



Health PEI
OCCUPATIONAL HEALTH,
SAFETY, & WELLNESS



SAFETY TALK

Phishing

Phishing is a deceptive attack that can arrive through texts, phone calls, emails, or even QR codes, often disguised as messages from familiar contacts. On closer inspection, subtle irregularities such as missing email signatures, altered addresses, or slight spelling errors may reveal the fraud. By exploiting trust and curiosity, attackers use tactics like fake websites, malicious QR codes, and deceptive messages to trick victims into sharing sensitive information or installing harmful software.



Phishing could come as a personalized attack, via a text message, phone call, email or QR code. It may appear to be from someone you know, but in close inspection, you may find a minor change to what appears normal (no email signature, email address is different, a letter missing from email address etc.).

If you think something is phishy, talk to your leader and please forward the suspicious email to

phishing@gov.pe.ca

How can you protect your information and identify when something is phishy?

Always think twice and verify the sender of an email before clicking on any links in an email, especially if the content of the email is urging you to act.

As often as you can, apply software updates and patches on your work and personal devices.

Ensure you are not giving out any sensitive or confidential information over calls or text messages, both on your work and personal devices.

Be careful of the amount of personal and work information you post online.

Source: Tip Tuesday (October 2025)

Safety is everyone's responsibility!

DATE: _____
FACILITY: _____

SAFETY TALK LEAD BY: _____
DEPARTMENT: _____

DISCUSSION QUESTIONS:

- 1. WHAT SIGNS CAN YOU LOOK FOR TO IDENTIFY A SUSPICIOUS MESSAGE?
- 2. HAVE YOU EXPERIENCED ANY PHISHING OR SUSPICIOUS MESSAGES?
- 3. WHAT DO I DO IF I RECEIVE A SUSPICIOUS MESSAGE?

EMPLOYEE CONCERNS & IDEAS FOR IMPROVEMENT:

EMPLOYEES PRESENT:

FOLLOW UP ON CONCERNS:

If you have any feedback on the Safety Talks program or a suggestion for a Safety Talk, please contact a member of the Wellness & Safety Team or email healthpeihr@ihis.org.

Safety Talks can be found on the Staff Resource Centre at: <https://src.healthpei.ca/safety-talks>