



**TO TRULY  
PROTECT EVERYONE**  
OCCUPATIONAL HEALTH AND SAFETY



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**from head**

## **MENTAL HEALTH**

The occupational health and safety regime  
requires employers to manage  
psychosocial risks, not just physical ones.  
Your mental health matters!

## **WORK OVERLOAD**

Do you feel like you're always rushing  
to get everything done by the end of the day?  
Work overload is a risk factor for physical  
and mental health. A reasonable workload  
is part of healthy working conditions.

**to toe**

For more information,  
visit [csn.qc.ca/sst](https://csn.qc.ca/sst)

