

2026 | Q3

Webinars & Workshops

WorkplaceNL offers free health and safety education throughout the year.

Many of our workshops and webinars focus on elements of PRIME — WorkplaceNL's incentive program for employers who maintain safe workplaces and effectively manage return-to-work processes. By meeting specific safety and claims management standards, organizations can receive refunds. You will find many webinars and workshops that align with your path below. Learn more about prime at workplacenl.ca/PRIME.

Register for workshops and webinars through our

Certification Training Registry 

Webinars are from 10:00 – 11:00 a.m. NST unless otherwise noted.

Choose the sessions that matter most to you. Employers, supervisors, workers, OHS Committee members, WHS Representatives or Designates and those responsible for complying with occupational health and safety requirements are all encouraged to participate.

JULY

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➤ **Supportive Accommodations, Successful Return to Work**

A strong return-to-work plan supports more than a worker's recovery - it strengthens your workplace. Providing support to an injured worker returning to the workplace can ease recovery, reduce risk and set everyone up for success. Make meaningful impact from day one by creating effective accommodation plans that balance business needs with employee well-being.

You'll learn how to:

- Recognize common factors that may affect a safe return to work after an injury
- Understand why supportive accommodations improve recovery and long-term success
- Plan safe and suitable return-to-work approaches
- Apply practical strategies to support workers recovering from physical and psychological injuries

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➤ **How to Get PRIME Refunds:
Introduction to Path 1**

PRIME, WorkplaceNL's financial incentive program, for Path 1 (small) Employers with less than 20 workers or who pay less than \$10,000 in average base assessments now fall under the Path 1 category. This webinar will help employers qualify for refunds by understanding OHS Education requirements.

You'll learn how to:

- Identify Path 1 requirements
- Access resources for Path 1 employers
- Qualify for the PRIME refund

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➤ **How to get PRIME Refunds:
PRIME Path 2**

VIRTUAL WORKSHOP: 10:00 a.m. – 12:30 p.m.

PRIME Path 2 is WorkplaceNL's financial incentive program for larger employers – new for 2026. Join this virtual workshop for a clear walkthrough of the Path 2 criteria to help you maintain a safe workplace and effectively manage return-to-work processes.

You'll learn how to:

- Apply the criteria to qualify for Prime Path 2 refunds
- Implement the 15-elements of the required OHS program
- Apply the criteria using practical, real-world examples

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➤ **How to get PRIME Refunds:
Introduction to Path 2**

PRIME Path 2 is WorkplaceNL's financial incentive program for larger employers – new for 2026. Employers with more than 20 workers at any one worksite or who more than \$10,000 in average base assessments now fall under the Path 2 category. This webinar will help employers qualify for refunds by understanding OHS certification requirements.

You'll learn how to:

- Apply the criteria to qualify for Prime Path 2 refunds
- Access resources for Path 2 employers
- Qualify for the PRIME refund

AUGUST

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➤ **Safe Handling of Chemical Products**

Do work processes in your workplace require the use of industrial chemicals? Many industrial and manufacturing processes, including disinfection procedures may expose workers to potential chemical hazards. This webinar will help employers understand how to keep workers safe when handling chemical products.

You'll learn how to:

- Identify potential sources of chemical exposures in workplace processes
- Recognize key legislative requirements for chemical management
- Assess risks related to industrial, manufacturing and disinfection activities
- Align your chemical management program with PRIME Path 2 requirements

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➤ **How to Get PRIME Refunds: Return to Work**

Managing work-related injuries and illnesses helps get workers back to meaningful work in an early and safe manner that promotes their recovery. It also helps employers retain knowledgeable and skilled staff, and keeps injured workers connected to the workplace. This webinar outlines the return-to-work (RTW) requirements for qualifying for PRIME refunds.

You'll learn how to:

- Identify Path 2 requirements for the RTW policy and procedures
- Recognize roles and responsibilities in early and safe RTW planning
- Identify required elements for the standardized form for early and safe RTW planning
- Align your RTW processes with PRIME Path 2 requirements

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➤ How to Get PRIME Refunds:
Personal Protective Equipment

Make sure your personal protective equipment (PPE) program protects workers and meets PRIME Path 2 requirements. This focused webinar clarifies when PPE is required – and how to manage it effectively.

You'll learn how to:

- Determine when PPE is required
- Select the right PPE for identified hazards – hard hats, protective clothing, gloves, face shields, eye protection and footwear
- Identify employer and worker responsibilities
- Align your PPE program with PRIME Path 2 requirements

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➤ How to Get PRIME Refunds:
Musculoskeletal Injury (MSI) Prevention

Musculoskeletal injuries (MSIs) account for nearly 70 per cent of all lost-time work-related injuries in Newfoundland and Labrador. This webinar guides workplaces in developing MSI prevention procedures and prevent MSIs in their workplace.

You'll learn how to:

- Develop an MSI prevention procedure
- Identify employer obligations under OHS legislation
- Identify the steps for conducting an MSI hazard assessment
- Align your MSI prevention procedures with PRIME Path 2 requirements

SEPTEMBER

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➤ How to Get PRIME Refunds:
Safe Work Practices and Procedures

Safe work practices are general practices or guidelines followed by workers when performing job tasks. Safe work procedures are step-by-step instructions on how to do a job safely. This webinar describes safe work practices and procedures (SWPP) and how they are used to create healthy and safe workplaces.

You will learn how to:

- Distinguish between safe work practices and procedures
- Recognize roles and responsibilities in implementing SWPP
- Use hazard assessment results to develop SWPP
- Align your SWPP with PRIME Path 2 requirements

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**➤ How to Get PRIME Refunds:
Workplace Violence**

Workplace violence poses real risks to workers and organizations. This webinar explains legislative requirements and practical steps employers can take to reduce the risk of violence in their workplace – while meeting PRIME Path 2 requirements.

You will learn how to:

- Identify employer obligations under OHS legislation
- Identify and assess the risk of workplace violence
- Implement measures to reduce and control violence risks
- Support worker safety through effective prevention strategies
- Align your workplace violence program with PRIME Path 2 requirements

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**➤ Psychological Injury Coverage:
Workplace Harassment**

WEBINAR: 1:30–2:30 P.M.

A safe and respectful workplace helps protect workers and supports their well-being. Join us for an informative webinar to learn about WorkplaceNL's new coverage for psychological injury caused by workplace harassment. The session will explain what this means for employers, while sharing information on how to reduce risks of harassment in your workplace.

You'll learn how to:

- Understand what workplace harassment means in the context of WorkplaceNL coverage
- Meet Occupational Health and Safety requirements with confidence
- Spot risks early and take action to prevent workplace harassment
- Create a safer, more supportive workplace culture
- Support workers in returning to work

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**④ How to Get PRIME Refunds:
Training and Communication**

Training provides the workforce with knowledge and skills to perform work in the safest way possible. A training plan includes orientation for new workers and workers returning from an extended absence, and job-specific training for workers based on their tasks and responsibilities. This webinar provides direction for developing and implementing an effective training and communication plan for your workplace.

You'll learn how to:

- Identify workplace obligations under OHS legislation
- Develop a training and communication plan
- Plan job-specific orientation programs
- Align your training and education plans with PRIME Path 2 requirements

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④ Preventing Violence and Harassment in your Workplace

IN-PERSON WORKSHOP: Greenwood Inn, Corner Brook
9:00 am – 12:00 pm

From front-line interactions to internal conflict, violence and harassment risks can exist in any workplace – this session helps you identify those risks and take proactive steps to protect your workers.

You'll learn how to:

- Define workplace violence and harassment
- Identify responsibilities of workplace parties for violence and harassment prevention
- Identify and assess the risk of workplace violence
- Implement measures to reduce and control violence risks
- Describe the key components of the Harassment Prevention Plan
- Align your workplace violence and harassment prevention program with PRIME Path 2 requirements

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➤ **MWWW: AI in Ergonomics:
Preventing Musculoskeletal Injuries Before They
Happen**

Discover how artificial intelligence (AI) is helping make workplaces safer and healthier. Join industry experts as they share real-world examples of how AI-driven tools, wearable technology and smart data are being used to improve ergonomics and prevent musculoskeletal injuries (MSIs) before they happen. Learn about new trends, practical solutions and what the future of workplace injury prevention could look like. Bring your questions to the live Q&A with the industry experts.

You'll learn how to:

- Spot MSI risks using AI-driven insights and analytics
- Use data to support early MSI prevention
- Understand how wearable technology can improve workplace safety
- Prepare for the future of ergonomics and MSI prevention

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➤ **MWWW: Screened In:
Managing the Health Risks of Frequent Sitting
and Screen Time**

Many jobs today involve hours of sitting and looking at screens. These habits are not just common in offices – they affect workers in many industries and are becoming more common among young people before they even enter the workforce. Join us to learn how too much sitting and screen time can lead to health risks and discover practical ways to reduce these risks at work and home.

You'll learn how to:

- Recognize the health impacts of prolonged sitting and screen time
- Identify jobs and industries at higher risk for frequent sitting-related injuries
- Use practical strategies to reduce sitting and screen time to stay healthier at work
- Apply ergonomic and behavioural approaches to long-term well-being

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➤ MWWW: From Classroom to Career: Supporting Young Professionals' Musculoskeletal Health

Many young workers are starting their careers with musculoskeletal issues linked to screen time, technology use, sports and gaps in ergonomic awareness. As they move from the classroom to the workplace, employers can support their health from day one. Join our experts to learn about the challenges facing today's young workforce and discover practical ways to prevent injury, encourage comfort and promote long-term well-being.

You'll learn how to:

- Understand the factors of musculoskeletal health in young people
- Recognize common musculoskeletal challenges new workers are facing when entering the workforce
- Identify how workplace demands and daily habits can increase discomfort and injury risk
- Apply practical strategies to help prevent injuries from getting worse
- Foster a workplace culture that supports early intervention, education, and long-term musculoskeletal health

Have a question about the best education for you?

We're here to help!

Call 1.800.563.9000 or email safety@workplacenl.ca

WorkplaceNL

Health | Safety | Compensation