

# August 2019 Lunch and Learns



Carbon Safety Solutions will be running two lunch and learns on the CSA Z1003-13 standard on Psychological Health and Safety.

Call 250 734 1373 or email [info@carbonsafety.ca](mailto:info@carbonsafety.ca) to join us for these informational lunches.

## *Psychologically Healthy and Safe Workplaces*

Many of us can relate to challenges at work that create stress or anxiety. How we identify and manage these aspects of our work, impacts our mental health. Join us as we look at the CSA standard on psychological health and safety, its purpose and how to implement it.

### **August 21<sup>st</sup> – An introduction to the CSA Z1003-13 Psychological Health and Safety in the Workplace Standard – Presented by [Carbon Safety Solutions](#)**

Scott Lescak will provide an introduction to the standard, why it is relevant, what it covers, and some of its benefits and drawbacks

### **August 28<sup>th</sup> – Implementing the CSA Z1003-13 Psychological Health and Safety in the Workplace Standard – Presented by [Carbon Safety Solutions](#)**

Scott Lescak will provide a high level framework that can assist in the implementation of the standard

## **Registration and Event Information**

- Registration is \$14 per attendee (tax included)
- The events will be hosted at Buzz Coffee in Nanaimo from 12pm to 1pm.
- Lunch will be provided.
- Parking is available across the road in the Country Grocer Plaza
- Spaces are limited and reserved on a first come first serve basis

Call **250 734 1373** or email [info@carbonsafety.ca](mailto:info@carbonsafety.ca) to register

