



# WORKPLACE HEALTH & SAFETY CONFERENCE



**April 23<sup>rd</sup>, 2010**  
Delta Prince Edward - Charlottetown, PEI

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### Trade Show

**8:00 a.m. - 4:30 p.m.**

Trade show participants will be located on the mezzanine level 8:00 am to 4:30 pm, Friday, April 23, 2010. Visit the booths of various health and safety providers and consultants from Atlantic Canada and beyond.

### Young Worker Safety: A Shared Responsibility

**9:00 a.m. - noon**

It is well documented that young workers (15 – 24 year olds) are particularly vulnerable to workplace injury. Reasons for this include qualities often displayed by youth: an eagerness to appear competent; a sense of invincibility; a willingness to take risks; and a reluctance to ask questions about safety. What does this mean for employers hiring young workers? What does it mean for those charged with their training and supervision? And who is ultimately responsible for their safety? Workshop participants will explore these and other questions while previewing new WCB Young Worker resources. Anyone who employs, supervises, or works alongside young workers will benefit from this workshop. It might even make you feel young again!

#### Workshop Leaders

##### **Clare Waddell & Lori Wakelin**

Clare signed on with the Workers Compensation Board of PEI two years ago as the Youth Education Consultant, working in the area of Young Worker Safety. Clare's passion for this critical aspect of the workplace may stem, in

part, from the three nail-biting months in 2009 when she was the parent of four young workers at once! Clare enjoys meeting and speaking with young workers from across the province.

Lori Wakelin is the Occupational Health & Safety Education Consultant for the Workers Compensation Board of PEI. Since 2007, she has been helping Island workers and employers understand their roles in injury prevention. Lori provides ongoing education, support, and guidance to workplaces on the PEI Occupational Health and Safety Act and Regulations.

#### **LiftSmart® for Life**

Presented by CBI Island Physiotherapy and Rehabilitation Centre

**9:00 a.m. - noon**

Workplace injuries take their toll on the lives of individual employees and the companies for whom they work. A significant number of workplace injuries are soft tissue injuries (sprains and strains) of the back, frequently the result of improper lifting.

The LiftSmart® workshop will offer a guide for safe lifting at the workplace. Designed for employers and their

employees, health and safety staff, managers, and supervisors, LiftSmart® is an interactive presentation that provides education and practical solutions for reducing and preventing back injuries resulting from improper lifting.

#### Workshop Leaders

##### **Val Handren, Physical Therapist & Chris Johnston, Occupational Therapist**

Val Handren opened PEI's first private physiotherapy clinic, Island Physiotherapy, in 1986. She has extensive experience in functional assessment, functional analysis, and injured worker rehabilitation.

Chris Johnston is an Occupational Therapist who has worked in injured worker and industrial rehabilitation for over 8 years. Chris has also acted as consultant for employers and organizations developing workplace health, wellness and safety programs.

## Pandemic Planning:

Where We are Today & What We Can do Tomorrow

### 9:00 a.m. – noon

An influenza pandemic was declared by the World Health Organization in June 2009. After almost a year, where do we stand? We'll review the current situation, as well as strategies to help minimize the impact of a flu pandemic in all aspects of our lives - work, daily activities, and in our communities. Having credible tools and the right information will help reduce the "fear" felt by employees, while concrete solutions will lessen a pandemic's impact on the work environment. We'll discuss:

- Why it is important for businesses to be prepared for the long term
- Essential components of a business continuity plan for infectious disease situations
- Lessons learned over the winter flu season
- Tips for staying healthy
- Where to find up-to-date, quality information
- How to continue to help our families and communities

How has the pandemic impacted your organization? Share your experiences, plus your tips on being prepared for the next wave.

### Workshop Leader

#### Jan Chappel

Jan Chappel is the Senior Technical Specialist with the Canadian Centre for Occupational Health and Safety (CCOHS), and is a project leader and author for OSH Answers (fact sheets) and related occupational health and safety publications. She also works on a variety of projects including e-learning courses, OSH educational material for teachers in Ontario and Costa Rica, healthy workplaces projects, and a national web site for young workers in Canada. Jan started working at the CCOHS in 1995 and has a background in both Occupational Hygiene from the University of Toronto and Health Studies from the University of Waterloo.

## Lockout

### 9:00 a.m. - noon

Lockout related incidents are usually very serious! Inadequate lockout processes and controls may lead to serious workplace incidents and fatalities. This workshop is designed to ensure that your company is able to develop a lockout system that complies with the applicable legislative requirements and industry best practice.

Workshop includes locking out, legal requirements and regulations, and introducing and implementing an energy control program.

### Workshop Leader

#### David Coolen

David retired from Nova Scotia Power as manager/ field supervisor in 2001 after 30 years of service. For the past 7 years he has worked closely with Safety Services Nova Scotia and has acted as an instructor, and as an Occupational Health and Safety Consultant (OHS) within Canada and the United States. In addition to facilitating numerous OHS courses and providing services as an OH&S auditor, David is also a driving instructor, a motorcycle instructor and a Defensive Driving teacher.

## Luncheon Speaker

**Bill Carr**

**12:00 noon – 1:30 p.m.**

Bill Carr, a member of the Atlantic Speakers Bureau, is known as an actor, humorist, writer and motivational speaker. Bill is a regular weekly columnist with the Sunday edition of the Daily News and hosts a talk show on Rogers FM, *Saturday Mornings with Bill Carr*. His thirty-year career has seen him perform on stages across the country most notably at Neptune Theatre, Mermaid Theatre and the Atlantic Theatre Festival. He has written and performed in numerous radio dramas for CBC and has made appearances on countless television programs, several movies and more advertisements than he would care to think about. Bill studied philosophy, English and theatre at Acadia University, followed by three years of theology working on a Masters degree at Christian Theological Seminary in Indianapolis, Indiana, and the Atlantic School of Theology in Halifax. Bill serves on the Board of The Alzheimer's Society of Nova Scotia, The Community Justice Society of Nova Scotia, Actra, The Atlantic Comedy Festival Society and Wyndholme Christian Church (Disciples of Christ).



**Luncheon Workshop is open  
to all delegates and exhibitors.**

8:00 a.m. - 9:00 a.m.

**Morning Workshops** 9:00 a.m. - Noon

**Registration**

Delta Hotel  
Main Lobby

**Young Worker  
Safety:  
A Shared  
Responsibility**

Clare Waddell &  
Lori Wakelin

**LiftSmart©  
for Life**

Chris Johnston &  
Val Handren

**Pandemic  
Planning**

Jan Chappel

**Lockout**

David Coolen

**Tradeshow** - Mezzanine level - 8:00 a.m. to 4:30 p.m.

12 noon - 1:30 p.m.

**Luncheon**

Bill Carr

**Afternoon Workshops** 1:30 p.m. - 4:30 p.m.

**Mindfulness  
Based Stress  
Management**

Frank MacAulay

**Guideposts on  
the Pathways to  
Prevention**

Bruce Dodge

**What You Can't  
See - Can Hurt  
You!**

Michael Sharpe

**Scissor Lifts,  
Aerial Work  
Platforms &  
Ladders**

Larry Farquhar

**Tradeshow** - Mezzanine level - 8:00 a.m. to 4:30 p.m.

### Mindfulness Based Stress Management

**1:30 p.m. - 4:30 p.m.**

This interactive session will focus on the impact of stress on the human body, including understanding the normal 'fight or flight' response we have to stress. As well, the impact of stress (over time) on the body, our relationships and the workplace will be reviewed. The session will then acquaint us with a more effective way of managing our response by introducing through a number of exercises, Mindfulness Based Stress Management. Come prepared to increase awareness of yourself.

#### Workshop Leader

##### **Frank MacAulay**

Frank MacAulay has spent his professional career helping individuals make choices about managing their stress. He has his Masters of Social Work Degree as well as advanced training in Mindfulness Based Stress Reduction. Frank spent his career as clinic manager for the provincial government's Employee Assistance Program, and is in private practice delivering stress management counseling and consulting services.

### Guideposts on the Pathway to Prevention:

*Uncovering Provincial Patterns in Root Causes of Workplace Injury*

**1:30 p.m. - 4:30 p.m.**

A recent study examined results of investigations into workplace injuries conducted by the Nova Scotia Department of Labour and Workforce Development leading to the identification of broad categories of root causes across industry sectors. The results will be of interest to leaders in developing prevention programs in small, medium and large employers as well as public policy. Participants will have an opportunity to validate the data with their own experience, and consider actions to address the causes identified.

#### Workshop Leader

##### **Bruce Dodge**

Bruce Dodge is a research associate with the Nova Scotia Department of Labour and Workforce Development, and is the former Manager of Education and Research with the Workers' Compensation Board of Nova Scotia. He has a broad background in both education and human resource management. Bruce has published a number of articles on adult learning and workplace safety in a variety of international journals. He holds a Masters of Education degree and is a doctoral candidate in Adult and Continuing Education at National-Louis University in Chicago, Illinois.

### What You Can't See – Can Hurt You!

**1:30 p.m. – 4:30 p.m.**

Proper noise assessment data is the foundation for determining appropriate hearing protection for your employees. Effectiveness of the hearing conservation program is determined primarily on analysis of the hearing tests. The presentation will cover the basics of operating a hearing conservation program including the noise assessment, hearing testing, education and analysis of test data.

#### Workshop Leader

##### **Michael Sharpe**

Michael Sharpe has 17 years experience in the field of audiology. In 2005, Mr. Sharpe became the owner operator of HCCA Ltd. Since this time he has personally assessed noise in approximately 50 companies including industrial, manufacturing, service, food production and educational settings. He is responsible for the management of the hearing conservation programs for a variety of national and international companies. In addition to the direct management of hearing conservation programs, his company provides training and certification to the Occupational Health staff of numerous organizations that manage their own programs. Mr. Sharpe provides consultative services to a variety of organizations regarding industrial hearing loss and remediation of

hearing loss. In 2007 Mr. Sharpe was appointed Adjunct Professor with Dalhousie University as the instructor for the Industrial and Community Noise Course.

### Scissor Lifts, Aerial Work Platforms & Ladders

**1:30 p.m. – 4:30 p.m.**

Topics covered in this workshop will include: what defines a competent operator; the safe use and operation of scissor lifts, work platforms and ladders; and what to look for in operator training. Participants will review machine pre-use checks, documentation of safety items, a review of worksite pre-work inspections and all referenced standards.

#### Workshop Presenter

##### **Larry Farquhar**

Larry Farquhar has been in the equipment business for 40 years and is a certified trainer through the Aerial Work Platform Training Association (AWPT) - an association endorsed by all aerial lift manufacturers and trainers and recognized throughout the world. Larry is now a recognized trainer by Miller for Fall Protection/Fall Arrest. Larry offers private equipment specific training courses to industry & government in the maritime provinces.



Cost of registration is **\$160 per person** (includes luncheon). Payment (Visa, Mastercard or cheque payable to Workplace Health and Safety Conference) must be arranged prior to attendance. Please complete the information below.

Register online at [www.wcb.pe.ca](http://www.wcb.pe.ca) or mail/fax your registration form to:  
Workplace Health and Safety Conference  
Workers Compensation Board of PEI, PO Box 757, Charlottetown, PE C1A 7L7  
Fax: 368-5696 Phone: 368-5697 Toll-free: 1-800-237-5049  
Email: [conference@wcb.pe.ca](mailto:conference@wcb.pe.ca)

## ALL REGISTRATION FORMS MUST BE RECEIVED BY APRIL 14<sup>TH</sup>, 2010

Name: \_\_\_\_\_

Company: \_\_\_\_\_

Job Title: \_\_\_\_\_

Visa / Mastercard # : \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Expiry: \_\_\_\_\_ Please Invoice Me:

### Please select the workshop you wish to attend

*(indicate a second choice should your first option not be available).*

You will receive confirmation closer to the conference date of your workshops.

#### Morning Workshops

9:00 a.m. - 12:00 p.m.

- Young Worker Safety - A Shared Responsibility
- LiftSmart© for Life
- Pandemic Planning
- Lockout

#### Afternoon Workshops

1:30 p.m. - 4:30 p.m.

- Mindfulness Based Stress Management
- Guideposts on the Pathway to Prevention
- What You Can't See - Can Hurt You!
- Scissor Lifts, Aerial Work Platforms & Ladders

Yes, I will be attending the luncheon (cost included in registration fee).

### Registration in the Delta Hotel main lobby:

8:00 a.m. - 9:00 a.m.

\*Workshops begin at 9:00 a.m.\*

## Friday, April 23<sup>rd</sup>



Fax this registration form to:

**902-368-5696**

or mail to:

Workplace Health and Safety Conference  
Workers Compensation Board of PEI  
PO Box 757  
Charlottetown PE C1A 7L7



