

Health and Safety Learning Symposium

October 22, 2025 | St. John's Convention Centre

Agenda

8:00 – 9:00 Registration and exhibition viewing

9:00 – 9:30 Welcome

Morning Keynote

9:30 – 10:30 **Thriving not surviving: Building the foundation of sustainable wellness**

Keynote speaker:

- Steven Langer, Well by Design

Description:

This session invites you to imagine a workplace where people no longer have to choose between their wellbeing and their performance. Join Steven to learn how you can step out of autopilot and create a life by design.

You will gain real strategies on how to spot burnout early, recalibrate with intention and create coherence with how you live and work. Life is more than just getting through the day; it's about building a sustainable, intentional life that holds room for complexity.

As a trusted international keynote and TEDx speaker, Steven is known for cutting through the noise and shifting the mindset on wellness. He combines compelling stories, thought-provoking data and practical insight to inspire real change.

Steven leaves audiences with more than inspiration; he equips them with tools to move forward in ways that feel clear, authentic and achievable. Whether he is speaking to executives, frontline workers, or leadership teams, people consistently say the same thing: they feel seen, understood and ready to lead, live and connect with intention.

His keynotes address the real pressures people face every day and offer actionable ways to build a coherent life and healthier workplaces. Steven creates the space for audiences to think differently, ask better questions and reconnect with what matters most.

If you are looking for a speaker who will bring clarity to your teams and move the conversation forward in a meaningful way, Steven is the voice you want in the room.



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10:30 – 11:00 Refreshment break and exhibition viewing

Morning Concurrent Sessions

11:00 – 12:00 **The mind-body connection: Tips for wellness at work**

Speakers:

- Cathy Barrett Brinson (she/her), Senior Health and Safety Advisor, WorkplaceNL
- Cheryl Osborne (she/her), Health and Safety Advisor (MSI), WorkplaceNL

Description:

This session explores the connection between psychological and physical health, highlighting how mental wellbeing impacts musculoskeletal injury (MSI) prevention. We will discuss work-related risk factors common to both mind and body injury outcomes, emphasizing how addressing these factors can improve overall workplace health. You'll also learn practical steps to prioritize wellness in busy or stressful work environments.

PRIME: Rewarding safer workplaces

Speaker:

- Sheri Philpott (she/her), Senior Health and Safety Advisor, WorkplaceNL

Description:

PRIME is WorkplaceNL's incentive program for employers who maintain safe workplaces and effectively manage return-to-work processes.

If your business employs 20 or more workers and pays \$10,000 or more in average assessments, this is the session for you! Our prevention experts will equip you with the tools and knowledge to assist you in achieving your organization's PRIME refund, including details on new program requirements, audits and how you can participate.

It could happen to you: Make it personal. Make it safe. Make it home.

Presented by NL-FHSA

Speaker:

- Candace Carnahan (she/her), Safety Motivational Speaker

Description:

Candace believes that "The first step in not getting injured or becoming a casualty is knowing that you can be injured or lose your life while fishing." Her unimaginable experience dispels the myth that we are invincible. What you don't know, in fact, can hurt you. Through sharing her lived experience, Candace recounts the day that changed her life forever, and emphasizes that when an accident happens, there is rarely only one cause or contributing factor. Join Candace to learn countless opportunities to intervene in the name of safety.

Health and Safety Learning Symposium

October 22, 2025 | St. John's Convention Centre

Agenda

Morning Concurrent Sessions (continued)

11:00 – 12:00

Beyond clean floors: how 6S builds safer, smarter workplaces

Presented by Made Safe NL

Speakers:

- David Haire (he/him), Executive Director, Made Safe NL
- Andrew Pike (he/him), Manager, Made Safe NL

Description:

Slips, trips and falls might be the most visible signs of disorganization, but they're just the tip of the iceberg. Enter 6S: a foundational lean tool that goes beyond housekeeping to create order, reduce risk, and build a culture where safety and productivity reinforce each other. This session explores how 6S transforms chaotic, cluttered spaces into work environments that prevent injuries, reduce wasted motion and improve response time in emergencies. Whether you're dealing with spills or looking to stop strain injuries before they start, a well-executed 6S program can help you clean up your floors and your incident rates.

Lunch

12:00 - 1:00

12:30 – 1:00

Safety Leadership Awards presentation

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

1:15 – 2:15

Ripple effect: The impacts of violence in health care

Speaker:

- Todd Barron, Provincial Violence Prevention Coordinator, NL Health Services

Description:

Workplace Violence doesn't just impact those directly involved; it can affect the entire workplace. Health care facilities are experiencing some of the highest rates of workplace violence in Newfoundland and Labrador. In fact, a recent NLHS survey of front-line health care workers indicated that approximately 75% have experienced violence in the workplace.

The right to health care comes with a responsibility to act respectfully in any health care setting. Join us as we discuss how workplace violence in health care impacts everyone from front line staff to patients and the community.

Health and Safety Learning Symposium

October 22, 2025 | St. John's Convention Centre

Agenda

Afternoon Concurrent Sessions (continued)

1:15 – 2:15

Firefighter cancer: Extinguishing the risks

Speakers:

- Jim O'Toole, Fire Lieutenant, St. John's Regional Fire Department and Vice President, St. John's Firefighters IAFF Local 1075
- Jane Eustace, Manager, Prevention Services, WorkplaceNL

Description:

Cancer is recognized as one of the most significant health threats facing firefighters today. Join Jim O'Toole and Jane Eustace representatives of the Provincial Firefighter OHS Working Group as they discuss the reality of cancer in the fire service. Learn first-hand about challenges firefighters face and how they can reduce their risk.

Give yourself a chance: The importance of emergency preparation while fishing

Presented by NL-FHSA

Speakers:

- Rob Brown (he/him), Research Scientist, Fisheries and Marine Institute of Memorial University
- Kerri-Ann Ennis (she/her), Marine Safety Researcher, Fisheries and Marine Institute of Memorial University
- François Haman (he/him), Professor, School of Human Kinetics, University of Ottawa

Description:

The use of PFDs/PLBs and knowing initial survival skills can go a long way to giving yourself a chance should you find yourself in an emergency while fishing. In this session Rob, Kerri-Ann and François will review the importance of PFDs/PLBs in the Newfoundland and Labrador commercial fishery and how you can use these tools and cold-water immersion strategies to help you make it home safely after every fishing trip.

Unlocking possibilities: Exploring AI in safety

Presented by Made Safe NL

Speakers:

- Andrew Mercer (he/him), AI Facilitator, Keyin College
- Steve Mercer (he/him), VP Innovation and Digital Transformation, Keyin College
- Matthew Vey (he/him), CEO, OPAS Mobile

Description:

Artificial intelligence (AI) is transforming industries worldwide, and its potential to enhance workplace safety is rapidly gaining attention. Understandably so, as AI offers opportunities to identify hazards faster, predict incidents before they occur and improve overall safety outcomes. This panel discussion will explore how AI can revolutionize safety practices.

Health and Safety Learning Symposium

October 22, 2025 | St. John's Convention Centre

Agenda

2:15 – 2:45

Refreshment break and exhibition viewing

Afternoon Concurrent Sessions

2:45 – 3:30

WHS Representatives and Designates: A practical review of roles and responsibilities

Speakers:

- Jenny Martin (she/her), OHS Educational Consultant, WorkplaceNL
- Alex Tuff (he/him), Health and Safety Advisor, WorkplaceNL

Description:

This session explores the crucial role of Worker Health and Safety (WHS) Representatives and Designates in collaborating with employers to keep workers safe. This session is ideal for WHS Representatives, Designates, employers and workers interested in finding out more about their roles, responsibilities and recent legislative changes for workplaces with less than 20 workers.

Collaborating for successful return to work

Speakers:

- Kelly Glover (she/her), Case Manager, WorkplaceNL
- Tammy Hardy (she/her), Abilities Manager, Sobeys

Description:

Join Sobeys for an informative session about supporting injured workers through Early and Safe Return to Work initiatives, including modified roles and work environments. We will hear about their tailored approach to accommodating employees to ensure a smooth transition back to the workplace, and their proactive measures and collaboration with community healthcare professionals to promote recovery while maintaining productivity.

PRIME: Rewarding safer workplaces

*** Note: This is a repeat of the morning concurrent session**

Speaker:

- Sheri Philpott (she/her), Senior Health and Safety Advisor, WorkplaceNL

Description:

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Afternoon Concurrent Sessions (continued)

2:45 – 3:30

More than safe: Cultures of coherence, connection and care

Speaker:

- Steven Langer, Well by Design

Description:

A psychologically safe workplace isn't one where nothing goes wrong, it's one where people know they won't be left alone when it does. When employees don't feel safe to speak up, take risks or ask for help, performance suffers and potential stays hidden. But when psychological health and safety is built into the design of your culture, everything changes.

Drawing on the National Standard for Psychological Health and Safety in the Workplace and grounded in the everyday realities of modern work, this session unpacks the unseen impact of culture, leadership, workload and respect on employee wellbeing. Through personal stories, relatable insights and research-backed strategies, we'll uncover how even small shifts in how we work together can ripple into lasting impact.

Closing Session

3:30 – 4:15

Preventing injuries at home, work and play using social marketing

Speaker:

- Dr. Ian Pike, Co-Executive Director and Spokesperson, The Community Against Preventable Injuries and Professor Emeritus of Pediatrics, UBC

Description:

Social marketing is a powerful tool in our collective prevention journey. In this session, Dr. Ian Pike will share the journey of British Columbia's The Community Against Preventable Injuries (Preventable) – a province-wide social marketing campaign that delivers injury prevention messaging using a mass media strategy. [Preventable](#) is shown to have had an impact on preventing injuries in BC. This will be an engaging presentation highlighting the visuals and results of the campaign.

4:15 – 4:30

Closing remarks