

## 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/](https://www.ccohs.ca/products/courses/pandemic_plan/)

Pandemic Awareness [https://www.ccohs.ca/products/courses/pandemic\\_aware/](https://www.ccohs.ca/products/courses/pandemic_aware/)

Mental Health: Awareness [https://www.ccohs.ca/products/courses/mh\\_awareness/](https://www.ccohs.ca/products/courses/mh_awareness/)

Mental Health: Health and Wellness Strategies  
[https://www.ccohs.ca/products/courses/mh\\_wellness/](https://www.ccohs.ca/products/courses/mh_wellness/)

Mental Health: Signs, Symptoms & Solutions  
[https://www.ccohs.ca/products/courses/mh\\_solutions/](https://www.ccohs.ca/products/courses/mh_solutions/)

Mental Health: Psychologically Healthy Workplaces  
[https://www.ccohs.ca/products/courses/mh\\_psychological/](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/](https://www.ccohs.ca/products/courses/mh_communication/)

Musculoskeletal Disorders Prevention [https://www.ccohs.ca/products/courses/msd\\_prevent/](https://www.ccohs.ca/products/courses/msd_prevent/)

Musculoskeletal Disorders Awareness [https://www.ccohs.ca/products/courses/msd\\_awareness/](https://www.ccohs.ca/products/courses/msd_awareness/)

Office ergonomics [https://www.ccohs.ca/products/courses/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/](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](http://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](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.htmlgerr](https://www.ccohs.ca/oshanswers/diseases/pandemic_flu.htmlgerr)
- Good Hygiene Practices - Reducing the Spread of Infections and Viruses  
[https://www.ccohs.ca/oshanswers/diseases/good\\_hygiene.html](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](https://www.ccohs.ca/products/posters/prevent_spread.html)

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