

MONTHLY SAFETY NEWSLETTER

NIPISSING UNIVERSITY

HEALTH AND SAFETY MENTORSHIP

SUPPORT YOUR FELLOW CO-WORKERS WITH THESE HELPFUL TIPS

Whether we are assisting new and inexperienced workers or have been exposed to a new process, mentorship is a key element to sustaining a positive health and safety culture in the workplace.

WHAT IS MENTORSHIP?

Mentorship is the interaction between one or more people where an experienced member **shares information, guidance, and expertise** on a given subject in a **positive and constructive** manner.

HOW IS MEMBERSHIP BENEFICIAL?

Health and safety mentorship encourages **inclusiveness** in a team-based environment and bolsters employees to **help one another** and assist younger, newer, or less experienced co-workers. It also helps to ensure that new or inexperienced workers **understand their environment** and any **associated hazards** or nearby **critical safety devices**.

Mentorship can help **decrease stress** for workers who need support and **promote guidance** in the workplace, **reducing the likelihood of incidents**. Mentorship is also an effective way to **boost morale** by encouraging workers to support one another, creating a **positive, supportive, and welcoming** environment.

HOW TO BE A HEALTH AND SAFETY MENTOR

Being a health and safety mentor in the workplace is a simple endeavour:

- **Speak up** when conditions or processes appear unsafe
- **Offer assistance** to inexperienced and new workers
- **Communicate regularly** with co-workers to ensure new and updated processes or policies have been recognized and understood
- **Be willing to listen** if a co-worker needs to talk or ask for help
- **Motivate your team** to retain a strong health and safety culture and morale
- **Speak with your supervisor** about helping to train new co-workers

A positive and strong health and safety culture relies on mentorship to **promote collective success, leadership, and teamwork!**



WORKER'S RIGHTS

KNOW

You have the right to know about health and safety matters in the workplace.

PARTICIPATE

You have the right to participate in conversations and decisions that could affect your health and safety in the workplace.

REFUSE

You have the right to refuse work that could affect your health and safety in the workplace.

