

SASWH

Quarterly Magazine

CONNECTS

Issue 6

**OHS ACTS + REGS
REVIEW DUE SOON**

**SAFE WORK PRACTICES
POLICY REVIEW**

UPDATE SMS DATA SHEETS

**SAFETY TALK TUESDAY:
LADDER SAFETY**

**Compliance
to *Culture***

2026 Annual General Meeting

**From Compliance
to Culture:**

***Leadership and
Workplace Safety in
Saskatchewan***



Workplace health and safety: a priority for all.

SASWH
+

Saskatchewan Association for
Safe Workplaces in Health



MISSION

**TO GUIDE THE HEALTH-RELATED INDUSTRY IN THE ELIMINATION OF
WORKPLACE ILLNESS AND INJURY.**

VISION

**WORKPLACE HEALTH AND SAFETY:
A PRIORITY FOR ALL.**



Saskatchewan
Association for
Safe Workplaces
in Health

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CEO UPDATE

From Compliance to Culture: Leadership and Workplace Safety in Saskatchewan

By: Sandra Cripps, MHRM

SASWH Chief Executive Officer

While contemplating the full potential of 2026, the team at SASWH is energized by what we can achieve together in the year ahead as we continue to support the evolving needs of our membership. One consideration is how to reach the organizations that may not yet be fully benefitting from all that SASWH has to offer. Expanding our reach will be a central focus for the new year.

I encourage all members within the G22 rate code established by Saskatchewan Workers' Compensation Board to explore SASWH's website or contact a team member to learn how the safety association can champion injury prevention and health and safety in your workplace! A great place to start (if you have not already done so) is by registering for SASWH's upcoming Annual General Meeting and Safety Expo, taking place in Regina on Wednesday, April 15th. This marks the association's first in-person AGM in more

than five years, and SASWH is looking forward to welcoming new faces, strengthening relationships, and learning more about our members' safety priorities.

Other outreach efforts include building on previous work with home operators through the facilitation of two additional Emergency Management workshops for private care homes. Additionally, we will continue to safeguard our capacity to support the rollout of the redesigned PART® Program®, recognizing this training as an essential component of an employer's overall strategy to address violence and aggression in healthcare.

These initiatives represent just a portion of what lies ahead! As always: we value your input, and believe that through ongoing engagement we can collectively strengthen workplace safety as a priority for all.





**NATIONAL
DAY OF MOURNING**

APRIL 28TH

April 28th, 2026, marks Canada's 42nd year of recognizing the National Day of Mourning. While the official recognition of this day may vary for some, for me it dates to 1984, when it was first established by the Canadian Labour Congress. The National Day of Mourning was further solidified when it became an Act of Parliament on February 1st, 1991.

The leaders and champions of safety who brought this day into being are to be celebrated for their drive, compassion, and forward thinking. Because of their dedication, we pause each year to mourn workers who have been killed, injured or made ill on the job. Many collaborators helped bring this vision to life, including co-founder Colin Lambert. Mr. Lambert worked as a miner before stepping into the role of Health and Safety Director for the Canadian Union of Public Employees (CUPE). By all accounts, he was a tireless advocate and defender of workplace safety. Mr. Lambert passed away in January of this year. Although I never had the privilege of meeting him, I am grateful for his life's work and the legacy he left behind.

On April 28th, Canadian flags will be flown at half-mast. Across the country, communities will mark the day with public ceremonies. Some individuals will wear black and yellow ribbons. The names of those who lost their lives or were injured or made ill on the job in the previous year will be read aloud, followed by a moment of silence. If you are able, I encourage you to take part in these ceremonies, remembering that together, we can – and must – do better.

The best way to honour these workers and the health and safety champions in Canada's past is through small, day-to-day practices and attitudes. Ensuring safe workplaces is a shared responsibility, and we must unite to eliminate hazards and reduce the risk of harm in our daily duties. At the Saskatchewan Association for Safe Workplaces in Health, we hold this day of mourning close to our hearts and will continue to champion workplace health and safety as a priority for all.

Sandra Cripps



PART[®]

PROGRAM UPDATE

The Professional Assault Response Training (PART[®]) Program[®] has been an integral part of SASWH's framework since the safety association's inception in 2010. This violence prevention program empowers healthcare workers to identify and respond to aggressive or escalating behaviours and reduces the risk of injury to workers and individuals through safe, evidence-informed techniques.

To keep the program relevant to the current healthcare industry, SASWH has redesigned the program in collaboration with system partners. As part of SASWH's continued improvement efforts, this redesign did not remove any of the valuable information in the PART[®] Program[®]; instead, training offerings were expanded from three levels (Basic, Intermediate, Advanced) to five levels (Level One[®] to Five[®]), based on the degree of workplace risk a worker could be exposed to.

The updated structure allows all staff in a workplace a common foundation based on identification, communication, de-escalation, and proper incident documentation. When applied consistently, this shared approach helps reduce escalated behaviours and limits the need for physical intervention.

SASWH would like to thank the SASWH and SHA staff on the PART[®] working group who contributed their

time and knowledge to the redesign. The association is also grateful to the many instructors, trainers, participants, and system partners who provided feedback throughout the program. This collaborative approach helped ensure that PART[®] will continue to play an important role in workplace violence prevention.



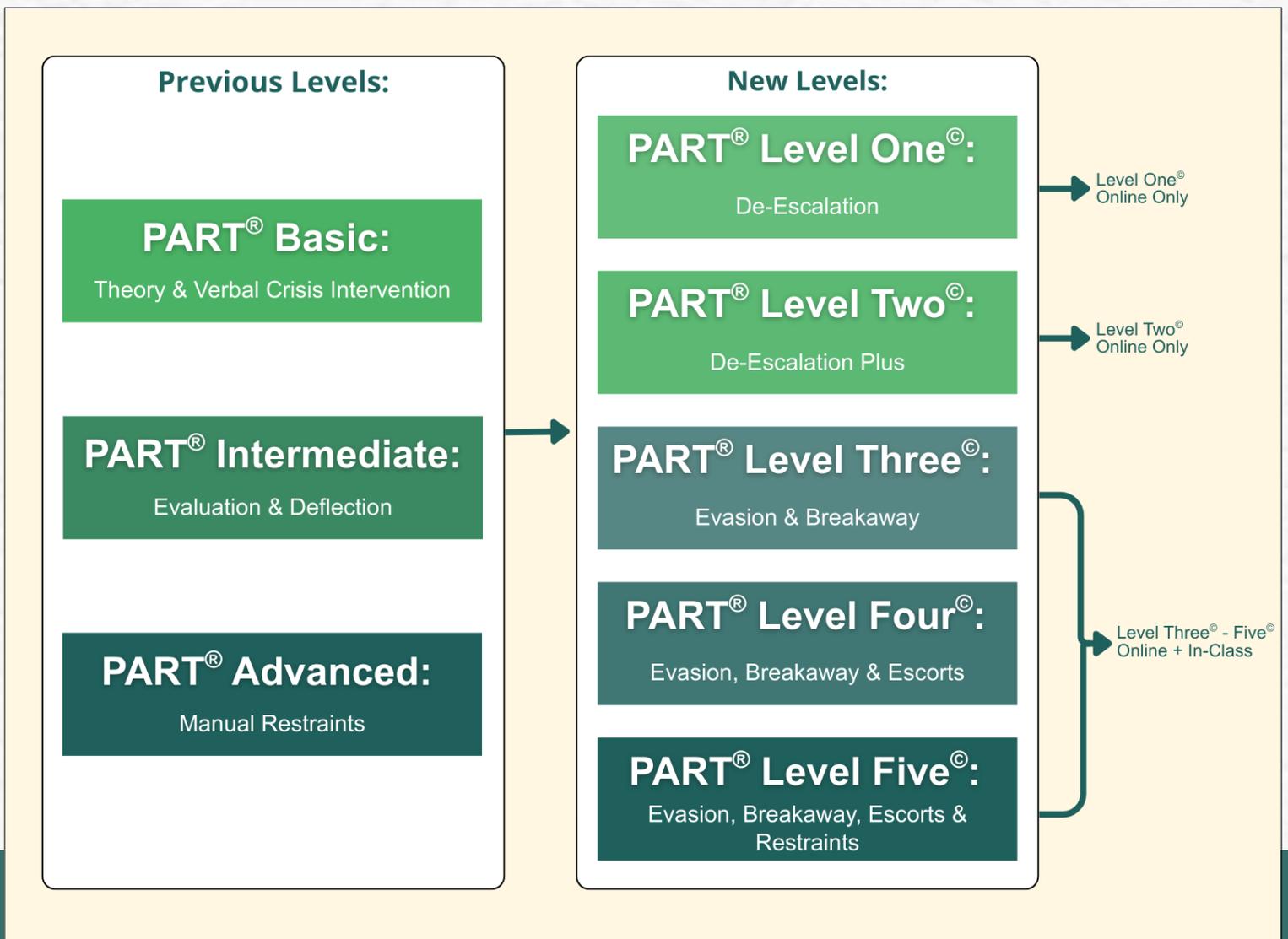
For program questions and training inquiries, please contact info@saswh.ca.

“When workers understand that beneath difficult or aggressive behaviours there is a message or a reason for the behaviours, workers will be less likely to react negatively to the behaviours and more likely to respond in ways that assist the individual to express their needs more effectively. This will lead to better outcomes.”

- PART[®] Participant Handbook, 6th Edition

SAME CONTENT, NEW DELIVERY

To help ensure workers receive the violence prevention training that corresponds to the level of risk associated with their role, the training levels have increased from three to five. The first two levels are now fully online, making it easier than ever to learn on your own schedule.

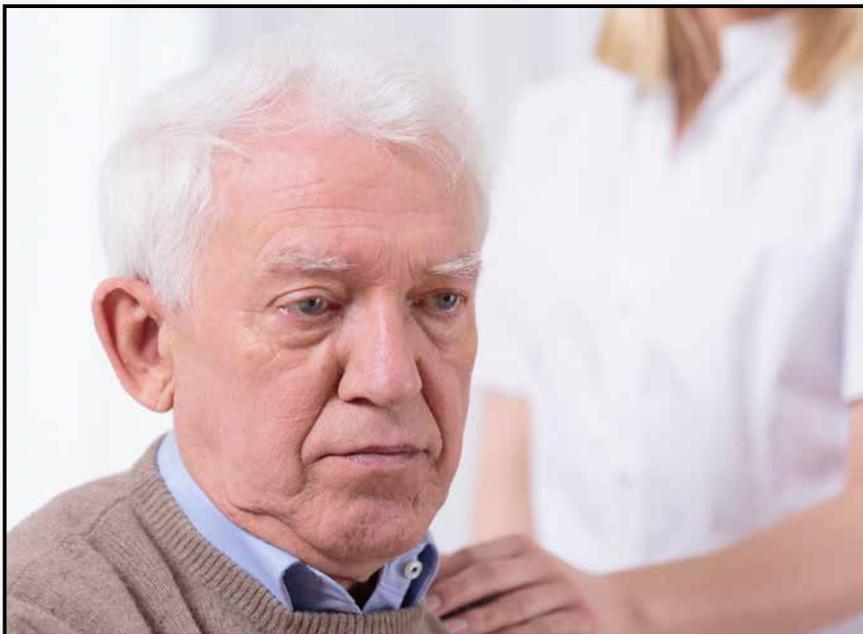


DEMENTIA CARE EDUCATION

for Healthcare Workers and Home Operators

SASWH has responded to the needs of our membership to enhance our training on understanding how best to work with and respond to individuals experiencing dementia or related conditions. Dementia is an umbrella term for many disorders that affect cognitive function including memory and mood, and it is a condition that is prevalent in Saskatchewan: according to the Alzheimer's Society of Saskatchewan, more than 19,000 people - or 2.3% of the population - are living with dementia.

Healthcare workers and home operators who are looking for training on how to best de-escalate elevated behaviours are encouraged to investigate SASWH's Professional Assault Response Training (PART®) Program®. All PART® levels can be taken with a complimentary Dementia Enhancement module intended for workers who interact with individuals living with dementia.



SASWH has developed a flexible online training education platform to support healthcare workers to de-escalate elevated behaviours and understand the needs of caregivers when caring for individuals with dementia. The Dementia Enhancement module covers:

- The progression and impact of dementia.
- Principles of person-centred care.
- Effective communication techniques.
- Validation and redirection strategies.

Contact info@saswh.ca for more information or support in assessing safety training needs.



Adapted from the Saskatchewan Alzheimer's Society, here are five useful tips for communicating with someone living with dementia:

1. Use what you know about them.
2. Reduce distractions.
3. Talk face-to-face.
4. Be flexible.
5. Stay positive.

For more helpful tips,
[CLICK HERE](#)

LADDER SAFETY MONTH: Step Up Your Knowledge



By: Vince Bell, CHSC, CHSEP, CES

SASWH Workplace Safety Specialist

March is

National Ladder Safety Month

and SASWH would like to take this opportunity to encourage employers, supervisors, and workers to elevate their current knowledge on safe ladder practices!

New Program Alert!

SASWH is proud to announce a new self-guided online education program for ladder safety in the workplace. More information will be available in the updated SASWH Programs and Services Guide, to be released in Q2 2026.



GENERAL SAFETY PRACTICES

Secure portable ladders to prevent movement during use.

Ladders must only be used for the purpose the ladder was designed for.

Only one climber at a time unless the ladder is built for multiple users.

All ladders require three points of contact at all times, unless equipped with a platform and guardrail.

Portable ladders used to access a platform or roof must extend a metre above the platform.

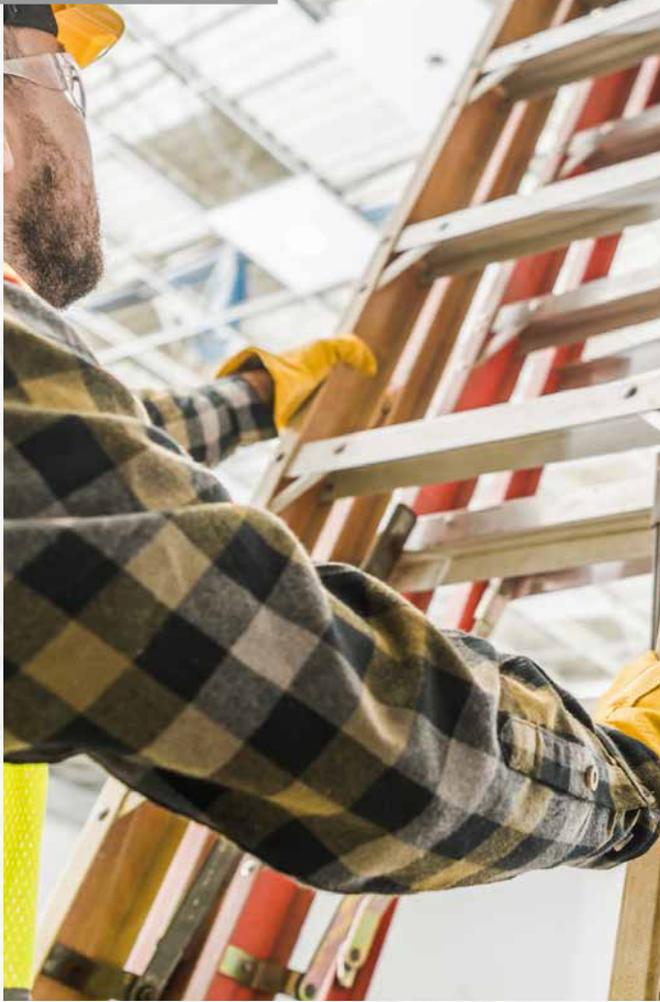
Unsupervised ladders must be taken down to prevent unauthorized use.

Stepladders cannot be used in a partially or fully closed position, or as a single ladder.

Metal or wire bound ladders must be kept away from exposed electrical conductors.

Non-slip feet must be used on all portable ladders.





Ladder Safety Responsibilities by Role

Safe ladder use depends on everyone doing their part. Ladders are involved in many workplace injuries, and most incidents occur due to improper use or environment factors - not equipment failures. Choosing the right ladder for the task, keeping equipment in good condition, and following best practices every time are critical steps in preventing falls and serious injuries.

This means making sure the ladder is the correct height and type, set up on a stable surface, inspected before use, and never used in ways it was not designed for. It also means taking the time to assess the task, the environment, and any nearby hazards before climbing. When employers, supervisors, and workers all take responsibility, ladder-related injuries can be prevented and everyone can go home safe at the end of the day.

EMPLOYER

- Develop procedures for the safe use and storage of ladders.
- Train all workers in the safe and proper use of ladders.
- Ensure that all provided ladders are in good condition.
- Inspect ladders regularly and replace them when required.

SUPERVISOR

- Ensure all workers under their supervision receive training on the proper use of ladders, including rated weight capacities for ladders.
- Confirm that all ladders are inspected regularly, appropriately stored, and are maintained in good condition.

EMPLOYEE

- Participate in ladder training and follow the training they receive.
- Inspect all ladders before each use.
- Report any ladder damage or concerns to their supervisor.

WHEN INSPECTING A LADDER PRIOR TO USE, LOOK FOR...

- Broken, loose or damaged rails.
- Non-slip feet are damaged or missing.
- Bolts, screws or rivets are damaged or missing.
- Metal parts like spreaders or bracing are bent, broken or missing.
- Wooden ladders may show signs of cracking or decay.
- Fiberglass ladders show faded colour, fraying fibers, or cracks.
- Signs of rust, corrosion or excessive wear, especially on treads.
- Twisted rails on a ladder.
- Stepladders which are not stable on the ground.
- Unlubricated working parts on extension ladders.
- Locks on extension ladders must be intact, working and move freely.
- All ropes and pulleys must be checked for signs of defect.

HOME OPERATORS

Emergency Management Workshop

SASWH conducted a survey for home operators in 2025 to assess the sector's needs for additional support in health and safety. The association has committed to developing new resources and hosting events targeting the greatest areas of need: dementia and memory care, occupational and psychological health and safety, and emergency preparedness.

The next home operators event is a series of workshops on emergency management for small private care homes. This one-day workshop will focus on the importance of preparedness and emergency plans, and is scheduled to run in Regina and Saskatoon. While the Saskatoon workshop is at capacity, a wait-list is being maintained and future workshops on this topic may be held in the area. There are seats still available for the Regina workshop.

Join the SASWH mailing list to receive notices on upcoming events, program updates, and more.

**CLICK HERE TO JOIN
OUR MAILING LIST**



Saskatchewan Association for
Safe Workplaces in Health

Call Us at
306-545-5595



Email for More Information at
info@saswh.ca



PRESENTATION

EMERGENCY MANAGEMENT for Private Care Homes



Dates :

March 26, 2026
March 31, 2026



Time :

9:00 AM to 4:30 PM

REGINA & SASKATOON!

Meet Our Speakers



Jeff Schwan

Director of Workplace
Safety, SASWH



Erin Heimbecker

Workplace Safety
Specialist, SASWH

Presentation Details



Cost and Who Should Attend

There is no fee to register for either presentation! Space is limited to 30 participants, so register today! Lunch will be provided at the event.



What to Expect

SASWH is happy to be offering an Emergency Management session for small private care homes!

Our presentation begins with a high-level overview of the Incident Command System (ICS) and its role in Emergency Management, followed by afternoon tabletop exercises using Code Red (Fire) and Code Green (Evacuation) scenarios.

Please come to the session with a good understanding of your facilities Code Red and Code Green procedures.



Learning Outcomes

By the end of this session, you will be able to:

- Understand the general principles of the Incident Command Centre process and its value.
- Recognize key emergency codes and the importance of training workers on their use.
- Prepare for and respond effectively to fire and evacuation situations.
- Develop processes and policies that strengthen your emergency plan.
- Access additional contacts and resources available through SASWH.

REGISTER NOW!

Regina - March 26, 2026

[CLICK HERE TO REGISTER](#)

Saskatoon - March 31, 2026

[AT CAPACITY - CLICK HERE FOR WAITLIST](#)

Visit our website at www.saswh.ca



2026

ANNUAL GENERAL MEETING AND SAFETY EXPO

SASWH is looking forward to welcoming members and system partners at the association's AGM and Safety Expo on Wednesday, April 15th! Built around the theme ***From Compliance to Culture: Leadership and Workplace Safety in Saskatchewan***, this full day, in-person event will feature two keynote speakers along with presentations on workplace safety and injury prevention in healthcare, best practices, compliance requirements, and updates on SASWH's programs and other services.

A Safety Expo is scheduled to run alongside the AGM and will feature products and services related to health and safety and injury reduction for the healthcare sector. The Safety Expo will run during event breaks, and will encourage participants to move and mingle while learning about the workplace health and safety products, tools, and resources offered by local companies/organizations.

Registered members will receive email updates closer to the event date, and questions about SASWH's AGM and Safety Expo can be directed to communications@saswh.ca.

ANNUAL GENERAL MEETING & Safety Expo

From Compliance to Culture: Leadership and Workplace Safety in Saskatchewan

Our expert-led sessions will provide hands-on learning, practical insights, and valuable networking opportunities to help healthcare professionals excel in their field.



April 15, 2026



Regina, SK



**Free for members
of SASWH**



Keynote Speakers:
Morning - Drew Dudley
Afternoon - Rocky Ozaki



Email Us
communications@saswh.ca

Our Website
www.saswh.ca



Morning Keynote Speaker:

DREW DUDLEY

Internationally Acclaimed Leadership Speaker | Wall Street Journal Bestselling Author

Called one of the most inspirational TED speakers in the world, Drew Dudley is on a mission to redefine leadership. With more than five million views, his TED talk “Everyday Leadership (The Lollipop Moment)” proved that leadership is not a characteristic of an elite few, but one that lives within us all. Through his high-energy talks, Dudley shares practical and actionable insights on creating cultures of leadership that lead to higher levels of pride, productivity, happiness, and retention. He empowers audiences and equips them with the tools needed to make a difference, at home and work.

Dudley’s passion for personal leadership has inspired millions of people worldwide to embrace the belief that leadership is something that we all can and should aspire to. He has been featured in The Huffington Post, Radio America, Forbes.com, and [TED.com](https://www.ted.com), where his talk was voted “one of the 15 most inspirational TED talks of all time”. TIME, Business Insider, and Inc. magazines have all named his talk one of their “10 speeches that will make you a better leader”.

A bestselling author, Dudley’s first book *This is Day One: A Practical Guide to Leadership That Matters* debuted at #6 on The Wall Street Journal bestseller list and has gone on to become an international bestseller.



WEBSITE

Afternoon Keynote Speaker:

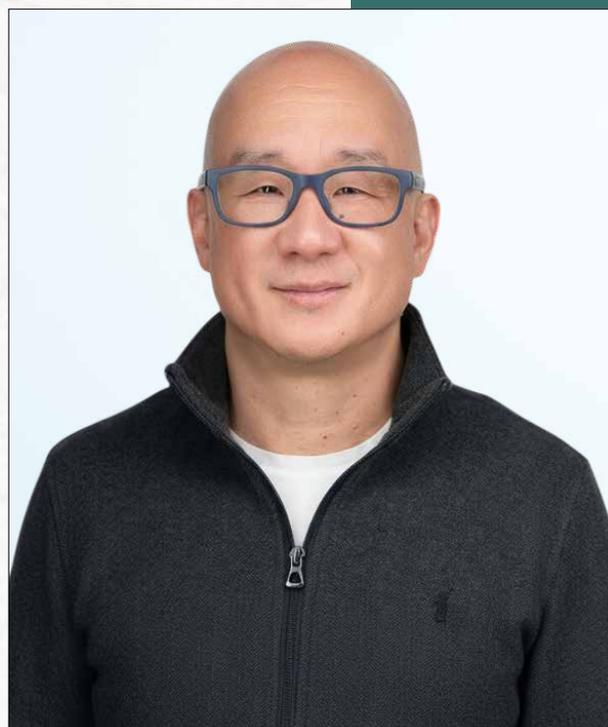
ROCKY OZAKI

Leading Keynote Speaker on the Future of Work and AI | Founder and CEO of NoW

Rocky Ozaki is one of North America's leading business culture transformation experts on the future of work. Rocky is the Founder and CEO of the NoW of Work - a business transformation firm whose primary focus is helping leaders build future-proofed, resilient teams that are anchored on cultures of innovation and agility.

Previously, Rocky held the role of Vice-President and Head of Corporate Innovation for the BC Tech Association and was the Founder of Ponder. Ponder is an innovation software that guides and measures organizations' innovation journeys as a strategic priority which captures ideas, then guides the innovation journey. The concept was developed to ensure that innovation was prioritized as a part of the business process, so teams develop the habit of ideating, validating, testing, learning, and measuring the return on their innovation investments. Throughout the years, Rocky became an expert at identifying trends in the market and for the internal operations within organizations across all sectors.

In recent years, Rocky Ozaki had success as a speaker during his Disrupt HR Talks, which share new innovative approaches for people first cultures to strategize for the future of work. He assists organizations through what he calls "The Rise and Fall of HR" which focuses on how critical it is for organizations to become 21st Century ready.



WEBSITE

Special Presentation: Healthcare and Ergonomics

RESEARCH PROGRAM FINDINGS

Presented by:

Dr. Michelle Cardoso and Dr. Wayne Albert

Dr. Michelle Cardoso, PhD, is an Associate Professor in Kinesiology at University of Moncton. Her research speciality is human factors and ergonomics, with a focus on understanding human-system interactions in workplace settings to optimize well-being, productivity, and performance.

Dr. Wayne Albert, PhD, is a Professor and Dean of the Faculty of Kinesiology at University of New Brunswick. Dr. Albert's research interests include occupational biomechanics, musculoskeletal injuries in the workplace, and lower back health and rehabilitation.

SASWH is fortunate to have these experts in their field present the findings of their research on healthcare and ergonomics. The researchers' most recent project focused on physical demands and injuries among long-term care providers, and how implementing evidence-based solutions – such as patient repositioning technology and patient handling techniques – show great promise in the reduction of MSI injuries and lost time claims. SASWH's own Transferring Lifting Repositioning (TLR[®]) Program[®] was assessed alongside other patient handling techniques as part of this research project, and the findings will be included in Drs. Cardoso and Albert's presentation.



**Space is limited,
so be sure to register today!**



UPCOMING EVENTS!

National Ladder Awareness Month

March

Distracted Driving Awareness Month

April

Mental Health Week

May 4-10, 2026

CCOHS Safety and Health Week

May 4-9, 2026

World Hand Hygiene Day

May 5, 2026

National Nursing Week

May 11-17, 2026

QUESTIONS OR COMMENTS?
WE'D LOVE TO HEAR FROM YOU!!





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