

Oil Sands & Construction Training & Safety Ltd

Stress/Ergonomics/Mental Health

Depending mostly on personal upbringing, mental health have different meaning, very often associated with stigma. There is nothing more far away from the truth. Mental health is describing everybody's well-being, regardless if mental state of mind is low or sky high. Family or workplace relationship, functionality and productivity depends a lot on attitude of people. Everybody's mental health needs to be taken care off, not only people feeling low, there is always place for improvement. Cost of helping workers with mental well-being comparing to increase in productivity and stability of the work force is minimal. It is a lot more expensive to hire new worker comparing to making an effort to make worker feeling better where he/she is, as a part of the team, and staying in the work place.

Stress and ergonomics (yes - work place ergonomics) have a lot to do with mental health of workers, not only those in the field, but also with office and management/supervision. Usually office, management, and supervision positions are actually more stressful than working in the field or on the tools. Reducing stress, improving ergonomics, and making an effort to improve mental health of everybody will pay itself ten-fold in increased productivity and profitability.

OSCTS brings you a very good range of on-line courses on the subject, they can be found at <https://www.oscts.ca/product-category/stress-ergonomic-mental-health/>

More Information

If you are interested in more information, or would like to discuss how OSCTS can be of assistance to your organization regarding classroom or on-line training, call 780-983-0155, or send email to cezary.giluk@oscts.ca

Pipelines Training Support

Two most popular courses:



PCST (Pipeline Construction Safety Training) - required from all workers and supporting trades involved with pipelines construction
https://www.oscts.ca/product/pcst_online-pipeline-construction-safety-training-pcst/

Ground Disturbance Level 2 <https://www.oscts.ca/product-category/pipelines-training/>

Full range of courses for pipeline companies managers and supervisors
<https://www.oscts.ca/product-category/management-construction-industry/>,
and workers <https://www.oscts.ca/product-category/pipelines-training/>

OSCTS advantage - we supply PCST PINs within 15 minutes from time of order. When ordering from other suppliers usually you need to wait 2 working days

OSCTS supplies PCST PINs during and after hours, and over the weekends

Classroom Training

Classroom training can be provided at the training facility at Edmonton South, or at your location at BC, AB, or SK

To learn more click on the link below

- [Edmonton Training](#)
- [Oil Fields Training](#)

On-Line training - over 650 courses available

- [E-Learning](#)

To inquire, call **780-983-0155** or send email to cezary.giluk@oscts.ca

Previously Sent Emails

Most of the previously emails can be found in our blog
<https://www.oscts.ca/news/>

**Oil Sands & Construction Training
&**



Safety Ltd. (OSCTS)

www.oscts.ca 780-983-0155

info@oscts.ca

**Oil Sands & Construction
Training & Safety Ltd**

SHARE

TWEET

FORWARD

You received this email because you signed up on our website or made a purchase from us.

[Unsubscribe](#)

mailer lite