



# 24 January 2019

# PSA/CPSU NSW training WOLLONGONG

The PSA/CPSU NSW will be running the following training courses in Wollongong:

## WHS two-day course

Wednesday 10 and Thursday 11 April 2019

Care & Resilience (mental health)

Tuesday 4 June 2019

The courses will start at 9.30am and finish at 4.30pm.

The course venue will be held at City Diggers, 82 Church St, Wollongong.

#### **COURSE OUTLINES**

# Care and Resilience Work Health and Safety

This two-day course covers the various rights, entitlements and obligations under the WHS Act 2011, that underpin a safe and healthy workplace, paying special attention to union perspectives. Topics include Duties under the Act, Consultation, Health & Safety Representatives and Risk Management.

This course aims to enhance mental health awareness. It provides participants with information, strategies and resources to assist in identifying and supporting a colleague/s with mental health issues and encouraging them to seek professional help. We also look at some useful strategies to manage stress and build personal resilience.

PSA/CPSU NSW training courses are available at no charge to members

PSA/CPSU NSW members are entitled to paid Trade Union Training Leave to attend these courses.

ALL members are invited and welcome, you do not have to be a delegate to obtain trade union training leave and to attend PSA/CPSU NSW training.

The PSA/CPSU NSW provides reasonable travel and accommodation costs to attend our training courses.

### **Special needs**

If you have a disability and/or special needs, please contact the PSA training staff at the time of your registration.

# **HOW TO REGISTER**

To register please do so online at the following link <a href="mailto:psa.asn.au/training-you">psa.asn.au/training-you</a>.





