



# Spring 2024 PDC, Symposium and AGM

**March 6 and 7, 2024**

Please join us for our 2024 Annual Spring PDC, Symposium and AGM at the Coast Nisku Inn & Conference Centre where our featured topic will be **Mental Hygiene; A Superpower for Safer and Healthier Workplaces**, presented by **Theo Heineman**.

Our 2-day event will be a conference **hybrid** style format, with exciting talks from various speakers. The in-person events will offer both learning and networking opportunities, with a live broadcast of all events made available to those unable to attend in person.

**March 6th, 2024 (8 am to 4 pm): Professional Development Course (PDC) - Beaumont Room**

The PDC offers members a chance to participate in learning and networking opportunities, as well as earn points toward certification maintenance. A detailed outline of the PDC has been provided on page 6.

**March 6th, 2024 (5 pm to 9 pm): AIHA-AB Social - Den Sports Pub**

All are welcome to the Den Sports Pub right after the PDC. This is open to all members of the AIHA, even if you are unable to attend during the day. Stay for appetizers and drinks!

**March 7th, 2024 (8 am to 12 pm): Symposium - Beaumont Room**

Our symposium offers members a chance to hear from industry peers and service providers on new research, new updates in OHS in Alberta, and other hot topics. More details on page 7.

### March 7th, 2024 (1pm to 4 pm): Annual General Meeting (AGM) - Beaumont Room

Our annual AGM provides members with an update from the executive board, elections, nominations, and other items applicable to the AIHA AB local Section. [Get your nomination in](#) (self-nominations are allowed) for a board position. The positions up for election include:

- **President Elect (1 year term)**
- **Secretary ( 2 year term)**
- **Education Director & Maintenance Points (2 year term)**
- **Membership Director (2-year term)**
- **Webmaster (2 year term)**

## PDC Details

Please see below for the PDC Schedule for March 6, 2024.

Time slot	Speaker
<b>7:30 - 8:00</b>	Breakfast and Registration
<b>8:00 - 9:00</b>	Jason Dent - ASHSP Updates
<b>9:00 - 9:15</b>	Break/Networking
<b>9:15 -10:15</b>	Theo Heineman - Mental Hygiene
<b>10:15 - 10:30</b>	Break/Networking
<b>10:30 - 12:00</b>	Theo Heineman - Mental Hygiene
<b>12:00 - 13:00</b>	Lunch/Networking
<b>13:00 - 14:30</b>	Theo Heineman - Mental Hygiene
<b>14:30 - 14:45</b>	Break/Networking
<b>14:45 - 16:00</b>	Theo Heineman - Nero safety

## Symposium/AGM Details

Please see below for the Symposium/AGM Schedule for March 7th, 2024.

Time slot	Speaker
7:30 - 8:00	Breakfast and Registration
8:00 - 9:00	Larry Sloan - AIHA National updates
9:00 - 9:15	Break / Networking
9:15 - 10:15	Dan Sarkany - Challenges, solutions and successes with identifying and controlling large surface mining operations silica exposures.
10:15 - 11:15	Break/Networking
11:15 - 12:00	Angeal Wheeler - SDS authoring and Society for Chemical Hazard communication
12:00 - 13:00	Lunch
13:00 - 14:30	ANNUAL GENERAL MEETING <ul style="list-style-type: none"> <li>● Review/edits/approval of 2022 AGM minutes</li> <li>● Award of Recognition</li> <li>● Board of Directors Annual Reports</li> </ul>
14:30 - 15:00	Break/Voting
15:00 - 16:00	ANNUAL GENERAL MEETING <ul style="list-style-type: none"> <li>● By Law discussion and vote</li> <li>● Elections of Board</li> <li>● Closing Remarks</li> </ul>

## Registration Details

Registration and payment are accessible online at <http://www.aiha-ab.com>

Registration is open from **February 1st to March 1st, 2024.**

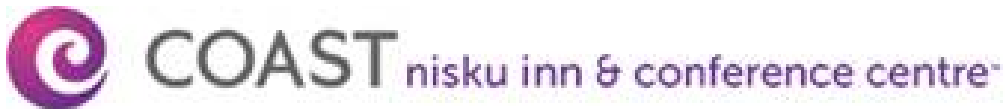
**Registration costs are the same for online and in person registrations.**

**Please indicate if you are attending in person or online at the time of registration.**

Registration Option	Cost
<b>PDC Only (March 6, 2024)</b>	
Local Section Member	\$300.00
Non-Member	\$400.00
Student	\$200.00
<b>Symposium/AGM Only (March 7, 2024)</b>	
Local Section Member	\$125.00
Non-Member	\$200.00
Student	\$100.00
<b>PDC and Symposium/AGM Only (March 6 and 7, 2024)</b>	
Local Section Member	\$350.00
Non-Member	\$500.00
Student	\$250.00

If there are any dietary requirements, please email [education@aiha-ab.com](mailto:education@aiha-ab.com)

## Hotel Details



**1101 4 Street, Nisku, AB, Canada T9E 7N1**

Click on the link: [AIHA Alberta Sector](#) and create their reservations.

*Note that children currently are not able to be added to the reservation. Please just bypass this option and reserve the size of the room you require.*

We will offer rates of \$109 for a Coast King Room and \$119 for a Coast Two queen room +tax per night, including Breakfast. This is based on double occupancy; there will be a \$20 charge for each additional guest.

We offer a Complimentary Shuttle service to and from the airport. For guests requiring the shuttle service, kindly call us at 780-955-7744.

## PDC Details - Day 1

Jason Dent	2024 ASHSP Updates
<p>Jason Dent, the current president and member of the Alberta Society of Health and Safety Professionals (ASHSP) will provide an 2024 update of the organization to have the Health and Safety professionals have their profession a legally protected title in Alberta.</p>	
Theo Heinemann	Mental Hygiene; A Superpower for Safer and Healthier Workplaces
<p>Every year, organizations invest billions in performance-based training and tools that fail to produce the desired results. This is especially true in safety and health management. The primary reason is a lack of awareness about what prevents change as well as misunderstandings of how to produce sustained change.</p> <div style="border: 1px solid blue; padding: 10px; margin: 10px 0;"> <p><i>Scientific studies show that productivity, creativity, and profits directly correlate to the level of wellbeing of the employees in an organization. A Health Canada study showed that unhealthy work culture (stress) creates 3x the risk of heart attacks, 2-3x the mental health problems and 2x the amount of conflicts.</i></p> </div> <p>A central theme of this workshop is the stress response, a state that most people (workers) are living in 70% of the time. Using principles of neuroscience the workshop will:</p> <ul style="list-style-type: none"> <li>● Define what the stress response is and how it impacts hazard perception, rule breaking, musculoskeletal injuries, harassment issues, absenteeism and more.</li> <li>● Explore the cascading effect impacting employee experience and engagement, and overall organizational performance and profitability.</li> <li>● Provide deeper understanding into how people learn, develop habits, and why changing culture is difficult.</li> <li>● Introduce simple self-regulation and emotional management skills that reduce stress and build personal resilience.</li> <li>● Provide practical tools to elevate your own life experience such as emotional and mental strength to effectively manage the daily challenges of life.</li> </ul> <p>Participants will come away with a clearer understanding of the whole person model and the interconnectedness of mental and emotional states on human performance as it relates to workplace safety and health management. In addition, they will be empowered with knowledge and tools to be able to impact transformation both for themselves and the companies and workers they serve.</p>	

## Symposium - Day 2

Larry Sloan	National AIHA 2024 updates
Larry Sloan will discuss the 2024 updates and up and coming items with the National AIHA	
Dan Sarkany	Challenges, solutions and successes with identifying and controlling large surface mining operations silica exposures.
Teck Coal has focused much effort on real-time dust monitoring to target implementation of engineering and administrative controls. This presentation will review the current applications of real-time exposure monitoring in use at Teck Coal, interpretation of real-time big data, key findings to identify controls and lessons learned	
Angela Wheeler	SDS Authoring and Society for Chemical Hazard Communication
Angeal will provide an overview of the purpose of the group as well as touch upon the importance of authoring Safety Data Sheets.	