

Health and Safety Learning Symposium

October 15, 2026 | St. John's Convention Centre

Agenda

8:00 - 9:00	Registration and exhibition viewing
9:00 - 9:30	Welcome and opening remarks
9:30 - 10:45	Step Into Your Greatness Alvin Law, Keynote Speaker In this session, Alvin will share his story of growing up without arms and how he has persevered in the face of relentless challenges. He will invite you to see beyond what's "missing" and discover the possibilities that are within your reach.
10:45 - 11:10	Refreshment break and exhibition viewing
11:15 - 12:15	Morning concurrent sessions Expanded Psychological Injury Coverage: What You Need to Know Explore WorkplaceNL's expanded coverage for psychological injury related to workplace harassment through this informative panel discussion. Hear practical insights on prevention, supporting recovery and return-to-work while fostering a psychologically healthy and safe workplace. Building a Safety Culture That Works In 2019, RothLochston reached a turning point and committed to strengthening its approach to safety and risk management. Since then, it has made steady progress, achieved key milestones and built a stronger safety culture. This session shares their journey, including challenges, lessons learned and the ongoing commitment needed to keep workers safe. Using AI to Support Workplace Safety Presented by Made Safe NL Learn how artificial intelligence (AI) is being used in workplaces today and what it means for health and safety. This session explains AI in plain language and shows how it can support hazard identification, training, communication and decision-making. Explore practical examples, common risks and how AI can strengthen existing safety practices. Working Wisely to Prevent Long-Term Injuries in Fish Harvesting Presented by NL-FHSA Discover practical ways to reduce the risk of long-term injuries in fish harvesting. This session highlights simple, evidence-informed strategies focused on ergonomics, safe work practices and job readiness to support healthier, more sustainable careers.
12:15 - 1:15	Lunch break

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1:30 - 2:30	Afternoon concurrent sessions Psychological Health and Safety in Action: Employer Experiences Psychological Health and Safety is an important part of creating a supportive and engaging workplace, though every organization's journey looks different. This panel of employers will share their real experiences implementing psychological health and safety. Learn what worked, what challenges they faced and how these efforts improved workplace culture and engagement. Rapid-Fire Return-to-Work: 60 Tips in 60 Minutes This fast-paced session is packed with innovative return-to-work tips. Discover proven strategies, quick wins and tools to improve outcomes, gain leadership support and strengthen your program. Whether you are new to return-to-work or have years of experience, you will leave with ideas you can put into action right away. Leading Effective OHS Committee Meetings: Driving Engagement and Participation <i>Presented by Made Safe NL</i> Occupational health and safety committees play a key role in workplace prevention. This session explores practical leadership and facilitation skills that help committee members encourage participation, manage common challenges and create productive discussions that lead to action. Workplace Ready: A Healthy Fish Harvester is a Safe Fish Harvester <i>Presented by NL-FHSA</i> In this session, a nationally recognized human performance specialist shares practical insights to help fish harvesters stay healthy and work safely in demanding environments. Drawing on expertise in sports medicine and movement science, the session covers nutrition, physical preparation and the impact of fatigue when working at sea. Participants will learn simple, proven strategies to support health, safety and long-term performance.
2:30 - 2:55	Refreshment break and exhibition viewing
3:00 - 3:45	Closing session Emergency Preparedness: Lessons From the 2025 Wildfires Learn from real experiences during the 2025 wildfires in our province. This session explores emergency response, firefighter safety and how communities came together. It will also feature practical tips to help you better prepare yourself, your family and your workplace.
3:45 - 4:00	Closing remarks