

**JOIN US ON APRIL 28**

National Day of Mourning  
for workers injured, killed,  
or made ill by hazardous work.



# Ensuring Workers Survive *and Thrive*

**Actions speak louder than words.**  
We know this. So, how do we get  
beyond just talking about one of  
the most challenging occupational  
health and safety concerns of our  
time, namely **worker mental health?**

This April 28, on our National Day  
of Mourning, Workers Health &  
Safety Centre (WHSC) will join the  
Canadian Labour Congress, the  
International Labour Organization  
(ILO), and other worker health  
and safety advocates throughout  
Canada, Ontario, and the world,  
in the call for effective workplace  
solutions to help ensure workers  
not only survive but thrive. **Worker  
experiences and research evidence  
will guide our way.**

📞 1-888-869-7950 🌐 [whsc.on.ca](https://whsc.on.ca)

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# WORKING FOR WHAT WORKS

**A shift in focus is required.** Reducing stigma, building resiliency and asking workers to cope is not enough, by far. The root of the problem is systemic not personal. Effective solutions are found in how work is designed, organized and managed. They involve functioning workplace health and safety programs, balanced workloads, reasonable work hours, role clarity, worker autonomy to the degree possible, mutual respect, technology use not misuse, proper work direction, and proper workplace support.

Without enforceable, and enforced, legislation, we also know these solutions most often go unimplemented. With few exceptions, **voluntary measures don't work.** As a result, several jurisdictions in Europe, Latin America and Asia-Pacific, including most recently, all five Australian states, have enacted legislation in an effort to promote psychologically healthy workplaces. The best of these includes measures to help ensure workers and their representatives actively participate in prevention programs. Together, they demonstrate the art of the possible and help inform workers' demands closer to home.

## JOIN US ON APRIL 28, OUR NATIONAL DAY OF MOURNING

for workers injured, killed, or made ill because of hazardous work and unhealthy work environments — let's remember AND let's recommit to working to create safer, healthier work that pursues the highest degree of physical, mental and social well-being for all workers.



## WHSC, WE CAN HELP

For our part, we are Ontario's only labour-endorsed, government-designated training centre. WHSC has long developed and delivered training programs and information resources to promote overall worker health by helping workers, their representatives, supervisors, and employers control or better yet, eliminate all hazards, including psychosocial hazards. On April 28, and every day again, **let's work to ensure workers survive AND thrive.**

Throughout the year we provide:

- Scheduled OHS training offered in instructor-led, virtual and in-person classrooms
- On-site OHS training at a facility of your choosing
- Critical OHS information resources, online and in print
- Health and safety tools to help identify and control work hazards
- Accepted, verified and portable digital records of training
- Essential training, tools, records and services in French as well
- Free subscription to WHSC e-news, and
- A free inquiry service with answers to your pressing OHS concerns.



**Check out our Day of Mourning resources, including a province-wide event listing [www.whsc.on.ca](http://www.whsc.on.ca).**

**ON APRIL 28. REMEMBER. *Mourn for the Dead. Fight for the Living.* More than a slogan. #MAKEWORKSAFE. More than a hashtag.**