

Hey healthcare providers, I been watching for a time
How you work and how you unwind
I see some things, I'm not sure you do
Can I put it on the table and discuss it with you?
When you started in healthcare the future looked grand
The difference you'd make, when you'd lend your hand

Your patient's would love you and you go home each night
Glowing from your halo's bright light
The uniform looked great for the first 20 minutes
Until there was blood and poop and pee in it
No glamour in healthcare, no name in big lights
No million dollar paycheck, even if you work nights

You went into this job because you love to help
But somehow in the years, you lost a piece of yourself
The giving and loving and sharing and more
The people you serve as you walk down the wards
The public doesn't see the tole that it takes
The overtime, double-time shifts and backaches.

The aggression, the violence, do more with less
The safety takes a back seat when you are stressed
Your patients, your clients, your residents
Desperately need you to be at your best
But how can *you* be mentally well
When you're stressed and overworked and tired as hell.

Hang in there people, I've got your back
Though I can't protect you from the vicious attack
Of condescending doctors or patients or staff
Or when someone tears a strip off your back
But please don't despair, please don't get hard
We need your good care and your brains and your heart

We need you to do what others cannot

To make split second decisions with both science and art
I don't care what letters are after your name
Your commitment to safety is all the same
You can spot the hazards, assess the risks now
Find a safer way, everyday somehow

Coz safety is everyone's responsibility
It's up to you and it's up to me
Thought - choice - action, focus your attention
The best cure is an ounce of prevention
Sometimes working harder, and working faster
Lead to 911's, emerg and disasters

Stop waiting for the perfect time
A better place, a better rhyme
Keep educating, training, protecting each other
The health and safety act is kinda like your mother
Keeping you safe and keeping you strong
Keeping you from harm and things going wrong

So healthcare providers I thank you on behalf of the many
Who you've helped to get better and you've helped keep steady
Go take your time now - finally it's your turn
Be the next to recover, the next one to learn

That you must put yourself first, know what not to do
So a workplace injury doesn't happen to you
Keep safe, keep healthy, keep happy too
When you go first it'll all be true!

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