



The Beaver - Wisdom

## Ningwanuk Meshquajese — Wings of Change

### Aboriginal Workers Education & Outreach Project

#### Section 7: Moving Forward With Your Workplace Safety and Health Committee

Effective Workplace Safety and Health Committees serve an important role in providing workers the collective opportunity to participate in decisions that will affect their health. Workplace health and safety committees are key to a healthy and safe work environment over the long term.

#### Display Posters of Seven Sacred Teachings

Wall posters available from  
Occupational Health Centre 204-949-0811 or  
from Native Reflections - 1-800-522-9322  
email: [info@nativereflections.com](mailto:info@nativereflections.com)  
website: [www.nativereflections.com](http://www.nativereflections.com)

#### Smudge and Prayer

Introduce teachings about the Smudge and the ways of the Sharing Circle and the passing of the feather.

#### Check-In

Ask participants: their name, why they chose to come to the Circle and their experiences with workplace safety and health committees.

#### Equate 7 Sacred Teachings & 3 Worker's Rights

Give history about the *Ningwanuk Meshquajese — Wings of Change project* and why the Advisory group decided :  
7 Teachings + 3 worker's rights = Path to Workplace Health and Safety.

**Fact sheet: Wings of Change**

#### Skit

Engage participants in a role play. You may write a skit or the group can choose a work situation that was shared during the introductions. Half the participants represent management and half the participants represent workers. Both the management and worker reps may find the "Making a Case Worksheet" helpful to prepare for their part in the role play.

**Making a Case Worksheet**

## Post Role Play Dialogue

Ask participants - "What were the strengths of the workplace safety and health committee in the skit?" What opinions posed by management were the most challenging? What are your suggestions to better address these challenges in the future?

## Strengthen the Effectiveness of Your Workplace Safety and Health Committees

Distribute handout. Build on the momentum of recent legislative changes to Bill 27. Ask participants if their workplace safety and health committee abides by Manitoba's regulations.

**Handout: Bill 27**

## Lessons from the Geese: Me and My Workplace Health and Safety Committee

Ask a participant (randomly chosen in Circle) to read one of the Lessons from the Geese. Pause for reflection. Continue around circle until all Goose Teachings have been read.

Invite participants to reflect and write their responses to: Which Lessons from the Geese comes easiest to you and which Lessons from the Geese is hardest for you as part of your life and work? How will this affect your willingness and ability to engage with your workplace safety and health committee?

**Handout: Lessons from the Geese**  
Pens

Note: The Wings of Change project has chosen the goose feather to depict the 7 Sacred Teachings and 3 Workers' Rights.

## Evaluation

Distribute evaluation forms.

Inform participants that their anonymous responses will be used solely to improve future sessions.

**Evaluation Form**

## Closing Sharing Circle Question

Ask participants: Was there anything useful during this workshop and if so, how could it be incorporated into your workplace?

## Closing Reflection/Prayer

Invite participants to lead the closing prayer. Be prepared to say the prayer if no one volunteers.