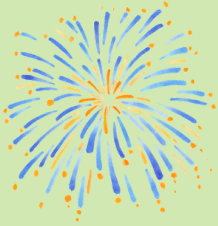
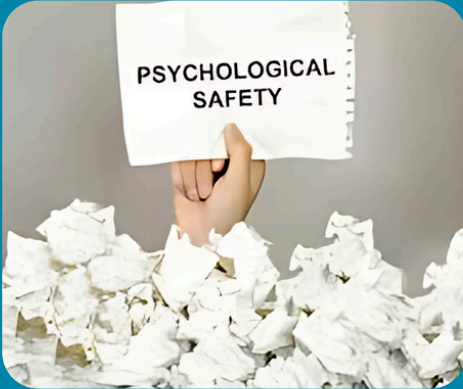


# SAFETY SEGMENTS JANUARY



## PSYCHOLOGICAL SAFETY



### MONTHLY MESSAGE

New Year and NEW Safety Segments. Our safety segments may have taken on a new look but still have all the resources you have come to love. We will also be alternating our Safety Bytes between lift of the month and the Ask Annie videos each month. Have a topic you would like Annie to talk about? Send an email to [OHS@ccsa-ab.ca](mailto:OHS@ccsa-ab.ca) with the subject line: Ask Annie. We will check Annie's schedule and see when she might be able to talk about it.

This month we will be going over Psychological Safety. What this means for workers, what tools are available, and managing some of the behaviors that can hurt our psychological safety. Annie just came back from Christmas vacation, she missed everyone and wants to chat about Violence and Harassment. More about that later on. We hope everyone had a great holiday and managed to get a little self-care in during the holidays.

### TOPICS BY WEEKS

Overview

Psychological Impact on Workers

What is VARB?

Managing Behaviors

Ask Annie: Violence and Harassment



### IMPORTANT REMINDERS

*Self-Care is not Selfish*

