



**2019 Health & Safety Conference
Thompson, Manitoba**

September 26

7:30 am Bus leaves from Winnipeg for Thompson

7:00 pm Conference Opening Plenary:
"Health and Safety is A Building Block for Strong Unions"

Friday September 27th

8:30 am - 5:30 pm Workshops
6:30 pm Social Gathering

Saturday September 28th

8:00 am - 9:00 am Closing Breakfast
9:00 am Bus leaves for Winnipeg



**Health & Safety
Conference**

**Thompson, Manitoba
September 26 - 28, 2019**

Manitoba 
**Federation
of Labour**

Guide to workshops

Strong health and safety laws, rigorous enforcement and worker-led prevention programs have always been top priorities for the Manitoba Federation of Labour and our affiliated unions. All workers have a guaranteed right to a safe and healthy workplace.

The MFL invites you to participate in our 2019 Health & Safety Conference, focusing on workplace health and safety from a worker's perspective.

Whether you're an experienced health & safety steward, or new to the field of occupational health & safety, this conference offers information and training that will enhance your knowledge and skills, and make you a more effective health and safety champion and defender.

Choose your workshop

Using the accompanying registration form (also available at mfl.ca) please select which workshop you would like to register for (along with your second choice in case your first is full).

WORKSHOP 1

A Hazard is a Hazard -- Workplace Psychological Health and Safety

This workshop includes identifying and addressing hazards that can cause mental injury. Learn more about the CSA National Standard for Psychological Health and Safety in the Workplace, raise your awareness of workplace mental health concerns, identify common psychological hazards and learn how to roll psychological considerations into your health and safety program.

This workshop has been developed by the MFL Occupational Health Centre and the Canadian Mental Health Association, Winnipeg.

WORKSHOP 2

Effective Health and Safety Committees

Health and safety committees aim to ensure that workers' views are heard on workplace health and safety issues. Creating an effective health and safety committee involves assessment, planning and running meetings with employers to identify and resolve workplace health and safety issues.

This workshop will provide the tools needed to participate actively and be effective in your health and safety committee.

WORKSHOP 3

Impairment in the Workplace

Our ability to focus and make appropriate

decisions can be affected if impaired. This workshop explores various forms of impairment and manners in which to address them. Key elements include clear guidance through establishing policies and procedures, providing education and training and using a fair and consistent approach. Recent tribunal and arbitral awards will be reviewed.

WORKSHOP 4

De-escalating Potentially Violent Situations

Too many workers are being faced with potentially violent situations in their workplace. This workshop is designed to teach people their rights, their employer obligations as well as skills to help de-escalate potentially violent situations through interpersonal communication and assertiveness.

This workshop will explore how anger and violence interplay, including opportunities for self-assessment of personal communication styles. Participants will develop a clear understanding of how to assess the potential for violence and respond with a diverse set of interpersonal tools and strategies designed to defuse potentially dangerous situations.

WORKSHOP 5

Federally Regulated Health and Safety Legislation and Regulations

Fighting for workplace health and safety is one of the most important things we do as labour activists. This workshop is geared at health and safety committee members, or those who haven't yet received formal training. It is also an introductory course for anyone new to the health and safety

world.

This workshop will provide an overview of federal health and safety legislation and regulation, workers' rights, and the roles and responsibilities of health and safety committee members.

