

# Prevention is the Key

Health and Safety Learning Symposium

**WorkplaceNL**

Health | Safety | Compensation



## **Symposium Agenda** **Session Topics & Speakers**

**WEDNESDAY, DECEMBER 7, 2022**

St. John's Conference Centre

# Health and Safety Learning Symposium

December 7, 2022, St. John's Convention Centre

## Agenda

8:00 – 9:00

Registration/Trade Exhibition

9:00 – 9:30

Welcome/Greetings (Bowring Ballroom)



**Hon. Bernard Davis**  
Minister  
Responsible for  
WorkplaceNL



**John Peddle**  
Board Chair,  
WorkplaceNL



**Cathy Whiffen**  
Manager,  
Prevention  
Services

## Keynote Speaker

9:30 – 10:45

**Keynote speaker (Bowring Ballroom)**

**Judy Croon – Relieving Work-Related Stress with Humour**

*Live Stream*

Judy is Canada's Keynote Humourist. She is a comedian, motivational speaker (including Ted Talks), radio host (her podcast Laugh Long and Prosper was voted one of the best podcasts of 2021 by CTV), Second City stand-up coach, and author. She has worked with many celebrities, including John Cleese, Jon Stewart and Joan Rivers. Her specials have appeared on NBC, CBS, CTV and The Comedy Network. She is a co-author of *From the Stage to the Page: Life Lessons from Four Funny Ladies!* Judy draws from her stand-up and coaching experience to entertain, inform and inspire in her dynamic presentation entitled 'Relieving Work-Related Stress with Humour.' She is a regular volunteer with City Street Outreach – a program that feeds Toronto's homeless and needy. Judy is the creator/host of Laughlines and Stand Up for The Girls, which have both helped raise over \$650,000 for breast cancer research.

### Overview of Presentation

Stress is a major cause of most illnesses, and humour is an amazing way to relieve it - especially now. Harvard studies show that when you are stressed, your brain shrinks. However, when you laugh, you relax; and when you relax, you learn. This inspirational session explores seven stress-relieving ingredients during these challenging times: a positive attitude, perseverance, forgiveness, teamwork (how to deal with people who aren't 'as perfect as us'), family and friends, healthy mental activity and healthy physical activity.



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10:45 – 11:15 Refreshment Break/Trade Exhibition

## Morning Concurrent Sessions

11:15 – 12:00 **Working from Home: Roles and Responsibilities (Bowring Ballroom)**

**Sheri Philpott, WorkplaceNL**

**Ed Wade, OHS Division, Department of Digital Government and Service NL**

*Live Stream*

Since 2020, the traditional workplace setting has shifted to a working from home arrangement for many workers. Working from home exposes workers to potential occupational health and safety hazards. However, comprehensive policies and programs can help identify and control workplace hazards and reduce the risk of injury. This session will provide an overview of what employers should consider for employees working from home.

**Supporting Recovery at Work – Essentials Every Employer Needs to Know (Bannerman 2 Room)**

**Kathryn Kehoe, WorkplaceNL**

Employers have a critical role in an employee's WorkplaceNL claim and the success of return to work. This session will provide direction on how to be prepared for each stage of the injury, how to help with the transition back to work, strategies for success and important information on how to develop or enhance your current return to work program.

**What's New in Certification Training (Bannerman 1 Room)**

**Jo-Ann Woodland, WorkplaceNL**

WorkplaceNL has the legislative responsibility to promote workplace health and safety; educate employers, workers, and stakeholders about workplace health and safety; and develop standards for certification training. This session will highlight upcoming changes to the Committee/Representative/Designate Certification Training Standard and recent enhancements to the Certification Training Registry (CTR).

12:00 – 12:50 **Lunch**

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12:50 – 1:15

### Presentation of Safety Leadership Awards

**Dennis Hogan, WorkplaceNL**

*Live Stream*

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.

Join us as we recognize our first-ever award recipients.

**Dennis Hogan**  
CEO,  
WorkplaceNL



## Afternoon Concurrent Sessions

1:15 – 2:00

### Supporting Workers Mental Health (Bowring Ballroom)

**Cathy Barrett Brinson, WorkplaceNL**

**DeeAnne Feltham-Scott, WorkplaceNL**

*Live Stream*

One in five people experience a mental health issue each year, which likely includes the people you work with. A psychologically healthy and safe workplace actively promotes and protects employees' mental health, and this session will outline the practical tips that can be used daily.

### Is Poor Posture Affecting Your Health? (Bannerman 1 Room)

**Cherylee Osborne, WorkplaceNL**

Musculoskeletal injuries (MSIs), or soft-tissue injuries, account for two-thirds of all lost-time injuries in Newfoundland and Labrador workplaces. This session will discuss and demonstrate proper body mechanics and practical solutions for reducing risk of MSIs in the office and when working from home.

### New PRIME Program (Bannerman 2 Room)

**Cathy Whiffen, WorkplaceNL**

WorkplaceNL has recently begun changes to the PRIME Program. The new program has updated Occupational Health and Safety (OHS) and education requirements depending on employer size. The phased-in changes will include new OHS education courses for continued health and safety education and include OHS Leadership Certification. This session will provide an overview of the upcoming changes to the enhanced program and how it impacts the workplace.

### Standardization of Fall Clearance Calculation (Bannerman 4 Room)

**Mark Kieley, WorkplaceNL**

**Hannah Canning, Newfoundland and Labrador Construction Safety Association**

Through trainer assessments, audits and consultation with stakeholders, WorkplaceNL has standardized free-fall distance and minimum clearance calculations. This will ensure consistency amongst training providers, and ease of worker understanding and use, when completing fall prevention plans. This session will discuss the reasons for standardizing the calculations, outline the consultation process, and demonstrate the new standardized method for calculating free-fall distance and minimum clearance.

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2:00 – 2:30

Refreshment Break/Trade Exhibition

## Closing Sessions

2:30 – 3:15

**Workplace Harassment Investigations (Bowring Ballroom)**

**Ashley Savinov, Cox & Palmer**

**Linda Sagmeister, OHS Division, Department of Digital Government and Service NL**

*Live Stream*

Harassment is a serious issue that affects workplaces across the province. Legislation requires all provincially regulated employers to have a harassment prevention plan and provide training to everyone in the workplace. This session will discuss the workplace harassment investigation process, what to expect during an investigation, the importance of doing it right, as well as the role of the OHS Officer and OHS Division.

3:15 – 3:30

**Closing Remarks (Bowring Ballroom)**

*Live Stream*



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## Miss a Presentation?

View recordings of various sessions from the  
2022 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.**