

# WORKPLACE HEALTH & SAFETY CONFERENCE

**Safety**  
**Matters@Work**  
Workers Compensation Board of PEI

**April 17<sup>th</sup>, 2009**

Delta Prince Edward - Charlottetown, PEI

Workers Compensation Board of PEI  
**Matters@Work**

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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 17, 2009. Visit the booths of various health and safety providers and consultants from Atlantic Canada and beyond.

### Help, I'm a Supervisor!

9:00 a.m. - noon

As a supervisor, do you often feel you have limited time, training and understanding of your responsibilities in today's very legalistic world? The focus of this workshop is to help you understand your safety responsibilities as a supervisor, and give you some practical tools to help you carry out those responsibilities with authority and confidence. This workshop is for supervisors, new or experienced, and is also suitable for joint health and safety committee members, health and safety representatives, and health and safety professionals.

#### Workshop Leader

##### Lori Wakelin

Lori Wakelin is an Occupational Health & Safety Education Consultant for the Workers Compensation Board of PEI. She has been with the Workers Compensation Board for over 10 years, and since 2007 has been helping Island workers and employers understand their roles in injury prevention. Lori provides to workplaces ongoing education, support, and guidance on the PEI Occupational Health and Safety Act and Regulations.

### Shoulders & Backs: Safely Taking Them to Work and Home Again

9:00 a.m. - noon

Some people have a tendency to ignore the pain and "work through" shoulder and back injuries, which only aggravates the condition and possibly causes more problems. People also may underestimate the extent of the injury because steady pain, weakness, or limitation of joint motion can become second nature to them.

Maintaining a balance between high performance and low injuries is an ongoing challenge. This workshop will explore creative ways to apply ergonomic concepts to the practical day to day realities of the workplace. It will focus on cost-effective methods that not only prevent or reduce work related injuries but can also boost productivity and workplace morale.

Topics include:

- Identifying areas of risk and working proactively
- Individual work styles and habits
- Postural awareness, stretches, lifting basics

- Proper workstation configuration and adjustment
- Job design modification

#### Workshop Leader

##### Marie Brine O.T. Reg. (P.E.I.), RRP

Marie is an Occupational Therapist with a private practice in Prince Edward Island. She has visited hundreds of work stations across the Island and helped employees and employers discover mutually beneficial solutions. Marie specializes in the areas of ergonomics, return to work programs and pain management consulting. Throughout her career and through her experience in both the public and private sectors, she has played a major role in preventative and research initiatives.

Most recently, Marie is the 2008 recipient of the Canadian Association of Occupational Therapists' Innovative Practice Award.

### WHMIS & GHS Meets WHMIS: Planning and Preparing for Changes

9:00 a.m. - noon

Canadian Centre for Occupational Health and Safety (CCOHS) receives hundreds of WHMIS questions annually - almost 20 years after it became law. A few issues around WHMIS are commonly misunderstood. Maybe you have spent years implementing effective MSDS programs or have been providing or attending WHMIS training. Think you are a WHMIS expert? Participate in this interactive learning session and hear about the issues that frequently confound Canadians.

### GHS Meets WHMIS: Planning and Preparing for Changes

The Globally Harmonized System of Classification and Labelling of Chemicals (GHS) will create more consistent communication of chemical hazard information around the world. Canada's WHMIS legislation will be amended to be consistent with GHS in the next few years. Understand the implications for WHMIS

training and MSDS management for your organization. What can you do now to prepare for these changes? This session will provide insight into some of the challenges ahead.

#### Workshop Leaders

**Jennifer Dipper, Researcher/Technical Specialist, Chemical Services, Jan Chappel, Senior Technical Specialist, Training and Education Services**

Jennifer Dipper received her Honours Toxicology Degree (B.Sc.) in Biomedical Toxicology from the University of Guelph. In 2005, Jennifer became an integral part of the chemical team at CCOHS, helping to write and research many chemical information profiles for the CHEMINFO Database.

Jennifer has also participated in a number of other projects researching and preparing content on health and safety issues related to chemicals, hazard communication, legislation, guidelines and standards as well as best practices. Jennifer is a member of the Inquiries service, handling chemical inquiries from the public, researches and writes OSH Answers and edits CCOHS publications.

Jan Chappel has a background in both Occupational Hygiene from the University

of Toronto (MHS) and Health Studies from the University of Waterloo. She started at CCOHS in 1995 and now works as a senior technical specialist. She is project leader and author for OSH Answers (fact sheets) and publications. She also works on many projects including creating e-learning courses, developing OSH educational material for teachers in Ontario and Costa Rica, and designing a national web site for young workers in Canada.

### Driving Everyday: A Perspective

9:00 a.m. – noon

Almost every workplace on PEI involves some aspect of driving. Employers and workers should be aware of their related responsibilities. This workshop will review the PEI legislation in regards to the following: workplace definition, reasonable precautions, employer and worker responsibilities, policies and programs, cell phone use (legislation vs. company policy) Defensive Driving habits, pre-trip inspections, aggressive driving, and seat belts.

#### Workshop Leader

David E. Coolen

David retired from Nova Scotia Power as a

Manager/ Field Supervisor in 2001 after 30 years of service. For the past seven years he has worked closely with Safety Services NS and has acted as an instructor, and as an OH&S Consultant within Canada and the US. In addition to facilitating numerous OH&S courses and providing services as an OH&S auditor, David is also a driving instructor, a motorcycle instructor and teaches Defensive Driving. David lives in Dartmouth, N.S.

Luncheon for all delegates and exhibitors  
Guest Speaker, Marshall Buttons  
12:00 noon - 1:30 pm  
in the Prince Edward Room

## Don't Work Yourself Out've a Job! Laughing our Way to No Lost Time Accidents

12:00 noon – 1:30 p.m.  
in the Prince Edward Room

### Featuring Lucien, New Brunswick's Blue Collar Philosopher

Lucien, the opinionated North Shore mill-worker and New Brunswick's Blue-Collar Philosopher first appeared in Fredericton, N.B. as part of a satirical Bicentennial revue, Maritime Mixed Grill. The character was created by New Brunswick theatre artist Marshall Buttons, who put together a two-minute monologue for what he thought would be a brief dinner-theatre appearance in February 1984. Over the ensuing two decades, the character has evolved to the point of assimilating over eight hours of

bilingual material, which has found its way into three different full-length plays: LUCIEN, LUCIEN'S LABOUR LOST, and LUCIEN SNOWBIRD. He has contributed countless commentary performances for CBC Radio and Television, including a guest appearance on Royal Canadian Airfarce, and on Sportsnet during the 2006 Memorial Cup Hockey Tournament. Marshall has performed Lucien well over fifteen hundred times, from coast to coast in every Canadian province, and has appeared regularly during Moncton's HubCap Comedy Festival.

9:00 a.m.  
12:00 noon

**HELP, I'M A  
SUPERVISOR!**  
Lori Wakelin

**SHOULDERS & BACKS:  
SAFELY TAKING  
THEM TO WORK AND  
HOME AGAIN**  
Marie Brine  
O.T. Reg. (PEI), RRP

**WHMIS & GHS  
MEETS WHMIS**  
Jennifer Dipper  
& Jan Chappel

12:00 noon  
1:30 p.m.

**LUNCHEON**  
**DON'T WORK YOURSELF OUT'VE A JOB!**  
**LAUGHING OUR WAY TO NO LOST TIME ACCIDENTS**  
Lucien, New Brunswick's Blue Collar Philosopher

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

**MINDFULNESS  
BASED STRESS  
MANAGEMENT**  
Frank MacAulay

**ELECTRICAL SAFETY:  
ARC FLASH HAZARDS**  
Ian Rodd  
& Ted Kitson





**CHANGING THE  
SAFETY CULTURE**  
Wilson Bateman

## Schedule

**DRIVING EVERYDAY:  
A PERSPECTIVE**  
David E. Coolen

**TRADESHOW**

**CSA Z1000:  
OCCUPATIONAL  
HEALTH & SAFETY  
MANAGEMENT**  
Andy Rauska

-  MORNING WORKSHOPS
-  AFTERNOON WORKSHOPS
-  LUNCHEON
-  TRADESHOW

## Afternoon Workshops

### 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 Mindfulness Based Stress Management, through a number of exercises. 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 a 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.

### Electrical Safety: Arc Flash Hazards

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

The goal of this workshop is to focus on the hazard and mitigation techniques for arc flash. The presentation will highlight the responsibilities of owners, managers, constructors and workers; as well as workplace electrical safety programs, best practices, lockout procedures and personal protective equipment.

#### Workshop Leaders

##### Ian Rodd and Ted Kitson

Ian Rodd has been with the Workers Compensation Board of Prince Edward Island for 12 years, 7 as the Manager of Occupational Health and Safety Officers. He has extensive experience in the areas of commercial diving and asbestos abatement. He is a Canadian Registered Safety Professional and a member of the Canadian Society of Safety Engineers.

Ted Kitson has been involved in the electrical industry for about 36 years, 20 years as an inspector with the provincial government of PEI. He is a certified electrical inspector and presently serves on the Canadian Advisory

Council on Electrical Safety, is President of the International Association of Electrical Inspectors, NB/PEI section and is a member of the PEI Apprenticeship Advisory Council.

### Changing the Safety Culture

1:30 p.m. – 4:30 p.m.

What is a safety culture? Do we have one? What does it cost? Why does it matter?

In this workshop, we will examine the techniques that organizations have employed to improve the safety culture. We will examine the pros and cons associated with these techniques.

The workshop will help the participant:

- define safety culture.
- understand why a safety culture is important.
- learn the techniques required to build a safety culture.
- assess the safety culture within their organization.

#### Workshop Leader

##### Wilson Bateman

As President of Global Training Edge, Wilson Bateman has been involved in workplace

health and safety for over twenty years. Mr. Bateman is a graduate of Ryerson University with an Occupational Health & Safety Certificate (1989). He is also a graduate of Humber College with Honours in Occupational Hygiene & Safety. Wilson has formal training in Adult Education from Henson College at Dalhousie University, as well as a Health & Safety Professional Certificate from the Nova Scotia Safety Council, and holds a Certificate in Human Resources Management also from Ryerson University.

### CSA Z1000: Occupational Health and Safety Management System

1:30 p.m. – 4:30 p.m.

The Canadian Standards Association (CSA) has announced a new standard to help prevent Canadian workplace injuries and fatalities, called CSA Z1000.

This standard is intended to reduce or prevent injuries, illnesses and fatalities in the workplace by providing companies with a model for developing and implementing an occupational health and safety management system. This session will provide an overview

of the standard that emphasizes a Canadian approach to workplace health and safety management, recognizing the need for worker participation in the organization's management system.

#### Workshop Leader

##### Andy Rauska

Andy has been with WorkSafe NB for 28 years. He has had a number of portfolios over the years as Director of Vocational Rehabilitation, Director of Strategic Planning, Director of Consulting Services, Director of Benefit Services and currently is the Director of Divisional Support.



# Registration Form

Cost of registration is **\$150 per person** (includes luncheon). Payment (cheque, Visa or Mastercard) must be arranged prior to attendance. Please complete the information below.

Register online or mail/fax your registration form to:

Workplace Health and Safety Conference, P.O. Box 757, Charlottetown, PE C1A 7L7

Phone: 368-5697 • Toll-Free: 1-800-237-5049 • Fax: 368-5696 • Email: [conference@wcb.pe.ca](mailto:conference@wcb.pe.ca)

## ALL REGISTRATION FORMS MUST BE RECEIVED BY APRIL 9<sup>th</sup>, 2009

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

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

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

Visa | Mastercard # \_\_\_\_\_

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

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

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

Registration in the Delta Lobby  
8:00 am – 9:00 am

\*Workshops begin at 9:00 am\*

# Friday, April 17<sup>th</sup>

Please select the workshop you wish to attend

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

### Morning Workshops

9:00 am - 12:00 noon

- Help, I'm a Supervisor!
- Shoulders & Backs: to Work and Home Again
- WHMIS & GHS Meets WHMIS
- Driving Everyday: A Perspective

### Afternoon Workshops

1:30 pm – 4:30 pm

- Mindfulness Based Stress Management
- Canadian Electrical Code: Arc Flash Hazard
- Changing the Safety Culture
- CSA Z1000: Consensus Based OHS Management

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

## Fax or Mail



**Fax this registration form to:**

**902-368-5696**

**or mail to:**

**Workplace Health and  
Safety Conference  
P.O. Box 757  
Charlottetown, PE  
C1A 7L7**



