

January marks the beginning of a new calendar year and many individuals use the opportunity to improve themselves. Renewing commitments to exercise, eat a healthy diet, or tackling other personal challenges, Canadians often look to make a change that will improve their quality of life.



So why not expand these New Years' Resolutions into your workplace? Is there something that you have noticed that could be improved upon on a personal or corporate level that will enhance your corporate health and safety culture and performance?

Not sure where to start?

You could start by assessing your health and safety culture – take a few minutes to take an informal survey to see if there are any changes that workers would like to see. Review your

last years' health and safety audits and see if there are items outstanding and then make a firm commitment to implement changes in the beginning of the year.

Look to improve your health and safety culture by putting a high priority on:

- Preventing injuries
- Minimizing risks
- Solving occupational health and safety issues
- Investing in control measures
- Engaging your entire workforce in health and safety
- Being transparent and open about health and safety
- Leading and striving for continual improvement in health and safety performance



Your goals – whether personal or work-related – should follow the “SMART” principle:



As you develop your goals, be sure to assign responsibility for completion, and set manageable timelines. Include periodic benchmarks in the timelines to make sure you are going to be able to complete the goals. If you're not, then reassess to be sure you have set realistic goals and realistic timelines.