What the National Standard on Psychological Health and Safety Means to Your Workplace
Maureen Grace

The Standard provides a general set of guidelines for all workplaces. How can it be implemented in specific work environments to promote both mental health and productivity? What other legal frameworks, for example, human rights laws and worker’s compensation legislation, should be kept in mind during the implementation process? How can employers and unions ensure that any changes respect the rights and interests of workers affected by mental illness as well as their co-workers? This workshop will explore these questions from legal, human resources, labour, and mental health perspectives using scenarios as a focus for discussion.

Speaker Bio: Maureen has spoken at several conferences in Manitoba and across Canada. She is a nurse with experience in Intensive Care, Cardiac Rehab, and Workplace Wellness. Maureen is trained as a Mental Health Works trainer with the Canadian Mental Health Association and delivers sessions to managers, unions, Health and Safety Committees, Human Resources, and occupational Health Nurses in Manitoba and Saskatchewan.

The Patient Handling Experience
This interactive session will provide demonstration and the ability to practice using the most common patient handling equipment available within healthcare in Manitoba. Participants will be able to ask questions and experience using the equipment as they navigate five stations during the hands-on session. Stations include:
- First Things First – how to determine what your patient is capable of, and which techniques and equipment are necessary for the best safe patient handling results.
- Slider Mania – everything you ever wanted to know about sliders but were afraid to ask.
- Stand Up for Patients – techniques and equipment designed to help patients rise from a sit to a standing position, including transfer belts and sit to stand lifts.
- An Uplifting Experience – information and interaction with mechanical lifts and a variety of sling types, including repositioning slings.
- Cover the Hover – demonstration and practice with the HoverMatt® and HoverJack® system.

Take a Stand Against Sitting – Workday solutions for the occupational hazard of the office chair
Gail Archer-Heese, O.T.Reg (MB), Musculoskeletal Injury Prevention Specialist, WRHA

This session explores the ergonomics of sitting and of seating systems, including office chairs, wheelchairs, and sit stand stools. And about those theraballs, reclined sitting postures, or incorporating a treadmill into the office space? What’s the latest in research and trends.

Manual Material Handling
George Matos CAT(C), CSEP-CPT, RCRT, BA Kin, Musculoskeletal Injury Prevention Specialist, WRHA

The session will focus on the anatomy of potential injuries associated with Materials Handling along with common errors made in regards to ergonomics and biomechanics. Part of the presentation will also look at possible solutions in reducing work place injuries from a preventative standpoint.

Benefits of the Physical Demand Analysis (PDA): How You Can Improve Your Return-to-Work Program
Sylvia Horvath – BMR (PT), Musculoskeletal Injury Prevention Specialist – WRHA
Margaret Temple – Disability Case Management Coordinator, WRHA

Learn how to use PDAs as a tool to:
(a) measure physical aspects of your employees’ jobs, (b) help you answer the questions about RTW and fitnessfor- duty (FFD), (c) clarify benefit entitlement, (d) facilitate making reasonable accommodations, and (e) save money by identifying alternate/modified work programs for employees returning to work, getting them back to work sooner. Hear perspectives from both an OccMed physician and a Certified Industrial Hygienist (CIH) on how PDAs work best and what should be included in the PDA to make your RTW successful. In addition, learn how PDAs can help you to: (a) identify jobs, work processes, and equipment that require further ergonomic analysis and intervention, (b) identify and prioritize safety concerns, and (c) together with Functional Capacity Examinations (FCEs), match new employees with jobs and assist with hiring and training.
Day 1 – May 13 • continued

Hazard Vs Risk and Risk Tolerance
Maureen Grace

What is a hazard? What is risk? What is the difference and how do the two relate? Join us for this session where we will discuss this relationship and examine risk tolerance and risk aversion.

Preventing Violence, Trauma and the Use of Restraints in Mental Health Settings
Linda Perrin, Health Sciences Centre
Larry Stratton, Health Sciences Centre

Seclusion and restraint has been widely accepted as an intervention to manage aggression and violence in acute care psychiatry. This use has proven to be dangerous for staff and individuals receiving care resulting in injury and trauma. A Psychiatric Intensive Care Unit at Health Sciences Centre completed an 18 month pilot project aimed at the reduction of violence, trauma and the use of seclusion and restraint. The project was lead by nursing utilizing trauma informed care based on six fundamental strategies necessary in seclusion reduction; leadership towards organizational change, use of data to inform practice, workforce development, use of seclusion and restraint prevention tools, consumer roles in inpatient settings and debriefing techniques. It was crucial to foster practice change and cultural shifts in the management of high risk violent patients while enhancing patients and staff safety. The project was successful at significantly reducing the rate and duration of seclusion and restraint in an acute mental health facility.

“If you don’t stand for something, you’ll fall for anything.” – Malcolm X.
Susan Thorvaldson, BA(Kin), CAT(C), CSCS, Musculoskeletal Injury Prevention Specialist, WRHA

This session will look at the factors influencing falls for patients and staff within the WRHA, as well as fall risk prevention strategies. This will include practical exercise prevention techniques designed to improve balance and coordination in an attempt to prevent falls within the workplace. Stand up and take part in this session!
Day 2 – May 14 • 7:30 am - 4:00 pm

Three Minutes - Three Slides
A favourite among conference delegates. Healthcare professionals throughout the province share their health and safety success stories in 3 minutes 3 slides.

Conflict and Communication at Work
Sue Hemphill, Mediation Services
Conflict, workplace stress, bullying and gossip can negatively affect employees in various ways. Statistics indicate that 55 per cent of working Canadians experience anxiety, irritability with co-workers, defensiveness, anger, mood swings and feelings of helplessness or of being trapped. Conflict, however, can act as a helpful springboard toward positive change in your organization. This introductory workshop examines basic approaches to dealing with conflict and provides the opportunity to learn concepts and skills which are crucial to handling conflict in healthy ways. It is an essential professional development tool for managers, team leaders and front-line staff.

Speaker Bio: Sue Hemphill has been teaching conflict resolution, first as a life skills and vocational trainer, then as a practicing mediator for over twenty years. Sue completed the Diploma in Mediation in 1996 and has been mediating in a wide variety of settings since then, including mediating human rights disputes for the Manitoba Human Rights Commission while in employed as a Human Rights Officer. Sue was on staff with Mediation Services for five years during which time she coordinated the Certificate Program and the Community Program. Sue has been involved in mentoring many local trainers and mediators over the years. Sue also had advanced post-secondary training and certification as an Intercultural and Prejudice Reduction Trainer. In addition to being a practicing mediator and conflict resolution trainer, Sue is an arts-based community developer with under-served and under-represented communities; developing programs and projects to increase access, equity and diversity. Sue also utilizes her background in conflict resolution as a foundation for the large-scale community consultations she designs and facilitates. As well, she has extensive experience in fostering and managing multi-party collaboration projects and has developed a course on collaboration and was the co-author of the book: the Toolkit for Artist and Community Collaborations. Sue currently works as an organizational and staff development consultant in both the private and public sector.

Life’s a Workout….Let Stress Be Less!”
Christine Van Der Hoek, The Arlan Group
If I asked you what your potential is…would you know? What does it take to dig to the core of our being to determine not only what we’re made of but also what we’re able to become? Living a positive life is about accepting who you are, determining your goals, understanding what you need to do and stepping outside your comfort zone to reach or exceed those goals. Stress is not just mental. It's physical. Our body has a physiological response to stress and distress. Through healthy living, we can control stress hormones and once again find balance. Learn simple, manageable steps that you can take today that will improve your well-being and happiness.

Speaker Bio: Christine delivers a powerful message and she lives by her words...... Her life experiences and professional expertise as a personal trainer has given Christine insight into the motivation and tools you’ll need to take control of your life at both work and home and overcome stress through healthy living and become the fittest and healthiest you possible.

An avid outdoor enthusiast, she loves traveling the world and staying active. Always ready to take on a physical and mental challenge, Christine has completed adventure races and finished over 50 triathlons including three grueling Ironman triathlons. Owner of The Training Zone, Christine’s focus is to help others discover the joy and satisfaction that living a healthy lifestyle brings and to promote awareness and understanding in improving your health and wellbeing.
6th Annual
SAFE HEALTHCARE
CONFERENCE 2013
CanadInns Club Regent • 826 Regent Ave W, Winnipeg, MB

Day 1 – May 13
Registration/Coffee: 7:30 am
Conference Greetings

Opening Session
National Standard on Psychological Health and Safety

Concurrent Sessions (Please indicate your choice)
- Morning A
  - Hazard versus Risk and Risk Tolerance
- OR
- Morning B – Musculoskeletal Injury Prevention
  - The Patient Handling Experience

Concurrent Sessions (Please indicate your choice)
- Afternoon A
  - The Six Core Strategies to Reduce the Use of Seclusion and Restraint
  - Falls Prevention for Staff
- OR
- Afternoon B – Musculoskeletal Injury Prevention
  - Take a Stand Again Sitting
  - Manual Material Handling
  - Benefits of PDAs on RTW

Day 2 – May 14
Registration/Coffee: 7:30 am
Conference Greetings

Morning Session
- Provincial Update
- 3 Minutes – 3 Slides Safety and Health Success Stories
- Conflict and Communication at Work

Afternoon Session
- Life’s a Workout – Let Stress Be Less (part 1 and 2)

Conference Registration
(please print)

Name:
Employer:
Department:
Job Title:
Address:
City, Province, Postal Code:
Phone:     Fax:
Email:

Note: all communication is by email – please include an email address

Prior to April 26
$180 (includes GST)

After April 27
$230 (includes GST)
Registration Deadline May 6, 2013

PAYMENT MUST ACCOMPANY REGISTRATION BY ONE OF THE FOLLOWING METHODS

A) For registration of WRHA Corporate/Community Health Services Employees ONLY, please provide the following for registration payment:
WRHA Corporate/Community Cost Centre: ___________________
Supervisor’s Signature: __________________________________

B) For all others (example Concordia Hospital, Inkster Laundry, Interlake Regional Health Authority), please make cheques payable to:
Winnipeg Regional Health Authority – SAFE Healthcare

Mail to: SAFE Healthcare Conference
Occupational and Environmental Safety & Health
Grace Hospital, 5th Floor, Dorothy Wood Building
408 Booth Drive
Winnipeg, MB  R3J 3R7

Any inquiries, please email: safehealthcare@wrha.mb.ca or call 204-837-0869