



# COMMUNITY SOCIAL SERVICES Health & Safety Association of BC

DECEMBER 6, 2024



## **It's not too late! Register for the Webinar on Strategies for Coping with Winter Blues**

Join us for an engaging one-hour webinar designed to help you navigate the challenges of the winter months. We'll work on individualized activity plans that align with your core values and support overall well-being. You'll leave with actionable strategies that help increase enjoyment and resilience during the shorter colder days. Register [here](#).

Upcoming CSSHSA Webinars



## Prevent Workplace Bullying:

### Recognize the Signs of Bullying in the Workplace

Creating a safe and supportive environment is crucial in the social services sector. In our microlearning resource:

- Learn how to recognize early signs of bullying
- Address indirect aggressions assertively with our [\*Responding to Indirect Aggression\*](#) guide
- Test your knowledge with our sector-specific interactive quiz

Stay informed, empowered, and contribute to a respectful workplace.

[Learn more](#) and take action today!



## Microaggressions Unpacked:

### What are They, How to Recognize and Respond

This guide provides practical insights and strategies to foster a more inclusive and respectful work environment. Here's what it covers:

- How to recognize microaggressions
- How it shows up at various stages in the employee lifecycle
- Tips for dealing with microaggressions at work
- How to be an ally

This resource is a great tool for starting conversations, increasing awareness, and driving cultural transformation in your workplace.

[Click here](#) to learn more.



## Exciting News: Registration Now Open for The Employee Wellness Exchange Program!

We're excited to announce that registration is now open for **The Wellness Exchange Program**—a transformative 5-week series of one-hour workshops designed to build resilience and strengthen mental health.

Rooted in the *Skills for Psychological Recovery (SPR)* framework, this program offers practical tools to help you manage stress, whether it's part of daily life or during challenging times.

### 🌟 Choose Your Session Time:

- [Register Here](#) for our **January-February Noon Sessions**
- [Register Here](#) for our **January-February 4 PM Sessions**

Don't miss this opportunity to invest in your well-being—[Learn More](#) today!



## First Aid Program page

### Need help setting up your first aid program?

We have designed a page to help you setup your first aid program. Find templates to get you started.

On our Nov First Aid webinar, you asked whether the St. John's Ambulance Emergency First Aid - Community Care is equivalent to WSBC Occupational First Aid Level 1. We inquired with WSBC Certifications services and it is NOT equivalent. Fortunately, there are a number of courses which are equivalent and available through SJA or other [First Aid providers.](#)

- Link to [First aid webinar - Nov 2024](#)
- [CSSHSA First aid webpage](#)



**Calling All Health & Safety  
Advisors: Join our First  
Community of Practice  
Meeting!**

CSSHSA is excited to launch the first-ever Health & Safety Community of Practice (CoP) virtual meet-up on **January 28th at 10 AM!** This is your chance to connect with fellow health and safety professionals in the community social services sector, share insights, and discuss the challenges and opportunities in your roles. During this session, we'll exchange best practices and create a supportive space to learn from each other. Come share what's working for you and the obstacles you're encountering. Together, we can strengthen our community and improve health and safety in our sector. [Register](#) today and be part of the conversation!



## Winter Driving: On the Road to Safety

When social services employees drive for work in winter—whether it's traveling between client appointments, transporting food from the Food Bank, or delivering meals to the community—BC law requires employers to take specific steps to ensure their safety. Road Safety at Work offers valuable resources covering:

- Employer responsibilities
- Winter driving safety procedures
- Training
- Vehicle emergency kit

A one-page guide specific to the sector, [Winter Driving: Are Your Community and Home Care Workers Prepared?](#)

Find out more at [ShiftIntoWinter.ca](http://ShiftIntoWinter.ca).

## **BCIT Student OHS Program Review**

### **We have partnered with BCIT to offer a student OHS Program Review to Social Service organizations.**

The BCIT OHS program recently celebrated their 40 year anniversary.

Recognized as one of the leading OHS programs in the country, BCIT's OHS students are sought out by BC employers in all industries.

The ideal organizational workplace for a student OHS program review will have 50-100 employees. As part of the review, 20-30 employees/supervisors would participate in an interview (virtual ok) and all employees would need to complete a simple yes/no ~2 min survey. For more details on what the OHS Program entails email us at [healthsafety@csshsa.ca](mailto:healthsafety@csshsa.ca). Limited organizational spots available.

[CSSHSA.CA](http://CSSHSA.CA)

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