Safety Services Nova Scotia is pleased to present the program for its 29th Annual Health and Safety Conference and Tradeshow, March 23-25, 2011.

The Human Factor: Evolving Health and Safety
The essential factor in health and safety is the human factor – people. Our daily decisions reflect our true priorities. If our priority is people, and we invest in that “human factor,” those people will produce returns in the form of an evolving safety culture and continuous improvement.

Register quickly and easily
Online: www.safetyservicesns.ca. Click on Conferences and Events and follow the links.
Phone: 902-454-9621

Meals and snacks included in delegate conference fee

Wednesday, March 23
• Morning and afternoon refreshment breaks for course and session participants
• Coffee in tradeshow area at 4pm
• Evening meal at 5:30pm during official opening (please register for this session)

Thursday, March 24
• Enhanced continental breakfast in tradeshow area 8 am, OR full breakfast in Serving Up Safety session, WCB (registration is required for the WCB session)
• Morning and afternoon refreshment breaks
• Lunch in tradeshow area

Friday, March 25
• Full breakfast at breakfast plenary session (please register for this session)
• Morning refreshment break
• Closing luncheon session (please register for this session)

Educational Credits
Please inquire about educational credits for conference attendance if you are maintaining a professional designation.
7:30am - 9:00am: Delegate Registration/Course Information Desk Open

NOTE: The costs associated with the courses listed below are in addition to the conference registration fee.

Pre-registration required.

Courses marked *** are 0.5 credit toward the Health and Safety Professional designation (HSP). Courses marked * are 1 credit toward the HSP.

9:00am - 12:30pm: Pre-Conference Courses

1A – Due Diligence/Bill C45*** – David Coolen, Safety Services Nova Scotia – $100
Gain a basic understanding of due diligence and how it works for you and your organization. David Coolen discusses the rights and responsibilities of all employees/employers in the workplace and what they mean. This course also provides an overview of the Nova Scotia Occupational Health and Safety Act and Regulations.

1B – Safe Lifting Practices*** – Carolyn Campbell, BSc. OT, Reg (NS), CBI Atlantic – $100
This course covers the importance of safe lifting, including injury statistics, keys to good posture, proper body mechanics and the Do's and Don'ts of lifting.

1C – Fire Simulator*** – Joe Treen, CRSP, HSP, Safety Services Nova Scotia – $100
Participants learn when and how to use extinguishers. They will successfully extinguish a simulated fire using the proper technique within the desired time.

9:00am - 4:00pm: Pre-Conference Courses

1D – Fall Protection Equipment Inspection* – Kevin Giles, Hercules SLR – $158 CANCELLED
This course is ideal for individuals who are responsible for inspecting fall protection equipment. SSNS has partnered with Hercules SLR (a manufacturer authorized facility) to deliver this introductory course regarding the inspection of personal fall protection equipment including harnesses, lanyards, SLR, rope grabs and ropes. This course includes theory and practical exercises. Samples of equipment for inspecting will be supplied.

1E – Bullying in the Workplace, Addressing a Health and Safety Concern – Susan J. Coldwell, Bully Free Workplace Project Coordinator, and Janet Fortune-Woodworth, Facilitator, Nova Scotia Government Employees Union (NSGEU) – No additional cost
This workshop represents a unique NSGEU member-driven program being delivered province-wide as an excellent starting point in understanding workplace bullying. The World Health Organization cites bullying as a major public health problem. Bullying is a form of violence in the workplace, with a significant impact on productivity, workplace wellness and employee health and safety. This interactive workshop provides education and strategies to deal with an all too common workplace problem.
12:00pm - 6:00pm: Delegate Registration

1:30pm - 4:00pm: Conference Plant Tours

NOTE: No cameras or recording devices are permitted on plant tours. Lunch is not provided.

Personal protective equipment (PPE) may be required for some tours. A memo will be sent to participants prior to the tour regarding PPE requirements. Tour hosts may also request that participants sign a waiver of confidentiality and/or liability. Transportation to and from the tour locations is provided.

2A – NS Power, Tufts Cove
Learn best practices for how safety is managed at Nova Scotia Power, Tufts Cove, where employees have achieved more than 2 million hours without a lost time incident.

2B – Fleet Retreading
See how safety and quality are achieved in the fast-paced environment of a tire retread facility.

2C – Oland Brewery
View the Oland high speed bottle line, canning and keg lines, warehouse and brewing operations. Safety highlights will include an overview of the confined space program, the on-site traffic layout and explosion prevention systems. The tour will wrap up with a question-and-answer period with the Keith’s Brewmaster.

2D – Canadian Red Cross
Visit facilities in the Burnside Industrial Park, including the Disaster Operations Centre (DOC) and related vehicles and inventories; the Health Equipment Loan Program (HELP), which provides clients free short-term loans of safety equipment from wheelchairs to personal flotation devices (PFDs); and the Specialized Equipment Centre, which services and maintains hospital-type beds and other customized equipment for at-home and institutional use throughout Nova Scotia.

2E – Return on Investment (ROI): Key Performance Indicators and the Economics of Safety – Daniel W. Makhan, MScErg, BScKin, CHFP, MBA (candidate)
Safety doesn’t cost – it pays. This session will focus on benchmarking current safety performance, setting targets, calculating the financial impact of workplace injury and projecting ROI to drive corporate investment in safety. Join Daniel Makhan, a Certified Human Factors Professional and Management Consultant, and explore the interface of safety, finance and performance management to change the thinking of safety as a cost-centre into a vehicle for profit and efficiency improvement.

2F – A Risk Inventory That Goes Beyond Plan-Do-Check-Act – Vince Gagner, MSc, CRSP, President, SHREC
Vince Gagner introduces a simple EHS risk assessment tool and applies it to different elements of a typical EHS Management System. Each element is then discussed as a separate “feed” for populating and updating the Risk Inventory. Modern databases standardize these processes and build critical links within Management Systems that go beyond Plan-Do-Check-Act. Individual and aggregated risk-based reports are designed to enhance leadership decisions, EHS performance and due diligence.
2:45pm - 4:00pm: Concurrent Sessions

3A – Threads of Life – Representatives from Threads of Life
Hear one person’s story about how a workplace tragedy impacted their family, and learn about Threads of Life, a national charity dedicated to supporting families who have suffered from a workplace fatality, life-altering illness or occupational disease. Its mission is to help families heal through a community of support and to promote the elimination of life-altering workplace injuries, illnesses and deaths.

3B – Best Practices for Creating A Workplace Safety Culture – Peter Hollett, CRSP, Halifax Harbour Bridges
What is a “safety culture”? How do we create one? Learn best practices from Peter Hollett, 2008 Canadian Safety Leader of the Year. Peter has been building and evaluating safety cultures and safety programs for over 25 years. His experience includes the oil and gas industry, as well as training for both the public and private sectors. Peter’s unique talent in bringing success to employers and his humorous methods guarantee you’ll learn a lot and laugh at least once!

4:00pm - 8:00pm: Exhibits Open

5:30pm - 7:00pm: Official Opening and Dinner

4A – Special Guest: Ms. Marilyn More, Minister of Labour and Advanced Education
Enjoy a full dinner while listening to special guest speakers. Sponsored by NS Labour and Advanced Education. Please ensure you register for this session and meal.

Guest Speaker: Promoting a Culture of Positive Thinking in the Workplace – Wilson Bateman, President, Global Training Edge
When visiting corporations in the process of his work, Wilson Bateman hears complaints that people in the workforce have “negative” personalities. The approach taken is to tell those employees that they have a “poor outlook” and need to be “more positive.” Does this work? No, it makes the “negativity” spread further. A problem may have been identified, but without offering a concrete solution, nothing will change. Negative thinking spreads a sense of failure and makes it impossible to succeed. Learn techniques for nurturing a positive spirit in the workplace that reaches for new ideas and can result in amazing feats. This is PEP, the Positive Energy Program.
7:00am - 9:30am: Delegate Registration, Exhibits Open

7:30am - 9:00am: Breakfast

5A – Serving Up Safety hosted by Work Safe. For Life. – The Workers’ Compensation Board of Nova Scotia
Start your day with a workplace-safety themed breakfast, hosted by the WCB of Nova Scotia.

NOTE: A full breakfast is served to delegates who have registered for this session. A continental breakfast is available in the tradeshow area for those who have not chosen this session.

9:30am - 10:45 am: Concurrent Sessions

6A – Elements of an Effective JOSH Committee – Al White, Instructor, Safety Services Nova Scotia
This session will describe some characteristics of an effective JOSH committee, ways that committee effectiveness can be derailed, activities which are NOT committee responsibilities, and suggestions for maintaining committee members’ enthusiasm. If you are new to a committee, you’d like to see your committee maintain its momentum, or your committee has “lost its way”, this session will be of interest. Participants are encouraged to share their best ideas for maintaining committee effectiveness.

6B – Mental Health 101 Workshop, Part 1 – Tony Prime, Coordinator, Adult Services, NS Department of Health
One in three Canadians will experience a mental health problem at some point in their life. This workshop will provide some general information on mental health issues, treatments, and accessing professional help. It may be of assistance to employers, supervisors or others in responding appropriately when an employee or colleague is experiencing a mental health problem. This is part one of a two part session; part two continues in the 11:15am – 12:30pm time slot. If you register for this session, do not register for a session numbered 7.

Eye injuries have an enormous impact on a person’s life and on those close to them. Only 32 per cent of Canadians with vision loss are employed. CNIB has developed a workshop that uses a combination of real-life stories, visuals and interactive exercises. It will resonate with the audience on a level that makes them consider the personal cost of eye injury and motivates them to be diligent about wearing appropriate eye protection and following workplace safety protocols. This is part one of a two part session; part two continues in the 11:15am – 12:30pm time slot. If you register for this session, do not register for a session numbered 7.

6D – Changing Mindsets/Changing Culture: Creating A Safer Workplace – Bruce Dodge, Research Associate, NS Labour and Advanced Education/Workers’ Compensation Board of NS
What does it take to change a workplace culture? Why would an organization decide to change? Learn about an in-depth ethnographic case study of a large organization that went from having a high record of injury to a 50 per cent reduction in lost time injuries and dramatic cost reductions. Through the lens of Transformative Learning Theory we will explore the impact of changing frames of reference at the senior management level and how that cascaded throughout the organization, leading to a fundamental culture shift.

6E – Hazards of Composting – Helen Mersereau, Industrial Hygienist, Cape Breton University
Composting on an industrial level is a relatively new phenomenon in Canada. This presentation will review findings regarding air quality and noise within several compost facilities. Some recommendations to remediate the issues will also be discussed.
6F – Safety Training for Telehandlers (A Forklift in Name Only) – Jeff O’Forhan, Instructor, Safety Services Nova Scotia

A telehandler is a piece of mobile lifting equipment with many attachments, designed for a range of workplaces, from construction and mining to agriculture and landscaping. This session explains the characteristics of telehandlers, how they differ from the standard lift truck, the ANSI and CSA standards relating to their use, and why it is vital that employees, even those accustomed to operating forklifts, receive job and safety training specifically for telehandlers.

10:45am - 11:15am: Refreshment Break, Exhibits Open

11:15am - 12:30pm: Concurrent Sessions


Workers face special risks when working alone, whether in facilities, offices or out in the field, and employers must do “everything reasonable under the circumstances” to ensure that their employees have a healthy and safe workplace. This session is designed to heighten the awareness of employers and supervisors when it comes to sending employees to remote locations or areas where they will be working alone. A simple yet effective program will be shared.

7B – Training For Competency of A Marginally Literate Workforce – Glyn Jones, Partner, EHS Partnerships Limited

Workplace training programs must be designed to recognize the issue of marginal literacy in the general population. Employees working in what might be called “safety critical” positions must be provided with the education and training needed to ensure competency, regardless of their literacy level. This session explains how to assess the extent to which marginal illiteracy is a problem at your workplace, and how to design your safety education, training and assessment tools to account for it.

7C – Safety in the Retail Sector, Large and Small – Jamie LeBlanc, Director of OHSE, Sobeys Atlantic

Working in retail presents many different challenges. Whether you are a large or small retailer, the key is engaging your safety committees as well as your management teams. Another challenge is that a significant number of retail employees are young workers and it is important to communicate using appropriate tools that appeal to them but that won’t alienate older employees.

7D – Environmental Management Systems – Robin Angel, Michelin North America (Canada) Ltd., Waterville

An Environmental Management System (EMS) is a systematic approach for managing environmental impact. This seminar will include implementation strategies and a review of the ISO 14000 series of standards and registration requirements. It will also include benefits of implementing an EMS and how to meet customer and management requirements. Participants will be given examples of tools, resources and approaches which have led to successful implementation of an EMS and registration to ISO 14001.

7E – Rescue: What You NEED To Understand – Arleigh Robar, RU Safe

So you’ve certified your people in confined space entry and working at heights. You feel confident they understand the hazards and the equipment to keep them safe – but what happens when something goes wrong? Are you prepared? Planning is the keystone to success. This session will discuss why it is critically important, both for worker safety and your due diligence, to have a solid plan and ability to act in an emergency situation. Arleigh has trained throughout North America and the Caribbean in confined space and high angle rescue since 1994.
12:30pm - 2:00pm: Lunch; Last Chance to View Exhibits

2:00pm - 3:15pm: Concurrent Sessions

8A – What about the Lungs And Ears? Ensuring Your Workplace Hazard Assessment Is Complete – Steve Boudreau, Territ Indoor Environmental
Workplace air quality and noise related hazards can cause serious health effects and often result in some of the most costly WCB Claims. If these important hazards are not included, is your workplace hazard assessment truly complete? This session will discuss the legislative requirements, how to know if your workplace should be assessed, what is involved in evaluating these often overlooked hazards, and some important consequences of failing to assess.

8B – Violence in Homecare/Support: A Provincial Strategy – Jason Slaunwhite, Director, Research and Development, AWARE-NS; Andrea Leonard, Northwood Care, Inc.; Mary Ritchie and Diane Gwynn, Capital District Health Authority
This presentation provides an overview of the strategies developed by AWARE-NS, stakeholders and partners in the OHS prevention system to reduce the potential for violence in community continuing care. A provincial approach is introduced.

8C – Core Principles of Managing People – Dr. Kevin Kelloway, St. Mary’s University
When managed correctly, human resources are an organization’s most valuable asset. Research has demonstrated that productivity and turnover are linked to management style. This session describes HTML (hiring, treatment of employees, managing performance and leadership), four key practices which, when done right, can help ensure that an organization earns the trust of its employees and has a happier, safer, more productive workforce.

8D – Burn Prevention and Awareness – Michael Gaultois, Injury Survivor
The worst burn is the one that could have been prevented. This session will focus on a variety of home safety issues as they relate to fire and burn prevention. It will explore the impact that burn injury has, not only on the survivor, but their family and community. New programs and advancements in burn care will also be discussed.

8E – IRS Refresher – Gary Ramey, CRSP
Whether you are new to the workplace or have some experience, you may benefit from a better understanding of the Internal Responsibility System (IRS). It is the principle on which the NS Occupational Health and Safety Act and Regulations are based. It describes how health and safety is to be managed within a workplace, and how each person in the workplace plays a role in achieving a healthier and safer workplace. In practical terms, what does this mean to you? How does this impact your daily work?

8F – Why Does Safety Feel Like Work? – Peter Hamel and Bob Gamble, Weston Bakeries
This session has two dimensions. First, the human factor - without motivated people, your safety program is doomed to fail. Safety is much more than paperwork and meetings that scream “How do I get out of it?!?” Join us and learn sustainable methods to uplift the folks in your workplace. From incentives to putting attitude in your program, we’ll explore safety from both a work and a life quality perspective. Second, an open floor discussion – bring your safety concerns and questions. Technical problems, best practices and human interactions are all welcome. We may not solve them all, but we’ll have fun.
3:15pm - 3:30pm: Refreshment Break

3:30pm - 4:45pm: Sessions and Workshops

9A – Ask the Experts (3:30pm - 5:00pm)
This 2010 conference session is back by popular demand! It’s your chance to chat with subject matter experts on a number of health and safety topics. Delegates are seated at tables of 10, with a guest expert at each table for discussion and questions on specific topics. Experts will switch tables on a given signal to start a new discussion. It’s a fun way to learn a lot in a short time!

9B – Smoking Cessation in the Workplace: Building Interest and Capacity – Dan Steeves, Capital District Health Authority
This session presents a discussion and resources to help employers assist their employees to stop smoking. An evidence-based resource will be reviewed outlining the key steps in developing and implementing a comprehensive smoking cessation program in the workplace. The economic benefits to the employer in supporting a comprehensive approach to smoking cessation will be discussed. The resource guide is based on best evidence and best practice.

9C – Duty to Accommodate: Strategies for a Healthy Pregnancy and a Healthy Workplace – Jeannette Combes, RN, RM, MN, COHN(C), CCCN(C), PEPP, RSCN
This session will provide a better understanding of normal and abnormal physiological changes that occur as a result of pregnancy. Information such as employment benefits for pregnant workers and potential health risks to a pregnant worker and unborn child will also be provided. Participants will gain a better understanding of how to conduct a workplace risk assessment for a potential pregnant worker.

9D – Human Factors in System Safety, Total Quality and Organizational Performance – Daniel W. Makhan, MScErg, BScKin, CHFP, MBA (candidate)
Pursuing a Human-Systems Integration (HSI) strategy allows organizations to do more with less by getting it right the first time when it comes to setting business strategy, planning resource allocation and mitigating risk. A human-systems approach considers the impact of the human factor on total system performance. Join Daniel Makhan, a Certified Human Factors Professional, to explore how this perspective can inform safer, more efficient business systems.

9E – Fall Protection Plans For Companies Working At Heights – Arleigh Robar, RU Safe
This session will provide an overview of writing a fall protection plan for working at heights, from conducting an assessment to implementing and auditing the fall protection measures.
6:30pm - 10:00pm: Networking Event

**10A – Historic Feast Dinner Theatre – $35**
Join us for dinner and The Real Housewives of Cape Breton: Let the Winter Games Begin, a musical comedy at the Historic Feast Dinner Theatre.

"The Real Housewives of Cape Breton" is the Cape Breton reality show that everyone is talking about. These ladies give a whole new meaning to “reality.” Follow the antics of modern Cape Breton housewives as they struggle to keep step with traditional values in a not-so-traditional world.

$35 per person (a $50 value) includes a full meal with dessert and coffee. Participants are responsible for the cost of any beverages purchased.

Space is limited. Please order and pay for your tickets through Safety Services Nova Scotia by March 7.

The dinner theatre is located in the Maritime Centre at the corner of Barrington and Salter Streets, approximately three blocks from the conference hotel. Participants are responsible for getting to and from this event.
7:30am - 9:00am: Breakfast

11A – Administrative Penalties Update – Representative From NS Labour and Advanced Education
Enjoy a full breakfast followed by an update on the administrative penalties that came into effect in Nova Scotia in January 2010. How many charges have been laid? For which infractions? Who has been charged: managers, supervisors or other employees? How many penalties have been levied? This session includes a chance to ask questions of a representative from NS Labour and Advanced Education. Please ensure you register for this session and meal.

9:15am - 10:30am: Concurrent Sessions

12A – The Role of Knowledge in the Workplace – Dr. Peter Strahlendorf, Associate Professor, Ryerson University
Knowledge plays many roles in OHS performance. Which is more important for OHS, worker behaviour or the management system? Knowledge links the two together. Learn about “local knowledge,” “deemed knowledge,” “vicarious knowledge” and the flow of knowledge in the workplace. This session will also include a look at cases from across Canada where knowledge played a crucial role in the judges’ decisions.

12B – Hazard Recognition Revisited – David Coolen, Instructor, Safety Services Nova Scotia
This session explains the importance of a hazard recognition program in the workplace. Also discussed are the various categories of hazards, determining whether they are high or low risk, how to recognize them and report them, and the methods by which hazards are controlled or eliminated.

12C – Paying the Price for Caring: An ER and Media Doctor’s Take on Health and Safety Issues Among Emergency Health Care Workers – Dr. Brian Goldman, Mount Sinai Hospital, Toronto
Emergency health care workers are there to help and support patients and to keep them safe. Unfortunately, their jobs put them at risk of serious job-related injuries or conditions. Studies have documented high rates of stress and burnout among emergency health care personnel. There are high rates of post-traumatic stress disorder (PTSD) among paramedics as well as other health care workers. Dr. Brian Goldman is a well-respected emergency physician and host of White Coat, Black Art on CBC Radio One. Using his own observations plus audio clips from the radio program, Dr. Goldman discusses some major health and safety issues facing health care workers, plus typical and ideal responses to these issues.

This session is sponsored by AWARE-NS.

NOTE: Dr. Goldman will be signing copies of his recent book, The Night Shift, immediately following the presentation.

12D – Change Management and the CSA Z-1000 Standard – Elizabeth Rankin, CSA Standards
Learn more about this national standard for OHS system management, which is the foundation for all other CSA OHS standards. It is applicable to organizations of all types and sizes. The standard can offer insight on maintaining safety systems in challenging times, when support mechanisms are changing.

In today’s workplaces the deployment of contractors is widespread in almost every sector. What may not be as widespread is a real engagement and dialogue with contractors in our health and safety management systems. Common complaints on both sides include a lack of clear expectations and effective communication. This session will examine these and other challenges using real-life examples and offer suggestions to assist in the success of these critical partnerships.
10:30am - 11:00am: Refreshment Break

11:00am - 12:15pm: Concurrent Sessions

13A – Creating a Successful Worksite Wellness Program: The City of St. John’s, NL Experience – Lynn O’Grady, Manager of Employee Wellness and Bryan Harris, Employee Wellness Educator
In July 2008, the City of St. John’s, NL, partnered with its workforce and launched a new Employee Wellness Program called “Worksite Wellness Works.” An aging workforce that was experiencing an increase in both work-related and non-work-related injuries and illnesses, longer recovery times and escalating costs were some of the driving forces behind this initiative. This session promises to be informative and entertaining and will provide some valuable tips for developing and implementing a successful employee wellness program. Discover which employee wellness initiatives have been extremely successful and which wellness ideas are best left as ideas.

What do the Fall Protection and Scaffolding, Liquid Natural Gas, Occupational Health Regulations and the Temporary Workplace Traffic Control Regulations have in common? They are all moving into the Occupational Safety General Regulations. This session will provide an opportunity to find out what is new in the Fall Protection and Scaffolding Regulations as well as amendments to the Occupational Safety General Regulations.

For the first time a health and safety curriculum is mandatory for all Nova Scotia Grade 9 students. It’s the latest development in a growing movement to support workplace safety learning in junior and senior high school courses. What does this mean for employers who will be hiring students this summer? Curriculum co-architect Tracey Leary outlines what kids are learning, what questions they might have, and what kinds of tips and tools are available to employers to help them have conversations about safety with student workers. Rod Stickman’s “Talking with Young Workers” DVD will be distributed to attendees.

13D – Safety Discipline – Shelley Alward, HR On The Go
Should we be issuing discipline for safety related infractions? How would we do this and what would it look like? Should we discipline an employee who was injured in a work-related accident because he/she failed to observe the proper safety procedures? Join us for an informative session as we discuss these issues and how we can improve our safety culture.

13E – Understanding Safety Audits and How to Use the Information They Provide – Gary Ramey, CRSP
This session describes various types of safety-related audits, such as safety system audits and compliance audits. What is the purpose of each? When and how should they be implemented? Who should conduct them? What types of reports or results can be expected? What is a Certificate of Recognition? How can the information obtained via the audit be communicated and used to improve safety in the workplace?
13F – Leveraging Incident Investigations to Improve Incident Prevention – Michel Raymond, EHS Leader for Pratt & Whitney Canada

All organizations must, at some point, perform incident investigations. What many organizations may not consider is that closure of the corrective actions is not the final step but provides input into their preventive action processes. This session reviews the fundamental steps of an incident investigation process with a greater emphasis on how the final steps of the investigation should provide input into the preventive aspect of an organization’s management system. Participants will be shown various continuous improvement tools and processes that take incident investigations from reactive to a proactive approach.

13G – Safety At the Workstation – Pamela Dempster, BA, BScOT( c ), Reg.(NS & NB), Ergonomic Consultant/ Certified Occupational Therapist, Ergoworks

Repeat of session 12F.

12:30pm – 2:00pm: Closing Luncheon Session and Grand Prize Draw

14A – Sleep For Success: Everything You Must Know About Sleep, But Were Too Tired To Ask! – Dr. James Maas, Professor and past chair of the Department of Psychology, Cornell University

Most teens and adults are sleep deprived, causing reduced concentration, productivity and quality of work, as well as an increase in moodiness, stress, accidents, illness and shortened life span. Dr. Maas explores the nature of sleep, focusing on such questions as: why are most people sleep deprived and what are the serious consequences for thinking, performance, health and lifespan? What are the five different stages of nocturnal sleep and how important are they to daytime functioning? How can you reduce travel fatigue? What is the relationship between sleep and alcohol? How can you increase your athletic performance overnight? Do you need less sleep as you get older? Is napping healthy? How do you choose a great pillow and mattress?

What are the four golden rules and ten sleep strategies that will assure you a great night’s sleep? The information provided in this presentation will increase your daytime alertness, psychological mood, productivity, creativity and quality of life.

Please ensure you register for this session and meal.

NOTE: Dr. Maas will be signing copies of his book, Sleep for Success, immediately following this presentation.

Conference Grand Prize

(To be eligible for the draw, delegates must complete the tradeshow passports provided in their delegate kits by having their passports initialed at each tradeshow booth.)

Sweet dreams are yours with the Grand Prize of the famous Westin Heavenly Bed (consists of queen size box spring and mattress), thanks to the Westin Nova Scotian Hotel. Complete your comfort with “Cloud Nine bedding by Hampton,” courtesy of the Hampton Inn in Dartmouth. The new Cloud Nine bedding does away with the old-fashioned bedspread, featuring instead a crisp, white duvet cover, enveloping a lofty white comforter. The white sheets are 200-thread count with a fitted bottom sheet. Retail value of bed and bedding is approximately $2,000.
8:00am - 4:00pm: Post-Conference Workshop

CRSP Preparation Course – Dr. Peter Strahlendorf, BSc., BES, LL.B., LL.M., SJD., CRSP, School Of Occupational and Public Health, Ryerson University – $600 (excludes HST)

If you are an OHS professional with at least three years of experience, you may be eligible for the CRSP designation. There are now approximately 2,400 CRSPs in Canada. Employers view the CRSP as evidence of professional status and experience. The CRSP is awarded by the Board of Canadian Registered Safety Professionals (BCRSP). The BCRSP website (www.bcrsp.ca) provides details of eligibility and application forms to become a CRSP.

This course prepares participants for the CRSP exam which is offered by the BCRSP twice annually. The course may be taken whether or not the participant has first applied to the BCRSP. Some people have taken the course as a last minute review and others to develop a study plan. Dr. Strahlendorf has presented this course to hundreds of people across Canada in the past decade.

To register, send your information to: Institute for Quality, Safety and Environment Management, at (fax) 416-955-9895 or phone 416-955-9195 or email strahlen@sympatico.ca.
Thank you to the following organizations that have reserved tradeshow booths as of the publication of this program. A complete list of exhibitors and their contact information will be sent to registered delegates prior to the conference to assist in planning their tradeshow visit.

<table>
<thead>
<tr>
<th>3M Canada</th>
<th>LP Royer Inc.</th>
</tr>
</thead>
<tbody>
<tr>
<td>ALL-TECH Environmental Services Ltd</td>
<td>Master Lock (Atlantic Hardware-Rep)</td>
</tr>
<tr>
<td>Atlantic Business Interiors</td>
<td>Micmac Fire and Safety</td>
</tr>
<tr>
<td>Atlantic Star Uniforms</td>
<td>Northeastern Protection Service</td>
</tr>
<tr>
<td>AWARE-NS (Nova Scotia Health &amp; Community Services Safety Association)</td>
<td>Nova Scotia Power</td>
</tr>
<tr>
<td>Canadian Red Cross</td>
<td>NS Labour and Advanced Education</td>
</tr>
<tr>
<td>Capital Safety</td>
<td>Pacesetter Sales</td>
</tr>
<tr>
<td>CBI Health Group</td>
<td>Pinchin LeBlanc Environmental</td>
</tr>
<tr>
<td>CCOHS (Canadian Centre for Occupational Health and Safety)</td>
<td>Pfizer Canada Inc.</td>
</tr>
<tr>
<td>CNIB (Canadian National Institute for the Blind)</td>
<td>Power Vac Belfor</td>
</tr>
<tr>
<td>Custom Protect Ear</td>
<td>R U Safe</td>
</tr>
<tr>
<td>Dentec Safety Specialists Inc.</td>
<td>Safety Services Nova Scotia</td>
</tr>
<tr>
<td>Edge Eyewear</td>
<td>Schooner Industrial</td>
</tr>
<tr>
<td>Electrolab Training Systems</td>
<td>Source Atlantic</td>
</tr>
<tr>
<td>ErgoCentric Seating Systems</td>
<td>St. John Atlantic</td>
</tr>
<tr>
<td>Fisher Scientific</td>
<td>Threads of Life</td>
</tr>
<tr>
<td>Global Training Edge</td>
<td>Transport Canada</td>
</tr>
<tr>
<td>Hellberg Safety</td>
<td>University of Fredericton</td>
</tr>
<tr>
<td>Hercules SLR</td>
<td>University of New Brunswick</td>
</tr>
<tr>
<td>Homewood Human Solutions</td>
<td>Work Authority</td>
</tr>
<tr>
<td>Lakeland Protective Wear</td>
<td>Workers’ Compensation Board of NS</td>
</tr>
<tr>
<td>Levitt Safety Ltd</td>
<td>Zee Medical Canada</td>
</tr>
</tbody>
</table>

29th Annual OHS Conference & Tradeshow
March 23-25, 2011
Registration Costs
Early bird deadline extended

<table>
<thead>
<tr>
<th></th>
<th>Prior to February 10, 2011</th>
<th>After February 10, 2011</th>
</tr>
</thead>
<tbody>
<tr>
<td>Non-members</td>
<td>$540</td>
<td>$640</td>
</tr>
<tr>
<td>Corporate members</td>
<td>$430</td>
<td>$540</td>
</tr>
</tbody>
</table>

Accommodations
Guest room rate: $112 until February 23, 2011. To make a reservation, call the Westin at 496-8585 or 1-877-993-7846. Identify yourself as attending Safety Services Nova Scotia's conference to ensure your reduced rate. Book early!

Sponsors