Character Introductions: Psychological Health and Safety at Work

[Female Voice Over]

Psychological health and safety means mental wellbeing is protected and supported at work.

SWITCH BC is creating resources for Joint Occupational Health and Safety Committees in B.C's health sector to support psychological health and safety at work.

Everyone has a role to play in preventing harm and in building healthier, safer workplaces—organizations, leaders, and workers too.

To bring psychological health and safety to life, we created animated health care workers—a doctor, nurse, health care assistant, housekeeper, paramedic, and more.

There are hundreds of healthcare jobs. We can't show them all, but our characters try to reflect the diversity of the people who do this work.

You'll see these characters face real workplace challenges and learn our recommendations to improve psychological health and safety. Meet a few characters.

Madelene is a new health care assistant. She has non-visible disability, recurring back pain from an old injury.

Morgan uses they/them pronouns. Born and raised in B.C., they are a primary care paramedic and enrolled in the advanced care paramedicine program.

Tom is a veteran charge nurse working in one of B.C.'s busiest hospitals.

Dr. Josephine who uses she/her pronouns has just completed her fellowship in Palliative Medicine. Her grandparents immigrated to Canada from Nigeria.

Some of these workers are new to the sector. Others have decades of experience.

They have a variety of heritages and homelives. Those are all factors that have an impact on how workers understand or react to workplace events and incidents.

We hope you see yourselves in these characters and in these stories.
Thank you for your skill, care, and commitment.

Check out our psychological health and safety resources created for joint occupational health and safety committees across B.C's health system.