

A photograph of a healthcare worker, a Black man with a beard wearing blue scrubs, smiling warmly at an elderly woman. The woman is seated in a wheelchair, wearing glasses, a grey sweater, and a colorful patterned scarf. They are in a bright, clean hallway with white doors and a window in the background. Two overlapping speech bubbles are overlaid on the right side of the image: a blue one on top and a purple one on the bottom, both containing text.

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 residents 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 avoid injury, and prevent and manage negative and challenging behaviours.

By working together, we can stay safe, healthy and caring for Nova Scotians.



safecareconnection.ca


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