



WorkSafeTM

S A S K A T C H E W A N

Work to live.

Psychological Health and Safety Community of Practice

December 2, 2025

10:00 am – 11:30am





Agenda

1. Land Acknowledgement
2. Introduction to PHS CoP
3. Guest Speaker: Dr. Joti Samra, MyWorkplaceHealth
4. Question period
5. WorkSafe SK PHS Resource Centre & Consulting
6. Feedback Survey Access
7. Closing Remarks

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.



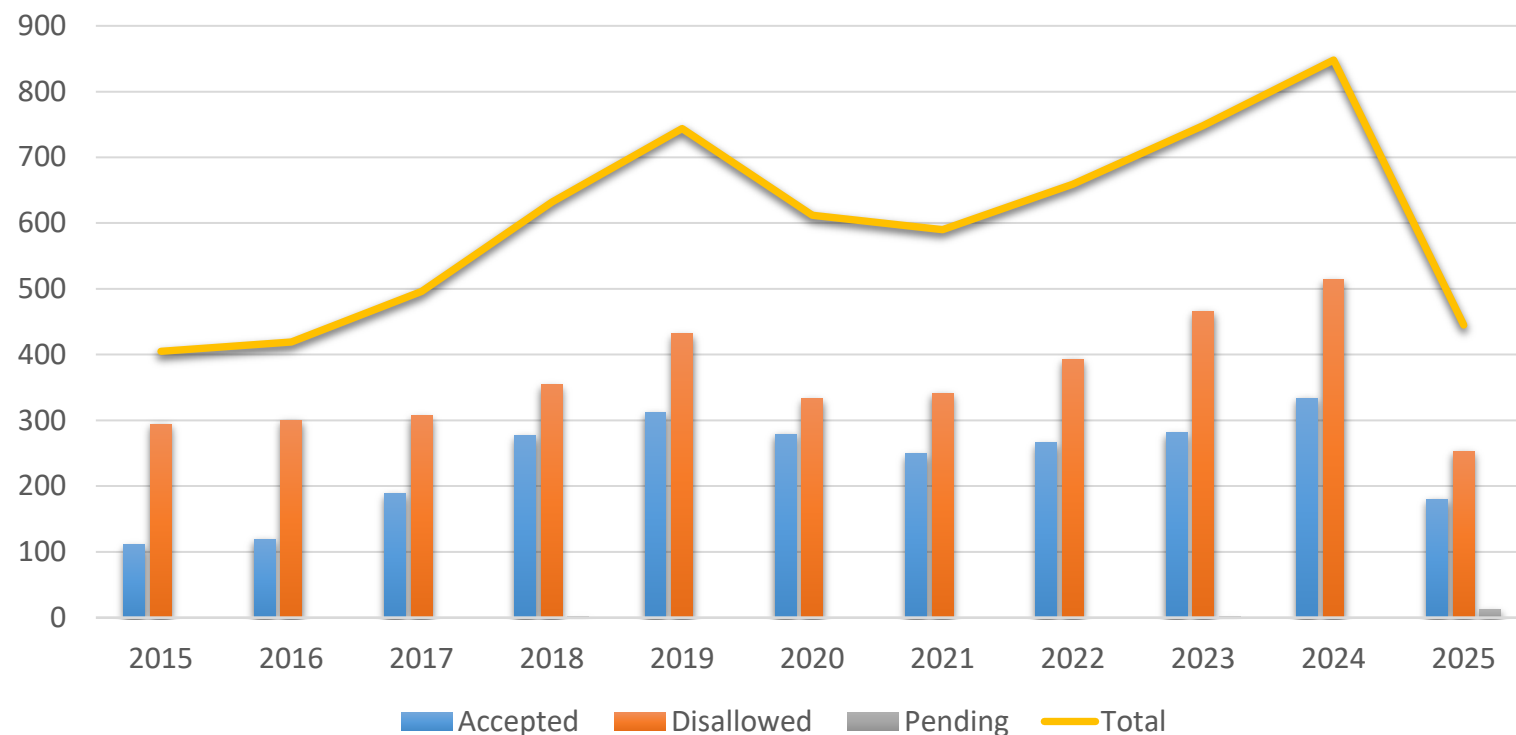
[University of Saskatchewan](https://www.usask.ca/)



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)*

PHS Primary Claims 2015-2025 YTD



PHS Community of Practice

Our mission and goals

Mission

- To actively promote psychological health and safety management systems and provide Saskatchewan Employers with information on leadership, best practices, resources, awareness, education, training, and supports.

Goals

- The community of practice is committed to help employers understand psychological health and safety in the workplace, the different topics involved and suggestions for implementation in order to prevent psychological injury to workers.
- Create a space where employers can collaborate, connect, share experiences and learn from each other and from subject matter experts.



Dr. Joti Samra,
CEO & Founder





What's next?

2026 WorkSafe SK All Industry PHS Community of Practice will focus:

- Helping employers implement the CSA Standard using the WorkSafe SK Roadmap
- Participating employers will be asked to share their journey's successes and challenges each meeting

Resources

Resources







- <https://www.worksafesask.ca/fatalities-and-serious-injuries/>
- <https://www.worksafesask.ca/resources/psych-health-safety-resource-centre/>
- PHS Community of Practice Sharepoint Site
- WCB Account Manager – provide consultation on PHS Standard implementation



PHS Community of Practice Sharepoint

- If you don't have access please send an email to the Worksafe Inquiry Team at worksafeinquiry@wcbsask.com
- Session information and presentations

External Sharing > WorkSafe SK PHS Community of Practice

|  Name ▾ | Modified ▾ |
|--|----------------|
|  Dec. 2, 2025 | 28 minutes ago |
|  June 3, 2025 | September 2 |
|  March 4, 2025 | September 2 |
|  Sept. 2, 2025 | September 2 |
|  Session Feedback Survey 2025.pdf | June 6 |

Feedback Survey

Please provide feedback on today's session

2026 Session Dates:

March 17

June 16

September 15

Dec 9

All sessions start at 10am

