

Worker Survey Insights



In March 2025, a worker-focused survey was conducted to better understand how employees perceive workplace health and safety practices, their roles and responsibilities, and where improvements can be made. The feedback offers valuable insights for both employers and workers aiming to foster safer and more supportive workplaces.



Strong Awareness of Health & Safety Procedures

Nearly 90% of respondents indicated they have a solid understanding of the health and safety procedures relevant to their roles.

90%

Felt confident in their understanding of workplace health and wellness protocols.

89%

Understood their employers' responsibilities in maintaining a safe environment.

88%

Were aware of their own rights and responsibilities as workers.

Perceptions of Health & Safety Training

Most workers feel the training they've received is effective in helping them manage on-the-job risks.

However, some voiced the need for:

More specific & role-relevant training

Regular refreshers to keep information top-of-mind

Opportunities to engage with real-life scenarios during training

Time constraints were also mentioned as a barrier to completing required training.

Top Workplace Health & Safety Concerns

These highlight key areas where employers can take action to reduce risk and support well-being.

46%

Hazardous conditions (e.g. slippery floors, burns, cuts)

43%

High workload, stress, or fatigue

35%

Ergonomics (e.g. lifting, bending, overexertion injuries)

21%

Poor communication about safety protocols

Awareness & Participation in Joint Health & Safety Committees (JHSC)

About one-third of workers (32%) reported that they either do not have or are unaware of a JHSC or health and safety representative in their workplace,

When asked about barriers to participating in JHSC or worker safety roles, respondents identified:

44%

Lack of time
or schedule
conflicts

31%

No interest in
taking on the
role

20%

Not sure how to
get involved

18%

Not enough
information
about the role

Workers also highlighted the following topics and resources they would like to see more of:

Clear guidelines for returning to work after an injury

Support for managing workplace stress and mental health

**Training in conflict resolution and communication, with a focus on
addressing microaggressions and fostering a respectful work environment**

What's Next? Turning Insights into Action

The results of this survey highlight both the strengths and opportunities within workplaces when it comes to health and safety. While many workers feel confident in their understanding of procedures and responsibilities, areas like ongoing training, communication, and committee engagement still present challenges.

Employers play a key role in addressing these gaps — and you don't have to do it alone.

Our organization offers advisory services, practical tools, and tailored resources to help you:

Build or strengthen your Joint Health & Safety Committee

Improve access to relevant training and refreshers

Develop resources that support mental health and respectful workplace culture

Create clear return-to-work processes



Let's Connect!

Use the QR Code to find request support from our talented Health & Safety Team, or [contact us at safety@go2hr.ca](mailto:safety@go2hr.ca).