Mental Health and Safety



Recorded Date: March 19, 2025

Speakers: Alka Ramchandani-Raj

About This Webinar

Integrate mental health strategies to enhance workplace safety.

Join us for an informative webinar featuring Alka Ramchandani-Raj, Shareholder and Co-Chair of the Occupational Safety and Health Practice Group at Littler Mendelson P.C. With extensive experience in workplace safety and health compliance, Alka helps employers navigate complex workforce challenges and implement effective safety programs.

What You'll Learn:

- **Identifying Mental Health Risks** – Learn to recognize signs that may impact workplace safety.
- **Implementing Supportive Measures** – Discover strategies to effectively address mental health concerns.
- **Ensuring Compliance** – Gain insights into legal obligations related to mental health and workplace safety.

Don't miss this opportunity to strengthen your workplace safety protocols. Join us in creating a safer, more supportive work environment.

About the Speaker

Alka Ramchandani-Raj

Co-Chair of the Occupational Safety and Health Practice Group and Employment Shareholder at Littler

Alka Ramchandani-Raj is a seasoned employment lawyer specializing in Federal and State Occupational Safety and Health law. She assists employers with workplace safety compliance, injury prevention, and managing OSHA inspections, including catastrophic workplace accidents and fatalities. Alka also has extensive experience handling

workplace violence issues, securing restraining orders, and advising on compliance for automation, AI, and robotics in the workplace.

A recognized speaker and trainer, she provides guidance on OSHA compliance, workplace investigations, violence prevention, harassment prevention, and California employment laws. She previously taught Mediation for Litigators at Berkeley Law School and served on the board of Narika, supporting efforts to combat domestic violence.

What's Included

1. **Expert Insights:** Learn from Alka Ramchandani-Raj, a leading employment lawyer specializing in workplace safety and compliance.
2. Key Learning Points:
    1. Recognizing mental health challenges that impact workplace safety.
    2. Implementing supportive strategies to address mental health concerns.
    3. Ensuring compliance with legal obligations related to workplace mental health and safety.
3. **Practical Strategies:** Actionable tools to enhance workplace safety and create a more supportive environment.
4. **Live Q&A Session:**Get answers to your specific questions on mental health and workplace safety.
5. **Supporting Resources:**Access exclusive materials to strengthen your workplace safety programs.

Who Needs To Be There?

This webinar is designed for professionals committed to improving workplace safety and mental health, including:

1. **HR Professionals & Managers** – Ensure compliance with workplace safety and mental health regulations.
2. **Business Owners & Executives** – Develop strategies to create a safer, more supportive work environment.
3. **Safety & Compliance Officers** – Strengthen workplace safety programs and meet legal obligations.
4. **Operations & Risk Managers** – Mitigate risks by integrating mental health strategies into safety protocols.
5. **Employee Wellness & Engagement Specialists** – Foster a culture of support and well-being in the workplace.
6. **Legal & HR Advisors** – Gain insights into best practices for managing workplace mental health concerns.