

## OCCUPATIONAL HEALTH AND SAFETY (OH&S)

### 13 PSYCHOLOGICAL FACTORS THAT CREATE A SAFE WORKPLACE

1. Balance
2. Civility and Respect
3. Engagement
4. Growth and Development
5. Involvement and Influence
6. Leadership
7. Organizational Culture
8. Psychological Support
9. Psychological Competency
10. Psychological Protection
11. Protection of Physical Safety
12. Recognition and Reward
13. Workload Management

### USEFUL TOOLS/RESOURCES

- > MHCC
- > Workplace strategies for mental health
- > Guarding minds at work
- > CMHA-mental health works