

MARCH SAFETY SEGMENTS: YOUR HEALTH AND SAFETY COMMITTEE



Health and safety committees (HSCs) are an integral part of the safety culture of any organization regardless of the organizations size or complexity. HSCs serve a vital purpose beyond being drivers of a healthy safety culture, they are stewards of the safety programs within the safety management system.

PSYCHOLOGICAL HEALTH AND SAFETY FACTOR: INVOLVEMENT AND INFLUENCE

DIRECTIONS

Be sure to encourage discussion by being open to all answers and opinions from participants. Watch the 4-minute video with the group about [Involvement and Influence](#). Read out the definition and facilitate the discussion by following the guide below:

SAFETY SEGMENT DISCUSSION

[Workplace Strategies for Mental Health](#) defines Involvement and Influence as present in a work environment where employees are included in discussions about how their work is done and how important decisions are made.

Ask participants:

1. Think of a time when you were directly involved in a decision making process. What about a situation where you were not involved? How were these two situations different from each other?
2. What are some other ways that employees can be involved in decision making in a workplace

Watch the video again.

Ask participants:

1. What could have been done differently in the scenario with Chang and René?
2. What are some strategies to help YOUR workplace with worker Involvement and Influence?
3. Write down different ways that YOU can become involved in the decision making process and influence the outcome.

Go the extra mile! You can prepare for this topic, get more resources and read more [here](#).



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