



**Safety  
Services**  
NEW  
BRUNSWICK

**50**

**Services de  
Sécurité**  
NOUVEAU-  
BRUNSWICK

1967-2011

**47th Annual**

# Health & Safety Conference

Longest Running Health & Safety Conference in the Maritimes!



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#SafetyNB2017

June 8-9, 2017

Fredericton Convention Centre - Fredericton, NB

## Conference Agenda - Thursday, June 8, 2017

7:30 am - 11:00 am	Delegate Registration
7:30 am - 8:30 am	Breakfast
8:30 am - 9:00 am	<b>Official Opening</b>
9:00 am - 10:00 am	<b>Keynote</b> Your Brain on the Job
10:00 am - 10:15 am	<b>Refreshment Break</b> Visit Exhibitor Booths
10:15 am - 11:05 am	<b>Session 1</b> Moosehead Breweries Limited: Safety Journey
11:10 am - 12:00 pm	<b>Session 2A</b> Where do I go From Here? Learn how to Navigate Your OHS Career Development Pathway <b>Session 2B</b> Roundabouts and Cycling Safety Improvements in Fredericton
12:00 pm - 1:30 pm	Banquet Luncheon
1:30 pm - 2:20 pm	<b>Session 3A</b> Companion Animals in the Workplace <b>Session 3B</b> Introduction to Prevention and De-escalation of Conflict in the Workplace
2:20 pm - 3:20 pm	Exhibitor Reception
3:30 pm - 4:20 pm	<b>Session 4</b> Brain Wellness Secrets for Longevity
6:00 pm - 9:00 pm	<b>50th Anniversary Celebration</b>

## Conference Agenda - Friday, June 9, 2017

8:00 am - 9:00 am	Breakfast
9:00 am - 9:50 am	<b>Session 5</b> A Gold Medal Programme for Safety – We Don't Need a Better Hard Hat
9:50 am - 10:05 am	Nutrition Break
10:10 am - 11:00 am	<b>Session 6A</b> Rock Bottom: My Struggle with Drug Addiction <b>Session 6B</b> Outside the Box: Our Approach to Wellness
11:00 am - 12:00 pm	<b>Keynote 2</b> Safety is Common Sense, or is it?
12:00 pm - 12:15 pm	Official Closing

### CRSP MEMBER BONUS!

BCRSP has previously awarded CM points for this event. The conference contains 7 technical hours and may be eligible for BCRSP CM points. See BCRSP website at [www.bcrsp.ca](http://www.bcrsp.ca) for CM point criteria.

## Platinum Sponsor



## Gold Sponsors



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Énergie NB Power



## Bronze Sponsors



## Keynote Presenters

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Thursday, June 8, 2017

9:00 am - 10:00 am



**Gary Anaka,**  
**Brain Health and Wellness Educator**  
braincoach.ca @GaryAnaka on Twitter

Gary Anaka is the top Brain-based teaching facilitator in BC today. He is a Learning Assistance specialist, a motivational educator, and author of two books.

He has been presenting keynotes and workshops in the exciting new field of Neuroscientific research since 1997 to tens of thousands of professionals and the general public. He has presented Safety Conference keynotes in seven Provinces. He is a strong advocate for brain safety on the job, overall wellness and is famous for his audience engagement. His lively, energetic sessions have been called, both professionally and personally, life changing.

### **Your Brain On The Job**

Are you living and working in a multitasking environment? Is your brain under a constant state of heightened stress? Everything you do requires your brain in this world of increasing knowledge and technology. You are going to have to use it more effectively than ever. A safety culture starts with you and the most valuable thing that you own - your brain. Mistakes and accidents happen when your brain is downshifted. To maintain productivity and ensure success, there is a need to be resilient. Discover how to upshift your brain to overcome the fight, flight or freeze response to stay alert and focused while working. This different perspective to safety means being brain smart on the job and understanding how your brain operates. This workshop is full of hope and optimism for your future.

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Friday, June 9, 2017

11:00 am - 12:00 pm



**Darrel Nickerson, Director of Safety**  
**J.D. Irving, Limited**  
jdirving.com @dani55225 on Twitter

Darrel is the Director of Safety for JD Irving, Limited based in Saint John, New Brunswick and has been involved in safety for over 20 years.

He holds a Bachelor of Business Administration from UNB Saint John and a Master of Science in Environmental Management from Webster University, St. Louis, Mo. He holds a Canadian Registered Safety Professional designation and a Six Sigma Green Belt certification from the Juran Institute. He is a member of the American Society of Safety Engineers, Chair of Safety Services New Brunswick and current Chairperson for the New Brunswick Chapter of the Canadian Society of Safety Engineering. He resides in Quispamsis, New Brunswick with his wife Karen of 28 years and his 10 year old daughter Briannah.

### **Safety is Common Sense, or is it?**

Safety is a topic that seems simple because for the most part it is common sense. Unfortunately, what is common sense to you may not be common sense to others. This session will explore some of those "common sense" topics and why they are really not that common.

## Conference Agenda

Thursday, June 8, 2017

### 10:15 am – 11:05 am Session 1

#### **Moosehead Breweries Limited: Safety Journey**

Andrew Oland, President & CEO  
Jamie Pellegrini, Director of Safety  
Moosehead Breweries Limited

At this session, Andrew Oland, President and CEO of Moosehead Breweries Limited, and Jamie Pellegrini, Director of Safety, will explain the journey the Brewery has taken from being on the 5\*22 program with WorkSafeNB to winning the Safety Star award in 2016. You will hear the perspective of Moosehead's President and CEO and learn specifics from his Director of Safety on what the Brewery has done to move from being a focus company by WorkSafeNB to a recognized company that has significantly improved their safety record over the past 10 years.

### 11:10 am – 12:00 pm Session 2A

#### **Where do I go From Here? Learn how to Navigate Your OHS Career Development Pathway**

Deborah Blackmore, OHS Program Manager  
University of New Brunswick

The safety profession is a sea of designations, credentials and a range of online and in-class university and association educational opportunities. Part of our challenge with developing and implementing a career development plan has been not being able to understand the landscape in front of us. In this session the occupational health and safety designations, certifications and educational pathways available to safety practitioners will be explained in plain language. This session will also include discussions around the CRSP designation and upcoming changes as well as the CSSE hiring guide.

If you'd like help understanding what is out there and how to move forward with your OHS career, you should attend this session.

### Session 2B

#### **Roundabouts and Cycling Safety Improvements in Fredericton**

Jon Lewis, Traffic Engineer/Active Transportation Coordinator  
City of Fredericton

The presentation will touch on the history of roundabouts in Fredericton with a more detailed look at the Smythe Street multi-lane roundabout, which opened in 2015. A discussion will be included on rules for how to properly drive roundabouts. The presentation will also include a summary of current bike infrastructure in Fredericton and what the City has planned for future improvements.

### 1:30 pm – 2:20 pm Session 3A

#### **Companion Animals in the Workplace**

Patricia Eagan, Clinic Director  
UNB Student Health Centre

Have you ever thought about the pros and cons of having pets in the workplace? What does research tell us about the human animal bond and incorporating pets and therapy animals into the workplace? Other considerations need to include infection control standards, co-worker rights, as well as those of the animal.

### Session 3B

#### **Introduction to Prevention and De-escalation of Conflict in the Workplace**

Jim Arsenault, Director of OHS and Traffic Safety  
Safety Services New Brunswick

At the request of many of our members, Safety Services New Brunswick will now be delivering the Mandt System in our region. This session will give you an overview of the system which uses a combination of interpersonal skills and physical interaction techniques designed to reduce injury while de-escalating and supporting people during confrontations. The Mandt system teaches you how to interact on a daily basis with people who may become uncooperative and/or confused. Attend this session to find out if this system is right for your organization.

### 3:30 pm – 4:20 pm Session 4

#### **Brain Wellness Secrets for Longevity**

Gary Anaka, Brain Health and Wellness Educator

Are you experiencing brain fatigue? Memory going? Not as sharp as you used to be? Worried? Are you living and working in a multi-tasking environment? If so, you may be experiencing accelerated brain aging. Your precious brain may be burning out early. How can you connect to the future if you don't have a brain to do it with? The exciting new field of Applied Educational Neuroscience has meaningful answers for everyone regardless of age. This practical workshop provides information and techniques to make your life and job easier. Find out what a healthy brain needs and what brain killers to avoid. Gain the secrets of brain longevity to give you workable strategies for life long brain wellness. Discover how to make brain plasticity work for you every day. This energetic and lively session is filled with hope and optimism for your future. Find out how to use it before you lose it!





## Conference Agenda

Friday, June 9, 2017

9:00 am – 9:50 am

### Session 5

#### **A Gold Medal Programme for Safety – We Don't Need a Better Hard Hat**

Duff Boyd, Director of Health and Safety  
Shelley Parker, Industrial Psychologist  
NB Power

Going against conventional norms for safety programs, NB Power created a psychological safety programme focussed on mindfulness and the importance of building employee/management relatedness. This program resulted in the best year in the history of the corporation from a safety perspective, without changing any safety equipment or procedures. Additionally, NB Power was recognized nationally with the Psychological Safety gold medal and the gold medal for Canada's Safest Employer.

This presentation will take you through NB Power's journey of the development and implementation of the psychological approach to safety. Roadblocks, breakthroughs and best practices will be discussed, enabling you to recognize and understand that the right mindset towards safety is never without its challenges.

10:10 am – 11:00 am

### Session 6A

#### **Rock Bottom: My Struggle with Drug Addiction**

Dillon Long

Dillon will recount his real life experiences with drug addiction. How it started, where it led him and the brutal realities of how bad it got. He will share his story on what it took to fight drug addiction and live a normal life speaking about all the obstacles he had to overcome on his road to recovery.

### Session 6B

#### **Outside the Box: Our Approach to Wellness**

Matt Symes, CEO  
Simplicity Designs

Have you ever tried to "Get in Shape?" When did it fail? Do you know why? It is likely you blamed willpower or discipline or your schedule. You're partly right but there is a likely a deeper reason why you couldn't sustain the change: The habits you've created over a lifetime and environment you work and live in. At Symplicity Designs, we sit a significant amount (because we're either in our own office setting or in transit [car and plane] a lot) and nutrition on the road is a challenge. Not to mention, our days with clients require a significant amount of mental energy. We have decided to take the best of modern day research and provide an environment that promotes physical activity, mental wellness, and education around nutrition. We have learned from the best in Organizational Health research, Behavioural Economic research, and the best research on habits. This talk is designed to let you in on our journey as a small business learning and continuously improving how we attempt to provide a healthy environment for our people.

## 50th Anniversary Celebration

I am both proud and excited to acknowledge Safety Services New Brunswick's (SSNB) 50 years of service and invite everyone to join us to celebrate the many milestones and successes that we have achieved. Safety Services New Brunswick has evolved in so many impactful ways since its founding in 1967 as the New Brunswick Safety Council Inc.; however, one thing has remained the same, "SAFETY." For 50 years, SSNB has been relentlessly committed to the health and safety of New Brunswickers and the communities in which we all work, live and play through education, training, consultation and advocacy. SSNB will continue to strive to make our communities safer, every day.

Please join us on **Thursday, June 8<sup>th</sup>, 2017 at 6pm at the Fredericton Trade and Convention Centre**, as we celebrate the history of Safety Services New Brunswick and give thanks to the dedicated staff, safety instructors, new and long-term members and supporters for their contribution to safety over the last 50 years.

I personally invite you to follow us @SafetyNB on twitter [and](https://twitter.com/SafetyNB) [safetyservicesnb.ca/50thanniversary.php](https://safetyservicesnb.ca/50thanniversary.php), as we commemorate the past, present and future of Safety Services New Brunswick and to join us in our celebration.

Yours in safety,

Bill Walker  
President & CEO

### Your Delegate Registration Includes:

Access to all sessions held during the conference  
Meals (breakfast, breaks, and lunch on Thursday)  
Copy of presentations or executive summary available to delegates following the conference  
Pass to view exhibitor displays  
Ample opportunity to network with your peers  
Chance to win some great door prizes

### About the Conference

Each year Safety Services New Brunswick hosts a Health and Safety Conference attracting delegates from throughout New Brunswick, Atlantic Canada and beyond. This is the longest running Health and Safety Conference in Atlantic Canada.

The conference is diverse in nature with sessions and speakers focusing on a wide variety of health, safety, and human resource topics.

### Who Should Attend...

Safety Managers  
Human Resources Professionals  
Small Business Owners  
Safety Committee Members  
First Responders  
Managers Responsible for Safety  
Health Professionals  
Insurance Professionals  
Therapists  
Occupational Hygienists

Anyone looking to improve their safety knowledge

We wish to acknowledge the support of our Conference Planning Committee, Board of Directors and Staff who assisted throughout the year in the planning of our conference.

## **Safety Services New Brunswick**

### **2017 Conference Planning Committee**

Jordan Banks, St. John Ambulance (*Chairperson*)  
Deborah Blackmore, University of New Brunswick  
Jean-Yves Breau, Bell Aliant  
René Houle, RCMP "J" Division  
Chad Humphries, WorkSafeNB  
Craig McClintock, Enbridge Gas New Brunswick  
Stephen Moore, City of Fredericton  
Darrel Nickerson, JD Irving Limited  
Shelley Parker, NB Power Corporation  
Jamie Pellegrini, Moosehead Breweries  
Gail Steeves, Safety Services New Brunswick  
Bill Walker, Safety Services New Brunswick

### **2016/2017 Board of Directors**

Darrel Nickerson, JD Irving Ltd.  
*Chairperson*  
Peter Morgan, City of Saint John  
*Past-Chairperson*  
Bill Walker, Safety Services New Brunswick  
*President & CEO*  
Craig McClintock, Enbridge Gas New Brunswick  
*1<sup>st</sup> Vice Chairperson*  
Brook McLaughlin, Irving Oil  
*2<sup>nd</sup> Vice Chairperson*  
Larry Broad, Member at Large  
*Treasurer*  
Duff Boyd, NB Power  
*Executive Member*  
Jean-Yves Breau, Bell Aliant  
*Executive Member*  
René Houle, RCMP "J" Division  
*Executive Member*  
Mark Thompson, NB Department of Health  
*Executive Member*

#### *Board Members:*

Jordan Banks, St. John Ambulance  
Deborah Blackmore, University of New Brunswick  
Garry Driscoll, MQM Quality Manufacturing  
Chad Humphries, WorkSafeNB  
Michael Johnston, Lake Utopia Paper  
Barb McClenaghan, Member at Large  
Stephen Moore, City of Fredericton  
Jamie Pellegrini, Moosehead Breweries  
Kevin Rice, TransAqua  
Leah Robichaud, City of Saint John  
Harold Valdron, The Co-Operators Insurance

## **Staff**

Bill Walker, President & CEO  
Jim Arsenaault, Director of OHS & Traffic Safety  
Cindy Carr, Director of Admin & Motorcycle Safety  
Gail Steeves, Manager of Finance and Contracts  
Robyn Smith, Coordinator of OSH, Traffic & Admin  
Erin Hunter, Safety Start Coordinator  
Julie Mulherin, Coordinator of Motorcycle Safety & Admin  
Allyssa Rock, Administrative Assistant

## **Are You a Member?**

Safety Services New Brunswick fills an important niche in the New Brunswick safety marketplace. We are committed to achieving even greater impact from our programs through partnerships with special interest groups and industry. Join us today and we will help build and maintain a leading edge safety program for you, your organization and your family. Membership categories include:

### **ASSOCIATE** (\$110 Annually)

This membership is for non-profit organizations, government departments, municipalities, and educational facilities.

### **SMALL BUSINESS** (\$225 Annually)

This membership covers companies with fewer than 20 employees.

### **SUSTAINING** (\$350 Annually)

This membership covers companies with 20 or more employees.

### **PARTNER IN SAFETY** (\$1,000 Annually)

Partners in Safety are recognized as a major sponsor in most publications.

*For a complete list of benefits and a membership application, contact our office.*

## **Exhibitor Opportunities Still Available!**

Safety Services New Brunswick has been hosting its annual Health and Safety Conference for 47 years. This is the longest running safety conference in the Maritimes. Our delegates include decision makers and key safety contacts for major corporations, large and small businesses, as well as government agencies throughout New Brunswick. We are pleased to offer exhibitors who participate in our conference maximum exposure to our delegates. We encourage our delegates throughout the conference to visit our exhibitor area. Contact Safety Services New Brunswick for a complete exhibitor package. Or visit our website at [www.ssnb.ca](http://www.ssnb.ca).

## **Door Prizes Needed!**

Throughout the conference, during sessions and breaks, door prizes are drawn so that delegates and exhibitors present have a chance to win a prize. This is a popular and fun element to our conference.

If your company has a small promotional item (or items) that you are able to contribute, we would be pleased to add your item to our prize list. Companies donating prizes are given recognition at the conference.

Simply contact Gail Steeves at Safety Services New Brunswick [gail@ssnb.ca](mailto:gail@ssnb.ca) or (506) 444-0174 and she will arrange for pickup of your prize. Or drop the prize in the mail (include a note stating that it is a conference prize donation, and include your company name for recognition purposes). We very much appreciate your support.

Mail prizes to:

Safety Services New Brunswick  
440 Wilsey Road, Suite 204, Fredericton, NB E3B7G5

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Your GO-TO  
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Provider!



## **Safety Services New Brunswick**

*Your Go-To Safety Service Provider*

Safety Services New Brunswick is the province's leading not-for-profit safety service provider, offering comprehensive training and consulting in occupational, road and community safety. Since 1967, Safety Services New Brunswick has pioneered safety education and training programs that have improved quality of life for New Brunswickers. In-class instruction and hands-on training combine theory and practical, providing opportunities for people to apply their knowledge under the guidance of our certified health and safety professionals.

Safety Services New Brunswick is your GO-TO source for customized safety consulting, auditing and training services. A culture of safety and health is promoted by delivering coordinated, comprehensive services throughout New Brunswick. We offer occupational and traffic safety training to organizations of any size, in any industry throughout the province to improve productivity, reduce costs and increase your bottom line. Some of our training programs include:

### **Occupational Programs**

Arboricultural Electrical Safety (Greencard)  
Bucket Evacuation  
Canada Labour Code Part II  
Chain Saw Safety  
Confined Space Awareness  
Confined Space Entrant/Attendant  
Crane Safety and Basic Rigging  
Due Diligence  
Forklift (Coaching the Lift Truck Operator)  
Forklift Refresher  
Incident Investigation  
Job Hazard Analysis  
Joint Health & Safety Committee  
Marine Occupational Health and Safety  
Non-Violent Crisis Intervention (Mandt)  
Pole Top Rescue  
Safe Chipper Operation  
Scaffold Safety  
Traffic Control/Signallers Course  
Transportation of Dangerous Goods (TDG)  
Trucker Safety Program  
WATCM Training  
Work Area Protection  
Workplace Hazardous Materials Information Systems (WHMIS)  
Workplace Inspection  
and many others.

### **Driver Improvement Programs**

All-Terrain Vehicle Operation (ATV)  
Defensive Driving Courses (DDC)  
Driver Evaluations  
FLI – Coaching Series  
Motorcycle Training Course  
Pilot Driver Certification  
Professional Driver Improvement Course (PDIC)  
Safe Trailering  
Winter Defensive Driving Course  
Winter Driving Program – SAFE

### **Professional Programs**

Safety Certified Audit Program  
Supervisor Development Program (SDP)  
Practical Loss Control Leadership (PLCL)  
Complete Range of Consulting Services

### **Community Safety**

Safety Start  
Babysitter  
Operation Lifesaver  
Senior Safety

### **Online Safety**

A full catalogue of online safety programs available at  
[www.ssnb.ca](http://www.ssnb.ca)

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Please contact our office for details on any of our programs:

## **Safety Services New Brunswick**

440 Wilsey Road, Suite 204  
Fredericton, NB E3B 7G5  
Phone: (506) 458-8034 Toll Free: (877) 762-7233  
Email: [info@safetyservicesnb.ca](mailto:info@safetyservicesnb.ca)  
Website: [www.ssnb.ca](http://www.ssnb.ca)

# DELEGATE REGISTRATION FORM

June 8-9, 2017

\*Register online at: [www.ssnb.ca](http://www.ssnb.ca)

Name: _____	Title: _____
Company: _____	Safety Services New Brunswick Member <input type="checkbox"/> Non-Member <input type="checkbox"/>
Address: _____	City/Province: _____
Postal Code: _____	Tel: (____) _____
Email: _____	Registrations will be confirmed via email.

## Please indicate which unchecked session (A or B) you plan to attend:

- |   |   |
|---|---|
| <input checked="" type="checkbox"/> Keynote - Your Brain at Work                    | <input checked="" type="checkbox"/> Session 4 - Brain Wellness Secrets for Longevity<br>50th Anniversary Event Yes <input type="checkbox"/> No <input type="checkbox"/> |
| <input checked="" type="checkbox"/> Session 1 - Moosehead Breweries: Safety Journey | <input checked="" type="checkbox"/> Session 5 - NB Power Session  |
| <input type="checkbox"/> Session 2A - Where do I go from here?                      | <input type="checkbox"/> Session 6A - Rock Bottom: My Struggle with Drug Addiction  |
| <input type="checkbox"/> Session 2B - Roundabouts and Cycling Safety                | <input type="checkbox"/> Session 6B - Outside the Box Approach to Wellness  |
| <input type="checkbox"/> Session 3A - Companion Animals in the Workplace            | <input checked="" type="checkbox"/> Keynote - Safety is Common Sense, or is it?   |
| <input type="checkbox"/> Session 3B - De-escalation of Conflict in the Workplace    |   |

## Payment Method

- Cheque Enclosed
- Invoice Me (Payment due before June 1st, 2017)
- Charge my Credit Card (please check one):
- Visa  MasterCard  American Express
- Card # \_\_\_\_\_ Exp \_\_\_\_\_
- Name on Card: \_\_\_\_\_

## Price to Attend the Conference

- Safety Services NB Member\*      \$375
- Non-Member      \$475

\*If unsure contact Safety Services to determine if you are a member.

As a registered charity we do not charge HST on our conference registrations. Above price is the full amount due upon registration.

## For Hotel Reservations:

Contact the **Crowne Plaza Fredericton**  
at 1-866-444-1946  
(506) 455-3371  
[reservations@cpf Fredericton.com](mailto:reservations@cpf Fredericton.com)

Quote Reference: Safety Services New Brunswick\*

Single Occupancy Room Rate: \$139.00/night plus tax

\*There are a limited number of rooms blocked at this discount conference rate, register early to avoid disappointment. Room block will be released on May 8, 2017, and discounted rate will not be available after that date.

## Make Cheque Payable to:

Safety Services New Brunswick  
440 Wilsey Road, Suite 204  
Fredericton, NB E3B 7G5

## To Register:

Toll Free: 1-877-762-7233 (7NBSAFE)  
Fax: (506) 444-0177  
Email: [info@safetyservicesnb.ca](mailto:info@safetyservicesnb.ca)  
**Register Online** [www.ssnb.ca](http://www.ssnb.ca)

 Follow @safetynb

**#SafetyNB2017**



## \*CANCELLATION / REGISTRATION POLICY

*If you cancel a week or more prior to the conference, you are entitled to a complete refund. If you cancel with less than one weeks' notice (after May 31st) no refund will be made. Registrations after May 31st will only be accommodated if space permits.*