



Work to live.

Psychological Health and Safety Community of Practice

March 4, 2025

Agenda

1. Welcome to participants & Land Acknowledgement – Cori Horton (5 mins)
2. Introduction to the PHS Community of Practice, PHS Roadmap & Consulting – Daran Good & Cori Horton (10 Mins)
3. Guest Speaker: Nicole Kaminski, Human Resource Manager, The Double Tree by Hilton Hotel Regina (30-45 mins)
4. Question period – moderated by Cori Horton (15 mins)
5. Closing Remarks Cori Horton (2 mins)

Land Acknowledgment

The Saskatchewan Workers' Compensation Board acknowledges that its Regina and Saskatoon offices are located on the traditional lands of various First Nations, and homeland of the Métis Nation, whose ancestors and families have lived here for thousands of years. This land has been part of the fabric of the life of Indigenous communities and will be long into the future.

As we gather today on Treaty 4 and Treaty 6 territory, we acknowledge the harms and mistakes of the past and affirm our commitment to move forward in partnership with Indigenous peoples in the spirit of reconciliation and collaboration.

It is with gratitude that we now live, learn and work here where the past, present and future of Indigenous and non-Indigenous Peoples come together.



[University of Saskatchewan](#)

Common issues affecting most Saskatchewan workplaces



Motor vehicle crashes

- F
- F



Asbestos

- F
- F
- E
- E
- 2



2023-2028 Fatalities and Serious Injuries STRATEGY



Falls

- F
- F
- F
- F
- F



Industrial ergonomics (musculoskeletal injuries)

- From 2010 to 2021, bodily reaction accounted for 34 per cent of overall claims, but also accounted for 47 per cent of serious injuries.
- This was the top cause of serious injuries.



Machinery

- From 2010 to 2021, contact with objects and equipment (33 per cent) was the second leading cause of injury for overall claims.
- This was the third-highest cause of serious injuries.



Violence

- Violence is one of the top five causes contributing to the increase in serious workplace injuries in Saskatchewan. This has risen to 5.68 per cent of total claims in 2021 from 2.91 per cent in 2013.

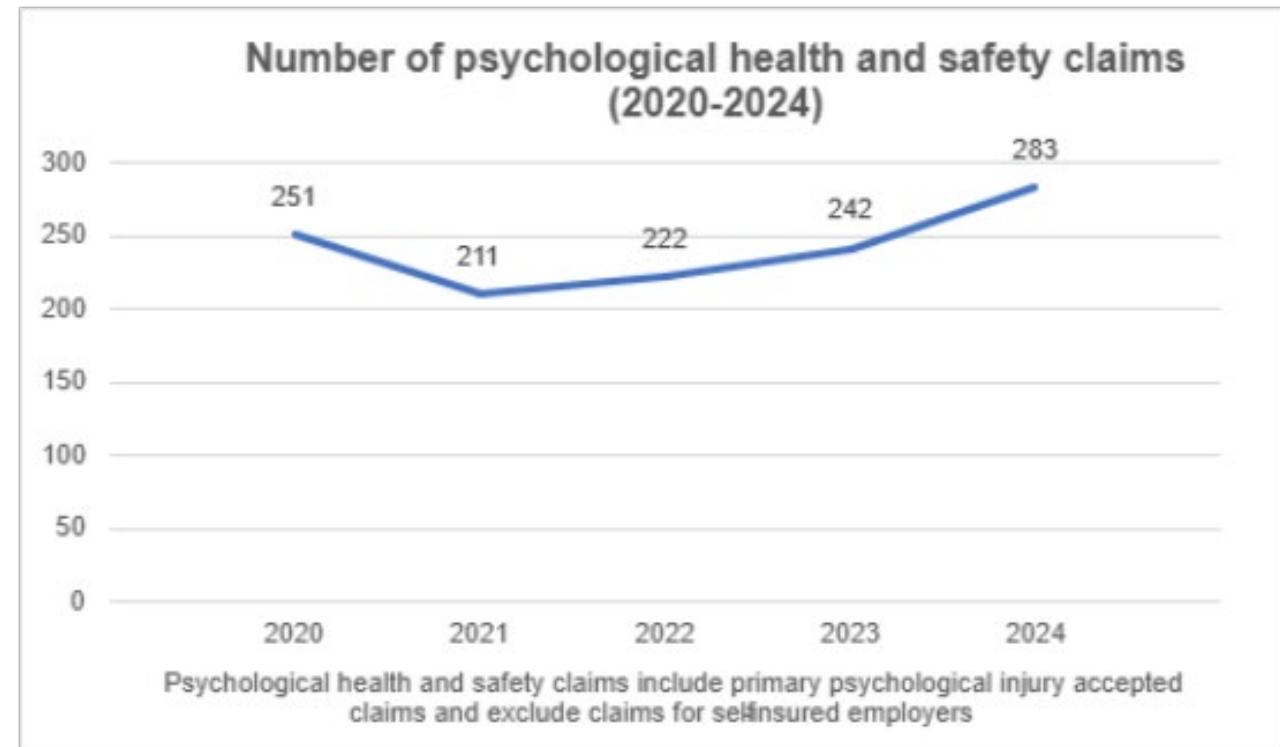


Mental health

- Mental health claims continue to grow. From 2017 to 2021, the WCB accepted 1,257 psychological injury claims. The number of accepted psychological injury claims increased to 238 in 2021 from 174 in 2017.
- Emerging issues include COVID-19, mental health, workload and burnout.

WCB PHS Claims Data

- The data indicates claims are on the rise
- The costs for these claims are high and take a long time to get to recovery (8 x higher cost)



Resources

Resources

- <https://www.worksafesask.ca/fatalities-and-serious-injuries/>
- <https://www.worksafesask.ca/resources/psych-health-safety-resource-centre/>



PHS Resource Centre



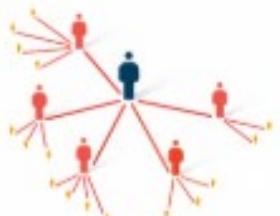
Workplace psychological
health and safety



Psychologically safe
leadership



Information on
high risk occupations



Tools and resources
for leaders



Tools and resources
for workers



Tools and resources
for employers



Mental health resources



Webinars,
workshops and events



Contact us and FAQs

- the 13 psychosocial factors
- Tools for leaders, workers and employers
- Links to additional resources across Canada and the globe
- Training resources
- Links to mental health services in Saskatchewan

PHS Resources & Consulting



Guest Speaker



Nicole Kaminski,
HR Manager