issues face incredible challenges in the workplace. Many are misunderstood, stigmatized, and underutilized. From an organizational effectiveness and sustainability perspective, this is a significant business issue and one that requires attention. In a world where shortages of critical skills are, and will continue to be, a priority for many organizations, we cannot afford to allow the situation to continue.

Workplace stress, bullying, harassment, and violence are increasingly the predominant issue for Canadians. Awareness of the staggering economic cost of workplace stress and related issues (\$51 billion annually) grows steadily. Research also points to stress as a contributing factor in actual workplace accidents, injuries, and violence, making it a major factor in OH&S. This course looks at all of the various workplace psychosocial factors and works on developing and implementing an effective plan that will improve the psychological health and safety of a workplace. The course examines strategies that eliminate, minimize, and accommodate psychological health issues.

HEALTH AND SAFETY LEVEL 2

The Health and Safety Level 2 course has been designed to allow participants to develop the tools, resources, and strategies to build on their successes and to tackle the tough OH&S issues at their workplaces. In this course, participants will discuss barriers facing joint OH&S committees and develop creative strategies and solutions to deal with them. Learn what the requirements of Violence in the Workplace legislation are for implementing a prevention program, identify and learn about organizational stress hazards in the workplace, and develop prevention strategies to minimize workplace stress. Learn how to effectively use OH&S legislation (provincial and federal) as resources.

Prerequisite: Health and Safety Level 1.

IMPROVING RTW OUTCOMES: RETURN TO WORK

This course is designed to equip participants with tools and strategies for successful work reintegration outcomes. Participants will explore leading research and learn the principles of good work reintegration practices and the duty to accommodate. The course has a strong focus on the analysis and

interpretation of human rights obligations and particularly the duty to accommodate. Barriers to successful work reintegration are addressed with a focus on attitudinal barriers and their elimination using the social model of disability and therapeutic return to work principles. An in-depth comparison between older methods of disability management and the newer, progressive disability prevention model is presented and participants learn about the paradigm shift from management to prevention. Participants learn about the paradigm shift from management to prevention.

BUILDING HEALTH AND SAFETY ACTIVISM

Union health and safety activists will share and learn the proven strategies to initiate and conduct a fully effective health and safety campaign in their workplaces and larger communities. Participants will learn how to use their OH&S committees to drive a safety agenda in their workplace. Setting up the proper messaging and communications infrastructure as well as gaining capacity and building allies both internal and external to the workplace will be discussed. Fostering worker participation and building momentum on these issues is some of the most important work that we do in the labour movement

Prerequisite: Health and Safety Level 1.

WOMEN'S HEALTH AND SAFETY IN THE WORKPLACE

All workers face health and safety issues at work - injuries, workplace hazards, disease, and stress. Many of these issues also have a gender dimension - they affect women's bodies in particular ways. In this course, participants will discuss and learn about how women's health (including reproductive health) is affected by toxic workplace substances, the way work is often designed to fit men's bodies, and workplace stresses such as violence and harassment. The program gives participants skills for assessing workplace hazards, and provides participants with key health and safety principles (hazard control, precautionary principles, right to refuse, right to know, and the right to participate). This program is geared to women who are health and safety committee members, and to all women who want to know more about how to make our workplaces and lives safer and healthier.

Prerequisite: Health and Safety Level 1.

CANADIAN HEALTH AND SAFETY CENTRE ROUNDTABLE JAN 14-17

The Canadian Labour Congress and the BC FED and Health & Safety Centre are co-hosting a pan-Canadian roundtable for occupational health and safety and compensation education centres. This roundtable will provide a forum for curriculum exchange, best practices, networking and advancing workers health and safety education interests. It is intended for those active in existing or developing worker-focused and worker-driven health and safety and compensation education centres. It would also be of interest to health and safety educators from affiliate unions.