Psychosocial Health & Safety

Psychological Safety Standard

Launched in 2013, the National Standard for Psychological Health and Safety in the Workplace (the Standard) is a set of voluntary guidelines (not rules) designed to help organizations develop a structure and process for creating psychologically safer and healthier workplaces. The Standard provides tools and resources to enable organizations to improve the well-being of their employees and prevent psychological harm.

You can find the Standard here:
https://www.mentalhealthcommission.ca/English/what-we-do/workplace/national-standard

RISK FACTORS
THAT IMPACT PSYCHOSOCIAL HEALTH & SAFETY

- Psychological Support
- Clear Leadership & Expectations
- Civility & Respect
- Psychological Demands
- Organizational Culture
- Growth & Development
- Recognition & Reward
- Workload Management
- Balance
- Involvement & Influence
- Engagement
- Psychological Protection
- Protection of Physical Safety
- Protection from Moral Distress
- Support for Psychological Self-Care