



**Taking care of myself,**

**helps me take  
care of them.**

# BETTER SAFETY BETTER CARE

Make the connection

Your health, safety and wellbeing are important for you and those you care for. There are many things you do on a daily basis and each situation comes with different physical and psychological demands. It's important to speak up and share your concerns when you feel unsafe.

- Talk with your clients and their families about potential risks or hazards.
- Use your skills and training to reduce risk and speak up about any workplace safety concerns.
- When you need it, ask for support and additional training.
- Workplace Violence Prevention training is available to help you prevent and manage workplace violence.
- Safe Handling & Mobility training is available to help you avoid injury.

Together, we can stay safe, healthy and caring for Nova Scotians.



[safecareconnection.ca](https://safecareconnection.ca)