



NEW WORKSHOPS

THIS YEAR WE HAVE A FEW NEW COURSES FOR PARTICIPANTS TO HELP CONTINUE TO GROW THE KNOWLEDGE, TOOLS AND SKILLS TO ENHANCE THEIR OCCUPATIONAL HEALTH AND SAFETY TRAINING

Working at Heights Manitoba Standard (1 Day)



In Manitoba, the workplace safety requirements for working at heights are very strict. Often forgotten is the legal requirement to also ensure an employer includes an Emergency Rescue Plan in the event of a fall. This workshop will provide participants with information on the Manitoba working at heights standard, how to meet the standard, and detail the steps to take in the event of a fall. Participants will also have the opportunity discuss horizontal and vertical fall arrest systems, guardrail alternatives and CSA Standards. This workshop will have practical/hands on training component

Supervisor 2.0 (1 Day)



As a Worksite Supervisor or member of a Management Team, you have responsibility and accountability for those under your direct supervision. Attend this workshop and receive the “tools” and information you need to demonstrate “Due Diligence.” Relevant and practical information will be discussed in regards to identifying the risk of MSIs, possible impairment, communication and conflict resolution, psychological hazards, control methods, and required training.

Defensive Driving

- On the Road, On the Job (Half-Day)



This program focuses on employees who drive as part of their normal work activities. During the course, we examine four interrelated elements of accident-free driving: defensive driving, space management, the condition of the driver and the condition of the vehicle, including a practical pre-trip inspection.

Last Line of Defense - PPE Basics (Wednesday Only) (Half-Day)



Employers are required to control the hazards at a worksite. When engineering and or administrative controls are not feasible, Personal Protective Equipment (PPE) may be the last line of defense. This workshop will discuss different types of PPE, intended uses, and proper fit and care.

Load Securement (AM Only) (Half-Day)



Everyone who pulls a flatbed for a living knows that properly securing cargo to a trailer is key to safe and profitable operation. This Load Securement course explains valuable ways to prevent load loss, trip delays, increased insurance rates, injury, and damage to cargo, vehicles and property.

My Back is Killing Me - Material Handling in Construction (Half-Day)



This workshop will be a combination of theory and practical. Participants will get a better understanding how back and other injuries develop and how safe movement patterns can prevent them. A significant part of the course will be hands on practicing a variety of safe movements in various manual materials handling scenarios.

Scaffolding (Half-Day)



Fatal or disabling injuries continue to result from workers falling from scaffolding that has been misused or poorly constructed on a worksite. This workshop identifies the hazards inherent with different types of portable equipment that can be used for construction and discusses safe work procedures required to use the equipment without risk to workers. This workshop will have practical/hands on training component.

Understanding the Keys to Mental Wellness (Tuesday Only) (Half-Day)

Often mental health issues are believed to be caused by personal flaws or weaknesses. The reality is that all humans are driven to meet the same basic needs in order to find health and happiness in life. When abnormal situations arise, the normal responses that our brains have can result in imbalances that cause mental health issues. This session will provide participants with a model for understanding the basic needs we all have, and give an opportunity to consider the elements to creating both personal and work environments that are supportive of good psychological wellbeing. Basic facts about mental health and supporting those with mental health issues will be discussed.