

SAFETY CULTURE | APRIL SAFETY SEGMENTS

A culture is the shared attitudes, beliefs, and values of a group. In the workplace a culture is the shared attitudes, beliefs, and values an organization commits to that influences their practices in pursuing their organizational goals. When you consider that definition, a safety culture is the shared attitude and belief that safety must be amongst the highest values that guides an organization, meaning, safety should influence every function within an organization while pursuing their main goal of providing services or producing goods.

MENTAL HEALTH FOCUS: PSYCHOLOGICAL AND SOCIAL SUPPORT

Getting injured at work whether it is physically or psychologically can create additional stress for employees. This recommended "Lunch and Learn" type of activity opens awareness and assists staff in understanding the importance of self-care.

DIRECTIONS

Take 10 minutes to read this excerpt: "[Psychological health and safety in the workplace - Barriers.](#)" After reading, use the guiding questions to facilitate a group discussion

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- How can we overcome these barriers?
- What are some worker supports?

Notes to the Team Leader:

- Facilitate an atmosphere of support and openness to feedback by encouraging the staff to share experiences or opinions without fear of reprisal.

