

Work environments not safe: SFU study

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Thirty per cent of B.C. employees work in environments that are not psychologically safe and healthy, according to a new study by Simon Fraser University researchers.

The researchers—Joti Samra, Merv Gilbert, Martin Shain and Dan Bilsker—have developed a guide for employers to assess and promote better mental health in the workplace.

“Mental health is an integral part of workplace safety and health. The duty to provide a psychologically safe workplace is emerging as an ethical and legal obligation for Canadian employers,” said Shain.

The project was commissioned by the Great-West Life Centre for Mental Health in the Workplace and funded by Great-West Life through its corporate citizenship program.

“Mental health issues pose a direct impact to the bottom line of Canadian businesses,” said Mike Schwartz of Great-West Life. “But there were very few resources for employers to assess the psychological safety and health of their own workplaces.”

The guide is available free online at <http://www.guardingmindsatwork.ca/>.

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