



Protection of Physical Safety Worksheet

Facilitator Notes: Use this worksheet to encourage a discussion about **Protection of Physical Safety**. It is one of thirteen factors that have been shown to impact mental health of individuals in the workplace. Be sure to encourage discussion by being open to all answers and opinions from participants. Examples of possible discussion groups are: employees at a team meeting or lunch and learn, staff or management orientation, and union-member discussions.

Suggested materials: laptop, speakers, projector and screen, flip charts and markers, whiteboard or chalkboard.

Suggested Process:

Watch the video once at www.haveTHATtalk.ca

Read definition of **Protection of Physical Safety**:

[On the Agenda](#) defines **Protection of Physical Safety** as present in a work environment where management takes appropriate action to protect the physical safety of employees. Appropriate actions may include: policy to protect workers physical safety, training in safety-related protocols, rapid and appropriate response to physical accidents or unsafe situations, and clearly demonstrated concern for employees' physical safety.

Ask participants:

1. Think of a time when you did not feel physically safe. How did you address this safety issue while respecting everyone involved?
2. What does a physically safe workplace look like? What are some ways that employees can ensure their physical well being at work? How can workplaces make sure that their employees feel safe from physical harm at work?

Watch the video again.

Ask participants:

3. What could have been done differently in the scenario with Ayesha and her supervisor?
4. What are some strategies to help YOUR workplace ensure overall physical safety in the workplace?
5. Write down different ways that YOU can ensure your own physical safety in the workplace.

