

# Use New Guide to Implement Psychological Health & Safety Standard



In Jan. 2013, [CSA Z1003/BNQ 9700](#), the first Canadian standard for psychological health and safety in the workplace, was released. Developed by the CSA Group, Mental Health Commission of Canada (MHCC) and the Bureau de normalisation du Québec (BNQ), the free standard provides guidelines to help companies set up a psychological health and safety management system.

The MHCC just released a free guide to help organizations implement the standard step by step.

Assembling the Pieces: An Implementation Guide to the National Standard for Psychological Health and Safety in the Workplace is geared toward senior leaders, HR managers and OHS professionals and offers a roadmap to implementation through four key steps:

1. Building the foundation, including getting management support (perhaps by showing them how psychologically unsafe workplaces cost companies millions)
2. Identifying opportunities
3. Setting objectives
4. Implementation.

Each chapter in the guide includes practical tools, such as checklists and model policy statements, and techniques to help you achieve the goals of that step.

To get more information on psychological safety in the workplace'including why you should take steps to address it in *your* workplace'go to the OHS Insider's Psychological Safety Compliance Centre for:

- [Stress Prevention at Work Checklist](#)
- A [psychological health and safety survey](#).