



Mental health in the Transportation Industry: A Call to Action

Resources

1. Build a Strategy for Psychological Health and Safety in the Workplace

- [CSA Z1003:12 Psychological Health and Safety in the Workplace](#)
- [ISO 45003:2021 Occupational health and safety management — Psychological health and safety at work — Guidelines for managing psychosocial risks](#)
- [CCOHS – Psychosocial Risk Factors](#)

2. Challenge Stigma

- [CMHA – STOP](#)
- [Stigma reduction planning](#)

3. Make sure your workplace

- Offers [supports to workers](#)
- [Assesses psychosocial risks factors](#) in your workplace
- Reducet occupational stressors and [prevent burnout](#)
- Offers [flexible work arrangements](#)

4. Quick Wins

- Put up [IHSA Mental Health Poster](#)
- Start the conversation with [IHSA Safety Talks](#) on Trucking Mental Health
- Review the Trucking issue of IHSA magazine ([Volume 20, Issue 1](#))
- Share the resources from today and consider bringing this presentation to your workplace (kmartin@ihsa.ca)
- [Gearing up for Workplace Mental Health](#)

Fleet Safety Council Mission Statement

To promote health and safety within the transportation sector through network support and sharing of information resources, allowing us to be a strong voice for industry.