

Relevant Products and Resources

(note – all are available in English and French)

1. Courses available for free as of March 14, 2020 until end of the pandemic

Pandemic Planning https://www.ccohs.ca/products/courses/pandemic_plan/

Pandemic Awareness https://www.ccohs.ca/products/courses/pandemic_aware/

Mental Health: Awareness https://www.ccohs.ca/products/courses/mh_awareness/

Mental Health: Health and Wellness Strategies
https://www.ccohs.ca/products/courses/mh_wellness/

Mental Health: Signs, Symptoms & Solutions
https://www.ccohs.ca/products/courses/mh_solutions/

Mental Health: Psychologically Healthy Workplaces
https://www.ccohs.ca/products/courses/mh_psychological/

[Mental Health: Communication Strategies](https://www.ccohs.ca/products/courses/mh_communication/)
https://www.ccohs.ca/products/courses/mh_communication/

Musculoskeletal Disorders Prevention https://www.ccohs.ca/products/courses/msd_prevent/

Musculoskeletal Disorders Awareness https://www.ccohs.ca/products/courses/msd_awareness/

Office ergonomics https://www.ccohs.ca/products/courses/office_ergonomics/

2. Publications available as free PDFs as of March 14, 2020 until the end of the pandemic

Flu and Infectious Disease Outbreaks Business Plan
https://www.ccohs.ca/products/publications/busn_cont/

Emergency Response Planning Guide
<https://www.ccohs.ca/products/publications/emergency.html>

Telework and Home Office Health and Safety Guide
<https://www.ccohs.ca/products/publications/telework.html>

3. Free resources

CCOHS website <https://www.ccohs.ca/>

Flu and Infectious Disease Outbreak website www.ccohs.ca/outbreaks

Pandemic Hazard/Topic Page <https://www.ccohs.ca/topics/hazards/health/pandemics/>

OSH Answers Fact Sheets

- Telework <https://www.ccohs.ca/oshanswers/hsprograms/telework.html>
- Working Alone <https://www.ccohs.ca/oshanswers/hsprograms/workingalone.html>

- Working in a Sitting Position
https://www.ccohs.ca/oshanswers/ergonomics/sitting/sitting_overview.html
- Coronavirus <https://www.ccohs.ca/oshanswers/diseases/coronavirus.html>
- Pandemic Influenza (Flu) https://www.ccohs.ca/oshanswers/diseases/pandemic_flu.html
- Good Hygiene Practices - Reducing the Spread of Infections and Viruses
https://www.ccohs.ca/oshanswers/diseases/good_hygiene.html

Posters and infographics (all available as free downloads)

Fatigue and Work infographic <https://www.ccohs.ca/products/posters/fatigue/>

Sitting at Work Infographic <https://www.ccohs.ca/products/posters/sitting/>

Prevent the Spread Infographic <https://www.ccohs.ca/products/posters/preventspread/>

Get the Upper Hand on Germs poster <https://www.ccohs.ca/products/posters/handwashing.html>

Prevent the Spread poster https://www.ccohs.ca/products/posters/prevent_spread.html

Workplace Stress https://www.ccohs.ca/products/posters/workplace_stress/

4. Online apps

Apple Store – free download of **OSH Answers**

- Close to 700 fact sheets on a myriad of topics, including coronavirus
- Updated on March 17, 2020

Android – free download of **OSH Answers**

- Currently available, but doesn't include all our fact sheets
- In the queue awaiting update in the Google Play store – hopefully within the next 10 days

Saskatchewan Construction Safety Association app

- Free download in the Apple Store of **SCSA OHS**
- Developed in collaboration with the SCSA, a health and safety association funded by the Province of Saskatchewan
- Identifies key construction safety topics and resources (along with SK specific legislation).
- Also includes a simple hazard assessment
- Could be used by other jurisdictions for easy access to resources

5. Inquiries service (Safety Infoline)

- Free phone or online service for any worker or employer to phone or email their occupational health and safety question.
- Available online at <https://www.ccohs.ca/safetyinfoline.html>
 - o Fact sheets are also available online
- Phone 1-800-668-4284 (toll free in Canada and US)
 - o Currently working via voice mail due to remote work
 - o Leave a voice mail with an email where the individual can be reached and we will respond via email.