

# Psychologically Healthy and Safe Workplaces

The concept of psychologically healthy and safe workplaces was formally introduced to Canadian workplaces on a national scale in early 2013 with the release of the National Standard of Canada for Psychological Health and Safety in the Workplace. Though the concept was not entirely new to many employers, it was an enhancement to concepts such as high performing workplaces and employee engagement.

What differentiates the CSA Standard is its focus on the psychological health and wellbeing of the workplace. The Standard is comprised of 13 psychosocial risk factors that affect the psychological health and safety of the workplace. In June 2018, the Alberta Occupational Health and Safety Act was changed to promote and maintain the physical, psychological, and social well-being of workers. Learn the impact you can have on creating and sustaining healthy workplaces at the University of Alberta.



Learn more on the University of Alberta's approach to Psychologically Healthy and Safe Workplaces

[Faculty and staff resource](#)

[Leader resource](#)