

Combat Bullying on Feb. 24, 2016, Pink Shirt Day



Feb. 24, 2016, is Pink Shirt Day in Canada, a day dedicated to combatting bullying in workplaces, schools, homes and on the Internet.

A typical workplace bully selects targets and seeks to humiliate, threaten, intimidate or sabotage these individuals. And the victims of bullies come in many shapes and sizes, including even football players.

To prevent bullying, employers must be aware of the culture within their workplaces and ensure that it provides a safe environment'both physically and emotionally'for all workers.

For example, have members of management and supervisors take this questionnaire to assess their own conduct, which impacts the company's culture and could allow or encourage bullying. The results will help identify areas needing work in order to build a culture of dignity and respect.

The OHS Insider has many articles, tools and other resources you can use to prevent and address bullying, violence and harassment in your workplace, including:

- How common workplace bullying is in Canada
- A study linking bullying to sleep disorders
- The impact of bullying on bystanders
- How to identify a workplace bully
- The costs of permitting workplace bullies
- Information on why employers can't tolerate bullying
- A workplace violence infographic.