

Psychological health and safety community of practice



Why psychological health and safety matters in your workplace

Psychological health and safety is a growing concern in Saskatchewan workplaces. With psychological health and safety claims rising 10 to 12 per cent annually and costing eight times more than physical claims, employers face real challenges in addressing workplace psychological well-being.

To support this, WorkSafe Saskatchewan, the partnership between the Saskatchewan Workers' Compensation Board (WCB) and the Ministry of Labour Relations and Workplace Safety, developed the community of practice—a space where employers can collaborate, share successes and challenges, and learn from experts.

Our Psychological Health and Safety Resource Centre, fatalities and serious injuries strategy tools, and WCB account managers help organizations integrate the National CSA Z1003-13 Standard into existing safety systems. Change takes time, but with the right resources and support, workplaces can create lasting improvements in psychological health and safety.

FEEDBACK SURVEY

Please respond to the feedback survey sent on March 3, 2025, from preventionadmin@wcbsask.com by April 25, 2025.

NEXT MEETING DATES:

- June 3, 2025
- Sept. 2, 2025
- Dec. 2, 2025

CONTACT INFORMATION

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Last meeting highlights



DOUBLETREE
by Hilton[®]
HOTEL & CONFERENCE
CENTRE REGINA

Nicole Kaminski, Double Tree Hotels

Nicole's presentation focused on creating a psychologically safe and inclusive workplace where employees feel safe to contribute, challenge ideas, and admit mistakes without fear.

Their psychological health and safety journey began with awareness, dedicating 30 minutes a month to education and discussions. Inclusion played a key role, fostering engagement and innovation.

A key takeaway was that leadership buy-in is crucial, and supporting leaders is just as important as training employees to ensure long-term success.

Next meeting spotlight



Jay Lamont, City of Regina

We're excited to welcome Jay Lamont, manager of organizational well-being at the City of Regina, to our next meeting.

With more than 25 years in rehabilitation and workplace health, Jay has played a key role in developing the city's corporate mental health strategy, aligning it with the National Standard for Psychological Health and Safety. For the past 15 years, Jay has focused on consulting with employers on the development of programs, initiatives and supportive frameworks in psychological safety and mental health in the workplace.

Join us as Jay shares insights on fostering a psychologically safe and supportive work environment.



Psychological health and safety consulting

A psychologically safe and healthy workplace is one that promotes workers' psychological well-being and does not harm employee psychological health through negligent, reckless or intentional workplace practices.

WCB prevention account managers will work with employers to develop and implement a psychological health and safety management system for their workplace. Our account managers can assist your organization in implementing the National CSA Z1003-13 Psychological Health and Safety Standard.



Psychological Health and Safety Resource Centre

Looking for additional resources? WorkSafe Saskatchewan's Psychological Health and Safety Resource Centre provides tools, templates and best practices to help employers implement effective workplace mental health initiatives. Available resources include:

- Guides on developing a psychological health and safety management system.
- Risk assessment tools for workplace psychological hazards.
- Best practices for leadership and employee support.
- Training resources and links to mental health services.

To access these resources, visit worksafesask.ca/resources/psych-health-safety-resource-centre.