

# Psychological Health & Safety Checklist



## BENEFITS

It's not enough anymore for employers to worry just about ensuring their workers' physical wellbeing. Protecting workers' psychological or mental health and safety must also be a priority. (See, [Tracking the Perfect Legal Storm](#).) One way to do so is to implement the National Standard of Canada for Psychological Health and Safety in the Workplace (the Standard).

## HOW TO USE THE TOOL

To implement the Standard, use this checklist, which is based on a guide to the Standard. The guide was developed to help organizations and individuals understand where to start and how to move their organization through the initial planning stages to full implementation of the Standard. The checklist will help you ensure that you cover all bases at each phase or step of the implementation process.