



Commonwealth Safety Management Forum

"best practice for the prevention of incidents"

Annual Conference

wellnomics

FRIDAY 20 NOVEMBER 2015

Federal Golf Club, Gowrie Drive, Red Hill ACT



This year's Conference will again be informative, interesting and challenging, dealing with topics of interest to you as practitioners in the fields of Workplace Health and Safety, Compensation and Rehabilitation.

Conference Topics will cover:

- **Mental Health Guru – Promoting well-being in the workplace** - *Kylie Bennett ANU National Institute for Mental Health Research* will introduce the MH-Guru online mental health training program developed by Professor Kathy Griffiths at the Australian National University.
- **WHS Laws, The Early Years: Lessons from the Court Room** – *Alena Titterton, Partner, Norton Rose Fulbright* will highlight the emerging trends in case law since the introduction of the WHS Laws.
- **Support for Complex Return to Work Cases** – *Dr Marcus Navin, Occupational Physician*, will help us understand what makes complex cases and how to best manage them.
- **Sleep! The Cornerstone Foundation of Sustainable Health, Wellbeing & Performance** – *Mark Holmes, Chairman of Circadian Australia*, will provide insights into the science behind fatigue management.
- **Sit-Stand Workstations – The Facts** – *Stephen Gardner, Wellnomics Australia*, will provide the latest research on sit-stand workstations, and factors to consider in their deployment.
- **Workplace road safety: Looking beyond the role of the driver** – *Sharon Newnam, Monash University Accident Research Centre* will look at factors influencing the safety of work-related driving.

- **Security Threats & Your Risk Management Framework** - *Tony Loughran, ZeroRisk International*, will show us how to deal with security risks within the overall risk management framework.
- **Heads Up – Creating Mentally Healthy Workplaces** - *Kevin St Mart, BeyondBlue*, will provide an overview of the Heads Up initiative, and introduce you to the free tools and resources available from the website.

Extras

- **Seated Massages** - *Holistic Therapies*
- **Trade displays** – see the latest in Work Health & Safety and Rehabilitation at the trade stands outside the Conference room

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