



Occupational
Health Clinics
for Ontario
Workers Inc.

Centres de
santé des
travailleurs (ses)
de l'Ontario Inc.

RSI DAY^{PLUS} 2018
Workplace Well-Being: Healthy Minds, Healthy Bodies
February 28, 2018
8:30 AM— 1:00 PM EST

Agenda

8:00 am – 8:30 am	Registration
8:30 am – 8:45 am	Welcoming Messages
8:45 am – 9:30 am	<p>John Oudyk Occupational Hygienist OHCOW Hamilton South Central Region <i>Stress Assess -Workplace Stress and it's Prevention.</i> Learn about one of our newest programs and its applications. StressAssess is a free, evidence-based online survey tool designed to assist workplaces in identifying psychosocial hazards that can lead to stress and mental injury, providing suggestions and pathways to address them, thus preventing harm.</p> <p><u>StressAssess Information</u></p>
9:30 am – 10:15 am	<p>James Miuccio Occupational Hygienist OHCOW Windsor South Western Region <i>Shiftwork – Health Effects and Solutions</i> Shift work is more than a work schedule; it is a way of life. Learn what defines shift work, factors that affect the adaptation of shift work, patterns of sleep, and the effects on our bodies, minds and families. Suggested material to review prior to event:</p>
10:15 am – 10:30 am	Break
10:30 am – 11:15 pm	<p>Melissa Statham Ergonomist OHCOW Windsor South Western Region</p>

	<p><i>Psychosocial Ergonomics</i> Physical factors of ergonomic risk can often be easily identified in the workplace. However, psychological effects are a little more discreet but can be just as costly. Workplace psychosocial factors are an aspect of the workplace that is developed by the culture, policies, expectations, and social attitude of the organization. If there is not a match between the work demands and mechanisms in place to help the worker meet these demands, the worker may experience stress induced responses that can contribute to poor mental/psychological or physical health.</p>
<p>11:15 am – 12:00 pm</p>	<p><i>Trevor Schell</i> <i>Ergonomist</i> <i>OHCOW Sudbury</i> <i>North Eastern Region</i> <i>Economics of Ergonomics: How to Avoid Costly Mistakes</i> Office Ergonomics is the most common area of investigation for an Ergonomist. What should be a straightforward aspect of the workplace environment can often become very confusing and costly for workplaces. Nothing can be more frustrating than purchasing new equipment only to find out it is not compatible with the workers Utilizing case studies and tools developed by OHCOW learn how to avoid costly mistakes and improve employee well-being.</p> <p><u>OHCOW's Office Ergonomics Calculator</u></p>
<p>12:00 pm – 12:30 pm</p>	<p><i>Additional Question Period</i></p>
<p>12:30 pm – 12:40 pm</p>	<p><i>Caleb Leduc</i> <i>Research Development Manager</i> <i>CROSH/Laurentian University</i> <i>An Introduction to mCROSH</i> Learn about Canada's first mobile laboratory dedicated to the prevention of occupational illness and injury which is part of the Centre for Research in Occupational Safety and Health. The presentation will be followed by a tour of the mCROSH facility for those in attendance and a video tour for those online.</p> <p><u>Centre for Research in Occupational Safety and Health (CROSH)</u></p>
<p>12:40 pm – 1:30 pm</p>	<p><i>Lunch and mCROSH tour for those in attendance</i></p>