

Relevant Products and Resources

(note – all are available in English and French)

Courses available for free as of March 14, 2020 until end of the pandemic

Mental Health: Awareness

https://www.ccohs.ca/products/courses/mh_awareness/

This course provides an introduction to the complex issue of mental health in the workplace, and explains why it is so important. You will learn the difference between mental well-being and mental illness, factors that put people at risk, and the roles of early intervention and promotion of mental well-being at work.

Mental Health: Health and Wellness Strategies

https://www.ccohs.ca/products/courses/mh_wellness/

This course will empower you to improve your own mental well-being by building a strong resilience to stress - a process referred to as mental fitness. You can elevate your health and performance while effectively managing high levels of stress.

Mental Health: Signs, Symptoms & Solutions

https://www.ccohs.ca/products/courses/mh_solutions/

This course will explore the signs, symptoms, and solutions for mental illnesses commonly experienced in the workplace. Understand the importance of getting help and support including accommodation and best practices for return-to-work strategies.

Mental Health: Psychologically Healthy Workplaces

https://www.ccohs.ca/products/courses/mh_psychological/

Best practices in developing a psychologically healthy workplace.

Mental Health: Communication Strategies

https://www.ccohs.ca/products/courses/mh_communication/

This course will explore communication strategies for both employees and employers/managers/supervisors to have that conversation about mental health issues, with the overall goal to help educate and increase awareness in the workplace

Musculoskeletal Disorders Prevention

https://www.ccohs.ca/products/courses/msd_prevent/

This course focuses on good ergonomics principles and work organization as key prevention measures. Ideal for both offices and manufacturers, this course covers the causes of MSDs, how to develop and use ergonomics. SCSA has not covered Ergonomics specific since 2017.

Musculoskeletal Disorders Awareness

https://www.ccohs.ca/products/courses/msd_awareness/

Only 20 min long. Know the main characteristics of work-related MSDs, Learn common causes of MSDs, Get practical tips about lifting and other manual material work, understand the importance of developing a prevention program. SCSA has not covered Ergonomics specific since 2017.

Office ergonomics

https://www.ccohs.ca/products/courses/office_ergonomics/

Currently no material listed on SCSA site. Definitely a must add to our site.

Free resources

CCOHS website <https://www.ccohs.ca/>

Flu and Infectious Disease Outbreak website www.ccohs.ca/outbreaks

Sitting at Work Infographic <https://www.ccohs.ca/products/posters/sitting/>

Get the Upper Hand on Germs poster

<https://www.ccohs.ca/products/posters/handwashing.html>

Workplace Stress https://www.ccohs.ca/products/posters/workplace_stress/

Online apps

OSH Answers – Apple and Android

- Close to 700 fact sheets on a myriad of topics, including coronavirus
- Updated on March 17, 2020

Saskatchewan Construction Safety Association App – Apple and Android

- Developed in collaboration with the SCSA, a health and safety association funded by the Province of Saskatchewan
- Identifies key construction safety topics and resources (along with SK specific legislation).
- Also includes a simple hazard assessment

Inquiries service (Safety Infoline)

- Free phone or online service for any worker or employer to phone or email their occupational health and safety question.
- Available online at <https://www.ccohs.ca/safetyinfoline.html>
 - o Fact sheets are also available online
- Phone 1-800-668-4284 (toll free in Canada and US)
 - o Currently working via voice mail due to remote work
 - o Leave a voice mail with an email where the individual can be reached and we will respond via email.