



21 May 2021

PSA/CPSU NSW training: Workplace Health and Safety coming to Wollongong in June

The PSA/CPSU NSW will be running two days of Workplace Health and Safety (WHS) training in Wollongong on 29 and 30 June 2021. We will cover WHS, Workplace Bullying, and Mental Health awareness.

The sessions will be held at Collegians RLFC, 3A Charlotte St, Wollongong.

We start at 9:30am and finish by 4:30pm each day.

Two-day Work Health and Safety Combo

Day 1

Work, Health and Safety

The course looks at various rights, entitlements and obligations under the *WHS Act 2011* that underpin a safe and healthy workplace, including: Getting to know the WHS Act; WHS duties; WHS Issue Resolution; Health & Safety Representatives (HSR); Risk management and workplace inspections.

Day 2

Morning session: Dealing with Workplace Bullying

Understand what constitutes bullying and how to prevent and manage bullying and harassment at work. We look at relevant legislation and guidance materials, incident reporting, and practical strategies and processes to assist you in dealing with workplace bullying.

Afternoon session: Mental Health

Stigma around talking mental health at work? Not sure how to help someone who is struggling? How can we change that and build a positive, inclusive workplace culture? We look at information, strategies and resources that can help support people with mental health issues and encourage them to seek professional help. We also look at some useful strategies to manage stress and build personal resilience.

Content warning: Please be aware that we do discuss suicide and suicide prevention, and we ask that you be mindful of your own health when considering enrolling for this course.

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

The majority of PSA/CPSU NSW members are entitled to paid Trade Union Training Leave to attend these courses. Please check your Award or Agreement for details.

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 training.

How to register

Please register online via www.psa.asn.au/training-you. Click 'Training Application' to complete the registration form.

