

While our training is delivered in every sector of the economy, we offer a comprehensive line of courses suited for the health care sector. Explore the options below of essential health and safety training for those entering or are employed in this sector. WHSC is an official Canadian Red Cross training partner, be sure to ask about our [First Aid and CPR course options](#).

## **PERSONAL PROTECTIVE EQUIPMENT (3 hours)**

Most safety legislation in Canada recognizes that personal protective equipment (PPE) should be used only in specific circumstances and for limited durations. This course will educate participants on the importance of selecting and maintaining PPE required for their jobs. Participants will learn safe usage practices and identify potential inadequacies that could increase exposure to hazards.

## **INFECTIOUS DISEASES (3 hours)**

In this updated three-hour virtual course, participants explore different infectious diseases and their transmission routes. The course covers recognizing and assessing hazardous exposures, controlling exposure through methods like isolation precautions and proper cleaning, and reviews relevant legislation, including WHMIS and the Regulation for Health Care and Residential Facilities.

## **INDOOR AIR QUALITY (3 hours)**

Indoor air pollution is two to five times higher than outdoor pollution. This course addresses challenges associated with maintaining healthy indoor air quality, particularly in modern closed environments with recirculated air. The training focuses on pollutants and covers hazards like volatile organic compounds (VOCs), ozone, formaldehyde, pesticides, legionella and strategies to mitigate the spread of respiratory illnesses, including COVID-19.

## **PATIENT HANDLING (3 hours)**

Patient handling tasks, such as lifting and transferring, are the leading cause of musculoskeletal disorders (MSDs) in healthcare workers. This three-hour course equips participants with practical knowledge to prevent these injuries. Participants will learn about relevant legislation, assess patient handling hazards across three categories—task, workplace, and patient characteristics—and review key elements to support effective prevention strategies.

## **BIOLOGICAL HAZARDS (3 hours)**

This comprehensive course offers insights into biological hazards, highlighting specific risks like hepatitis and

respiratory disorders. Participants will learn to identify these hazards using various assessment tools and understand applicable legislation. The program also outlines effective control measures, ensuring enhanced protection for workers in environments prone to biological exposures.

## **EMERGENCIES AND PANDEMICS (3 hours)**

Prepare for emergencies, particularly focusing on pandemic response and handling bomb threats. Participants will be guided through the components of effective emergency preparedness plans, emphasizing the role of health and safety committees in their development and implementation.

## **HOURS OF WORK (3 hours)**

Explore the impact of non-standard and extended working hours on health and safety. This course covers the risks associated with shift work, including sleep disorders and cardiovascular issues, and discusses legal frameworks governing work hours to promote a healthier work-life balance.

## **ERGONOMICS IN HEALTH CARE (3 hours)**

Address ergonomics in healthcare settings by identifying and mitigating risks leading to musculoskeletal disorders. This training explores common MSDs and their health effects, focusing on job demands and workplace components that contribute to these issues, thereby emphasizing the importance of adapting work environments to fit worker needs to prevent injuries and enhance workplace safety.

## **STRESS IN THE WORKPLACE (3 hours)**

Workplace stress poses a serious threat to employee health, leading to a range of stress-related issues. This program equips participants with the knowledge to recognize the signs of stress in themselves and their colleagues. It explores various stressors in the workplace and provides strategies to mitigate them, along with practical tools like the Copenhagen Psychosocial Questionnaire (COPSOQ) to assess harmful conditions impacting worker well-being.

## PSYCHOSOCIAL HAZARDS AND WORKPLACE MENTAL HEALTH (3 hours)

This course covers the basics of psychosocial work hazards and the effects on mental health. Participants will learn about factors like job demands, worker engagement, and workplace respect. The program includes methods to identify and assess these hazards, such as policy reviews, demand analyses, and workplace surveys. It wraps up with a discussion on preventive measures for creating a safer, healthier work environment.

## WORKPLACE VIOLENCE AND HARASSMENT (3 hours)

This course aims to raise awareness of the significant risks to physical and mental health posed by workplace violence and harassment. Participants will gain an understanding of the legal requirements under the *Occupational Health and Safety Act*, including the need for tailored violence and harassment policies and programs. Key topics include reporting procedures, worker training, and strategies for identifying and assessing risks. Participants will also explore effective control measures to mitigate exposure to violence and harassment and observe for evidence of domestic violence.

## CRITICAL INCIDENT AND POST TRAUMATIC STRESS (3 hours)

Participants will explore the diverse causes of critical incident stress (CIS) and post-traumatic stress disorder (PTSD), including major catastrophes, violent situations, and hazardous exposures. The session will examine the body's response to stress, highlighting both acute and chronic health effects. Additionally, we will focus on primary prevention strategies aimed at reducing or eliminating exposure to stressors, as well as effective coping methods for managing CIS and PTSD, such as counseling offered through Employee Assistance Programs.

## ELECTRICAL HAZARDS (3 hours)

Electricity can be dangerous when exposure to uncontrolled sources occurs. This program helps participants identify potential hazards and the health effects of electrical shock, arc flash, and arc blast. It covers assessment and control measures, relevant legislation, codes, and standards, as well as an effective action plan to eliminate exposure to electrical hazards.

## FIRE AND EXPLOSION (3 hours)

This course covers the conditions for fires and explosions, explores potential health risks, and reviews relevant legislation. Participants will learn to identify and assess fire and explosion hazards, implement workplace control measures, and understand the necessary steps for responding to such incidents.

## CHEMICAL HAZARDS (3 hours)

Focus on identifying and understanding chemical hazards, including their physical states and health impacts. The session includes detailed discussions on acute, chronic, and other effects of chemical exposures. Participants will use safety data sheets and WHMIS to assess and manage these hazards effectively, improving workplace safety through practical, informed strategies.

## COMPRESSED GAS (3 hours)

Explore the diverse applications and potential dangers of compressed gases in the workplace. This training covers health risks, including those from fires and explosions, and discusses safe handling practices. Participants will review relevant WHMIS regulations and other legislation, enhancing their ability to conduct hazard identification and risk assessments effectively.

## FLAMMABLES AND COMBUSTIBLES (3 hours)

Learn about handling flammable and combustible substances with a focus on prevention of fire and explosions. Participants review relevant legislation, including the Ontario Fire Code, and explore specific methods for controlling hazardous exposures to prevent workplace incidents.

## PHYSICAL HAZARDS (3 hours)

Participants review the six most common physical hazards in Ontario workplaces: electricity, noise, ionizing radiation (x-rays), non-ionizing radiation (radiofrequency and ultraviolet), lighting, and temperature extremes (heat and cold). Participants will explore the scope, characteristics, health effects, and relevant laws and standards, concluding with strategies to control worker exposure.

[whsc.on.ca/Resources/For-Colleges](https://www.hpsc.on.ca/Resources/For-Colleges)