

WORKSHOP DESCRIPTIONS

(Descriptions en français au verso) ★ *New in 2005*

★ **SELF-DIRECTED 5*22** (Half-day) 5*22 is a health and safety framework that provides useful information and tools to workplaces for developing action plans and implementing safe work practices. Within the 5 fundamentals of health and safety there are 22 health and safety topics identified.

To aid in implementing this program, the WHSCC has designed new material that includes an easy-to-follow workbook and accompanying CD with all the information you will need to make health and safety a priority in your workplace. This material can be used by any workplace having a staff as small as 10 or as large as 500.

This workshop will show you how easy it is, with these new resources, to improve health and safety in your workplace.

★ **FIRST AID REGULATION** (Half-day) In early 2005, a new First Aid Regulation came into effect in New Brunswick. Learn more about this new regulation and how it affects you and your workplace.

★ **HOW TO ASSIST IN SUCCESSFUL RETURN TO WORK (RTW)** (1 day) This workshop is designed to assist you by offering practical tips and strategies for optimizing your employee's successful return to work (RTW) after injury. WHSCC therapists from the Workers' Rehabilitation Centre (WRC) will discuss:

- Understanding the rehab process — what your employee has been doing to prepare for return to work;
- Setting the stage — how to prepare for Day 1 of your employee's return to work (the importance of having equipment in place, work for the employee to do, informing co-workers and maintaining good rapport/communication);
- Supporting symptom management — the importance of encouraging the employee to use strategies learned in rehab to complete a productive work day such as pacing, structuring the work process, posture and positioning, stretch breaks and cold/heat therapy;
- Addressing potential barriers to success — simple and effective modifications and adaptations that facilitate RTW success (workspace organization, workstation height and dimensions and office ergonomics); and
- WHSCC resources available to assist you — how the case manager, occupational therapist and WRC staff can support successful RTW.

JOINT HEALTH AND SAFETY COMMITTEE (JHSC) CORE TRAINING PROGRAM (3 days) This new program has been designed to provide your company's JHSC members with the essential training necessary for them to function effectively in a JHSC. This workshop covers the following topics:

- 5*22 — What is health and safety? Also included is an overview of current NB health and safety legislation [(the OHS Act, General Regulation 91-191 and Workplace Hazardous Materials Information System (WHMIS)] (1 day);
- How to establish and maintain an effective JHSC in your workplace (1 day); and
- Hazard identification and workplace inspections, accident investigation/causation and prevention resources (1 day).

WHMIS (Half-day) Every year New Brunswickers are exposed to new toxic materials. Learn the basics of the WHMIS system and how to protect yourself and your co-workers. In this case, what you don't know could kill you.

Toll-free number for registering for workshops:

1 800 222-9775

Half-day sessions: 8:30 a.m. — 12 noon

Full-day sessions: 8:30 a.m. — 4:30 p.m.

2005

Workshop and Events Calendar

Workshops shown on this side will be conducted in English.
Please see reverse side for dates and locations of French workshops.



S	M	T	W	T	F	S
JAN						1 <i>New Year's Day</i>
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17 WHMIS Woodstock Saint John	18 WHMIS Dalhousie Fredericton Moncton	19	20	21	22
23	24 WHMIS Saint John	25	26	27	28	29
30	31					

S	M	T	W	T	F	S
APR						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25 First Aid St. George	26 First Aid Fredericton Moncton	27 First Aid Saint John	28	29
30	31	Day of Mourning				

S	M	T	W	T	F	S
JUL						1 <i>Canada Day</i>
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OCT						1
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9	10 Thanksgiving Day	11	12	13	14	15
16	17	18 5*22 Woodstock St. George Moncton	19 5*22 Saint John	20 5*22 Fredericton	21	22
23	24	25	26	27	28	29
30	31	Health & Safety Conference Saint John				

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FEB						1
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MAY						1
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23	24	25 5*22 St. George Moncton	26 5*22 Fredericton	27 5*22 Saint John	28	29
30	31	Disability Awareness Week				

S	M	T	W	T	F	S
AUG						1 <i>New Brunswick Day</i>
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NOV						1
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9	10	11 Remembrance Day	12	13	14	15
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JUN						1
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30	31	Disability Awareness Week				

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WHSCC OFFICES

Saint John Office (Headquarters)

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Saint John NB E2L 3X9

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Toll Free 1 800 222-9775

Workers' Rehabilitation Centre (WRC)

3700 Westfield Road

Saint John NB E2M 5Z4

Phone 506 738-8411

Fax 506 738-3470

Toll Free 1 800 222-9781

Bathurst

1300 St. Peter Avenue, Suite 220

(Place Bathurst Mall)

Bathurst NB E2A 3A6

Phone 506 547-7300

Fax 506 547-7311

Toll Free 1 800 561-2524

Grand Falls

166 Broadway Boulevard, Suite 300

PO Box 7244

Grand Falls NB E3Z 2J9

Phone 506 475-2550

Fax 506 475-2568

Toll Free 1 800 222-9775

Moncton

100 Arden Street, Suite 200

Moncton NB E1C 4B7

Phone 506 867-0525

Fax 506 859-6911

Toll Free 1 800 222-9775

WorkSafe · Travail sécuritaire

IN CASE OF AN ACCIDENT CALL:

1 800 442-9776

www.whscc.nb.ca