



Health and Safety Learning Symposium

Agenda – Sessions & Speakers

TUESDAY, OCTOBER 24, 2023
St. John's Convention Centre

Health and Safety Learning Symposium

October 24, 2023, St. John's Convention Centre

Agenda

8:00 – 9:00

Registration & Exhibition

9:00 – 9:30

Welcome/Greetings (Bowring Ballroom)



Hon. Bernard Davis
Minister
Responsible for
WorkplaceNL



John Peddle
Board Chair,
WorkplaceNL



Ann Martin
CEO,
WorkplaceNL



Charles Coady
Director,
Prevention
Services,
WorkplaceNL

Keynote Speaker

9:30 – 10:45

Keynote speaker (Bowring Ballroom)

Eddie LeMoine – A Journey to Safety

[Live Stream](#)

Eddie is a Canadian-born international author, keynote speaker, seminar leader and corporate trainer. He is a sought-after resource for both government and corporate clients. Eddie's unprecedented success is based on his powerful ability to close the gap between business results and personal development. He inspires greatness by awakening the talent in each individual. Eddie is an authority on changing demographics, diversity, safety, performance development and productivity improvement. He specializes in leadership, employee engagement, employee attraction/retention and the psychology of success.

Eddie's presentation will discuss the impact engagement has on employee safety, the benefit of a safety culture to employees, their family and the workplace, and how changing the way we think can change your entire future.



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10:45 – 11:15

Refreshment Break & Exhibition Viewing

Morning Concurrent Sessions

11:15 – 12:00

Wake-up Call: The Impact of Fatigue in the Workplace (Bowring Ballroom)

Facilitator:

DeAnn Vincent, WorkplaceNL

[Live Stream](#)

Description:

Fatigue can be described as physical or mental exhaustion that prevents a person from being able to function normally. It usually refers to impairment in task performance. When workers are fatigued, the risk of an incident occurring increases. Recognizing fatigue and having strategies to both prevent and manage it are important for any workplace. This session will discuss fatigue, analyzing incidents to determine if fatigue was a factor, and fatigue management for individuals and organizations.

Return to Work after a Traumatic Mental Health Injury (Bannerman 2 Room)

Facilitator(s):

Dana Smith, WorkplaceNL

Marsha Thistle, WorkplaceNL

Description:

Creating a psychologically healthy and safe work environment reduces the risk of psychological harm to workers. It also supports a safe return to the workplace if an injury does occur. Workers who are returning to the workplace after a traumatic mental stress injury may require additional support and workplace accommodations. Learn about the reporting process for traumatic mental stress injuries, and how workers can be supported in overcoming barriers when returning to work.

Preparing for Work: Tips to Avoid Pain and Discomfort (Bannerman 1 Room)

Facilitator(s):

Cherylee Osborne, WorkplaceNL

Dr. Michael Wahl, Faculty of Medicine, Memorial University

Description:

Whether your job is physically demanding, sedentary, or a mix of both, preparing for work is more than just stretching! Learn the types of movement you should do before your shift, as well as throughout your work day to avoid pain and discomfort. This interactive session is aimed at preventing musculoskeletal injury and offers practical advice on how to prepare and take care of your body for the type of work you do.

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Morning Concurrent Sessions

11:15 – 12:00

New PRIME Program: The Path Forward (Bannerman 3 Room)

Facilitator(s):

Cathy Whiffen, WorkplaceNL

Sheri Philpott, WorkplaceNL

Description:

PRIME, WorkplaceNL's financial incentive program, is changing! Through PRIME, employers can lower their assessment rates by meeting practice requirements and managing claim costs through early and safe return-to-work programs. Join us for an informative session on what has changed and what the changes mean for your workplace.

Lunch 12:00 – 1:30 (Bowring Ballroom)

12:30 – 1:00

Luncheon Speaker (Bowring Ballroom)

[LiveStream](#)

Brian Button, Mayor, Channel-Port aux Basques - Emergency Preparedness and Response

Mayor Button will share the experience of leading his community in preparing and responding to the emergency when Hurricane Fiona made landfall in Port Aux Basques in September 2022.

1:00 – 1:30

Presentation of Safety Leadership Awards

[LiveStream](#)

Ann Martin, CEO, WorkplaceNL

The WorkplaceNL Safety Leadership Awards aim to recognize employers and workers who demonstrate leadership and a visible commitment to health and safety in workplaces in Newfoundland and Labrador.

Afternoon Concurrent Sessions

1:30 – 2:15

Competent Supervision: Leading Safely (Bowring Ballroom)

Facilitator(s):

Alex Tuff, WorkplaceNL

Fred Swift, OHS Division, Digital Government and Service NL

[LiveStream](#)

Description:

Supervisors have a legislative responsibility to know workplace hazards and to instruct workers in the safety precautions to prevent workplace injuries and illnesses. A competent supervisor has the knowledge, experience and training to oversee the health and safety of work. Join us as we discuss competent supervision and important characteristics of leading safely, to protect employees.

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Afternoon Concurrent Sessions

1:30 – 2:15

Psychological Health and Safety: The Benefits of Small Changes (Bannerman 2 Room)

Facilitator: Cathy Barrett Brinson, WorkplaceNL

Description:

Workplaces play an important part in the positive mental health of workers. Supporting workers and creating belonging improves productivity, reduces absences, and helps retain valuable workers. Psychological health and safety should be a priority for all workplaces; however, many employers wonder where to start. This will look different from one workplace to another. Join us for real life examples from workplaces in our province that will show how making small changes have made a big difference to their safety culture and business success!

Respect in the Workplace - Yes Please! (Bannerman 3 Room)

Facilitator:

DeeAnne Feltham-Scott, WorkplaceNL

Description:

A civil and respectful workplace can have a positive impact on moral, productivity and job satisfaction, among other things. While leadership plays a vital role in fostering a culture of respect, everyone at the workplace shares in the responsibility of building a respectful culture. Join us as we discuss respect, how it impacts an individual and the workplace, and the value of creating a culture of respect in the workplace.

Return to Work: Getting Back is Part of Getting Better (Bannerman 1 Room)

Facilitator(s):

Kathryn Kehoe, WorkplaceNL

Jennifer Grimes, WorkplaceNL

Description:

Maintaining a connection to the workplace after an injury is vital for an employee to recover and safely return to work. This session will focus on what a workplace can do to achieve the best recovery-at-work outcomes, by focusing on engagement and communication with their employees.

2:15 – 2:45

Refreshment Break & Exhibition Viewing

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Closing Session (Bowring Ballroom)

2:45 – 3:30

Mental Health and Wellness

Facilitator:

Alison Butler, Chief Wellness Officer, Alison Butler Consulting

[Live Stream](#)

Description:

Alison shares openly about her own experiences, her diagnosis and the impact on her life as a busy, working professional, self-confessed “high achiever” and parent. She is well known for sharing “real talk” about mental wellness. Her goal is to break down barriers of what mental health “looks like” and share the message that we can all work on our own mental health and to support others. Alison also speaks about the impact of stress and burnout on our lives and workplaces.

3:30 – 3:45

Closing Remarks (Bowring Ballroom)

[Live Stream](#)



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Miss a Presentation?

View recordings of various sessions from the
2023 WorkplaceNL Health and Safety Symposium.

Visit our Youtube page at: <https://www.youtube.com/SafeworkNL>



Claiming your employer network on the Certification Training Registry (CTR)

The benefits of claiming the employer network on the CTR:

- Helps employers to manage their workplace training requirements by inviting workers to their network.
- Allows employers to view worker completion records and determine when worker certification will expire.
- Employers can register workers for training if re-certification is required.

For more detailed information download our How-to Guide at: <https://workplacnl.ca/resource/claiming-your-employer-network/>



The CTR allows workers and employers to access course offerings from WorkplaceNL approved instructors.

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