

Mental Health in the workplace



We know workplaces have the responsibility to protect workers and their mental and physical wellbeing. This includes factors that contribute to impacting the mental health of staff at every level. ACSA knows that healthy workers can perform their work to the best of their ability when they are feeling their best. ACSA heard that considering mental health and learning about how to support staff and management has been a frustration to those across the construction industry. Many members are searching for opportunities to learn more about how to implement mental health safety in the workplace so employers and staff can be prepared to address the growing challenges their colleagues are now facing.

Providing access to key mental health resources could provide greater support and understanding from colleagues and staff to better understand how to process personal psychological health and safety and support colleagues with respect and compassion.



Supporting Safety Culture

Creating a culture of safety in the workplace is essential to ensuring those in the construction industry can show up and leave work without risk of injury—both physically and mentally. ACSA heard that keeping up to date on safety protocols, best practises, and learnings can remove lost time, extra costs, and irritation that comes along with the risks and frustrations of an unsafe work environment.

ACSA thanks its members and stakeholders for participating in our recent engagement efforts. The content below summarizes what we heard about the challenges and opportunities that participants identified related to ongoing changes in the safety industry.



COVID – 19 Pandemic

ACSA understands the impacts that COVID-19 has had on the construction industry. The infectious disease, Coronavirus (COVID-19), has affected all aspects of our lives since March of 2020.

We heard that the challenges related the pandemic has had a significant impact on our members, employers, and staff. Challenges included creating COVID-19 appropriate worksites, enforcing mask use during work, the mental health, and economic implications to businesses across Alberta.

ACSA heard that sharing best practices and information related to implementing measures regarding the global health crisis could help support and foster safety culture in the evolving rules and regulations. Ensuring that we're all following the same set of guidelines will mitigate risks when it comes to slowing the spread of the deadly virus.



Alberta Construction
Safety Association