



Safe Environments.  
Healthy Workers.

# PSHSA Update

February 10<sup>th</sup>, 2021





## <https://www.pshsa.ca/covid-19>



- Guidance documents
- Assessment tools
- Return to Work
- Business Continuity Checklist for Pandemic
- Posters
- Videos
- Recorded Webinars
- Resources to Support Healthy Workers
- Recordings - 2 virtual conferences



# Tools & Resources ....



**Infection Prevention and Control at Work:  
Basic Awareness Training**

## Infection Prevention and Control at Work: Basic Awareness Training

This eLearning program will equip workers with knowledge in how infections spread and what

[Start Learning](#)



[www.pshsa.ca](http://www.pshsa.ca)

## **General Infectious Disease Risk Assessment and Management Tool**

### General Infectious Disease Risk Assessment Tool

The following tools and appendices have been developed for broader public organizations to help them identify and assess infectious disease risks,

[Download Now](#)



# Tools & Resources...



## Return to the Workplace Roadmap

An action plan template for businesses to build their Return to the Workplace plan structured into 3 stages of recovery.

[Download Now](#)

Ontario 

## Ministry of Labour, Training and Skills Development COVID-19 safety checklist for workplaces

Employers can use this checklist to make sure their [COVID-19 workplace safety plan](#) contains key elements to help protect workers, customers and the general public.

### Eliminate or reduce contacts

#### In-person interactions should be reduced as much as possible

- Require work from home for all tasks that can be done remotely.
- Operate virtually, including client services.
- Set up processes for contactless transfer of items where possible, including during curbside pickup and delivery.

### Decrease the risk when contacts are necessary

#### Keep people who are infected or exposed out of the workplace

- Put a screening process in place using the tool(s) appropriate for your organization, such as:
  - [COVID-19 worker and employee screening](#)

## COVID-19 Safety Checklist for Workplaces (MLTSD)

Employers can use this checklist to make sure their COVID-19 Workplace Safety Plan contains key elements to help protect workers, customers and

[Download Now](#)

APPROVED BY:

DATE:

is committed to the health and safety of the workers and compliance with the requirements of the Occupational Health and Safety Act (OHSA) and other relevant legislation such as

#### PURPOSE

The purpose of this policy is for to develop a prevention and response policy for COVID-19 as part of an emergency preparedness and response plan at the workplace. The aim is to clearly identify requirements and procedures required to control the spread of infection at the workplace while also maintaining business. The policy is based on information available at the time of its development, and is subject to change based on further information provided by government, health authorities, and the latest evidence.

#### DEFINITIONS

##### Emergency Preparedness Plan

Emergency preparedness is a cyclic approach that includes prevention activities, preparing a plan for emergencies, testing out the plan or the response, and establishing procedures and activities to bring the organization back to a routine or acceptable level of operation following an emergency.

##### Pandemic

An epidemic of disease that has spread across a large region, for example across multiple countries or international borders, and affecting a large number of people.

*Infection Prevention and Control*

## COVID-19 Prevention & Response Policy

This sample policy is designed to be part of a workplace emergency preparedness and response plan.

[Download Now](#)

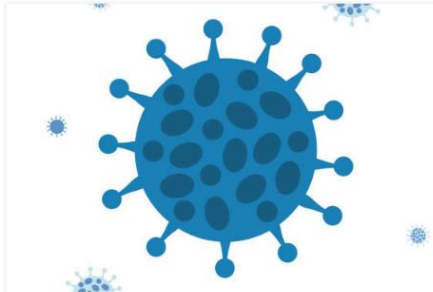
# Webinars – Free Recordings



## The Role of Ventilation as a Control for COVID-19 in Workplaces

Do you have questions about how to safely reopen workplaces? How do you recognize and control

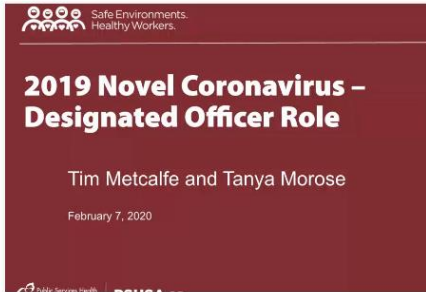
[Watch Now](#)



## Infection Control Precautions to Mitigate the Effects of a Second Wave

Join Occupational Hygienists, Maryam and Jackie, as they discuss the epidemiology of COVID-19.

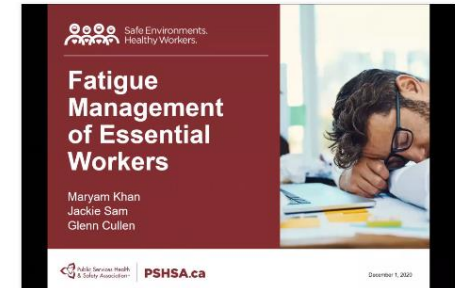
[Watch Now](#)



## First Responders and the Novel Coronavirus - The Designated Officer's Role

This webinar reviews the behavior of viruses and the Novel Coronavirus specifically.

[Watch Now](#)



## Fatigue Management for Essential Workers

Join Occupational Hygienists, Maryam and Jackie, as they discuss how to identify risk of fatigue, why it is important, how does this impact workers.

[Watch Now](#)





# Resources to Support Healthy Workers



## COVID-19: Support for People

Learn what financial, mental health and other supports are available during COVID-19 from the Ontario Government.

[Learn More](#)



## Coping with Uncertainty

As the COVID-19 situation is evolving, we are learning more every day but there is still so much that is unknown. It's natural for us to feel anxious, fearful, stressed or overwhelmed when we are

[Download Now](#)



## Safety at Home after Work

Although all effort is made to reduce exposure to COVID-19 in the workplace, workers can unknowingly carry contamination from the workplace back to their homes.

[Download Now](#)



## Mental Health and COVID-19

Join the conversation with Dr. Bill Howatt, Chief of Research, Workplace Productivity at the Conference Board of Canada.

[Watch the Video Seri...](#)



# Virtual Conference recordings

## Reexperience Our Virtual Conference Sessions

PSHSA hosted two recent virtual conferences exploring the impacts of COVID-19 and supporting workplaces in keeping their employees, customers and communities safe. Tune into these recorded sessions for insights and guidance from thought leaders and health and safety experts spanning a range of industries across Canada.

[The Workplace, Reimagined](#)



[Return to the Workplace](#)

# Healthy Worker: [www.healthy-worker.ca](http://www.healthy-worker.ca)

## • Free Resources on website


- Personal
- Family & Friends
- Work



Public Services Health & Safety Association **PSHSA.ca** Search  Sign In / Register 

Training Consulting Safe Environments **Healthy Workers** Emerging Issues Company

Work	Personal	Family & Friends
Chemicals and Hazardous Substances	Illness and Health Conditions	Parenting
Harassment	Relationships	Home Safety
Infection Prevention & Control	Aging & Retirement	Vacation Safety
Mental Health	Brain Health	Caregiving
Starting a New Job	Emotional Health	Coping with Loss
Workplace Rights	Physical Health & Diet	Finding Support
Fatigue & Sleep		
Work Accommodation		
Musculoskeletal Disorders (MSD)		





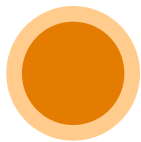


# Home Office Wellness





# Home Office Wellness Offerings



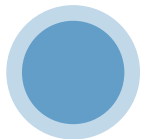
Home Office Ergo/Wellness Bootcamps



Virtual Home Office Organizational Trainings



Home Office Wellness Regional Training



Virtual Ergonomic Consultation



# Home Office Ergo/Wellness Bootcamps



In this hour-long session will touch on some of the most common ergonomic challenges we experience in the home setting. As well, we guide participants through exercises that can be used to combat some of the most common injuries associated with desk jobs.

<https://www.pshsa.ca/courses/home-office-ergonomics-wellness-bootcamp?city=&month=>



# Virtual Home Office Organizational Trainings

1-hour organizational wide trainings to support staff working at home. Topics touch on emerging health and safety challenges specific to the home office setting. Topics include, but are not limited to...

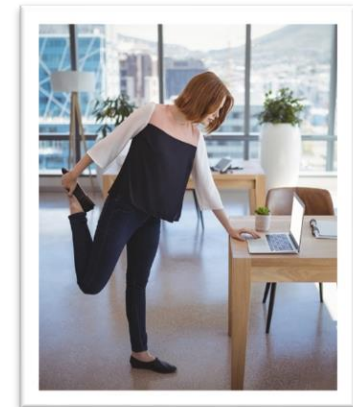
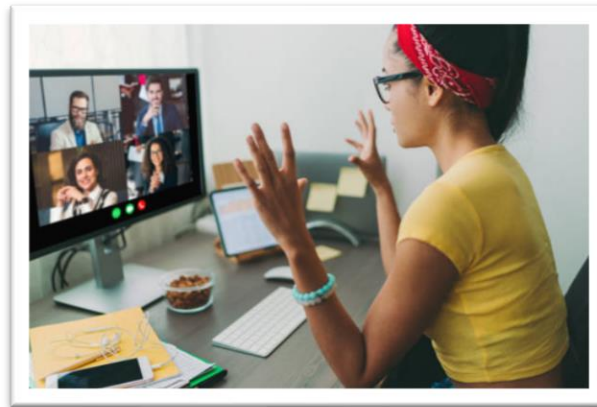
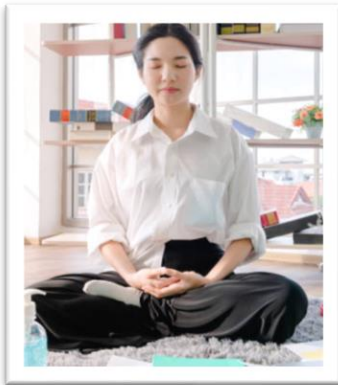
- ❖ A Holistic Approach to Home Office Ergonomics
- ❖ Coping with Stress in Times of Uncertainty
- ❖ Physical Wellness Training
- ❖ Knowing When to Disconnect: *Safe Technology Use in the Workplace*
- ❖ Preventing Eye Strain in a Virtual Workplace
- ❖ Practical Strategies for Fatigue Management





# Home Office Wellness Regional Training

In this half-day training, we will touch on some of the most common ergonomic challenges we experience in the home setting. We guide participants through exercises that can be used to combat some of the most common injuries associated with desk jobs. As well, we discuss a unique approach to chronic stress. We will review ways in which workers can identify stressors in their work and life and take steps to better self-regulate.



<https://www.pshsa.ca/courses/home-office-wellness-training-distance-learning?city=&month=>



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# THANK YOU

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