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# Fast Facts

*Celebrating our*

**100th**

*Bulletin*

FRIDAY,  
JUNE 27, 2025

As we celebrate the milestone of our 100th Fast Facts, we want to express our sincere gratitude to our readers. Thank you for your continued support and interest, this journey would not have been possible without you. Here's to the past hundred - looking forward to a hundred more!

## Managing Heat Stress

Summer has officially arrived! While we enjoy the sunshine and warmer temperatures, it is important to take steps to protect employees from heat stress. Below are some tips on what you can do, as an employer, to manage heat stress in the workplace:

- Train your employees to recognize the [signs and symptoms](#) of heat stress.
- Establish a “buddy system” where employees can monitor one another for signs of heat stress, since individuals may not notice their own symptoms.

- For employees working outside, or in hot environments:
  - Encourage employees to wear suitable personal protective clothing, such as light, breathable garments.
  - Remind employees to drink water frequently to ensure hydration.
  - Provide a shaded area where employees can cool down and take breaks.
- Educate employees on the signs of heat stroke and first aid measures to follow in the event of heat stroke.

As we head into the weekend, our team at HR Performance & Results would like to wish everyone a safe and fun Canada Day!

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## Upcoming Training

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Back-to-school season is around the corner, and will be here before you know it! Have you thought about training opportunities for your team? Check out our Fall workshops designed to help your team lead, grow, and thrive.

### Essentials of Supervision

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HR Performance & Results is pleased to present the Essentials of Supervision workshop series. This six-week workshop is offered in a hybrid model allowing participants to choose to attend in-person at our 151 Ferris Lane office, or virtually via Zoom.

The purpose of our Essentials of Supervision workshop is to assist supervisors in gaining the confidence and knowledge in becoming an effective supervisor and to provide practical tips and strategies for immediate application in their workplaces.

All our workshops are based on adult learning principles incorporating discussion, individual and group exercises, and lecture style. Each participant will receive a participant manual including tools and resources that can be used as a reference guide in their workplace.

For further information or to register, please contact Nicole Vanderpost, CHRP at [nicole@hrpar.ca](mailto:nicole@hrpar.ca).

**DATE & TIME:**

September 17 - October 29, 2025

8:30 a.m. - 12:30 p.m.

**LOCATION:**

HRPAR Office or virtually (Zoom)

**PRICE:**

\$2,500.00 (+HST)

**REGISTER NOW**

## Why Can't I Just Hire Them? – The Art of Effective Interviewing

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During this interactive workshop, participants will practice the art of designing effective interview questions to ensure that they are hiring top talent using practical tips and strategies for immediate application in their workplace.

**DATE & TIME:**

Thursday, September 25, 2025

9:00 a.m. - 12:30 p.m.

**LOCATION:**

Virtual (Zoom)

**PRICE:**

\$525.00 (+HST)

**REGISTER NOW**

# Blog

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JUNE 12, 2025

HIRING

## Psychometric Assessments: 3 Ways They Improve Hiring Decisions

Incorporating a psychometric assessment into your organization's recruitment and selection process has multiple benefits. It can maximize your chance of hiring an employee who has the knowledge, skills, abilities (and core functional interests) to perform their role effectively and remain with your organization for the long term.

Moreover, psychometric assessments can...

— [Read More](#)

# Visit Our Website >

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## LOCATION

151 Ferris Lane, Suite 401, Barrie, ON, L4M 6C1

**Barrie** (705) 719-7962

**Toronto** (416) 987-4163

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## OFFICE HOURS

**Monday - Friday** 8:30 AM - 5:00 PM

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