

# WorkSafe Tasmania Month

29 September – 31 October 2014

[www.worksafe.tas.gov.au](http://www.worksafe.tas.gov.au)

**Learn new ways to be safe  
and healthy in the workplace**



# WORKSAFE TASMANIA MONTH

**WorkSafe Tasmania Month is part of a nationwide effort to raise awareness of work health and safety and to reduce work-related injury, illness and deaths.**

**It supports the national Safe Work Australia Week and is an initiative of the WorkCover Tasmania Board.**

# MINISTER'S WELCOME



Preventing injury and illness is one of WorkSafe Tasmania's key strategic goals. Helping you do this in your workplace are the free seminars and workshops on offer during WorkSafe Tasmania Month 2014.

Your safety focus may be ensuring you and your colleagues are safe while working at heights, carrying out manual handling tasks, sitting at your workstation or driving. It may be preventing anti-discrimination and bullying and creating a positive work culture. Or perhaps you are looking at the most effective way of planning and implementing safety by creating or reviewing policies, procedures and management systems.

Work is where we spend a large part of our days. It's good for business to support the health and wellbeing of the people that work there, whether that means encouraging exercise and healthy eating, or promoting positive mental health and a better work-life balance.

Ultimately, whatever your immediate needs are, everyone's overall goal is to go home safely at the end of each working day.

Regardless of your workplace role and the size and nature of your business, I'm confident you'll find something in this year's Program of Events to help you do that. I encourage you to register early and attend these events to learn all you can to be safer and healthier at work.

**Peter Gutwein MHA**  
**Treasurer**



The quickest and easiest way to register or get further information is to go to the WorkSafe Tasmania website at [www.worksafe.tas.gov.au](http://www.worksafe.tas.gov.au) and check individual sessions for details.

Registrations for most events at [www.worksafe.tas.gov.au](http://www.worksafe.tas.gov.au) will close one hour before the start of each event.

Please refer to individual sessions for events which have early closing dates of registration.

Events are FREE unless stated.

Because space is limited we recommend you register early to avoid disappointment.

Event updates will be provided by email. Please provide correct contact information at the time of registration.

Event times, venues and rooms are correct at the time of print. WorkSafe Tasmania reserves the right to alter schedules as necessary without notice.

Please check the WorkSafe Tasmania website for event updates.

### Need assistance?

Call the Helpline on 1300 366 322 or (03) 6166 4600 outside Tasmania, or email [wstinfo@justice.tas.gov.au](mailto:wstinfo@justice.tas.gov.au)

The following extras will be available to you when you register and attend an event at Wrest Point Hobart, Country Club Tasmania, Burnie Arts and Function Centre and Devonport Entertainment and Convention Centre.

### Certificates of attendance

You will receive a general certificate of attendance when you attend an event. Certificates will be emailed from Monday 3 November. To obtain a certificate you must be marked off when you attend your registered event.

### Continuing Professional Development (CPD) Points

CPD points can be earned during WorkSafe Tasmania Month. Points can be claimed on all WorkSafe Tasmania Month events. Retain your registration form and/or certificate of attendance to claim points.

### Information packs

WorkSafe Tasmania Month information packs will be available. These will include a pen, note pad and resources on attended sessions.

### Refreshments

Coffee and tea will be available at all sessions. Food is provided at selected events (where food is not provided, you will need to make your own arrangements). Check individual sessions for details.

## PRIZES

## VENUES



Attend an event at Wrest Point Hobart, Country Club Tasmania, Burnie Arts and Function Centre or Devonport Entertainment and Convention Centre to be in the running.

### WorkSafe Tasmania Month major prize

Win an accommodation package at Country Club Tasmania:

- one night's accommodation in a Manor suite
- breakfast for two in Links Restaurant
- meal voucher for Terrace Restaurant.

### Major prize sponsor



[www.countryclubtasmania.com.au](http://www.countryclubtasmania.com.au)

The major accommodation prize will be drawn the week after WorkSafe Tasmania Month ends. You must attend an event at Wrest Point Hobart, Country Club Tasmania, Burnie Arts and Function Centre or Devonport Entertainment and Convention Centre to be in the running.

Register online to attend these events at [www.worksafe.tas.gov.au](http://www.worksafe.tas.gov.au)

For full terms and conditions go to the WorkSafe Tasmania website at [www.worksafe.tas.gov.au](http://www.worksafe.tas.gov.au)

### Burnie Arts And Function Centre

77–79 Wilmot St, Burnie

### Country Club Tasmania

Country Club Ave, Prospect Vale

### Devonport Entertainment and Convention Centre

145/151 Rooke St, Devonport

### Wrest Point Hotel Casino

410 Sandy Bay Rd, Sandy Bay



**WorkSafe**  
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# 2014 WORKSAFE TASMANIA AWARDS PRESENTATION DINNER



Join local radio presenter, writer, producer, actor, comedian and MC, Ryk Goddard as we recognise and celebrate the achievements of all entrants, finalists and winners in the 2014 WorkSafe Awards. After the formal presentations, continue celebrating Halloween with dancing and music by Dr Fink.

**Date:**

Friday 31 October 2014  
6.30 pm for 7.00 pm

**Venue:**

Federation Ballroom,  
Hotel Grand Chancellor,  
Hobart

**Tickets:**

\$ 110 each (includes  
three-course dinner and  
drinks)  
\$990—table of 10

**Bookings:**

Online at  
[www.worksafe.tas.gov.au](http://www.worksafe.tas.gov.au)  
or phone 1300 366 322

**Dress:**

Jacket and tie  
After five



# Who's who in WorkSafe Tasmania Month

WorkSafe Tasmania thanks the businesses and individuals who have registered to hold a seminar, workshop or conference during WorkSafe Tasmania Month 2014.

ACTIVE Strahan Inc	Life Be in It
Advanced Personal Management	Master Builders Tasmania
Anglicare Tasmania	Marine and Safety Tasmania
Bupa Australia	Menzies Research Institute
Burnie City Council	MotorSafe Tasmania
Cancer Council Tasmania	National Stroke Foundation
Caterpillar Underground Mining Pty Ltd	Office of the Anti-Discrimination Commissioner
Catholic Education Office	OPSM
Cement, Concrete and Aggregates Australia	OneCare Rubicon Grove
Central Coast Council	Onsite Health Solutions
Circular Head Council	OzHelp Tasmania Foundation
Circular Head Shellfish Growers Association	Pacific Aluminium
Cornerstone Youth Services (headspace)	Petuna Seafoods
Coroner Rod Chandler (Tasmania)	Population Health Services
David Jones, Chief Engineer	Proactive Agricultural Safety Systems (PASS)
Department of Health and Human Services	Professor Michael Quinlan, UNSW
Devonport City Council	RACT
Driver Safety Services	Ronald Young & Co Builders Pty Ltd
Empathy and Courage	Safety Institute of Australia Tasmanian Branch
forestecwhs	Spirit of Tasmania
Manual Training Solutions	Tasmanian Building and Construction Training Board
GetYes	Tasmanian Chamber of Commerce and Industry
Handa Training Solutions	Tasmanian Health Organisation North West
Incident Free Driver	Tasmania Police
Injury Management Coordinators Association of Tasmania	Tas Occupational and Environmental Medicine
Institute of Quarrying Australia	TasTAFE
Integrity Sampling (Tas) Pty Ltd	The Bass Strait Maritime Museum
IPM Safety	Unions Tasmania
Julie Burgess	Vitality Works
Kelly Madden Psychologist	Waratah-Wynyard Council
King Island Chamber of Commerce and Industry	Whateley-Dale.com
Latrobe Council	WorkSafe Tasmania
Leading Teams	



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All registrations at [www.worksafe.tas.gov.au](http://www.worksafe.tas.gov.au) unless otherwise specified.

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# Seminar Descriptions: Safety

All registrations at [www.worksafe.tas.gov.au](http://www.worksafe.tas.gov.au) unless otherwise specified.

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## Better Work Tasmania

### Presented by:

WorkSafe Tasmania: Pamela Atkinson, Senior WHS Consultant

### Who should attend:

Managers and supervisors, WHS advisors, HSRs and committee members, PCBUs, health providers (including doctors, workplace rehabilitation providers), injury management coordinators, licensed insurers, self insurers, workers

### Locations and times:

Launceston Country Club Tasmania, Ballroom. Tues 7 Oct, 1.30-3.30pm

Devonport Entertainment and Convention Centre, Centenary Court. Tues 14 Oct, 12.30-2.30pm

Burnie Arts and Function Centre, Braddon Hall. Wed 15 Oct, 12.30-2.30pm

Hobart Wrest Point, Derwent Room. Mon 20 Oct, 1-3pm

This seminar explains WorkSafe Tasmania's Better Work Tasmania model of WHS, and how to join its networking and mentoring program.

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## Beyond Sun Safe: How Will Climate Change Affect WHS?

### Presented by:

Dept of Health and Human Services: Sharon Campbell, Policy and Program Officer

### Who should attend:

Managers and supervisors, HR personnel, WHS advisors, HSRs and committee members, PCBUs, injury management coordinators, licensed insurers, self insurers, workers

### Locations and times:

Launceston Country Club Tasmania, Terrace Restaurant. Fri 3 Oct, 10.30-11.15am

Hobart Wrest Point, Derwent Room. Wed 22 Oct, 1.30-2.15pm

This seminar highlights the dangers of heat stress affecting outdoor workers, and the increased risk of it occurring with a changing climate.

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## Building a Positive WHS Culture: What it Takes

### Presented by:

IPM Safety: Michael Roberts, Director/Specialist WHS Consultant and Andrew McGowan, Senior WHS Consultant/Trainer

### Who should attend:

Managers and supervisors, HR personnel, WHS advisors/practitioners, HSRs and committee members, PCBUs, licensed insurers, self insurers, workers

### Locations and times:

Launceston Country Club Tasmania, Terrace Restaurant. Fri 3 Oct, 9-10am

Hobart Wrest Point, Derwent Room. Fri 24 Oct, 2-3pm

This seminar explains how to build a positive WHS culture through effective leadership, personal engagement, and regular and consistent communication.

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## Boiler & Pressure Vessel Failures

### Presented by:

David Jones, Chief Engineer

### Who should attend:

Managers and supervisors, HR personnel, WHS advisors, HSRs and committee members, PCBUs

### Locations and times:

Launceston Country Club Tasmania, Ballroom. Tues 7 Oct, 12-12.45pm

Devonport Entertainment and Convention Centre, Federation Room. Mon 13 Oct, 10-10.45am

Burnie Arts and Function Centre, Bass/Flinders Room. Thurs 16 Oct, 12-12.45pm

Hobart Wrest Point, Derwent Room. Tues 28 Oct, 12-12.45pm

This seminar covers some prominent historical boiler and pressure vessel failures with consequent significant loss of life and injury. It highlights incidents the presenter investigated during his time as a Workplace Standards Tasmania boiler and pressure vessels inspector and marine engineer officer at sea.

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## Discrimination-Free Recruitment & Selection

### Presented by:

Office of the Anti-Discrimination Commissioner: Roz Smart, Senior Training Education and Development Officer

### Who should attend:

Workers

### Locations and times:

Launceston Country Club Tasmania, Ballroom. Wed 1 Oct, 2.30-4.30pm

Devonport Entertainment and Convention Centre, Centenary Court. Wed 15 Oct, 11am-1pm

Burnie Arts and Function Centre, Braddon Hall. Thurs 16 Oct, 10.30am-12.30pm

Hobart Wrest Point, Derwent Room. Mon 20 Oct, 1-3pm

This seminar covers best practice and how to avoid discrimination at each stage of the recruitment and selection process. It includes inherent requirements and position descriptions.

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## Effective WHS Management Systems at Caterpillar Underground Mining

### Presented by:

Caterpillar Underground Mining: Ralph Cobban, Program Safety Leader

### Who should attend:

Managers and supervisors, HR personnel, WHS advisors, HSRs and committee members, PCBUs, workers

### Locations and times:

Launceston Country Club Tasmania, Ballroom. Thurs 2 Oct, 1.30-2.30pm

Burnie Arts and Function Centre, Braddon Hall. Mon 13 Oct, 10.30-11.30pm

Devonport Entertainment and Convention Centre, Federation Room. Wed 15 Oct, 11.30am-12.30pm

Hobart Wrest Point, Derwent Room. Wed 22 Oct, 3-4pm

This seminar shares Caterpillar Underground Mining's experience of upgrading its WHS management systems over the last three years. It shares learnings that other workplaces may benefit from.

# Seminar Descriptions: **Safety**

All registrations at [www.worksafe.tas.gov.au](http://www.worksafe.tas.gov.au) unless otherwise specified.

## **Eye Protection Required Beyond This Point**

### **Presented by:**

OPSM

### **Who should attend:**

Managers and supervisors, WHS advisors, HSRs and committee members, injury management coordinators, licensed insurers, self insurers, workers

### **Locations and times:**

Launceston Country Club Tasmania, Ballroom. Thurs 2 Oct, 12-12.45pm

Devonport Entertainment and Convention Centre, Federation Room. Mon 13 Oct, 11.30am-12.15pm

Burnie Arts and Function Centre, Bass/Flinders Room. Thurs 16 Oct, 3-3.45pm

Hobart Wrest Point, Derwent Room. Thurs 30 Oct, 9-9.45am

This seminar provides a practical framework for assessing your workplace eye safety hazards. It discusses personal protective equipment and associated Australian Standards. It explains the bottom line implications of eye safety and the new laws.

## **Getting There First: Don't Wait for an Injury to Occur**

### **Presented by:**

Advanced Personnel Management:  
Catherine Back, State Manager

### **Who should attend:**

Managers and supervisors, HR personnel, WHS advisors, HSRs and committee members, PCBUs, health providers (including doctors, workplace rehabilitation providers), injury management coordinators, licensed insurers, self insurers, workers

### **Locations and times:**

Launceston Country Club Tasmania, Ballroom. Thurs, 2 Oct, 10.30-11.30am

Hobart Wrest Point, Derwent Room. Wed 22 Oct, 3-4pm

This seminar explains the risks of workplace injuries, and how education and an attitude of safety prevention can avoid many injuries.

## **How to Get the Most Out of Employee Health Assessments**

### **Presented by:**

Tas Occupational and Environmental Medicine: Mark Spearpoint

### **Who should attend:**

Managers and supervisors, HR personnel, WHS advisors, HSRs and committee members, PCBUs, health providers (including doctors, workplace rehabilitation providers), injury management coordinators, licensed insurers, self insurers, workers

### **Locations and times:**

Launceston Country Club Tasmania, Terrace Restaurant. Mon 29 Sept, 12-1.30pm

Burnie Arts and Function Centre, Braddon Hall. Tues 14 Oct, 2.30-4pm

Hobart Wrest Point, Derwent Room. Thurs 23 Oct, 3-4.30pm

This seminar explains legal requirements for health screening, including pre-employment medicals and those conducted during a worker's employment; how fitness for work may be determined; and what PCBUs should expect of their health care providers. It explains a method of health screening that helps business understand the health of its workforce and makes workers responsible for their health.

## **Health and Safety Representatives (HSR) Conference**

### **Presented by:**

Unions Tasmania in conjunction with WorkSafe Tasmania

### **Who should attend:**

Health and safety representatives

### **Locations and times:**

Launceston Country Club Tasmania, Ballroom. Mon 29 Sept, Registration 8.30am, Conference 9am-4pm

Hobart Wrest Point, Derwent Room. Mon 27 Oct, Registration 8.30am, Conference 9am-4pm

This year's HSR conference will cover:

The importance of workplace consultation - what is the practice, culture and strategies used in effective consultation

The prevention of psychosocial hazards - increasing worker participation and effective worker representation

Workplace diversity and implications for workplace health and safety - communicating the needs of precarious and marginalized workers

The retention of an ageing workforce - implications for health and safety.

# Seminar Descriptions: **Safety**

All registrations at [www.worksafe.tas.gov.au](http://www.worksafe.tas.gov.au) unless otherwise specified.

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## **Inoculate Yourself Against Bullying**

### **Presented by:**

Empathy and Courage: Diane Caney, Graham Gourlay and Alison Smith

### **Who should attend:**

Managers and supervisors, HR personnel, WHS advisors, HSRs and committee members, PCBUs, health providers (including doctors, workplace rehabilitation providers), injury management coordinators, licensed insurers, self insurers, workers

### **Locations and times:**

Launceston Country Club Tasmania, Clarendon Room. Fri 10 Oct, 12.30-2pm

Burnie Arts and Function Centre, Braddon Hall. Mon 13 Oct, 1.30-3pm

Devonport Entertainment and Convention Centre, Federation Room. Tues 14 Oct, 10.30am-12pm

Hobart Wrest Point, Derwent Room. Tues 28 Oct, 3-4.30pm

This seminar will empower workers to become 'bully-proof' and feel confident in their ability to deal with bullying.

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## **Is Your Chair Killing You?**

### **Presented by:**

IPM Safety: Kirby Dillon, Team Leader Injury Management/Ergonomic and Vanessa Copp, WHS Consultant (Injury Management)

### **Who should attend:**

Managers and supervisors, WHS advisors/practitioners, HSRs and committee members, health providers (including doctors, workplace rehabilitation providers), workers

### **Locations and times:**

Launceston Country Club Tasmania, Ballroom. Tues 7 Oct, 3-4pm

Hobart Wrest Point, Derwent Room. Tues 28 Oct, 9-10am

This seminar explores the detrimental effects of prolonged sitting and the importance of good office ergonomics.

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## **King Island Chamber of Commerce Breakfast**

### **Presented by:**

King Island Chamber of Commerce

### **Who should attend:**

King Island businesses

### **Locations and times:**

King Island: Mon 13 Oct. King Island Club, 7am. Further details when you register

### **Registration:**

King Island Chamber of Commerce: Michelle Mauric, Kirido/OAC Coordinator: 64621778 or [kingislandnet@internode.on.net](mailto:kingislandnet@internode.on.net)

This breakfast seminar will include networking opportunities.

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## **Lessons from the Mining Industry for all Workplaces**

### **Presented by:**

Hosted by the Safety Institute of Australia, Tasmania Branch

### **Who should attend:**

Officers, managers, supervisors, HR personnel, WHS advisors, HSRs and committee members, contractors, unions, PCBUs, workers

### **Locations and times:**

Launceston Country Club Tasmania, Ballroom. Wed 1 Oct, 1-4pm

Hobart Wrest Point, Derwent Room. Tues 21 Oct, 1-4pm

This seminar will cover lessons from mining that are relevant to all industries. Speakers will share their insights into recent serious incidents/fatalities and the lessons to be learnt for all workplaces..

The speakers will each present a 40 minute session, including Professor Michael Quinlan, UNSW (Beaconsfield Mine Inquiry); Andrew Tunstall, Principal Mines Inspector, WorkSafe Tasmania; and Tasmanian Coroner, Rod Chandler. Professor Quinlan will provide an insight into his new book, *Ten Pathways to Death and Disaster: Learning from fatal incidents in mines and other high hazard workplaces*. The seminar will conclude with questions to the panel.

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## **Managing Alcohol & Other Drugs in the Workplace**

### **Presented by:**

Integrity Sampling (Tas) Pty Ltd: Colin Thomas and Rick Shadbolt

### **Who should attend:**

Managers and supervisors, HR personnel, WHS advisors, HSRs and committee members, PCBUs, injury management coordinators, licensed insurers, self insurers, workers

### **Locations and times:**

Launceston Country Club Tasmania, Ballroom. Wed 1 Oct, 10.30am-12.30pm

Devonport Entertainment and Convention Centre, Federation Room. Wed 15 Oct, 9-11am

Burnie Arts and Function Centre, Braddon Hall. Wed 15 Oct, 3-5pm

Hobart Wrest Point, Derwent Room. Thurs 23 Oct, 9-11am

This seminar details the relevant sections of the WHS laws; and explains the need for a proper and workable policy, procedure and management program for managing alcohol and other drugs in the workplace.

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## **Managing WHS in the Cloud**

### **Presented by:**

forestecwhs: Phill Bevan

### **Who should attend:**

Managers and supervisors, HR personnel, WHS advisors, HSRs and committee members, PCBUs, health providers (including doctors, workplace rehabilitation providers), injury management coordinators, licensed insurers, self insurers, workers

### **Locations and times:**

Launceston Country Club Tasmania, Ballroom. Thurs 2 Oct, 9-10am

Hobart Wrest Point, Derwent Room. Wed 22 Oct, 10.30-11.30am

This seminar discusses emerging online WHS tools and solutions to support improved, efficient and effective WHS management.

# Seminar Descriptions: **Safety**

All registrations at [www.worksafe.tas.gov.au](http://www.worksafe.tas.gov.au) unless otherwise specified.

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## Marine Safety

### Presented by:

Marine and Safety Tasmania

### Who should attend:

PCBUs, workers, recreational boaters

### Locations and times:

Devonport: The Julie Burgess, 6 Gloucester Avenue, Devonport, Thurs 16 Oct, 9-10am

Registration: contact Phillip Bourke, Safety Officer, Devonport City Council on 6424 0552

This session will explain use and maintenance of equipment, compliance for life jackets and safety devices including flares

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## Manual Tasks & Injury Prevention

### Presented by:

IPM Safety: Kirby Dillon, Team Leader Injury Management/Ergonomic and Vanessa Copp, WHS Consultant (Injury Management)

### Who should attend:

Managers and supervisors, WHS advisors/practitioners, HSRs and committee members, workers

### Locations and times:

Launceston Country Club Tasmania, Ballroom. Tues 7 Oct, 10.30-11.30am

Hobart Wrest Point, Derwent Room. Thurs 30 Oct, 1-2pm

This seminar explains the causes of manual handling strain injuries, and provides practical solutions to assess and control the risks associated with hazardous manual tasks.

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## North West Councils

### Presented by:

Burnie City Council, Central Coast Council, Circular Head Council, Devonport City Council, Latrobe Council, Waratah Wynyard Council,

### Who should attend:

Interested members of the public

### Location, times and registration:

North West Council safety officers will host seminars for its workers. For details call Garry Thorp, Health and Safety Officer, Circular Head Council on 6452 4862 or Waratah Wynyard Council on 6443 8333.

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## Not as Visible as You Think

### Presented by:

Tasmania Police: Sergeant Troy Morrisby, Road and Public Order Services

### Who should attend:

Workers and HSRs of PCBUs/contractors working on roads and carriageways (especially at night), including emergency service personnel, contracted road workers, local government workers

### Locations and times:

Launceston Country Club Tasmania, Ballroom. Thurs 2 Oct, 10.30-11.15am

Devonport Entertainment and Convention Centre, Federation Room. Wed 15 Oct, 4-4.45pm

Burnie Arts and Function Centre, Bass/Flinders Room. Thurs 16 Oct, 9-9.45am

Hobart Wrest Point, Derwent Room. Wed 29 Oct, 2-2.45pm

This seminar addresses the reflectiveness/visibility of compliant Australian Standard workplace garments under different lighting conditions; in particular, under sodium vapour lighting which is common to highways and high-density areas. It covers practices that workers/contractors can adopt to enhance their visibility in these conditions.

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## Petuna Seafoods, Safety Open Day

### Presented by:

Petuna Seafoods

### Who should attend:

PCBUs, workers

### Locations and times:

Devonport: Petuna Seafoods, 134 Tarleton Street, East Devonport, Thurs 16 Oct, 11am-12pm

Registration: contact Phillip Bourke, Safety Officer, Devonport City Council on 6424 0552

The open day will include processing safety.

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## OneCare Rubicon Grove, Safety Open day

### Presented by:

OneCare Rubicon Grove

### Who should attend:

PCBUs, workers

### Locations and times:

Port Sorell: 89 Club Drive, Port Sorell, Thurs 16 Oct, 1-2pm

For information contact Jodi Towns, OneCare, Rubicon Grove, 64275700

The open day will include a presentation on the implementation of their health and wellbeing program including managing stress, fatigue and manual handling. The day includes a facility tour and light refreshments.

# Seminar Descriptions: **Safety**

All registrations at [www.worksafe.tas.gov.au](http://www.worksafe.tas.gov.au) unless otherwise specified.

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## **Participatory Ergonomics at Pacific Aluminium**

### **Presented by:**

Pacific Aluminium: Paul Laidlaw

### **Who should attend:**

Managers and supervisors, HR personnel, WHS advisors, HSRs and committee members, PCBUs, health providers (including doctors, workplace rehabilitation providers), injury management coordinators, licensed insurers, self insurers, workers

### **Locations and times:**

Launceston Country Club Tasmania, Ballroom. Thurs 2 Oct, 1.30-3pm

This seminar shares Pacific Aluminium's experience of managing manual handling tasks as they have evolved using a participatory ergonomics program. It shares learnings that other workplaces may benefit from.

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## **Personal Security at Work at THO–North West**

### **Presented by:**

Tasmanian Health Organisation–North West and Tasmania Police: Samantha Forrest and Senior Constable Leonie Smith

### **Who should attend:**

Managers and supervisors, HR personnel, WHS advisors, HSRs and committee members, PCBUs, health providers (including doctors, workplace rehabilitation providers), injury management coordinators, licensed insurers, self insurers, workers

### **Locations and times:**

Devonport Entertainment and Convention Centre, Federation Room. Tues 14 Oct, 2-3pm

Burnie Arts and Function Centre, Braddon Hall. Fri 17 Oct, 9-10am

This seminar shares Tasmanian Health Organisation–North West's experience of working with Tasmania Police to help its workers do security risk assessments and be vigilant about their personal security, especially when working alone or in isolation. It shares learnings that other workplaces may benefit from.

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## **Residential Height Safety: Myths & Realities**

### **Presented by:**

Handa Training Solutions and WorkSafe Tasmania. Sponsored by the Tasmanian Building and Construction Industry Training Board. Supported by Master Builders Tasmania and Ronald Young & Co Builders Pty Ltd

### **Who should attend:**

Managers and supervisors, PCBUs, workers

### **Locations and times:**

Launceston Country Club Tasmania, Ballroom. Tues 7 Oct, 4-6pm

Hobart Wrest Point, Derwent Room. Mon 20 Oct, 4-6pm

This seminar provides the residential building industry with practical guidance on the requirements of the WHS laws. It explains how to manage the risk of falls, shares before-and-after case studies, and includes a Q&A with industry leaders.

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## **Risk Identification**

### **Presented by:**

Tasmanian Chamber of Commerce and Industry: Janelle Whitehouse, Safety Specialist

### **Who should attend:**

Managers and supervisors, workers

### **Locations and times:**

Launceston Country Club Tasmania, Ballroom. Wed 8 Oct, 9-10am

Devonport Entertainment and Convention Centre, Centenary Court. Tues 14 Oct, 11am-12pm

Burnie Arts and Function Centre, Braddon Hall. Fri 17 Oct, 2-3pm

Hobart Wrest Point, Derwent Room. Wed 22 Oct, 9-10am

This seminar explains how to identify and control risk and hazards in your workplace, and how people's perceptions of risk can vary. It is an entry level seminar covering the basics.

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## **Safe Farms, Healthy Farmers: Tenth National Farm Health & Safety Conference**

### **Presented by:**

Proactive Agricultural Safety Systems (PASS)

### **Who should attend:**

The rural industry

### **Locations and times:**

Launceston: Hotel Grand Chancellor, 15–16 October. For details, full program and to register go to [www.farmsafe.org.au](http://www.farmsafe.org.au)

This two-day industry conference covers farm safety issues such as quad bike safety, emergency planning, noise exposure, suicide prevention and relevant codes of practice. It includes a site visit to a mixed farming operation.

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## **Safety Risks with Operating Gantry Cranes in the Extractive & Pre-Mixed Concrete Industries**

### **Presented by:**

Cement, Concrete & Aggregates Australia (CCCA); Institute of Quarrying Australia (IQA)

### **Who should attend:**

Anyone who manages, engages, supervises or works in an industrial setting, particularly in the resources/ civil construction industries

### **Locations and times:**

Hobart: Magistrates Court number 2, 23–25 Liverpool St. Fri 17 Oct, 12–3:30pm. Light lunch provided

### **Cost:**

\$155 plus GST

This seminar includes a mock court scenario to give you a taste of what real court proceedings are like. Experienced lawyers from Deloitte Australia play the role of prosecutor and defence lawyer, and you'll play the manager, witness or injured party.

# Seminar Descriptions: **Safety**

All registrations at [www.worksafe.tas.gov.au](http://www.worksafe.tas.gov.au) unless otherwise specified.

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## School Camps & Excursions Risk Management

### Presented by:

Catholic Education Office

### Who should attend:

Managers and supervisors, WHS advisors, HSRs and committee members, workers

### Locations and times:

Burnie: 23 October, Marist Regional College, 4:30–7:30pm

Launceston: 22 October, St Thomas More's Catholic School, 4:30–7:30pm

Hobart: 21 October, TCEO, Emmett Place, 4:30–7:30pm

To register, call Melissa McGuire at Tasmanian Catholic Education Office on 6210 8804 or email [whs@catholic.tas.edu.au](mailto:whs@catholic.tas.edu.au)

This seminar explains how to apply WHS laws to school camps and excursions, understand duty of care for camps and excursions, and understand exposing students to age-appropriate risks balanced against educational benefits. It covers how to develop and use policies, planning documents, risk assessments and risk treatment plans.

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## Simplifying WHS Management Systems

### Presented by:

Tasmanian Chamber of Commerce and Industry: Craig Hortle, WHS Advisor

### Who should attend:

Managers and supervisors, WHS advisors, HSRs and committee members, PCBUs; especially small business and sole traders

### Locations and times:

Launceston Country Club Tasmania, Ballroom. Thurs 2 Oct, 9-10am

Devonport Entertainment and Convention Centre, Centenary Court. Mon 13 Oct, 9.30-10.30am

Hobart Wrest Point, Derwent Room. Wed 29 Oct, 3.30-4.30pm

This seminar gives practical guidance for preparing a safety management system and writing policy and procedure. It is aimed at small business and sole traders who are unsure where to start with WHS.

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## Slips, Trips & Falls (Including Fall Prevention)

### Presented by:

IPM Safety: Martyn Bradfield, Director/ Senior WHS Consultant and Andrew McGowan, Senior WHS Consultant/ Trainer

### Who should attend:

Managers and supervisors, WHS advisors/practitioners, HSRs and committee members, PCBUs, workers

### Locations and times:

Launceston Country Club Tasmania, Terrace Restaurant. Fri 3 Oct, 12-1pm

Hobart Wrest Point, Derwent Room. Fri 24 Oct, 3.30-4.30pm

This seminar explores practical solutions to preventing slips, trips and falls.

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## Shellfish Futures 2014: Annual Industry Conference "Surviving in Risky Times"

### Presented by:

Circular Head Shellfish Growers Association

### Who should attend:

Shellfish Growers and associates

### Locations and times:

Fri 17 Oct and Sat 18 Oct

Tall Timbers Tasmania, Scotchtown Road, Smithton

An Industry conference for all Shellfish Growers in Tasmania and interstate.

This year's conference theme is "Surviving in Risky Times". Keynote speaker is Professor Richard Whittington from Sydney University. For information contact [admin@bboyster.com.au](mailto:admin@bboyster.com.au), or phone Cassie: 0364 522 262

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## The Role of Leadership & Culture in Achieving High Performance

### Presented by:

Leading Teams: Tim Ferguson

### Who should attend:

Managers and supervisors, HR personnel, WHS advisors, HSRs and committee members, PCBUs, health providers (including doctors, workplace rehabilitation providers), injury management coordinators, licensed insurers, self insurers, workers

### Locations and times:

Launceston Country Club Tasmania, Ballroom. Tues 30 Sept, 11am-1pm

Hobart Wrest Point, Derwent Room. Thurs 30 Oct, 10.30am-12.30pm

This seminar provides a model for creating positive behavioural standards in your workplace culture, and practical guidance to apply in your organisation. It explains how managers and leadership are not the same thing; you don't need a manager's title to be a leader.

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## Tolerating Disrespect Opens the Doorway to Bullying

### Presented by:

Empathy and Courage: Diane Caney, Graham Gourlay and Alison Smith

### Who should attend:

Managers and supervisors, HR personnel, WHS advisors, HSRs and committee members, PCBUs, health providers (including doctors, workplace rehabilitation providers), injury management coordinators, licensed insurers, self insurers, workers

### Locations and times:

Launceston Country Club Tasmania, Clarendon Room. Fri 10 Oct, 11am-12pm

Burnie Arts and Function Centre, Braddon Hall. Mon 13 Oct, 3.30-4.30pm

Devonport Entertainment and Convention Centre, Federation Room. Tues 14 Oct, 9-10am

Hobart Wrest Point, Derwent Room. Tues 28 Oct, 1.30-2.30pm

This seminar explains how to cultivate a culture of respect in the workplace, and why it is important to speak up promptly if anyone is being disrespectful or bullying.

# Seminar Descriptions: **Safety**

All registrations at [www.worksafe.tas.gov.au](http://www.worksafe.tas.gov.au) unless otherwise specified.

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## WHS Hazards & Risks

### Presented by:

IPM Safety: Martyn Bradfield, Director/  
Senior WHS Consultant and Andrew  
McGowan, Senior WHS Consultant/  
Trainer

### Who should attend:

Managers and supervisors, WHS  
advisors/practitioners, HSRs and  
committee members, PCBUs, small-  
medium business owners, workers

### Locations and times:

Launceston Country Club Tasmania,  
Ballroom. Tues 7 Oct, 1.30-2.30pm  
Burnie Arts and Function Centre,  
Braddon Hall. Fri 17 Oct, 3.30-4.30pm  
Hobart Wrest Point, Derwent Room. Fri  
24 Oct, 12.30-1.30pm

This practical seminar explains how  
to identify, assess and control WHS  
hazards and risks.

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## Workplace Behaviour: Where is the Line?

### Presented by:

Office of the Anti-Discrimination  
Commissioner: Louise Adams, Training  
Education and Development Officer

### Who should attend:

Workers

### Locations and times:

Launceston Country Club Tasmania,  
Ballroom. Wed 1 Oct, 10.30am-12.30pm  
Devonport Entertainment and  
Convention Centre, Centenary Court.  
Wed 15 Oct, 3-5pm  
Burnie Arts and Function Centre,  
Braddon Hall. Thurs 16 Oct, 1-3pm  
Hobart Wrest Point, Derwent Room. Mon  
20 Oct, 9-11am

This seminar explains what is and  
what isn't appropriate behaviour; and  
provides answers to those unsure what  
to do when witnessing or experiencing  
inappropriate behaviour before it  
escalates into bullying and harassment.

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## Work-Related Driver Safety

### Presented by:

Motorsafe Tasmania

### Who should attend:

Managers and supervisors, HR  
personnel, WHS professionals, HSRs  
and committee members

### Locations and times:

Launceston Country Club Tasmania,  
Clarendon Room. Fri 10 Oct, 9-10.30am  
Devonport Entertainment and  
Convention Centre, Federation Room.  
Tues 14 Oct, 3.30-5pm  
Burnie Arts and Function Centre,  
Braddon Hall. Fri 17 Oct, 12-1.30pm  
Hobart Wrest Point, Derwent Room. Fri  
24 Oct, 9-10.30am

This seminar emphasises a total policy  
approach to safe driving: having a  
policy that covers vehicle choice  
and maintenance, training, incident  
reporting, problem correction and  
ongoing training.

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## Writing Anti-Discrimination Policies

### Presented by:

Office of the Anti-Discrimination  
Commissioner: Roz Smart, Senior  
Training Education and Development  
Officer

### Who should attend:

Workers

### Locations and times:

Launceston Country Club Tasmania,  
Ballroom. Wed 1 Oct, 1-2pm  
Devonport Entertainment and  
Convention Centre, Centenary Court.  
Wed 15 Oct, 1.30-2.30pm  
Burnie Arts and Function Centre,  
Braddon Hall. Thurs 16 Oct, 9-10am  
Hobart Wrest Point, Derwent Room. Mon  
20 Oct, 11.30am-12.30pm  
This seminar provides practical  
guidance on writing sound, relevant anti-  
discrimination policies and procedures,  
and explains why they matter.

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## Zero Harm Workplace

### Presented by:

Incident Free Driver: Alex Jerrim

### Who should attend:

Managers and supervisors, HR  
personnel, WHS advisors, HSRs and  
committee members, workers

### Locations and times:

Launceston Country Club Tasmania,  
Ballroom. Wed 1 Oct, 9-10am  
Devonport Entertainment and  
Convention Centre, Federation Room.  
Wed 15 Oct, 2.30-3.30pm  
Burnie Arts and Function Centre, Bass/  
Flinders Room. Thurs 16 Oct, 10.30-  
11.30am  
Hobart Wrest Point, Derwent Room. Wed  
22 Oct, 9-10am

This seminar explains how to critique  
and evolve your organisation's current  
approach to WHS in light of the current  
trend towards a Zero Harm Workplace.

# Seminar Descriptions: Return to Work

All registrations at [www.worksafe.tas.gov.au](http://www.worksafe.tas.gov.au) unless otherwise specified.

## Improving Performance Through Early Intervention

### Presented by:

Advanced Personnel Management and Anglicare Tasmania: Amy McKenzie and John Rowland

### Who should attend:

Managers and supervisors, HR personnel, WHS advisors, HSRs and committee members, PCBUs, health providers (including doctors, workplace rehabilitation providers), injury management coordinators, licensed insurers, self insurers, workers

### Locations and times:

Launceston Country Club Tasmania, Clarendon Room. Mon 6 Oct, 12-1pm

Burnie Arts and Function Centre, Braddon Hall. Mon 13 Oct, 9-10am

Devonport Entertainment and Convention Centre, Federation Room. Mon 13 Oct, 4-5pm

Hobart Wrest Point, Derwent Room. Thurs 23 Oct, 11.30am-12.30pm

This seminar explores early intervention: what it is, who it involves, its benefits, barriers to it, and results and trends.

## Injury Prevention at Spirit of Tasmania

### Presented by:

Spirit of Tasmania: John McGrath, General Manager

### Who should attend:

Managers and supervisors, HR personnel, WHS advisors, HSRs and committee members, PCBUs, health providers (including doctors, workplace rehabilitation providers), injury management coordinators, licensed insurers, self insurers, workers

### Locations and times:

Hobart Wrest Point, Derwent Room. Tues 28 Oct, 10.30-11.15am

This seminar explains the Spirit of Tasmania's experience of injury prevention. It shares learnings that other workplaces may benefit from.

## SafeSpine

### Presented by:

Vitality Works: Dr Sarah Curtis

### Who should attend:

Senior managers, supervisors, officers, human resources personnel, health and safety representatives, WHS committee members, injury management coordinators, licensed insurers, self insurers, WHS professionals

### Locations and times:

Devonport Entertainment and Convention Centre. Centenary Court. Tues 14 Oct, 3-4pm

Burnie Arts and Function Centre. Bass/Flinders Room. Wed 15 Oct, 9-10am

This seminar explains how you can reduce the incidence and severity of soft tissue injuries. You'll learn practical tools for preventing these injuries.

## The IMC & the Refusing Injured Worker: The Long & Winding Road to Section 143

### Presented by:

Injury Management Coordinators Association of Tasmania and GetYes: Julia Drew and Andrew Hemming

### Who should attend:

Injury management coordinators, return to work coordinators, anyone interested in injury management issues

### Locations and times:

Launceston Country Club Tasmania, Ballroom.

Wed 8 Oct, 10.30am-12pm

Hobart Wrest Point, Derwent Room. Thurs 23 Oct, 1-2.30pm

This seminar explores the challenges around an injured worker who is not on the same road as the IMC, and the issues around ensuring the injury management process reacts appropriately. It discusses the remedies available under Section 143 of the Workers Rehabilitation and Compensation Act.

## Trends, Costs & Causes of Stress-Related Workers Compensation Claims in a Public Sector Workforce

### Presented by:

Menzies Research Institute Tasmania: Lisa Jarman, Organisational Psychologist

### Who should attend:

Managers and supervisors, HR personnel, health providers (including doctors, workplace rehabilitation providers), injury management coordinators, licensed insurers, self insurers, workers

### Locations and times:

Hobart Wrest Point, Derwent Room. Wed 22 Oct, 12-1pm

This seminar uses information from a large public sector workforce to illustrate trends, costs and causes of stress-related compensation claims. It discusses the strengths and limitations of stress claim data and implications for practice.

# Seminar Descriptions: **Wellbeing**

All registrations at [www.worksafe.tas.gov.au](http://www.worksafe.tas.gov.au) unless otherwise specified.

## Beach to Bay/Strahan Fun Run/Walk

### Presented by:

ACTIVE Strahan Inc, partnered with WorkSafe Tasmania

### Who should attend:

The West Coast Community

### Locations and times:

Strahan: West Strahan Beach. 1 Nov, 8am–3pm. To register go to [www.activestranham.com.au](http://www.activestranham.com.au) or collect a registration form from West Coast post offices or Bendigo Bank Queenstown

This annual day puts the spotlight on health and wellbeing. It has three courses to run or walk (2km, 6km and 9km) and other activities. It raises money for community projects promoting an active and healthy lifestyle.

## Bocce Team Challenge

### Presented by:

Life. Be in it.

### Who should attend:

Open to everyone; teams of four (which can change from week to week)

### Locations and times:

Hobart: Parliament House Lawns, Salamanca. Six weeks, every Friday from 10 Oct to 28 Nov, 4–6.30pm. Rounds last 30 minutes.

To register for the full six week team challenge, go to [www.tas.lifebeinit.org](http://www.tas.lifebeinit.org) or attend on 18 Oct at Parliament House Lawns.

Bocce is a fun and relaxing sport suitable for all ages, fitness and abilities. Week one is an introductory event with lessons, drinks and nibbles; there is no need to register for this.

Email [info@tas.lifebeinit.org](mailto:info@tas.lifebeinit.org) for more information.

## Creating the Best Workplace on Earth Breakfast Forum

### Presented by:

WorkSafe Tasmania, Population Health Services and the Employer of Choice Program. Sponsored by BUPA.

### Who should attend:

Managers and supervisors, HR personnel, WHS advisors, HSRs and committee members, PCBUs, health providers (including doctors, workplace rehabilitation providers), injury management coordinators, licensed insurers, self insurers, workers

### Locations and times:

Launceston Country Club Tasmania, Ballroom. Tues 30 Sept, Registration 7am, Breakfast 7.15-8.50am

Devonport Entertainment and Convention Centre, Centenary Court. Tues 14 Oct, Registration 7am, Breakfast 7.15-8.50am

Hobart Wrest Point, Derwent Room. Tues 21 Oct, Registration 7am, Breakfast 7.15-8.50am

This breakfast seminar explores how an integrated approach to health, safety and wellbeing will set your business apart from the rest. It features guest speakers and local case studies, and encourages participants to share their wellbeing ideas, challenges and solutions. Guest speakers include Bupa ambassador and Olympic Gold Medalist Matt Welsh and Tim Ferguson, a (Leading Team) (Launceston only) AFL legend, Alistair Lynch (Devonport only), Legends: David Parkin Peter Hudson (Hobart).

## Championing Workplace Wellbeing

### Presented by:

WorkSafe Tasmania: Cameron Blight and Samantha Lawrence, Health and Wellbeing Advisors

### Who should attend:

Managers and supervisors, HR personnel, WHS advisors, HSRs and committee members, PCBUs, health providers (including doctors, workplace rehabilitation providers), injury management coordinators, licensed insurers, self insurers, workers

### Locations and times:

Launceston Country Club Tasmania, Ballroom. Tues 30 Sept, 1.30-4pm

Launceston Country Club Tasmania, Ballroom. Tues 7 Oct, 10.30am-1pm

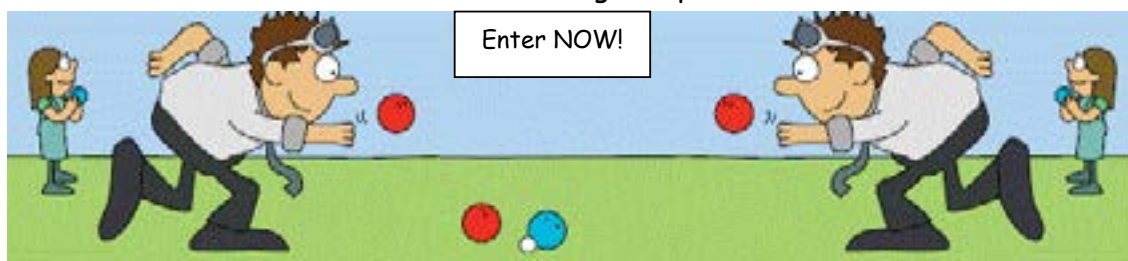
Devonport Entertainment and Convention Centre, Federation Room. Mon 13 Oct, 1-3.30pm

Hobart Wrest Point, Derwent Room. Tues 21 Oct, 9.30am-12pm

Hobart Wrest Point, Derwent Room. Tues 28 Oct, 1-3.30pm

This seminar builds the capacity of workplaces that want to establish or improve their workplace wellbeing programs. It covers management support, organising your program, assessing staff needs, action planning and evaluating your program. It includes tools and resources to build a successful and sustainable program.

The 'Life. Be in it' Team Bocce Challenge is back for 2014. Join us every Friday night for some fun competition against other Hobart business houses and Govt. Agencies. Meet new friends, build networks, win some great prizes.



Building healthier workplaces

Venue- Parliament House lawn commencing August. To register call 1300 73 83 63 or go to [www.tas.lifebeinit.org](http://www.tas.lifebeinit.org)  
All equipment and tuition supplied. No special clothing, just great fun.

# Seminar Descriptions: **Wellbeing**

All registrations at [www.worksafe.tas.gov.au](http://www.worksafe.tas.gov.au) unless otherwise specified.

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## Engaged & Present

### Presented by:

Whatley–Dale.com: Anne Whatley–Dale, Founder/presenter/author

### Who should attend:

Managers and supervisors, workers

### Locations and times:

Launceston Country Club Tasmania, Clarendon Room. Thurs 9 Oct, 10.30am-2pm

Devonport Entertainment and Convention Centre, Centenary Court. Mon 13 Oct, 11am-2.30pm

Burnie Arts and Function Centre, Braddon Hall. Tues 14 Oct, 10.30am-2pm

Hobart Wrest Point, Derwent Room. Thurs 30 Oct, 11am-2.30pm

This seminar provides the start of a practical plan for achieving work–life balance. It explores options for personal change and being engaged and present at work. It's for people who know what they want to achieve in their life yet feel frustrated because it isn't happening!

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## Getting Started in Workplace Health & Wellbeing

### Presented by:

WorkSafe Tasmania: Cameron Blight and Samantha Lawrence, Health and Wellbeing Advisors

### Who should attend:

Managers and supervisors, HR personnel, WHS advisors, HSRs and committee members, PCBUs, health providers (including doctors, workplace rehabilitation providers), injury management coordinators, licensed insurers, self insurers, workers

### Locations and times:

Launceston Country Club Tasmania, Ballroom. Tues 7 Oct, 9-10am

Burnie Arts and Function Centre, Bass/Flinders Room. Thurs 16 Oct, 1.30-2.30pm

Hobart Wrest Point, Derwent Room. Tues 28 Oct, 11am-12pm

This seminar is a great starting point for workplaces wanting to know the basics and how to establish a workplace wellbeing program.

The session explains how to improve staff wellbeing and morale, improve business performance, and reduce absenteeism through addressing the health and wellbeing.

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## Hard to be Healthy: A Battle for Balance?

### Presented by:

Whatley–Dale.com: Anne Whatley–Dale, Founder/presenter/author

### Who should attend:

Managers and supervisors, HR personnel, PCBUs, workers

### Locations and times:

Launceston Country Club Tasmania, Clarendon Room. Thurs 9 Oct, 2.30-3.30pm

Devonport Entertainment and Convention Centre, Centenary Court. Mon 13 Oct, 3-4pm

Burnie Arts and Function Centre, Braddon Hall. Tues 14 Oct, 9-10am

Hobart Wrest Point, Derwent Room. Wed 22 Oct, 10.30-11.30am

This seminar explores how the world talks about health and wellbeing, yet often promotes and practices the opposite. It explores the opportunities for work–life balance if we look at life differently; and explains how workplaces can be healthier and more balanced without detriment to the bottom line. Participants will leave with the start of a practical plan for achieving work–life balance.

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## Health & Wellbeing Tips for Workers & PCBUs

### Presented by:

IPM Safety: Kirby Dillon, Team leader Injury Management/Ergonomic and Vanessa Copp, WHS Consultant (Injury Management)

### Who should attend:

Managers and supervisors, WHS advisors/practitioners, HSRs and committee members, workers

### Locations and times:

Launceston Country Club Tasmania, Ballroom. Wed 1 Oct, 9-10am

Hobart Wrest Point, Derwent Room. Wed 22 Oct, 12-1pm

This seminar encourages workers to make positive and effective lifestyle choices consistent with maintaining good mental and physical health.

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## Identifying & Supporting Mental Health & Wellbeing Issues in the Workplace

### Presented by:

OzHelp Tasmania Foundation: Doug Vautier

### Who should attend:

Managers and supervisors, HR personnel, WHS advisors, HSRs and committee members, PCBUs,

### Locations and times:

Launceston Country Club Tasmania, Ballroom. Tues 7 Oct, 9-10am

Devonport Entertainment and Convention Centre, Centenary Court. Wed 15 Oct, 9.30-10.30am

Hobart Wrest Point, Derwent Room. Fri 24 Oct, 11am-12pm

This seminar shows how to raise awareness of mental health in the workplace. It provides practical tools to help support those who may be struggling with mental health issues.

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## Issues That May Arise When a Worker Tells You They Have Cancer

### Presented by:

Cancer Council Tasmania

### Who should attend:

Managers and supervisors, HR personnel

### Locations and times:

Launceston: Cancer Support Centre, 69–71 Howick Street. 15 Oct 8–8.45 am. To register email [raustin@cancertas.org.au](mailto:raustin@cancertas.org.au) or call 6341 8407

This seminar identifies the issues that may arise, and how you can work with your worker to support them on their cancer journey.

# Seminar Descriptions: **Wellbeing**

All registrations at [www.worksafe.tas.gov.au](http://www.worksafe.tas.gov.au) unless otherwise specified.

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## **Make Your Workforce StrokeSafe**

### **Presented by:**

National Stroke Foundation: StrokeSafe Ambassador

### **Who should attend:**

Managers and supervisors, HR personnel, WHS advisors, HSRs and committee members, health providers (including doctors, workplace rehabilitation providers), injury management coordinators, licensed insurers, self insurers, workers

### **Locations and times:**

Launceston Country Club Tasmania, Clarendon Room. Thurs 9 Oct, 9-9.45am

Devonport Entertainment and Convention Centre, Federation Room. Tues 14 Oct, 12.30-1.15pm

Burnie Arts and Function Centre, Braddon Hall. Fri 17 Oct, 10.30-11.15am

Hobart Wrest Point, Derwent Room. Wed 29 Oct, 12.30-1.15pm

This seminar outlines how to recognise the signs of stroke in a work colleague, customer or yourself using the FAST test. It explains what to do if someone is having a stroke, and how to prevent a stroke.

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## **Mental Health Expo**

### **Presented by:**

Cornerstone Youth Services (headspace)

### **Who should attend:**

Open to the community

### **Locations and times:**

Launceston: Albert Hall, 14 Oct. For details call Alison at Cornerstone Youth Services (headspace) on 6335 3100

This expo brings together mental health organisations from across Northern Tasmania for information stalls, guest speakers, chill-out zones, competitions and activities such as massages, tai chi and zumba classes.

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## **Mental Health First Aid at Caterpillar Underground Mining**

### **Presented by:**

Caterpillar Underground Mining: Ralph Cobban, Program Safety Leader

### **Who should attend:**

Managers and supervisors, HR personnel, WHS advisors, HSRs and committee members, PCBUs, health providers (including doctors, workplace rehabilitation providers), injury management coordinators, licensed insurers, self insurers, workers

### **Locations and times:**

Launceston Country Club Tasmania, Ballroom. Thurs 2 Oct, 12-1pm

Burnie Arts and Function Centre, Braddon Hall. Mon 13 Oct, 12-1pm

Devonport Entertainment and Convention Centre, Federation Room. Wed 15 Oct, 1-2pm

Hobart Wrest Point, Derwent Room. Wed 22 Oct, 1.30-2.30pm

This seminar shares Caterpillar Underground Mining's Mental Health First Aid program, which has been running for two years and has contributed to reduced injury rate and positive wellbeing for workers, their families and the broader community. It shares learnings that other workplaces may benefit from.

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## **Mental Wellbeing in the Workplace: How RACT Created a Community Action Plan**

### **Presented by:**

RACT: Geoff Eyers and/or Kathy Stocks

### **Who should attend:**

HR personnel, WHS advisors, HSRs and committee members

### **Locations and times:**

Launceston Country Club Tasmania, Clarendon Room. Mon 6 Oct, 10.30-11.30am

Hobart Wrest Point, Derwent Room. Mon 20 Oct, 11.30am-12.30pm

This seminar shares RACT's experience of developing and implementing a mental health and wellbeing program with its workers, which included a community action plan for suicide prevention. It shares learnings that other workplaces may benefit from.

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## **Mindfulness at Work**

### **Presented by:**

Kelly Madden, Psychologist

### **Who should attend:**

Managers and supervisors, HR personnel, HSRs and committee members, workers

### **Locations and times:**

Hobart Wrest Point, Derwent Room. Thurs 30 Oct, 9-10.30am

This practical seminar explains the practice of mindfulness and how it can improve mental wellbeing. It includes a brief mindfulness meditation, an exercise to bring mindful awareness to an everyday activity, and resources for use at work and home.

# Seminar Descriptions: **Wellbeing**

All registrations at [www.worksafe.tas.gov.au](http://www.worksafe.tas.gov.au) unless otherwise specified.

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## **Taste of Mindfulness**

### **Presented by:**

Strategic Intent: Pamela Lovell,  
Organisational Development Consultant

### **Who should attend:**

Managers and supervisors, HR personnel, WHS advisors, HSRs and committee members, PCBUs, health providers (including doctors, workplace rehabilitation providers), injury management coordinators, licensed insurers, self insurers, workers

### **Locations and times:**

Hobart Wrest Point, Derwent Room. Mon 20 Oct, 9-11am

This seminar explains mindfulness and how it can relieve workplace stress and promote resilience.

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## **Understanding Mental Health**

### **Presented by:**

WorkSafe Tasmania, Population Health Services and Oz Help

### **Who should attend:**

Managers and supervisors, HR personnel, WHS advisors, HSRs and committee members, PCBUs, health providers (including doctors, workplace rehabilitation providers), injury management coordinators, licensed insurers, self insurers, workers

### **Locations and times:**

Launceston Country Club Tasmania, Ballroom. Wed 8 Oct, 9am-12pm

Burnie Arts and Function Centre, Braddon Hall. Wed 15 Oct, 9am-12pm

Hobart Wrest Point, Portlight Bar. Tues 21 Oct, 9.30am-12.30pm

Hobart Wrest Point, Derwent Room. Wed 29 Oct, 9am-12pm

This seminar covers the principles of promotion, prevention and early intervention for mental health, how to apply these in your workplace, and the benefits of investing in these.

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## **Wellness Leadership**

### **Presented by:**

Population Health Services, Health Workers Initiative: Carl Cazaly, Manager

### **Who should attend:**

Managers and supervisors, HR personnel, WHS advisors, HSRs and committee members, PCBUs, health providers (including doctors, workplace rehabilitation providers), injury management coordinators, licensed insurers, self insurers, workers

### **Locations and times:**

Launceston Country Club Tasmania, Ballroom. Tues 30 Sept, 9.30-10.30am

Launceston Country Club Tasmania, Clarendon Room. Mon 6 Oct, 1.30-2.30pm

Devonport Entertainment and Convention Centre, Centenary Court. Tues 14 Oct, 9.30-10.30am

Hobart Wrest Point, Derwent Room. Tues 21 Oct, 9.30-10.30am

Hobart Wrest Point, Portlight Bar. Mon 27 Oct, 1-2pm

This seminar introduces the ripple effects your lifestyle can have on the way you lead a healthier, safer and more productive workplace.

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# Timetables



# Launceston events timetable

Country Club Tasmania						
Time	Monday 29 September	Monday 29 September	Tuesday 30 September	Tuesday 30 September	Wednesday 1 October	
	Ballroom	Terrace Restaurant	Ballroom	Ballroom	Ballroom Room	
7.00am –			Creating the Best Workplace on Earth Breakfast Forum			
7.30am –						
8.00am –						
8.30am –						
9.00am –	Health and Safety Representatives Conference					
9.30am –					Health and Wellbeing Tips for Workers & PCBUs	
10.00am –					Wellness Leadership	
10.30am –						
11.00am –						
11.30am –						Managing Alcohol & Other Drugs in the Workplace
12.00pm –						
12.30pm –			How to Get the Most Out of Employee Health Assessments			
1.00pm –						
1.30pm –						
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5.30pm –						
6.00pm –						
6.30pm –						
7.00pm –						

# Launceston events timetable

Country Club Tasmania				Time
Wednesday 1 October	Thursday 2 October	Thursday 2 October	Friday 3 October	
Ballroom	Ballroom	Ballroom	Terrace Restaurant	
				– 7.00am
				– 7.30am
				– 8.00am
				– 8.30am
				– 9.00am
Zero Harm Workplace	Simplifying WHS Management Systems	Managing WHS in the Cloud	Building a Positive WHS Culture: What It Takes	– 9.30am
				– 10.00am
				– 10.30am
Workplace Behaviour: Where is the line?	Not as Visible as You Think (45min)	Getting There First: Don't Wait for an Injury to Occur	Beyond Sun Safe: How Will Climate Change Affect WHS? (45min)	– 11.00am
				– 11.30am
	Mental Health First Aid at Caterpillar Underground Mining	Eye Protectionn Required Beyond this Point (45 min)	Slips, Trips & Falls (Including Fall Prevention)	– 12.00pm
				– 12.30pm
				– 1.00pm
Writing Anti-Discrimination Policies				– 1.30pm
	Effective WHS Management Systems at Caterpillar Underground Mining	Participatory Ergonomics at Pacific Aluminium		– 2.00pm
				– 2.30pm
Discrimination Free Recruitment & Selection				– 3.00pm
				– 3.30pm
				– 4.00pm
				– 4.30pm
				– 5.00pm
				– 5.30pm
				– 6.00pm
				– 6.30pm
				– 7.00pm

# Launceston events timetable

Country Club Tasmania			
Time	Monday 6 October	Tuesday 7 October	Tuesday 7 October
	Clarendon Room	Ballroom	Ballroom
7.00am –			
7.30am –			
8.00am –			
8.30am –			
9.00am –			
9.30am –		Getting Started in Workplace Health & Wellbeing	Identifying & Supporting Mental Health & Wellbeing Issues in the Workplace
10.00am –			
10.30am –			
11.00am –	Mental Wellbeing in the Workplace: How RACT Created a Community Action Plan	Championing Workplace Wellbeing	Manual Tasks & Injury Prevention
11.30am –			
12.00pm –			
12.30pm –	Improving Performance Through Early Intervention		Boiler & Pressure Vessel Failures (45min)
1.00pm –			
1.30pm –			
2.00pm –	Wellness Leadership	Better Work Tasmania	WHS Hazards & Risks
2.30pm –			
3.00pm –			
3.30pm –			Is Your Chair Killing You?
4.00pm –			
4.30pm –			
5.00pm –		Residential Height Safety: Myths & Realities	
5.30pm –			
6.00pm –			
6.30pm –			
7.00pm –			

# Launceston events timetable

Country Club Tasmania				Time
Wednesday 8 October	Wednesday 8 October	Thursday 9 October	Friday 10 October	
Ballroom	Ballroom	Clarendon Room	Clarendon Room	
				— 7.00am
				— 7.30am
				— 8.00am
				— 8.30am
				— 9.00am
Understanding Mental Health	Risk Identification	Make Your Workforce StrokeSafe (45min)	Work-Related Driver Safety	— 9.30am
				— 10.00am
	The IMC & the Refusing Injured Worker	Engaged & Present	Tolerating Disrespect Opens the Doorway to Bullying	— 10.30am
				— 11.00am
				— 11.30am
				— 12.00pm
			Inoculate Yourself Against Bullying	— 12.30pm
				— 1.00pm
				— 1.30pm
				— 2.00pm
				— 2.30pm
		Hard to be Healthy: A Battle for Balance?		— 3.00pm
				— 3.30pm
				— 4.00pm
				— 4.30pm
				— 5.00pm
				— 5.30pm
				— 6.00pm
				— 6.30pm
				— 7.00pm

# Devonport events timetable

Devonport Entertainment and Convention Centre				
Time	Monday 13 Oct	Monday 13 Oct	Tuesday 14 Oct	Tuesday 14 Oct
	Federation Room	Centenary Court	Federation Room	Centenary Court
	7.00am –			
7.30am –				
8.00am –				
8.30am –				
9.00am –				
9.30am –			Tolerating Disrespect Opens the Doorway to Bullying	
10.00am –		Simplifying WHS Management Systems		Wellness Leadership
10.30am –	Boiler & Pressure Vessel Failures (45 min)			
11.00am –		Engaged & Present	Inoculate Yourself Against Bullying	Risk Identification
11.30am –	Eye Protection Required Beyond this Point (45 min)			
12.00pm –				
12.30pm –				
1.00pm –	Championing Workplace Wellbeing		Make Your Workplace StrokeSafe (45 min)	Better Work Tasmania
1.30pm –				
2.00pm –				
2.30pm –			Personal Security Work at THO-North West	
3.00pm –				
3.30pm –		Hard to be Healthy: A Battle for balance?		SafeSpine
4.00pm –				
4.30pm –	Improving Performance Through Early Intervention		Work Related Driver Safety	
5.00pm –				
5.30pm –				
6.00pm –				
6.30pm –				
7.00pm –				

# Devonport events timetable

## Devonport Entertainment & Convention Centre

Wednesday 15 Oct	Wednesday 15 Oct	Time
Centenary Court	Federation Room	
		– 7.00am
		– 7.30am
		– 8.00am
		– 8.30am
		– 9.00am
		– 9.30am
<b>Identifying &amp; Supporting Mental Health &amp; Wellbeing Issues in the Workplace</b>	<b>Managing Alcohol &amp; Other Drugs in the Workplace</b>	– 10.00am
		– 10.30am
		– 11.00am
<b>Discrimination-Free Recruitment &amp; Selection</b>	<b>Effective WHS Management Systems at Caterpillar Underground Mining</b>	– 11.30am
		– 12.00pm
		– 12.30pm
		– 1.00pm
<b>Writing Anti-Discrimination Policies</b>	<b>Mental Health First Aid at Caterpillar Underground Mining</b>	– 1.30pm
		– 2.00pm
		– 2.30pm
	<b>Zero Harm Workplace</b>	– 3.00pm
		– 3.30pm
<b>Workplace Behaviour – Where is the Line</b>		– 4.00pm
	<b>Not as Visible as You Think (45min)</b>	– 4.30pm
		– 5.00pm
		– 5.30pm
		– 6.00pm
		– 6.30pm
		– 7.00pm

# Burnie events timetable

Burnie Arts And Function Centre				
Time	Monday 13 Oct	Tuesday 14 Oct	Wednesday 15 Oct	Wed 15 Oct
	Braddon Hall	Braddon Hall	Braddon Hall	Bass/Flinders
7.00am -				
7.30am -				
8.00am -				
8.30am -				
9.00am -	Improving Performance Through Early Intervention	Hard to be Healthy: A Battle for Balance?	Understanding Mental Health	SafeSpine
9.30am -				
10.00am -				
10.30am -	Effective WHS Management Systems at Caterpillar Underground Mining	Engaged & Present	Understanding Mental Health	
11.00am -				
11.30am -				
12.00pm -	Mental Health First Aid at Caterpillar Underground Mining	Engaged & Present		
12.30pm -				
1.00pm -			Better Work Tasmania	
1.30pm -	Inoculate Yourself Against Bullying			
2.00pm -				
2.30pm -				
3.00pm -		How to Get the Most Out of Employee Health Assessments		
3.30pm -	Tolerating Disrespect Opens the Doorway to Bullying			
4.00pm -				Managing Alcohol & Other Drugs in the Workplace
4.30pm -				
5.00pm -				
5.30pm -				
6.00pm -				
6.30pm -				
7.00pm -				

# Burnie events timetable

Burnie Arts And Function Centre			Time
Thursday 16 Oct	Thursday 16 Oct	Friday 17 October	
Bass/Flinders	Braddon Hall	Braddon Hall	
			– 7.00am
			– 7.30am
			– 8.00am
			– 8.30am
			– 9.00am
Not as Visible as You Think (45 min)	Writing Anti-Discrimination Policies	Personal Security Work at THO-North West	– 9.30am
			– 10.00am
Zero Harm Workplace	Discrimination-Free Recruitment & Selection	Make Your Workplace Strokesafe (45 min)	– 10.30am
			– 11.30am
Boiler & Pressure Vessel Failure (45 min)		Work-Related Driver Safety	– 12.00pm
			– 12.30pm
			– 1.00pm
			– 1.30pm
Getting Started	Workplace Behaviour: Where is the Line?		– 2.00pm
		Risk Identification	– 2.30pm
			– 3.00pm
Eye Protection Required Beyond This Point (45 min)			– 3.30pm
		WHS Hazards & Risks	– 4.00pm
			– 4.30pm
			– 5.00pm
			– 5.30pm
			– 6.00pm
			– 6.30pm
			– 7.00pm

# Hobart events timetable

Wrest Point Hobart					
Time	Monday 20 October	Monday 20 October	Tuesday 21 October	Tuesday 21 October	Tuesday 21 October
	Derwent Room	Derwent Room	Derwent Room	Derwent Room	Portlight Bar
7.00am –					
7.30am –					
8.00am –			Creating the Best Workplace on Earth Breakfast Forum		
8.30am –					
9.00am –	Taste of Mindfulness	Workplace Behaviour: Where is the Line?			
9.30am –					
10.00am –			Wellness Leadership	Championing Workplace Wellbeing	Understanding Mental Health
10.30am –					
11.00am –					
11.30am –	Mental Wellbeing in the Workplace: How RACT Created a Community Action Plan	Writing Anti-Discrimination Policies			
12.00pm –					
12.30pm –					
1.00pm –	Better Work Tasmania	Discrimination-free Recruitment & Selection	Lessons from the Mining Industry for all workplaces		
1.30pm –					
2.00pm –					
2.30pm –					
3.00pm –					
3.30pm –					
4.00pm –	Residential Height Safety: Myths & Realities				
4.30pm –					
5.00pm –					
5.30pm –					
6.00pm –					
6.30pm –					
7.00pm –					

# Hobart events timetable

Wrest Point Hobart				Time
Wednesday 22 October	Wednesday 22 October	Thursday 23 October	Friday 24 October	
Derwent Room	Derwent Room	Derwent Room	Derwent Room	
				– 7.00am
				– 7.30am
				– 8.00am
				– 8.30am
				– 9.00am
Risk Identification	Zero Harm Workplace	Managing Alcohol & Other Drugs in the Workplace	Work-Related Driver Safety	– 9.30am
				– 10.00am
Managing WHS in the Cloud	Hard to be Healthy: A Battle for Balance?			– 10.30am
			Identifying & Supporting Mental Health & Wellbeing Issues in the Workplace	– 11.00am
		Improving Performance Through Early Intervention		– 11.30am
Health and Wellbeing Tips for Workers & PCBUs	Trends, Costs & Causes of Stress Related Workers Compensation Claims in a Public Sector Workforce			– 12.00pm
			WHS Hazards & Risks	– 12.30pm
				– 1.00pm
				– 1.30pm
Mental Health First Aid at Caterpillar Underground Mining	Beyond Sun Safe: How Will Climate Change Affect WHS? (45 min)	The IMC & the Refusing Injured Worker		– 2.00pm
			Building a Positive WHS Culture: What It Takes	– 2.30pm
				– 3.00pm
Effective WHS Management Systems at Caterpillar Underground Mining	Getting There First: Don't Wait for an Injury to Occur!	How to Get the Most Out of Employee Health Assessments		– 3.30pm
			Slips, Trips & Falls (Including Fall Prevention)	– 4.00pm
				– 4.30pm
				– 5.00pm
				– 5.30pm
				– 6.00pm
				– 6.30pm
				– 7.00pm

# Hobart events timetable

Wrest Point Hobart				
Time	Monday 27 October	Monday 27 October	Tuesday 28 October	Tuesday 28 October
	Derwent Room	Portlight Bar	Derwent Room	Derwent Room
7.00am –				
7.30am –				
8.00am –				
8.30am –				
9.00am –	<b>Health and Safety Representatives Conference</b>			
9.30am –				<b>Is Your Chair Killing You?</b>
10.00am –				
10.30am –				
11.00am –				<b>Injury Prevention at Spirit of Tasmania (45 min)</b>
11.30am –			<b>Getting started in Workplace Health &amp; Wellbeing</b>	
12.00pm –				
12.30pm –				<b>Boiler &amp; Pressure Vessel Failures (45 min)</b>
1.00pm –				
1.30pm –			<b>Wellness Leadership</b>	
2.00pm –		<b>Championing Workplace Wellbeing</b>	<b>Tolerating Disrespect Opens the Doorway to Bullying</b>	
2.30pm –				
3.00pm –				
3.30pm –			<b>Inoculate Yourself Against Bullying</b>	
4.00pm –				
4.30pm –				
5.00pm –				
5.30pm –				
6.00pm –				
6.30pm –				
7.00pm –				

# Hobart events timetable

Wrest Point Hobart			Time
Wednesday 29 October	Thursday 30 October	Thursday 30 October	
Derwent Room	Derwent Room	Derwent Room	
			– 7.00am
			– 7.30am
			– 8.00am
			– 8.30am
			– 9.00am
Understanding Mental Health	Mindfulness at Work	Eye Protection Required Beyond this Point (45 min)	– 9.30am
			– 10.00am
			– 10.30am
	Engaged & Present	The Role of Leadership & Culture in Achieving High Performance	– 11.00am
			– 11.30am
			– 12.00pm
Make Your Workforce StrokeSafe (45 mins)	Engaged & Present		– 12.30pm
			– 1.00pm
	Engaged & Present	Manual Tasks & Injury Prevention	– 1.30pm
			– 2.00pm
Not as Visible as You Think (45 min)			– 2.30pm
			– 3.00pm
			– 3.30pm
Simplifying WHS Management Systems			– 4.00pm
			– 4.30pm
			– 5.00pm
			– 5.30pm
			– 6.00pm
			– 6.30pm
			– 7.00pm

The background features a series of overlapping, wavy, semi-transparent shapes in various shades of blue and orange. The orange shapes are concentrated in the middle section, creating a horizontal band of color. The blue shapes are layered above and below, creating a sense of depth and movement.

# Workplaces



# TAKE 10@10 THIS WORKSAFE MONTH



an initiative of  
WorkSafe ACT

**Can't make it to one of our seminars? Then take just ten minutes at 10am sometime during WorkSafe Month to focus on work health, safety and wellbeing.**

**Here are some ideas to make Take10@10 work for your workplace.**

## Keep learning

- Hold a short session on the health and safety issues affecting your workplace
- Invite our Inspectors and Advisors into your workplace. They can help you manage health and safety in your business and meet the requirements of the new laws.  
To book a free visit, call 1300 366 322
- Invite an industry specialist to talk to your workers: for example, a safety consultant, occupational hygienist, psychologist, ergonomist or rehabilitation provider
- Do basic first aid training
- Hold a tool box talk with your work team
- Hold refresher training for the practical skills your workers need to do their job safely

## Be active

- Use the stairs instead of the lift
- Deliver messages to your workmates in person, instead of emailing or calling them
- Relieve neck tension by sitting up straight in your chair, turning your head slowly to the right, to the front, to the left and back to the front. Pause after each turn and repeat 10 times
- Walk while you think — it improves brainpower!
- Relieve tension in your shoulders by raising your shoulders to your ears, holding, then relaxing. Repeat 10 times
- Sit up in your chair, tighten your abs and release. Repeat 10 times
- Stand up, hold the back of your chair, and try some calf raises: raise your heels off the floor then lower. Repeat 10 times
- Use a pedometer to record your daily steps. Set yourself a daily target
- Set an alarm for every hour to remind you to get up and move around

## Get creative

- Gather your workmates, health and safety reps, and health and safety coordinator and find ways to make safety fun and interactive
- Conduct a safety quiz
- Run a safety slogan competition

## Spread the word

- Display health and safety posters and publications. Go to the WorkSafe Tasmania website at [www.worksafe.tas.gov.au](http://www.worksafe.tas.gov.au) to download or order our resources
- Subscribe to our free quarterly Workplace Issues magazine. Go to the WorkSafe website at [www.worksafe.tas.gov.au](http://www.worksafe.tas.gov.au) and search for 'magazine'
- Put up a health and safety noticeboard and update it regularly
- Include safety information in your workplace newsletters or e-newsletters
- Hold a 'meet your safety reps' morning tea
- Launch new safety initiatives during WorkSafe Month
- Have a health and safety suggestion box
- Make health and safety a regular agenda item on your meetings

## Take action

- Check for hazards in your workplace
- Conduct a full emergency evacuation drill
- Review your health and safety policies and procedures
- Make sure all chemicals and hazardous substances are correctly labeled and stored. Make sure they all have a current Safety Data Sheet
- Do some housekeeping to tidy up work areas
- Get rid of broken or unwanted equipment
- Check the set-up of office and computer work stations

## Be healthy

- Go for a brisk walk during your lunch break. Even better, start a regular walking group
- Organise or encourage workers to have cholesterol and heart checks
- Organise lunchtime yoga or pilates sessions during WorkSafe Month
- Hold sessions on healthy eating or stress management

# Workplaces holding their own events

This year, we asked workplaces to bring WorkSafe Tasmania Month into their business and run their own workplace event. The following workplace(s) participated this way. They received WorkSafe Tasmania resources for their staff; and a certificate of recognition for participating in WorkSafe Tasmania Month and taking steps to make their workplace safer and healthier.

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## Bioflex Nutrition

The sports supplements manufacturer and supplier will cover hazard identification, safe use of machinery, tripping/slipping hazards and safe lifting.

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## Devonport City Council

The council will host a month of safety and wellbeing events, for its workers. Topics will include eye testing, hydration, healthy lifestyles, garage safety, child safety, PPE care and control and wellbeing.

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## Huon Aquaculture Pty Ltd

The aquaculture business will cover workplace wellbeing, mental health, specific men's and women's health issues, healthy eating, and drug and alcohol use.

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## Hydro Tasmania

The renewable energy producer's monthly safety meeting will feature reports on safety issues.

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## Kingborough Council

The council will cover office ergonomics and back care for indoor staff and manual handling for outdoor staff; and a workshop for works depot staff.

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## Nystrar Hobart

The zinc smelter's safety awareness morning will feature political leaders from around Tasmania for an overview of its human performance approach to safety, which incorporates error-avoiding defences and promotes active worker engagement.

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## RACT

The insurance company's toolbox meeting for its Roadside Assistance and Transport workers will discuss serious incidents.

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## Royal Hobart Hospital

The public hospital's forum for HSRs will cover their responsibilities under the WHS legislation.

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## Scottsdale LINC

This community information and learning centre's safety events will cover safety for heavy equipment and quad bikes; using protective clothing and equipment, safety with chemicals/fuel/pesticides; driver fatigue; and general WHS principles for dairy and vegetable farming.

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## Sky Advisors

The financial planning practice's information day will cover reducing stress, being mentally fit, and work-life balance.

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## Snug Village Aged Care Home

The aged care facility will cover workplace bullying for its staff.

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## Southern Cross Care, Guilford Young Grove

The aged care facility will cover workplace bullying for its HSRs.

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## State Growth

The state government department will host an information session for its contractors and managers to provide a better understanding of the WHS implications of contractual relationships under the current legislation.

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## Synergy Capital Management Limited

The funds administration company will cover topics to improve workplace wellbeing and overall health.

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## Target Australia Pty Ltd (owned by Wesfarmers Group)

The retail business's month of safety activities will cover safe manual handling, housekeeping, customer safety, personal safety, emergency management, contractor management and more for its 313 stores across Australia.

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## Tasmanian Health Organisation-North West

The healthcare provider's safety and wellbeing events will cover nutrition, personal safety, stress, and slips, trips and falls.

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## The Mary Ogilvy Homes Society

The aged care facility will host wellbeing events.

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## Veolia

The environmental solutions business's truck safety day will cover safe truck turning, sales site hazard identification and risk assessments, overhead hazards, and manual handling.

# Safe business is good business

## Free work health and safety advice

### Free and confidential

Our services are free and confidential and carry no threat of enforcement or fines.

### Booking a visit

Booking a visit from a Work Health and Safety Advisor is a simple process. Our Advisors will come to your workplace free of charge and at a time that suits you, and conduct a walk-through safety overview. Or if you'd prefer, our Advisors can meet with you at a coffee shop or other location that is convenient. This free and confidential service is available statewide.

Contact our Work Health and Safety Advisors today on:

P: 1300 366 322

E: [workcoveradvisors@justice.tas.gov.au](mailto:workcoveradvisors@justice.tas.gov.au)

[www.worksafe.tas.gov.au](http://www.worksafe.tas.gov.au)



# A healthy workplace begins with healthy advice

*“Can you  
afford  
not to?”*

## Booking a visit

Booking a visit from a WorkSafe Health and Wellbeing Advisor is a simple process.

Our Advisors will come to you, free of charge at a time that suits, and walk you through some cost-effective strategies to suit your workplace. This free and confidential service is available statewide.

Contact our Health and Wellbeing Advisors today.

P: 1300 366 322

E: [workcoveradvisors@justice.tas.gov.au](mailto:workcoveradvisors@justice.tas.gov.au)

[www.worksafe.tas.gov.au](http://www.worksafe.tas.gov.au)



# JUMP ON BOARD!

And join us on the Better Work journey to improve work health and safety in Tasmania

To find out more about Better Work Tasmania,  
phone 1300 366 322  
or email [wstinfo@justice.tas.gov.au](mailto:wstinfo@justice.tas.gov.au)



Go to our website at  
[www.workcover.tas.gov.au](http://www.workcover.tas.gov.au)

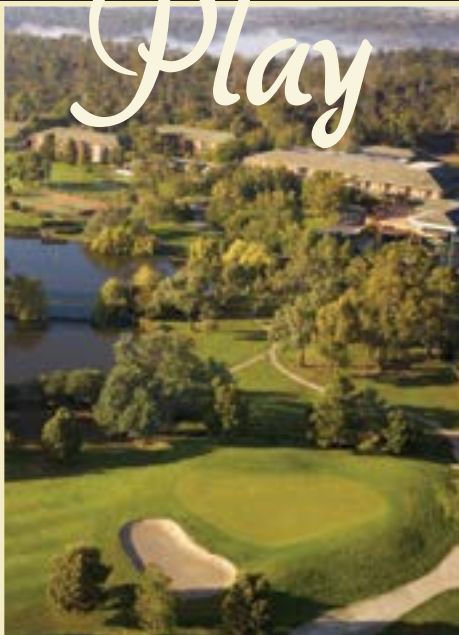


A CONFERENCE FACILITY WHERE YOU CAN

*Work*

*Play*

*Stay*



COUNTRY CLUB TASMANIA IS PROUD TO PARTNER WITH WORKSAFE TASMANIA TO SUPPORT HEALTH AND SAFETY.

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events@countryclubtasmania.com.au  
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# SPONSORS

## Event Sponsors



## Major Prize Sponsor



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### **Please note**

The information ('Information') prepared for these seminars has been prepared and supplied in good faith on behalf of the Crown in Right of Tasmania ('the Crown') by the Department of Justice as WorkSafe Tasmania and the WorkCover Tasmania Board ('the Board').

Although all due care and attention has been taken in preparing and collating the Information neither the Crown nor the Board gives a warranty either express or implied as to the accuracy or completeness of the Information or its relevance to any particular circumstances.

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WorkSafe Tasmania values the privacy of every individual's personal information. WorkSafe Tasmania is committed to protecting the personal information you provide. The collection, maintenance, use and disclosure of personal information by WorkSafe Tasmania are managed in accordance with the Personal Information Protection Act 2004.

The personal information you provide to us for registration for WorkSafe Tasmania Month will be used to assist WorkSafe Tasmania and/or its agents

to facilitate WorkSafe Tasmania Month events and to send to you information about WorkSafe Tasmania. Failure to provide the required personal information may result in an inability to hold or attend a WorkSafe Tasmania Month event.

Subject to use for the purposes detailed in the above paragraph, this paragraph and except if required or allowed by law, all personal information you provide us will remain strictly confidential and will be held at WorkSafe Tasmania, 30 Gordons Hill Road, Rosny Park, Tasmania 7018. Under no circumstances will your personal information be sold or made available to marketing agencies or similar parties not involved with WorkSafe Tasmania without your express prior consent. Your personal information may be disclosed to contractors and agents of WorkSafe Tasmania and other State institutions and authorities authorised to collect it.

Personal information for this event can be accessed or amended by contacting Stephanie Mirowski by email at [stephanie.mirowski@justice.tas.gov.au](mailto:stephanie.mirowski@justice.tas.gov.au). You can also email Stephanie should you no longer wish to be registered to hold or attend an event.

# WHAT ARE YOUR WORKPLACE ISSUES?



Improving safety performance, creating better work-life balance, or managing return to work outcomes?

Whatever your needs and priorities, Workplace Issues magazine can help you with practical guidance and up to date news.

It's free to subscribe, so go to [www.worksafe.tas.gov.au](http://www.worksafe.tas.gov.au) and search for 'magazine'.

Key stories include

- Jeff's challenge to workplaces

- Ladder, chemical safety how-tos

- New anti-bullying laws

- Health benefits of work

**1300 366 322**  
[www.worksafe.tas.gov.au](http://www.worksafe.tas.gov.au)

For more information contact

Phone: 1300 366 322 (within Tasmania)  
(03) 6166 4600 (outside Tasmania)

Fax: (03) 6233 8338

Email: [wstinfo@justice.tas.gov.au](mailto:wstinfo@justice.tas.gov.au)