



Dearest Participants of LEOSH,

First, on behalf of Tony, Tanya, and the rest of the team at PSHSA, we wanted to thank you so much for attending the LEOSH Conference 2021.

It was our pleasure to present information in our booth about Occupational Stress Injuries, Fatigue Standard, Certification Training and Mental Stress Prevention Courses. If you missed the information, don't worry we have everything in the email below.

First, our Occupational Stress Injury tool is a non-diagnostic screening solution to assess risk among first responders. As mentioned, in our material at our booth *Mental Stress: Prevention & Return to Function*, covers research findings learn more about the (OSIR) Index pilot by clicking on this link: [OSIR Index](#). Should your organization wish to be part of the OSIR pilot program or if you would like more information, please connect with us through this link: www.pshsa.ca/resilience.

Additionally, we also provided information on the new Fatigue Standard, and discussed our Fatigue Management Services which include:

- Practical Strategies for managing fatigue
- Fatigue Risk Management in the workplace
- Support development of fatigue awareness in the workplace via training, and tools
- Creation of a needs assessment program using focus groups and surveys
- Building a fatigue audit management processes to support First responders in the workplace

Please reach out to [Maryam](#) our Fatigue Specialist at PSHSA if you are interested in and of our Fatigue resources, products, and services.

We also felt it was important to provide information on specialized R2 course on resilience, as well as our RTW courses for First Responders.

Below are links to several PSHSA resources and courses that we have available to support mental health in the workplace and courses that might be of interest.

- [R2 for Leaders – Building Resilient Organizations](#)
- [ResilientME](#)
- [Mental Health Return to Work and Stay at Work for First Responders](#) (**courses are running now**)

If you missed PSHSA's, Tanya's Morose Presentation on the "Benefits of an Audit", please connect with [Tony Hart](#) and he can provide you with some general information on the Audits.



Finally, if your team needs additional COVID resources here is a link to the website with additional information: <https://www.pshsa.ca/covid-19>

Again, thank you so much for your involvement and attendance at the LEOSH Conference 2021.

We look forward to connecting with you in the future!

Laura Norwood

Client Acquisition and Engagements

Public Services Health & Safety Association

Phone: 613.294.6457

Email: lnorwood@pshsa.ca