



NSS MONTHLY NEWSLETTER



February 2026

Harassment and Violence in the Workplace

We all like to think of ourselves as being safe and secure while at work, protected from all forms of harassment and violence. However, wherever people interact, there is potential for harassment, bullying and violence.

Knowing some basic communication skills (verbal and non-verbal) and some "problem solving" strategies can help prevent issues from occurring or can stop a small issue from getting bigger or out of control. Workplace harassment and violence can start as small incidents involving negative remarks and inappropriate behaviours. These small incidents can sometimes escalate to physical or psychological violence.

Verbal communication skills are the way that you talk to another person or other people. Verbal communication includes the words you choose to use and the way in which you use them (for example, the tone (angry or calm) or volume (loud or soft)).

Non-verbal communication skills include your body language and position. People communicate through both their words and their bodies. The way you position or use your body can be calming or could aggravate a situation.

Workplaces can provide training on these topics so that workers, supervisors and managers have the tools to deal and deescalate situations in the workplace.

Northern Safety Solutions offers the following training

- **Conflict Resolution for Supervisors and Managers Training**
- **Conflict Resolution for Customer Service Training**



Workplaces are required to have a Workplace Harassment and Violence Prevention Policy and a Workplace Harassment and Violence Prevention Program in place. All workers must be trained on the policy and program. Northern Safety Solutions offers this service...we can develop a Workplace Harassment and Violence Prevention Policy and Program specific to your workplace.

Please contact our office for more information



Call to book your training today!

Northern Safety Solutions your trusted health and safety provider

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