



# PARTNERS IN PREVENTION 2010

HEALTH & SAFETY CONFERENCE & TRADE SHOW  
Formerly Eastern Ontario IAPA Health & Safety Conference & Trade Show



**EARLY BIRD OFFER!** Register on or before October 7 and save over \$30 per person.  
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# OTTAWA

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**OCTOBER 28, 2010**

Partners in Prevention 2010 Conference Series

# THE CONFERENCE AT-A-GLANCE

<b>7:00 am</b>	Registration, Continental Breakfast and Trade Show Opens
<b>7:30 – 8:30 am</b>	Opening Remarks Keynote Speaker: <b>THE HONOURABLE STEVEN W. MAHONEY</b> Chair, Workplace Safety & Insurance Board The Road to Zero
<b>8:30 – 9:00 am</b>	Exhibitor Trade Show, Networking and Coffee Break
<b>9:00 – 10:00 am</b>	<b>SERIES 1</b> Ministry of Labour Panel Discussion Living with Shift Work Finding Solutions Together Work/Life Balance Preventing Work-Related Roadway Collisions
<b>10:00 – 10:30 am</b>	Exhibitor Trade Show, Networking and Coffee Break
<b>10:30 – 11:30 am</b>	<b>SERIES 2</b> Interlock Devices: Experiment and Learn* Prevent and Defend: A Lawyer's Ten Secrets of Due Diligence Ontario Occupational Exposure Limits (OELs): Legislative Changes Effective Health and Safety Coaching for Supervisors S.A.L.T. Give Your Head a Shake CSA Impact on Harness and Shock Absorber
<b>11:30 am – 1:30 pm</b>	Lunch, Exhibitor Trade Show and Networking Keynote Speaker: <b>CAROLYN BENNETT</b> , Playwright and Comedian – Where There's Humour, There's Hope: Addiction, Recovery and Fun
<b>1:30 – 2:30 pm</b>	<b>SERIES 3</b> Interlock Devices: Experiment and Learn* Workplace Violence Prevention (Bill 168) Tales from the Bar Stool Mechanical Material Handling: The Loading Dock Food Safety: It's in Your Hands Why Take the Risk? Don't Work Live
<b>2:30 – 2:45 pm</b>	Refreshment Break and Networking
<b>2:45 – 3:45 pm</b>	<b>SERIES 4</b> Complacency: The Silent Killer Responding Appropriately to Mental Health Problems There's a New Tool in Town: Physical Demands Analysis (PDA) WSIB Coverage: Things You Should Know When Hiring Health and Wellness in the Workplace: A Culture Change
<b>3:45 pm</b>	Conference Concludes

\*Maximum of 16 participants per session on a first-come first-served basis the day of the conference. Pre-register at the Conference Registration Desk for either the morning or afternoon session.



## Visit the Trade Show!

**OPEN 7:00 am – 3:00 pm**  
See a wide range of health and safety-related products, programs and services.

### Our Exhibitors Include:

- 3M Canada Company
- All Audiology Inc.
- Bayshore Home Health
- Canadian Safety Equipment Inc.
- Canadian Diabetes Association
- CanMediate International
- Capital Safety Group – Falls Demo Trailer
- City of Ottawa Public Health
- Crisis Prevention Institute
- Danatec
- DriveWise – Virtual Simulation
- Electrolab Training Systems
- ergoCentric Seating Systems
- F A S T Rescue Inc.
- Health & Safety Ontario
- Human Resources Professionals Association Ottawa Chapter
- Industrial Safety Trainers
- Labor Tek Personnel Services Ltd.
- Levac Supply
- Medisys Health Group
- Ministry of Labour
- Mister Safety Shoes Inc.
- Office of the Employer Adviser
- Renascent
- Soapopular Inc.
- Sperian Protection
- Threads of Life



**EARN HRP  
AND BCRSP  
POINTS**

This conference has been approved for 10 recertification points by the Human Resources Professionals Association and 0.5 maintenance points by the Board of Certified Registered Safety Professionals (BCRSP Approval #10267).



## BREAKFAST OPENING

7:45 – 8:30 am

### **THE HONOURABLE STEVEN W. MAHONEY** Chair, Workplace Safety & Insurance Board **The Road to Zero**

The Ontario workplace safety and insurance system faces many issues and challenges but also many opportunities.

The Honourable Steven W. Mahoney will be discussing these opportunities along with the strategic objectives of the WSIB that support the journey on the “Road to Zero”. Hear how this strategy will impact your workplace.

**SERIES 1**

9:00 – 10:00 am

**CHOOSE ONE**

## MINISTRY OF LABOUR PANEL DISCUSSION

**Representatives, Ministry of Labour (MOL)**

MOL representatives will review workplace health and safety inspection and investigation strategies and initiatives for 2010-2011 followed by an interactive panel discussion. The Panel – including a Regional Program Coordinator, Industrial Inspector, Engineer, Occupational Hygienist and Ergonomic Consultant – will discuss workplace safety issues and answer your questions about legislation and compliance strategies.

## LIVING WITH SHIFT WORK

**Jerry Traer, Program/Training Specialist, Workplace Safety North**

Learn the health effects of shift work, how the body’s temperature will fluctuate throughout the day (Circadian Rhythm) and how this change goes against everything a shiftworker is doing. The discussion will examine the science of sleep and the ways we can fool our bodies into thinking it is night time during the day. Things a shiftworker can do to make it easier to cope with shift work will be provided.

## FINDING SOLUTIONS TOGETHER

**Barbara Carswell, House of Commons**

Conflicts at work? The Finding Solutions Together Program (FST) is one avenue available to the 2,000 employees of the House of Commons Administration to support them in addressing and managing work-related conflicts. Learn how this conflict management process works, why someone would use this process rather than grievances or formal complaints, who actually uses the program and what kind of results are being seen.

## WORK/LIFE BALANCE

**Sheila James, Consultant, Workplace Safety & Prevention Services**

Long hours, financial and time pressures have caused “burnout” in many people. Do you find you don’t have enough time with your family? Do you find it hard to keep reliable labour? Is your diet based on caffeine and drive-throughs? Will you make a lot of money only to succumb to stress related illness? Gain tools to restore balance to your life immediately so you can enjoy the fullness of a successful life.

## PREVENTING WORK-RELATED ROADWAY COLLISIONS

**Cathie Delplanque, Consultant, Infrastructure Health & Safety Association**

Work-related vehicle collisions can have far reaching legal, medical and financial implications. Companies need strategies to prevent these incidents that combine sound management practices with health and safety control measures. Gain guidance to help you: understand the unique nature of occupational driving, identify major driving hazards and determine who is at risk. You’ll learn how to implement effective controls to assist you in preparing an action plan.

**INTERLOCK DEVICES: EXPERIMENT AND LEARN**

**Michael Wilson**, Machine Guarding Specialist, Workplace Safety & Prevention Services

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Experiment hands-on with four different machine guarding interlock devices. You will gain valuable knowledge such as identifying common gaps with the installation of interlock and guarding devices. Maximum of 16 participants. Pre-register at the Conference Registration Desk.

**PREVENT AND DEFEND: A LAWYER'S TEN SECRETS OF DUE DILIGENCE**

**David Law**, Partner, Gowling Lafleur Henderson LLP

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Benefit from David Law's two decades of experience in occupational safety prosecution and defence. Learn how organizations can prevent accidents and defend against allegations that they were negligent. The key is Due Diligence – the legal standard of care under Canada's occupational health and safety laws. Learn ten elements to successful Due Diligence – habits and actions you and your organization can take to prevent accidents and to defend yourself if charged.

**ONTARIO OCCUPATIONAL EXPOSURE LIMITS (OELs): LEGISLATIVE CHANGES**

**Kimberly O'Connell**, Occupational Hygiene Specialist, Workplace Safety & Prevention Services  
**Michael Welsh**, Occupational Hygienist, Ministry of Labour (MOL)

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On July 1, 2010, the MOL updated occupational exposure limits for hazardous substances restricting workers' exposure on the job. Hear an overview of the changes to the Regulation respecting Control of Exposure to Biological and Chemical Agents (Reg. 833) and the Designated Substances such as asbestos, silica, lead, and isocyanates. Learn the impact on your workplace and steps necessary to comply with the new regulations as well as MOL enforcement strategies.

**EFFECTIVE HEALTH AND SAFETY COACHING FOR SUPERVISORS**

**Alison Beer**, Consultant, Workplace Safety & Prevention Services

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Find out how supervisors can coach employees to do their jobs in a safe and healthy way by exploring leadership, communications and team building. Gain supervisory tips and techniques for integrating health and safety into day to day work practices. You'll have an opportunity to put your new coaching skills into practice through interactive exercises.

**S.A.L.T. GIVE YOUR HEAD A SHAKE**

**Erinn Salewski**, Registered Dietician, Ottawa Public Health

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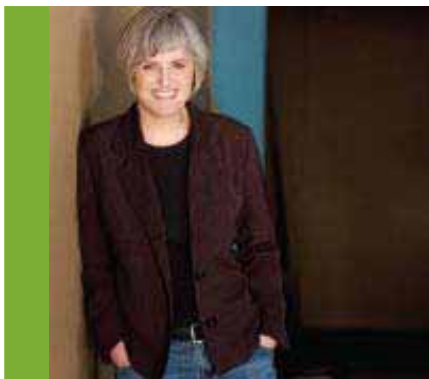
Get the facts on sodium from a Registered Dietician. Find out where salt is hidden. Learn how to select food wisely while in the grocery store, your workplace cafeteria or at a restaurant. You will also learn how to prepare tasty meals with less salt.

**CSA IMPACT ON HARNESS AND SHOCK ABSORBER**

**Michel Clement**, Capital Safety Group

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Get an overview of industry guidelines and best practices in the use of fall protection, harnesses and shock absorbers. Design, maintenance and safe operation of this equipment will be discussed as specified in the standard. Coverage will include: revisions to the current relevant standards, such as full body harnesses, body belts and saddles, proposed revisions to the standard and new work items including anchorage connectors and descent control devices.



## LUNCHEON KEYNOTE

12:15 – 1:00 pm

### CAROLYN BENNETT

Playwright and Comedian

#### Where There's Humour, There's Hope: Addiction, Recovery and Fun

Can't imagine life without booze? Wouldn't know how to celebrate without a beer in hand? Carolyn will show you how to find the funny in the everyday without being chemically altered. By sharing her own story, she'll take you on the emotional roller coaster of hitting bottom, regaining stability and thriving drug and alcohol free. Carolyn is a passionate advocate of mental health and will inspire you to take fun seriously. Spoiler alert - this story has a happy ending.

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## SERIES 3

1:30 – 2:30 pm

## CHOOSE ONE

### INTERLOCK DEVICES: EXPERIMENT AND LEARN

**Michael Wilson**, Machine Guarding Specialist, Workplace Safety & Prevention Services

See Series 2 for session descriptor. Maximum of 16 participants. Pre-register at the Conference Registration Desk.

### WORKPLACE VIOLENCE PREVENTION (BILL 168)

**Alain Chenard**, Bilingual Consultant, Public Services Health & Safety Association

**Greg Swan**, Consultant, Public Services Health & Safety Association

Gain an overview of Bill 168 as well as the elements of an effective workplace violence prevention program. Sample tools and program elements will be provided to assist you in understanding how to address horizontal violence (bullying) and domestic violence in the workplace.

### TALES FROM THE BAR STOOL

**Ruth Sirman**, CanMediate International

Explore one of the key traps that drive virtually every conflict in any context. Understanding the behind-the-scenes dynamics can make the difference between success and resolution or failure and escalation of conflict. You will learn what it takes to get yourself or someone else safely down off the bar stool which may start out as a comfortable seat with a good view but can quickly become a precarious perch causing stress, anxiety and tension.

### MECHANICAL MATERIALS HANDLING: THE LOADING DOCK

**Alain Langlais**, Regional Manager, Ottawa, Workplace Safety & Prevention Services

Ramp up your mechanical material handling program by focusing on loading dock safety - one of the most overlooked areas of a business operation. These highly congested areas are often poorly laid out, inadequately lit and routinely exposed to the elements. Learn about common loading dock hazards and ways to reduce or eliminate them that will help improve your company's health, safety and performance. Loading Docks are on the Ministry of Labour Blitz target list for February 2011.

### FOOD SAFETY: IT'S IN YOUR HANDS

**Joanne Hill**, Public Health Inspector, City of Ottawa

Health Canada estimates that eleven million Canadians suffer from food-borne illness each year. Most food-borne illness can be prevented by using proper food handling practices and principles. Learn the role of the Public Health Inspector and basic principles and practices on how to handle food safely.

*Series 3 continued on next page*

## WHY TAKE THE RISK? DON'T WORK LIVE

**Bruce Cowley**, Inspector, Electrical Safety Authority

Fifty-three per cent of electrical incidents causing injury are from working on live electrical equipment. Know the risks and learn the 7 key steps towards electrical safety at work. Understand the *Ontario Electrical Safety Code* requirements to protect both yourself and your coworkers from an electrical incident. Attendees will receive a free copy of ESA's informative "Don't Work Live" video.

**SERIES 4**

2:45 - 3:45 pm

**CHOOSE ONE**

## COMPLACENCY: THE SILENT KILLER

**Don Wilson**, Vice President, SafeStart & SafeTrack

Human factors play a major role in almost all injuries including the states of rushing, frustration, fatigue and complacency. In the majority of injuries, complacency plays a significant part. Learn tools and techniques to efficiently minimize and reduce the overall impact of complacency on your organization. For a preview of this session, visit <http://www.safestart-safetrack.com/CONSULTANT/DonWilson.htm>.

## RESPONDING APPROPRIATELY TO MENTAL HEALTH PROBLEMS

**Peter Williams**, Program Consultant, Centre for Addiction and Mental Health

Gain a framework to identify and respond to the full continuum of mental health problems including prevention, early intervention and crisis intervention.

## THERE'S A NEW TOOL IN TOWN: PHYSICAL DEMANDS ANALYSIS (PDA)

**Christine Joli-Coeur**, Consultant, Ergonomic Specialist, Workplace Safety & Prevention Services

Have you ever downloaded a health and safety resource and then wondered how to administer it? Take part in a facilitated discussion with an Ergonomic Specialist regarding this practical tool for performing PDAs. Learn how to develop an important component in your organization's ergonomic plan. For a preview of this PDA tool, visit [www.iapa.ca](http://www.iapa.ca) and click on "Resources".

## WSIB COVERAGE: THINGS YOU SHOULD KNOW WHEN HIRING

**Jason Nash**, Disability Prevention, Workplace Safety & Insurance Board

Learn about Independent Operator (I/O) coverage - who is a worker, who is an I/O and how the process works. Clearance certificates versus I/O status letters, as well as any changes around this due to the upcoming legislative changes, will also be discussed.

## HEALTH AND WELLNESS IN THE WORKPLACE: A CULTURE CHANGE

**Cindy Bennis**, RN, Manager of Clinical Practice, Bayshore Occupational Health and Safety Solutions

Evidence shows a link between a healthy work environment, the health of employees and the success or bottom line of the business. An Occupational Health and Wellness program will support employees through health education and activities that support positive changes in lifestyle thus increasing productivity and reducing health care cost to the company. Employers supporting these programs see an increase in morale and become known to their employees as a "Great Place to Work".

## GRAND PRIZE DRAW

Register by the early bird date of October 7th to be eligible to win an ergonomic chair valued at over \$1,000



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## REGISTRATION INFORMATION

Register early  
and **SAVE OVER \$30**  
per person

### EARLY BIRD RATE

Register on or before October 7 and **SAVE!**  
\$229 + HST per delegate

### REGULAR RATE

Register after October 7  
\$260 + HST per delegate

**REGISTRATION RATES** include continental breakfast, keynote speakers, lunch, conference sessions and admission to trade show.

The early bird rate cannot be combined with any other discount or special offer. Volunteer, safety group, volume discounts and any other discounts or special offers cannot be combined.

**50% OFF** Every 5th delegate from the same company registered at the same time is 50% off the regular rate.

### PAYMENT METHODS

Cheque (made payable to SWPSO), Visa, Mastercard, AMEX or Invoice (approved credit only)

### SPACE IS LIMITED

We reserve the right to make venue and date changes with notice, speaker changes without notice and to cancel an event due to low registrations. No refunds or cancellations accepted after October 21. Substitutions welcome.

HST #809 755 622 RT001 Function #160151

To register or for more information:

**PartnersinPreventionOntario.com/Ottawa**

**1 877 494 9777**

**HAMPTON INN OTTAWA & CONFERENCE CENTRE  
100 COVENTRY ROAD**

# OTTAWA

**OCTOBER 28, 2010**

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### PLATINUM

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### BRONZE

Levac Supply Ltd.

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### PARTNERS IN PREVENTION 2010 OTTAWA PLANNING COMMITTEE

**Alain Chenard**, Public Services Health & Safety Association  
**Alison Beer**, Workplace Safety & Prevention Services  
**Barbara Woodward**, City of Ottawa Public Health  
**Cathy Arseneau**, Workplace Safety & Prevention Services  
**Cathy Delplanque**, Infrastructure Health & Safety Association  
**Cindy Sabourin**, Workplace Safety & Insurance Board  
**Dan Plant**, Plasco L.G. Research Services Inc.

**Diane Hannah**, Ministry of Labour  
**Dianne Tolgyesi**, Workplace Safety & Prevention Services  
**Harold Morphy**, Canadian Bank Note Company Ltd.  
**Joanne Rousseau**, Ottawa Citizen  
**Melissa Nadeau**, House of Commons  
**Tanya Hickey**, Ontario Power Generation  
**Valerie Courneya**, Workplace Safety & Prevention Services

### HEALTH & SAFETY ONTARIO

Health & Safety Ontario is the result of a bold move to reorganize the independent efforts of 12 HSAs into 4 streamlined organizations in order to better serve our members and customers.

Health & Safety Ontario is comprised of the following organizations:

