



MAKING IT WORK

Practical solutions in occupational health



The Australian and New Zealand
Society of Occupational Medicine



Annual Scientific Meeting ADELAIDE 2019



In collaboration with the Australasian
Faculty of Occupational and Environmental Medicine
(AFOEM) as program partner



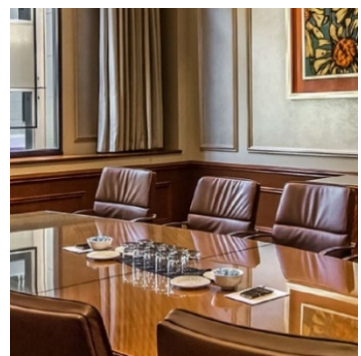
Proudly sponsored by



Welcome to The Playford

A boutique 5-star hotel in the heart of Adelaide offering the perfect blend of classical style and contemporary luxury.

Centrally located on North Terrace, The Playford is on the doorstep of the city's burgeoning arts, culture and entertainment precinct and walking distance to the city's iconic sites such as Parliament and Government House, the Art Gallery of South Australia, the South Australian Museum, the State Library, Adelaide Casino, Adelaide Festival Centre, Adelaide Oval and the new Royal Adelaide Hospital and Medical Research Institute.



Explore Adelaide

Adelaide is bursting with culture, flavours, events and entertainment. Taste your way through world-famous wine regions only minutes away from the city or indulge in some of Australia's most award-winning restaurants in the heart of Adelaide.



PRE-CONFERENCE

SUNDAY 27 OCTOBER

3.00pm – 6.00pm ANZSOM General Council Meeting

5.30pm – 9.00pm REGISTRATION DESK OPEN

6.30pm – 9.00pm **Welcome Reception – The Playford (Level 1)**

Guests will enjoy innovative cuisine incorporating fresh South Australian ingredients and a selection of local wines and beer along with the musical stylings of 'Richie and Friends.'



Proudly supported by eReports, the Welcome Reception is included in the cost of full registration.



DAY 1

MONDAY 28 OCTOBER

8.00am – 5.00pm REGISTRATION DESK OPEN

8.45am **Convenor's welcome**
Dr John Cross

Welcome to country
Kurna Elder

9.00am **ANZSOM and AFOEM President's welcome**
Spirit of ANZSOM, strength of AFOEM
Melinda Miller, President ANZSOM, Beata Byok, President AFOEM

9.20am **KEYNOTE ADDRESS**
Workplace mental health: developing an integrated approach

Dr Gary Franklin, Research Professor in the Departments of Environmental and Occupational Health Sciences and Medicine (Neurology)

Most workers entering workers' compensation systems heal and return to work within a short time. However, about 5% of workers transition to long term disability. This minority of injuries is associated with 70-80% of total costs in the system. Prevention of this disability by early screening and delivery of occupational health best practice care can save productive life in our communities, and prevent transition to permanent disability.

Session sponsored by:



10.00am **MORNING TEA**

DAY 1 (continued)

SESSION THEME: Psychosocial issues & the workplace

10.30am

Work organisation and psychosocial factors

Prof Maureen Dollard, Professor Work and Organisational Psychology, School of Psychology, Social Work and Social Policy, UniSA

Psychosocial safety climate (PSC) concerns the value and priority given to worker psychological health compared to productivity imperatives. This presentation will discuss contemporary economic policies, work stress issues, PSC theory and evidence-based implications for organisations, and national level, policy, practices and procedures for worker psychological health, highlighting how PSC affects working conditions, employee health and well-being, and organisational outcomes, with evidence from around the globe.

Session sponsored by:



safe work australia

11.30am

Fatigue, shift work and performance

Prof Sally Ferguson, Professor with the Appleton Institute in Adelaide; Deputy Dean of Research in the School of Human Health and Social Sciences, CQUniversity

Shiftwork and other non-standard working time arrangements require workers to be awake when they are driven to sleep, and to sleep when they are driven to be awake. In addition, working time arrangements that involve long hours, on-call work, night work, quick returns or overtime, all have the potential to cause sleep and circadian disruption. The misalignment of internal circadian biological rhythms (with each other and/or with the external environment) means that workers experience elevated fatigue and are at increased risk for errors and accidents in the workplace. Mitigation of these health and safety risks requires action at the organisational and individual level.

12.30pm

LUNCH

PARALLEL SESSIONS

1.30pm

Knowns and unknowns in occupational epidemiology

Prof Malcolm Sim AM, Director, Centre for Occupational and Environmental Health, Monash University

Occupational epidemiology involves the study of injury and disease patterns among working populations, including the identification of work and other risk factors. It has played a prominent role in identifying important causes of occupational diseases and injury and informing prevention programs. This presentation will cover some of the challenges facing occupational epidemiology, including the play of chance, bias and confounding, which can make it difficult to interpret the findings from epidemiological studies. This will be illustrated by some examples from the occupational epidemiological literature.

Pregnancy and work

Dr Robin Chase AM, Occupational Physician

Pregnancy is a normal physiological process, not an illness. Pregnant women, or those who wish to become pregnant, or who have recently had a baby, or who have had an unsuccessful pregnancy, and their employers, need good advice how to safely remain at work.

This session will explain how the physiological changes in each trimester may impact upon different work. It will also outline the key recommended guidelines about physical capacity at work as well as address topics such as exercise and pregnancy, travel and remote workers during pregnancy, general work hazards such as prolonged sitting and standing, ionising and non-ionising radiation, heat, humidity, vibration and hypo- and hyperbaric environments.

DAY 1 (continued)

PARALLEL SESSIONS

2.10pm

Are recommended heat stroke treatments adequate for Australian workers?

Matt Brearley PhD, Research Scientist, National Critical Care and Trauma Response Centre; Managing Director, Thermal Hyperformance

Workers undertaking labor-intensive activities are susceptible to heat and humidity. While heat-related illnesses associated with occupational settings are typically mild, there is potential to progress towards the extremes where heat stroke is the most severe.

To limit development of systemic inflammation response syndrome, a 'golden half hour' exists to reverse the high core temperature of heat stroke sufferers. This presentation details the efficacy of cooling strategies, highlighting the disparity between Australian recommendations and the evidence.

Practical burns management

Stuart Harper, Nurse Practitioner Candidate – Adult Burns Unit, Royal Adelaide Hospital

Correct first aid, burns assessment and the identification of potential complexities in management is critical, understanding of the complexities and early referral can significantly improve outcomes for burns injured worker.

In this presentation we will discuss common burn injuries sustained in the work place and the initiation of early management starting with correct first aid, an aspect of burns care not well understood especially in the context of chemical injuries.

The session will also touch on referral pathways/resources and return to work issues.

2.40pm

Exposure Science - building new bridges in occupational and environmental health

Prof Dino Pisaniello, Professor in Occupational and Environmental Hygiene, University of Adelaide; Director, Adelaide Exposure Science and Health and OEH Laboratory

It has been argued that environmental exposures, as distinct from genetic factors, are the predominant causes of chronic disease. Furthermore, exposure assessment is typically the weak link in risk assessment and epidemiology. There is now increasing interest and emphasis in the field of exposure science, including biobanks, mass spectrometry, citizen science and data analytics, as a means of preventing disease. Disparate domains of exposure assessment are being brought together under the concept of the "exposome" - the totality of exposure, during life or critical time periods such as pregnancy. This presentation will provide an overview of how occupational and environment health risk assessment can be integrated using exposomics and possible implications for OEH professionals.

3.30pm

AFTERNOON TEA

DAY 1 (continued)

PARALLEL SESSIONS

4.00pm

The motor vehicle as a workplace

Vehicle design – Dr Jamie Mackenzie, Centre for Automobile Safety Research

Medication and driving – Dr Armand Casolin, CMO Sydney Rail

Safe rates, save lives – Matthew Burnell, Transport Workers Union

Driving and arrhythmia – A/Prof Dennis Lau, Cardiovascular Centre, Adelaide

The motor vehicle is the most common mechanism of fatal occupational injury in Australia. This session will cover the spectrum of risk factors that must be addressed to reduce work-related road trauma. It will include safety factors in vehicle design; the effect of pay structure on incentives for drivers to put themselves at risk from speed and fatigue; and identifying and managing medical conditions that may impair control of their vehicle.



CPR Skills Update – (pre-booked course)

Facilitator: Prof Hugh Grantham



This session will ensure that participants have demonstrated CPR / BLS as described by the Australian Resuscitation Council. Participants will receive a certificate upon successful completion which is recognised by the RACGP.

In addition to Basic Life Support which includes defibrillation, the session will be an interactive session focusing on aspects of emergency medicine and that their management in a community practice setting.

There will be scope to explore any aspect of emergency medicine that the participants wish. All the clinical discussions will be through the lens of primary healthcare/distant healthcare in an industrial setting.

6.30pm – 9.30pm NURSES DINNER, GEORGES ON WAYMOUTH (by invitation)

Resile is proud to support this special function for occupational health nurses, following on from the very successful inaugural event in Melbourne in 2018. Join your nursing colleagues for this memorable evening at Georges on Waymouth.

Brought to you by Resile – Maximising the health, wellbeing and productivity of your workforce.



DAY 2

TUESDAY 29 OCTOBER

7.45am – 8.45am

ANZSOM / AFEOM Leadership Meeting

8.00am – 5.00pm

REGISTRATION DESK OPEN

SESSION THEME: Pain and return to work

9.00am

Reach for the Facts

Michael Francis, Chief Executive Officer, ReturnToWorkSA

The dangers of prescription opioids have been gaining significant coverage in the media recently. In Australia, 3.1 million people use prescription opioids yearly (Australian Institute of Health and Welfare, Australian Government 2018). 1 in 10 people who misuse them will become dependent (Penington Institute 2017).

Michael will be presenting the ReachForTheFacts community awareness campaign, which has been featured across social media, outdoor, television, and radio. This campaign aims to raise the awareness of the dangers of long-term use and misuse of prescription opioids, and encourage enquiry into alternatives to opioids for safe and effective pain management via discussions between patients and their medical practitioner.

9.15am

Opioids and outcomes in work injury

Dr Gary Franklin, Research Professor in the Departments of Environmental and Occupational Health Sciences and Medicine (Neurology)

An epidemic of morbidity and mortality from prescription opioids has occurred in the US and other developed nations, since 1999. Specific to the injured worker population, opioids have contributed to the initiation and perpetuation of disability, and transition to permanent disability. This has thus contributed to the 10 million Americans of working age now on Social Security Disability, likely never to return to work. The principal causes of the epidemic will be reviewed, along with the three main strategic actions to reverse the opioid epidemic, in both the injured worker and general health populations.

9.50am

How pain becomes chronic

Professor Lorimer Moseley, Senior Principal Research Fellow, NeuRA; NHMRC Principal Research Fellow; Professor of Clinical Neurosciences & Foundation Chair in Physiotherapy, UniSA

How does pain become chronic? We don't really know. But we do know how it *doesn't* happen. The type, location and severity of the injury, age, gender or personality type don't, as a rule, explain it. Slowly, a more complete picture of factors that seem to elevate the risk of poor recovery, and factors that seem to elevate the likelihood of recovery, is forming. As these factors are mostly cognitive and behavioural, the best approaches we currently have for promoting recovery are, not surprisingly, cognitive and behavioural. Clinical guidelines for the management of acute and persistent pain have reflected this for almost 20 years but the likelihood that someone with acute pain will receive this 'high value' care has hardly increased. Professor Moseley will discuss targeting realistic expectations, understanding our inbuilt protective mechanisms and 'bioplasticity', and justification of high value care, as potentially powerful interventions to promote recovery from acute and persistent pain.

10.30am

MORNING TEA

**TUESDAY
29 OCTOBER**
9.45am - 4.00pm.

Partner's Program



South Australian Art Perspective day tour to Adelaide Hills

Partners and other guests are invited to join host Cheryl Cross in visiting some iconic sites and embracing a taste of art and culture in Adelaide and surrounds including The Cedars.

The Cedars in Hahndorf, is one of those absolute must see and do's whilst in South Australia, but it largely remains an undiscovered gem. It is the family home of Sir Hans Heysen, who was arguably the best South Australian landscape artist, visionary and environmentalist. His daughter's, Nora Heysen, who was also a successful portraiture artist and Archibald prize winner, work can also be viewed at The Cedars.

The property is still owned by the Heysen family and you will be treated to a guided tour of the house and studio.

Cost is \$65 per person (lunch is not included). Book at

www.trybooking.com/BFRQN

DAY 2 (continued)

SPECIAL SESSION: Silicosis and artificial stone benchtops

****Separate registration is available for this session****

Book by following this link on TryBooking <https://www.trybooking.com/BCQSL>



11.00am

Accelerated silicosis and Pandora's box - what we can learn from kitchen bench tops?

Dr Graeme Edwards, Senior Consulting Physician, Occupational and Environmental Medicine

11.20am

Is silicosis treatable?

A Prof Deborah Yates, Department of Thoracic Medicine, St Vincent's Hospital, Sydney

11.40am

Silicosis in manufactured stone: the role of the radiologist

Dr Katrina Newbigin, Chest Radiologist, Wesley Hospital, Brisbane, Certified B Reader

12.00pm

Silica: exposure, toxicity and control measures

Dr Sharyn Gaskin, Adelaide Exposure Science and Health

The serious health risks associated with exposure to respirable crystalline silica for workers in the stone benchtop manufacturing, finishing and installation industries are a cause for deep concern and are likely to have significant and widespread impacts on workers and the industry. This session will explore the epidemiology and practical implications for screening, monitoring and surveillance.

Session sponsored by:



12.30pm

LUNCH

DAY 2 (continued)

PARALLEL SESSIONS

SESSION THEME: Muskuloskeletal

1.30pm

Evidence-based decisions

Dr Gary Franklin, Research Professor in the Departments of Environmental and Occupational Health Sciences and Medicine (Neurology)

Most health care delivery in the US is regulated by state jurisdictions, not the Federal government. This imbalance in oversight of drugs, devices, surgery, and tests as delivered in health care systems leaves it up to regional public agencies and insurers to make coverage decision policies based on independent review of the evidence. We will discuss examples of how this type of activity is critical to enhance efficacy and prevent harm from controversial health services.

Dr Franklin's attendance at the conference is proudly supported by RTWSA



Pain immunology

Prof Mark Hutchinson, Director, Centre for Nanoscale BioPhotonics, Professor with the Adelaide Medical School

Recent advances in the basic science underpinning our understanding of persistent pain have embraced "the other brain" as an integrator of multiple life stimuli. This complex integration of life experiences, which are translated into neurokinin signals, cause the neuroimmune cells of the central nervous system to adapt and change the environment in which the neuronal system operates. If these adaptations present in the somatosensory neuroanatomical locations then this can present as hypernociception and eventual persistent pain. Our appreciation for this neuroimmune signalling and its contributions to the health and disease of the brain has its origins in the study of the illness response. It is now apparent that these specialised brain-immune processes are engaged in a range of other disparate responses, including the rewarding properties of drugs of abuse. This presentation will summarise recent studies in this field and equip the attendees with further insights of the complexity and power that viewing the brain as a neuroimmune organ brings to understanding persistent pain and drug responses

2.05pm

Mental health in first responders: what you need to know

Dr Katrina Sanders, CMO, Australian Federal Police

Professor Sandy McFarlane, Adelaide University

Commander Grant Edwards, Australian Federal Police

Nicole Saddler, Senior Specialist, Military and High Risk Organisations, Phoenix Australia

First responder mental health is a complex interplay of trauma, stigma and workplace pressure. The complexity of health in police, fire, ambulance and emergency services personnel requires special attention. Commander Grant Edwards will share his lived experience as an Australian Federal Police officer. Dr Sanders will share her experience as Chief Medical Officer and the organisational barriers to supporting mental health, before Professor McFarlane discusses latest research and treatment modalities. This panel will give you the insight needed to prevent ill-health and support recovery in first responders.



DAY 2 (continued)

PARALLEL SESSIONS

2.40pm

High value communications in work injury

Dr Paul Pers, Spinal Clinician & General Practitioner

As workers' compensation and personal injury professionals, we share a need to build relationships, drive change in behaviour and get positive outcomes. If only people didn't get in the way!

This session combines practical clinical, insurance and consulting experience, with the latest research in behavioural science, nudge theory and human interaction. Paul will share real-life personal injury examples of how the words we say will influence the actions others take.

3.30pm

AFTERNOON TEA

SESSION THEME: Musculoskeletal

SESSION THEME: Domestic & family violence and the workplace

4.00pm - 6.00pm

Work injury causation panel

Dr James Economos, Occupational and Environmental Physician

Debbie De Palma, Barrister, Howard Zelling Chambers

Dr Dilip Kapur, Specialist Pain Medicine Physician, Senior Lecturer in Pain Medicine, Flinders University

Domestic and family violence - Work aware

Abbey Kendall, Director Working Women's Centre – Adelaide

Domestic violence is not just a personal or private issue. It can significantly undermine the working lives of those affected and can have significant impacts for the workplace, including in relation to productivity and absenteeism. This session will explore these impacts, as well as workplace obligations and practical strategies for management and support. It will specifically address the assessment of risks to the workplace and provide guidance around the development of a workplace safety plan and protocol, as well a guidance around communication with employees.

7.00pm - 11.30pm CONFERENCE DINNER, NATIONAL WINE CENTRE OF AUSTRALIA

CONFERENCE DINNER, NATIONAL WINE CENTRE OF AUSTRALIA

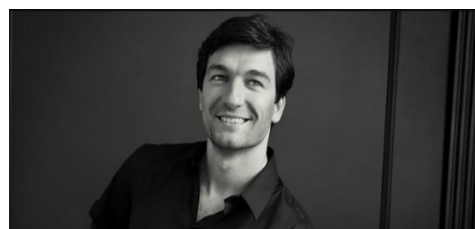
The National Wine Centre is a flagship of Australia's internationally renowned wine industry, acting simultaneously as a cultural and educational centre, and a major tourist attraction. Situated on the edge of Adelaide's stunning Botanic Gardens, an easy walk from our The Playford Adelaide Hotel, it is a combination of eye-catching architecture and smooth functionality. The Hickinbotham Hall will be the venue for the Conference Dinner and is located on the ground floor of the National Wine Centre, with views and access to the outdoor paved terrace and vineyard. It also features a stunning wooden ceiling that rises 23 metres, as well as beautiful jarrah floorboards and a spectacular rammed earth wall.

You will enjoy a stunning 3 course meal with wines sourced and matched by South Australian medico/vignerons, including Mosquito Hill and Tomich Wines.

Amongst other entertainment, we are excited to present a special performance by internationally acclaimed concert pianist Konstantin Shamray. This will be a rare opportunity to experience the brilliance and emotion of this exhilarating performer who has enjoyed critical acclaim for his performances with orchestras and chamber music groups around the world, including the Russian National Philharmonic, the Mariinsky Theatre Orchestra, Moscow Virtuosi, Orchestre National de Lyon, Prague Philharmonia, Belgrade Philharmonic Orchestra and the Sydney Symphony among others.

Proudly supported by mlcoa, the Conference Dinner is included in the cost of full registration.

mlcoa



DAY 3

WEDNESDAY 30 OCTOBER

7.30am – 5.00pm REGISTRATION DESK OPEN

7.45am – 8.45am ANZSOM Annual General Meeting *(Light breakfast provided)*

9.00am **Kevin Sleigh Memorial Presentation - Risk factors for work absence in mental health claims**

Dr Bianca Cheong, 2019 Ramazzini Prize winner

SonicHealth Plus is proud to support Dr Bianca Cheong's attendance at the 2019 Annual Scientific Meeting, honoring the memory of Dr Kevin Sleigh and his commitment to mentoring and inspiring early career professionals. Bianca will present her award-winning paper 'Risk factors for work absence in mental health claims' in which she explores the risk factors identified from a study of mental health claims in Western Australia over a 10-year period and asks the question: Are the risk factors of long duration claims different to short duration claims?



SESSION THEME: Update on early management

9.30am **A revolution in burns management at RAH Adult Burns Unit**

Prof John Greenwood AM, Plastic Surgeon and Medical Director – Adult Burns Unit, Royal Adelaide Hospital

Two cutting-edge technologies have revolutionised the management of serious burns at the RAH. This presentation will describe the journey from development to application of Biodegradable Temporising Matrix (BTM), a skin dermal replacement that temporises the burn wound while Composite Cultured Skin (CCS) is grown to eventually close the wound.

10.00am **Snake and spider bites**

Prof Julian White, Unit Head, Toxinology Department, Women's and Children's Hospital

This presentation will cover aspects of toxin-induced diseases and their relationship to occupational illness, both in Australia and in the global context, with an emphasis on ophidian envenoming, discussing key clinical points and treatment controversies.

10.30am MORNING TEA

CONTRIBUTED PAPERS

11.00am *The Collaborative Partnership to improve work participation – building practical solutions to support work participation*

Prof Niki Ellis and **Kim Thrift**, Comcare

Wellness strategies that work: Case study from Hawke's Bay District Health Board

Dr Moazzam Zaidi Johns Hopkins Aramco Healthcare; Hawke's Bay District Health Board (NZ)

11.15am *Managing fatigue amongst offshore workers through a digital solution*

Dr Devandran Kumarasamy, Petronas (Malaysia)

A safety critical worker with odd behaviour – a case study

Dr John Gall, Era Health

11.30am *Pneumococcal vaccination of welders: global deployment within a multi-national corporation*

Michael Donoghue, Alcoa Corporation

Screening evaluation of the evolution of new heart failure study (SCREEN-HF): early detection of chronic heart failure in the workplace

Umberto Boffa, Safelens PL

11.45am *Burnout among resident doctors assessed using the revised Maslach Burnout Inventory: National cross-sectional survey in Japan*

Dr Takahiro Matsuo, St. Luke's International Hospital, Tokyo, Japan

Making cardiovascular risk work: Practical solutions in calculation of absolute atherosclerotic-cardiovascular risk

Dr Miguel Sergio Kabilio, OSH Group

DAY 3 (continued)

12.00pm

Hugh Denehy Oration

The Hugh Denehy oration was presented for the first time at the 2006 ANZSOM Annual Scientific Meeting to celebrate the memory of one of ANZSOM's founding members, and one of its greatest proponents. The oration was established in his memory in perpetuity, and is presented annually at the ASM.

DR JOHN CROSS – HUGH DENEHY ORATION 2019

- MBBS Sydney University 1970
- GDPH Adelaide University 1994
- Chairman Pneumoconiosis Board 1990- 2003 Broken Hill
- Chairman Lead Board 1990- 2003 Broken Hill
- Medical Officer in Charge Bureau of Medical Inspection Broken Hill 1990-2003
- Medical Director Regency Tafe Adolescent and Occ Health Unit 1980- 2003 1st such Private Clinic on a tertiary campus
- Medical Referee NSW 1990-2001
- Eligible Medical Panellist SA
- CEO and Medical Director SAPMEA (oldest medical educational training organisation in Australia)
- Co-writer of the current National PIA Training modules for Safe Work Australia and co-writer of current SA WPI training modules.

John currently keeps clinical skills up to date by doing emergency work in rural areas & working in rural indigenous communities whilst creating educational workshops in mental health, ALS & chronic disease management. To keep busy when he goes bush, John is a keen bird watcher and fisherman.

John has been a past ANZSOM Federal President and for those who have attended some of the ANZSOM ASMs organised by him will remember the Barking Owl sighting at the Kakadu dinner; the BUSTARD sighting on the drive into the Bungle Bungles, the Satin Bower bird, with bower, whilst there and the Red backed wren and also the various times he and a group provided a fish meal for the delegates.

12.30pm

AWARDS LUNCH

Relax and enjoy a sit-down lunch with your colleagues and join us in recognising contributions to ANZSOM.

- David Goddard Award for Best Paper
- President's Award
- New Members' Certificate Presentation
- ASM Completed Passport Prizes



DAY 3 (continued)

PARALLEL SESSIONS

1.30pm-4.30pm

SITE VISITS

There is an option to attend a visit to one of four sites as part of your ASM 2019 conference experience. Bookings for the site visits are allocated on registration, prior to the ASM. The choices available:

ASC Shipbuilding – FULL (waiting list)

A subsidiary of BAE Systems Australia, ASC Shipbuilding currently provides the shipbuilding workforce and capability for the Hobart Class Air Warfare Destroyer and Arafura Class Offshore Patrol Vessels and holds the head contract for the Hunter Class Frigate Program. This site visit will provide an opportunity to learn about ASC Shipbuilding and its shipyard and manufacturing and testing processes across its three programs. The visit will highlight the diversity of technical work roles and environments and the considerations for occupational health and safety.

ASC North submarine maintenance facility – FULL (waiting list)

ASC North in Osborne is the location for the majority of maintenance undertaken on the Collins Class submarines. This site conducts full cycle dockings (major refits) engaging a team of designers and engineers who are constantly developing and implementing upgrades to ensure the Collins Class submarines remains at the cutting edge of submarine technology. This site visit will involve a tour of the maintenance facility to provide context to the type of work being performed and the working environment that the workforce is exposed to. While on board access to a submarine will not be possible, delegates will get up close and personal to these magnificent vessels.

Adelaide Exposure Science and Health Laboratory

Adelaide Exposure Science and Health offers a diverse range of research, field-based consulting, laboratory, and education and training services to industry, government and the community. The organisation is staffed by experienced occupational hygienists, consultants and research staff with wide ranging expertise across scientific disciplines.

This site visit will include demonstrations of sampling and analysis equipment for chemical contaminants, and noise, as well as research equipment for dermal exposure assessment and PPE testing for toxic industrial chemicals. There will also be an opportunity to discuss a number of exposure assessment case studies.

Haigh's Chocolates – FULL (waiting list)

Haigh's is the oldest family owned chocolate maker in Australia, established by Alfred E Haigh in 1915. This site visit will provide an opportunity to experience the "Bean to Bar Chocolate Manufacturing Facility" including a variety of manufacturing and finishing processes, and to discuss the considerations for material handling and other workplace issues. There may even be a chance for some taste testing and a retail shopping opportunity! Buses for the site visits will depart from the front of the hotel at 1.30pm.

Please check the PPE for your allocated site to ensure you have all of the gear with you on the day.

DAY 3 (continued)

PARALLEL SESSION

1.30pm-4.30pm

WORKSHOP

How to survive and thrive in the digital age

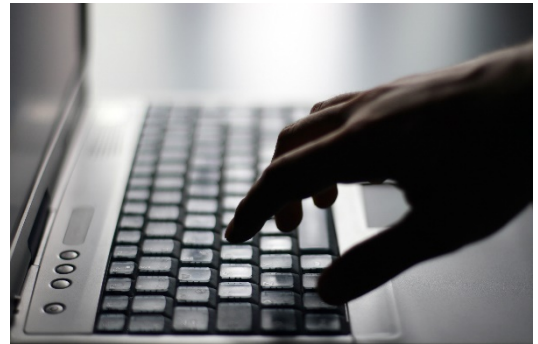
Clayton Cross, Head of Strategy, Conversion Digital

Like many professionals, you may be just starting to think about your *digital transformation*, or you may have decided that horse has bolted! Fear not – this workshop will cut through the jargon and the mysteries of Google and social media to equip you with practical and achievable strategies for a meaningful digital presence.

Clayton Cross delivers an entertaining, inspiring and hands-on session, drawing on his understanding of the health sector and professional practice. Bring your iPad and prepare to get to work!

Topics will include:

- How Google's Medic Update has impacted your practice
- How to attract more calls and appointments from patients and businesses near you
- How Facebook can help promote positive branding and position your practice as the thought leader in your community.



PARALLEL SESSION

1.30pm-6.00pm

PRE-BOOKED COURSE

Mental Health First Aid Course

Facilitator: Natalie Bottroff

The Blended Mental Health First Aid Course is a combination of online (eLearning) and a half day of face-to-face training.

The online pre-learning aspect takes approximately 3-4 hours and should ideally be completed before attending the conference and within 3 months of the session. Content includes mental health problems, mental health crises and provision of initial assistance

to an adult developing a mental health problem or in a mental health crisis.

The face-to-face workshop will provide an opportunity to apply this knowledge and skills to specific scenarios. Participants then complete a short online assessment in order to receive a Mental Health First Aider Certificate of Accreditation which is valid for 3 years. Accredited Mental Health First Aiders are eligible to be appointed as Mental Health First Aid Officers in the workplace.

Mental Health First Aid training courses provide the skills to be able to make a real meaningful impact in people's lives.



You don't have to be a doctor. You don't have to be a psychologist. Anyone can do Mental Health First Aid by simply signing up.

6.00pm CONFERENCE WIND-UP

POST-CONFERENCE TRAINING COURSE

THURSDAY 31 OCTOBER

8.00am – 4.00pm

Authorised Health Professional Training Program

RACP Regional Office - Level 2, 257 Melbourne Street, North Adelaide, SA

ANZSOM is proud to be hosting this 1-day training as a satellite event associated with the 2019 Annual Scientific Meeting.

The National Standard for Health Assessment of Rail Safety Workers provides guidance for rail transport operators to meet their legislative obligations in managing the risks posed by the ill-health of rail safety workers. That guidance includes the selection and management of the health professionals who carry out health assessments on behalf of those operators; referred to as Authorised Health Professionals (AHPs).

The responsibility for selection and management of AHPs rests with rail transport operators (RTOs) and the Chief Medical Officers of the largest RTOs in Australia and New Zealand have worked together to establish a common training program for AHPs. Completion of this training program results in certification to conduct rail safety health assessments for the main RTOs in all Australian states and in New Zealand. The Rail Industry Safety Standards Board (RISSB) and the Australasian Railway Association (ARA), with the support of a cross-industry group of Chief Medical Officers, support this training program as a consistent approach to managing the health of rail workers.

RISSB works with the Chief Medical Officers to develop and maintain the training materials to ensure that AHPs are trained to the standard, while the ARA captures the details of trained AHPs within the RIW System.

To register your interest for the training:

- Complete [this form](#) including payment details
- Sign and date the [Terms of Reference document](#)
- Provide a copy of your medical registration certificate
- Provide a copy of your CV

Send these documents to:

Sherryl Rozario - sherryl.rozario@transport.nsw.gov.au or by
Fax to: 02-8922 4557

Enquiries phone: 0466 327 966

Registration fee: \$500.00 per person (including GST)

(Includes course material, morning tea, lunch and site visit)

