

## **SESSION: Psychological Health and Safety: An Emerging Issue**

### **Date and Time:**

Saturday, September 12, 2020

8:45 a.m. to 9:45 a.m.

### **Presentation Details:**

Workplace psychological health and safety (PHS) is an emerging issue for employers and workers in Newfoundland and Labrador.

On average, 1 in 5 Canadians will experience a psychological health issue or illness each year. According to the World Health Organization depression is the leading causes of disability worldwide, second only to heart disease. In 2013, the CSA Group published the Z1003 Psychological Health and Safety in the Workplace standard. This voluntary standard was created to help organizations recognize and address psychological hazards. This session is for anyone interested in learning more about mental health and how it affects the workplace. It will also provide an overview of an employer's responsibility to protect the psychological health and safety of employees.

### **Presented by:**

Cathy Barrett Brinson, CRSP, CHSC

Senior Health & Safety Advisor, Prevention Services

Workplace NL

### **About the Presenter:**

In her 12 years with WorkplaceNL, Cathy Barrett Brinson has worked with a number of employers in all industries to assist them with the development of their Occupational Health and Safety management systems. Most recently Cathy is leading the Psychological Health and Safety Injury Priority team and is passionate about educating and assisting employers and employees create a positive safety culture and a psychologically healthy and safe workplace. Cathy is a CRSP and a Psychological Health and Safety Advisor. Cathy has also completed an Advanced Certificate in Psychological Health and Safety in the Workplace from the University of Fredericton.