



The Australian and New Zealand
Society of Occupational Medicine

ANNUAL SCIENTIFIC MEETING 2020

19–22 MARCH 2020

Four Days
ON THE ISLAND

LAUNCESTON, TASMANIA

SCIENTIFIC PROGRAM PARTNER



Australasian Faculty
of Occupational and
Environmental Medicine

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WELCOME

On behalf of ANZSOM and the ASM2020 Organising Committee, we are pleased to welcome you to Launceston. This meeting promises to be something out of the ordinary with “Four Days on the Island” to connect, learn and share in this picturesque historic town. The conference venue, Peppers Silos Launceston, is idyllically located on the banks of the Tamar, offering sweeping views over the river and just a short walk to the city centre. The location, combined with a diverse selection of site visits, workshops and technical sessions, as well as numerous social and networking events will provide a unique and memorable experience.

We hope you enjoy it!

Dr Barry Gilbert & Sandra Code, Conference Convenors

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CONFERENCE ESSENTIALS

REGISTRATION DESK HOURS

Located outside the King's Wharf Lounge West.

CONTACTS

For general enquiries, please contact the Secretariat on 0408 530 865.

WIRELESS INTERNET

Wireless internet is available to all delegates through the Peppers Silo Hotel "guest" network. No login password required.

DIETARY REQUIREMENTS

Delegates and speakers who have communicated their special dietary requirements to us will be catered for, either through the general selection of catering options or through a specific meal preparation. Please talk to the catering staff or staff at the Registration Desk if you require assistance.

SITE VISIT REQUIREMENTS

Bookings for the site visits have been allocated prior to the ASM. For attendance lists see the Registration Desk or the ASM App. Buses will depart from Riverbend Park on Thursday and Friday afternoon, and from the front of the hotel on Friday morning. Some sites are within walking distance from the park/hotel – delegates should ensure they wear comfortable shoes. Departure times and PPE requirements for each site visit are listed on pages 5 and 6.

FEEDBACK

Please provide feedback for each session (including workshops and site visits) via the ASM App. An overall conference survey will also be available at the end of the conference or online via the App.

WIN FREE REGISTRATION TO ICOH2021 IN MELBOURNE

This year you will have a chance to win **free registration to next year's ICOH 2021 conference in Melbourne**, simply by visiting our exhibitors! Each exhibitor will have a unique stamp to record your visit on your ASM Passport. You'll find your Passport in your delegate satchel. Once you have all the stamps, record your name and contact details and pop it in the box at the Registration Desk. The winner will be drawn at the Closing Lunch on Sunday. To be eligible you will need to be at the lunch to receive the prize in person.

FOLLOW US ON SOCIAL MEDIA

Follow, tag and share your snaps and stories during the conference! Use these hashtags:

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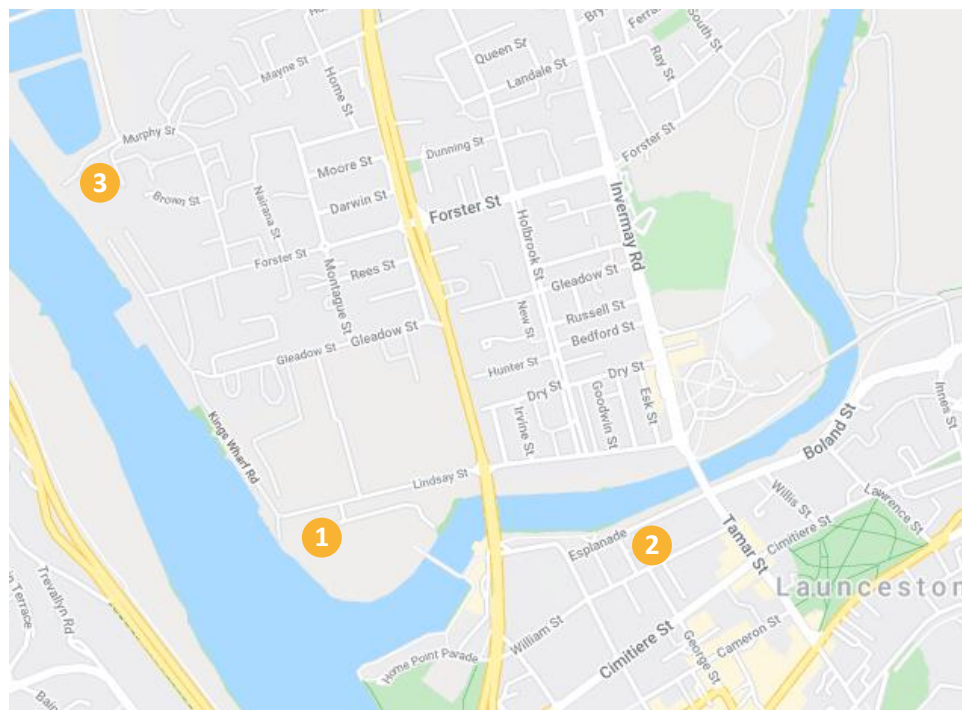
ASM APP

Make sure you download the ASM App for information and updates throughout the conference!



GETTING YOUR BEARINGS

KEY LOCATIONS



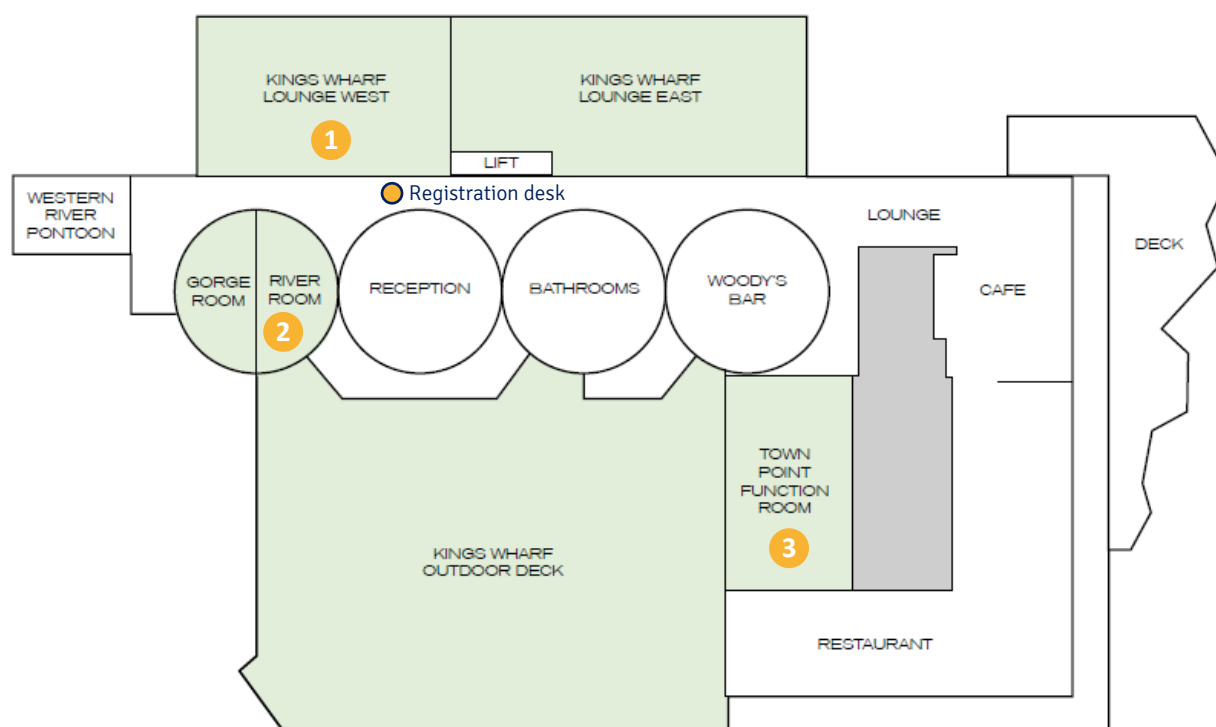
**1 Conference Venue
Peppers Silo Launceston**
89-91 Lindsay St, Invermay

2 Boag Brewery (Site Visit)
39 William St, Launceston

3 Tamar Valley Dairy (Site Visit)
1 River St, Invermay

**Not shown on map:
Josef Chromy Wines**
Conference Dinner
370 Relbia Rd, Relbia
Bus transport provided

VENUE LAYOUT – Peppers Silo Launceston, Level 1



1 Kings Wharf Lounge West
Welcome Reception, Technical sessions, Exhibition, Chill & Recharge

2 River Room
Audiometry workshop

3 Town Point Function Room
Presentation workshop, CPR skills update, Technical sessions

SITE VISITS – Thursday & Friday

Full Registration delegates have **three separate opportunities** to attend site visits across Launceston - on Thursday afternoon, Friday morning and Friday afternoon. The Friday visits are also available to Day Registrants. Visits to local agricultural, industrial, and educational worksites will provide insight into the varying nature of work and the issues facing employers, employees and health professionals. Bookings for the site visits have been allocated prior to the ASM. For attendance lists see the Registration Desk or the ASM App.

Buses (or walking groups for close sites) will depart from Riverbend Park on Thursday and Friday afternoon, and from the front of the hotel on Friday morning. Departure times are as follows: Thursday 12.45m, Friday 9am and Friday 12.45pm.

NOTE FOR AFOEM TRAINEES: A site visit on the Friday afternoon will be allocated for undertaking requirements for the Direct Observation of Field Skills (DOFS). A debriefing meeting will follow on the Saturday morning.



TAMAR VALLEY TRUFFLE FARM

Tamar Valley Truffle Farm is home of Tasmania's Black Perigord Truffle products, crafted from locally grown truffles and featuring a range of artisan products including truffle butter, truffle oil and truffle salt. The site visit will provide an opportunity to gain firsthand experience of this unusual industry and the occupational and environmental health considerations.

BOAGS BREWERY

James Boag established the brewery in 1881 on the banks of the Esk River in Launceston, utilising the best of Tasmania's pure water and natural ingredients. The now state-of-the-art facility employs over 150 people and produces over 76 million litres of beer annually. The visit will provide an opportunity to experience the working brewery across all production processes and explore the occupational health challenges.



PFD FOODS SERVICES

PFD Food Services encompasses processing, packing and distribution of a wide range of food products. There are over 70 branches nationally including four in Tasmania. The Launceston distribution warehouse handles a variety of goods, including frozen, chilled and dry goods, as well as some cheese production. Delegates will conduct a walk-through of the warehouse and witness the processes from freight delivery to storage, picking & packing to dispatch. You will also view temperature control and audit processes for HACCP compliance.

PPE: Closed shoes must be worn. Hi-vis tops will be provided.

AUSTRALIAN MARITIME COLLEGE (UTAS)

The Australian Maritime College at the University of Tasmania is the national institute for maritime education, training and research. The suite of specialist teaching, learning and research facilities are internationally acclaimed and are used by Defence, industry and government organisations world-wide to answer leading-edge research questions. Delegates will tour some of AMC's facilities including the Hydrodynamic Towing Tank and the Model Test Basin. They will observe marine survival training taking place in the purpose-built Marine Survival Centre and obtain some hands-on experience in the Centre for Maritime Simulations.



SITE VISITS – Thursday & Friday (continued)



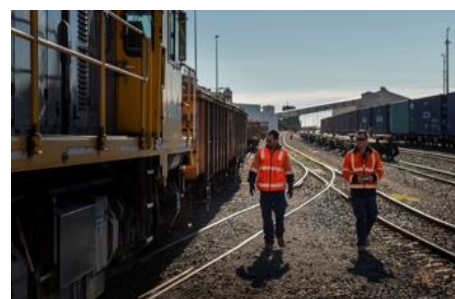
HILLWOOD BERRY FARM

Hillwood Berry Farm is a second-generation family farm located on the banks of the Tamar River, 25kms north of Launceston. The farm boasts over 36 hectares of berries, including strawberries, raspberries, blackberries and blueberries. All berries are grown under protected cropping structures and almost all are grown using hydroponic growing principles. In addition to a diverse permanent workforce, the business relies on over 250 seasonal workers during peak harvest. The site visit will provide an opportunity to explore the production operation and discuss the workforce and occupational health considerations.

TASRAIL RAIL YARD

TasRail is one of Tasmania's largest and most efficient logistics businesses and the supply chain partner of choice for the State's heavy industries and freight forwarders. Vertically integrated since its establishment as a State-owned company in 2009, TasRail is responsible for both safe and reliable Below Rail operations and a sustainable Above Rail business. Delegates will experience a guided tour of TasRail's primary rollingstock workshop where locomotives and wagons are maintained. The workshop will be operational with a variety of maintenance activities being performed. All TasRail workplaces have a zero drug and alcohol policy - random testing may occur.

PPE: Long trousers & sleeves, fully enclosed, sturdy footwear (steel caps preferred), hi-vis orange vest & safety glasses



BLUELINE LAUNDRY INC.

Blueline Laundry is commercial laundry operation providing services to aged care, hospitality and healthcare businesses throughout Tasmania. In addition to providing a high quality laundry service and state-of-the-art equipment, they aim to offer rewarding employment opportunities for people with intellectual disabilities. This site visit will explore the common considerations for worker health. Delegates will be able to see the commercial laundry in operation, as well as view how Blueline employees with a disability are integrated into business operations.

TAMAR VALLEY DAIRY

Tamar Valley Dairy is a yoghurt manufacturing facility, established in 1996. The site produces 330-350T of finished goods each week with a projected annual tonnage for 2020 to exceed 18 000T. The site runs 24/5 with 3 x 8hr shifts divided into processing and packaging scheduled in accordance with the projected orders for the week. Delegates will experience a safety induction and witness the shift change during a comprehensive tour of the facilities and production line.



MOORE'S HILL VINEYARD

Moore's Hill vineyard is a boutique family operated winery located in the Tamar Valley. It is Tasmania's first off grid solar wine making operation, featuring 108 solar panels and 81kw gel battery storage. Their chief winemaker Jules Alport will lead the tour through the vineyard and wine making operations.

DAY 1 - Thursday 19 March

THURSDAY 19 MARCH

8.00am-5.00pm PRE-CONFERENCE WOKSHOPS

"You Nailed It" - Presentation & Media Skills Workshop (pre-booked)
Town Point Function Room

Delivered by actor team Imogene and Christoph Hewitt from Resonant Integrity.

Audiometry Skills Workshop (pre-booked)
River Room

Delivered by Glenn Johnson from The Hearing Company.

12.00pm-12.45pm LUNCH – PICNIC IN THE PARK – Riverbend Park (weather permitting)

12.45pm-4.30pm SITE VISITS

Bookings for the site visits have been allocated prior to the ASM. For attendance lists see the Registration Desk or the ASM App.

Buses (or walking groups for close sites) will depart from Riverbend Park from 12.45pm.



6.00pm-8.30pm WELCOME RECEPTION – PEPPERS SILO HOTEL



The Peppers Silo Hotel will host the Welcome Reception on Thursday evening, where guests will enjoy innovative cuisine incorporating fresh Tasmanian ingredients and a selection of local wines. The Welcome Reception is included in Full Registration and may be purchased separately for Day Registrants and guests/partners.

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DAY 2 - Friday 20th March

FRIDAY 20 MARCH

WORKSHOP

9.00am-12.00pm

CPR Skills Update (pre-booked)

Town Point Function Room

The CPR Skills Update provides an opportunity to meet your certification requirements. In line with the specifications for **HLTAID001 Provide Cardiopulmonary Resuscitation**, the course will cover:

- response to emergency situations
- performance of CPR procedures
- communication of details of the incident, and
- administering defibrillation.



MORNING SITE VISITS

9.00am-11.30am

Bookings for the site visits have been allocated prior to the ASM. For attendance lists see the Registration Desk or the ASM App.

Buses (or walking groups for close sites) will depart from the front of the hotel at 9am.



12.00pm-12.45pm LUNCH – PICNIC IN THE PARK – Riverbend Park (weather permitting)

AFTERNOON SITE VISITS

12.45pm-4.30pm

Bookings for the site visits have been allocated prior to the ASM. For attendance lists see the Registration Desk or the ASM App.

Buses (or walking groups for close sites) will depart from Riverbend Park from 12.45pm.



NOTE FOR AFOEM TRAINEES:

The TasRail site visit has been allocated for the Direct Observation of Field Skills (DOFS). A debriefing meeting will follow on the Saturday morning.

FRIDAY 20 MARCH

6.30pm - 11.30pm CONFERENCE DINNER, JOSEF CHROMY WINES



Josef Chromy Wines provides a spectacular setting for the main Conference Dinner, located on a 61-hectare vineyard estate just south of Launceston. Josef and his team combine attentive service, quality produce and careful attention to detail, guaranteeing a night to remember.

We are honoured to have Associate Professor Terry Hannan speaking on his career as a general physician and the importance of listening to our patients, also the topic of his book, 'Bedtime Stories'.

Following on from an impactful engagement at the Tamar Valley Writer's Festival 2018, where his session was considered the best received and most attended, Professor Hannan has taken time from the publication of his second book to attend the ASM and honour us with his collected wisdom.



JOSEF CHROMY
TASMANIA



'Bedside Stories: Learning to listen' by Tasmanian general physician Terry Hannan is a deeply personal book, which gives unique insights into the relationships between doctors and their patients. It reveals that despite all the important focus on scientific and medical advances, what's just as important is that patients feel like they are being heard, and that doctors need to sit and listen to what their patients are telling them. 'Bedside Stories: Learning to listen' is undoubtedly one of the best books in its genre. - Sophie Scott, Medical Reporter, ABC

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DAY 3 - Saturday 21 March

SATURDAY 21 MARCH

SOCIAL & NETWORKING MORNING

8.30am

AFOEM TRAINEE NETWORKING & DEBRIEFING BREAKFAST

A great opportunity for trainees to get together and build their networks. This session will also serve as a debrief for the Direct Observation of Field Skills conducted at the site visit on Friday afternoon.

9.00am

HARVEST LAUNCESTON COMMUNITY MARKET

Every Saturday morning, Harvest Launceston Community Farmers' Market brightens a quiet inner-city car park and brings the farm gate to you. You will have a chance to meet the farmers, connect with locals and enjoy a visual feast of seasonal produce and products including ethically raised meat, organic dairy, artisan bread and pastries, local wine and cider and much more. Savour a locally roasted coffee and taste your way around the foodie state at this vibrant weekly event.

For more information go to <https://harvestmarket.org.au/>



12.00pm-5.00pm

EXHIBITION - *Kings Wharf Lounge West*



12.00pm

LUNCH



NEED TO CHILL AND RECHARGE?

Check out the Chill & Recharge space in the exhibition hall, where you can sit, relax and recharge (including your phone)! The Chill & Recharge space is kindly supported by Customer 1st Finance.



SATURDAY 21 MARCH

1.00pm

Town Point Function Room

All you need to know about the occupational consequences of COVID-19 (Coronavirus disease 2019)

Professor Katie Flanagan, Director of Clinical Infectious Diseases in Northern Tasmania

Sandra Code, Health Services Manager, Transdev Melbourne

Sally Kane, EHS Manager Agilent Technologies Australia P/L

At the time of writing this introduction the COVID-19 outbreak of respiratory disease has led to an emerging, rapidly evolving worldwide situation, and whilst a WHO declared public health emergency of international concern, by the time of ANZSOM2020 it may be a global pandemic. Some would call it a global panic.

This session will give delegates the opportunity to understand the global and local consequences, have a better understanding of the evolving clinical picture, and what this means for Australian global travel, government, business, the health system and individuals.

We are very fortunate indeed to have this professional panel, that will allow your questions to be answered.

PARALLEL TECHNICAL SESSIONS

2.00pm

Town Point Function Room

Medicinal marijuana – seeing through the smoke

Dr David Hamilton, Specialist Pain Medicine Physician

Medical use of cannabis has been a hot topic over the last 12 months. This session will address the current evidence for the use of cannabis-based products relating specifically to chronic pain, as well as the current legislation, professional opinions from the colleges and implications for the workplace. It will also include the history of cannabis use, the pharmacology of the endocannabinoid system and the impact of exogenous cannabinoids.

Kings Wharf Lounge West

Cases in maritime health and safety

Dr Maurice Harden, Occupational and Environmental Physician, Hunter Industrial Medicine

Dr Neil Westphalen, Medical Practitioner, Royal Australian Navy

This session will address a case of a serious accident in a marine pilot to highlight the high risks of this specialised maritime role. It will include the circumstances of the incident, the short- and long-term clinical consequences and the accident investigation and outcome.

2.30pm

The current landscape of OEM training

Dr Amy Bright, Occupational Physician Registrar, AFOEM Federal Trainee Representative Stage B

Dr Thea Leman, Occupational Physician Registrar, ANZSOM General Council Federal AFOEM Representative, AFOEM Trainee Stage A

Dr Carlin White, Occupational Physician Registrar, Gilbert Consulting

Why choose Occupational and Environmental Medicine as a career? This interactive panel presentation and discussion will draw on the experience of three trainees through the training process.

Australian occupational audiometry: legislation, protocols and best practice

Glenn Johnson, Principal Occupational Audiologist, The Hearing Company

While national consistency across Australia in occupational audiometry legislation hasn't worked out as planned. There are legal requirements in most jurisdictions to conduct audiometric surveillance on noise-exposed workers. This presentation will provide an update on the current status of audiometry legislation around Australia and an overview of the best practice protocols for conducting accurate audiometry and managing test results.

SATURDAY 21 MARCH

3.00 -3.30pm AFTERNOON TEA

PARALLEL TECHNICAL SESSIONS *(continued)*

3.30pm

Town Point Function Room

Determinants of mental stress and dysfunction among sportspeople

Professor Tim Driscoll, Professor of Epidemiology and Occupational Medicine at School of Public Health, University of Sydney

Professional, and indeed amateur sportspeople have always experienced physical injuries that are generally dealt through a medical model that is well understood. Increasingly there appears to be an increase in “mental health issues” that are less well understood. This presentation will outline the distribution and determinants of this phenomenon in a manner that will help our overall understanding.

Kings Wharf Lounge West

Cyber security 101 - risks and solutions in the digital age

Clayton Cross, Head of Strategy, Conversion Digital

Cyber security is a significant risk for industry and healthcare. Understanding the risks, getting the right advice and implementing workable solutions should be high on our list of priorities in order to protect our businesses, clients and patients. This is an essential session for those looking for direction on this important issue.

4.00pm

The (new) draft radiofrequency exposure standard

Dr Bruce Hocking, Occupational Physician

This session will explain the new radiofrequency exposure standard with emphasis on application in workplaces. There will include a brief refresher on the electromagnetic spectrum and the biophysics of radiofrequency radiations, as well as recent research regarding mobile phones and brain tumours and the potential health effects of the upcoming 5G mobile phone system. The standard specifies the situations in which the occupational exposure limits may be applied and the obligations of employers or operators of radiofrequency sources to employees.

The assessment and prevention of thermal injuries

Dr Angus Forbes, Occupational Physician, Phoenix Occupational Medicine

Heat, electricity and environmental injuries make up about 1% of worker injuries in Australia, and there is an increasing interest as industries seek to address concerns about climate change. This session aims to equip delegates to provide evidence-based advice to workplaces and workers. It describes the spectrum of thermal conditions and their challenges in the workplace and describes how to assess the thermal risks to the workplace and determine appropriate prevention strategies.



STAY UP-TO-DATE WITH THE CONFERENCE APP

Powered by Superevent, The ANZSOM ASM2020 Conference App gives you real-time access to all conference information. You can also choose to use the App to network with your fellow delegates through messaging and posting comments and questions.

To get started, download the Superevent App from the AppStore (iOS) or GooglePlay (Android) and access the event by entering your personal invitation code that you would have received by email. See the Registration Desk if you require the code.

Get started, get involved!

SATURDAY 21 MARCH

PARALLEL TECHNICAL SESSIONS *(continued)*

4.30pm

Town Point Function Room

Colour vision requirements – case studies

Dr John Parkes, Colour Vision Specialist & Occupational Physician

Dr Karina Powers, Occupational Health Physician

This session will address the different colour vision deficits and the difficulties experienced with various work tasking and potential risk with safety critical work. It will include examples of employment where colour vision is integral to role.

Kings Wharf Lounge West

A clinical take on health and wellbeing

Meg Parsons, Clinical Governance Manager, Bodycare

Wellbeing, wellness, mindfulness, digital health, detox, intermittent fasting, office yoga, resilience training, sleep training, treadmill desks, fitness challenges... there is no doubting that the Corporate Wellness juggernaut has gained significant momentum in recent years. But do these programs really make a difference and what is their impact among the blue-collar workforce? This session will explore the evidence and describe experience in delivering wellbeing programs to a variety of blue-collar industries, sharing learnings on what works, what doesn't and what's next.

6.00pm 'SURPRISING LAUNCESTON' - DINNER

Launceston is full of surprises! But you'll have to wait to find out more.

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WIN FREE REGISTRATION TO ICOH2021 and other great prizes

This year you will have a chance to win free registration to next year's ICOH2021 Congress in Melbourne, simply by visiting our exhibitors! Each exhibitor will have a unique stamp to record your visit on your ASM Passport. You'll find your Passport in your delegate envelope. Once you have all the stamps, record your name and contact details and pop it in the box at the Registration Desk.

The winner will be drawn at the Closing Lunch on Sunday. To be eligible you will need to be at the lunch to receive the prize in person.

N.B. not all exhibitors are attending every day of the conference, please check your passport to make sure you don't miss anyone!



DAY 4 - Sunday 22nd March

SUNDAY 22 MARCH

9.00am-1.00pm

EXHIBITION – *Kings Wharf Lounge West*



TECHNICAL SESSIONS – *Kings Wharf Lounge West*

9.00am

Hugh Denehy Oration

Dr Chris Walls, Occupational Physician, Occupational Medicine Specialists

Dr Hugh Denehy was a founding father of ANZSOM, and a well-respected leader in the field of occupational medicine. Delivery of the oration in his name is a highlight of the Annual Scientific Meeting, bestowed on an ANZSOM member who espouses the qualities of Hugh Denehy and his great contribution to the field of occupational medicine.

9.30am

The hearing loss journey – from challenges to solutions

Michelle Moran, Clinical Audiologist, PhD

Lucy Collignon, Speech Pathologist

Hearing impairment is poorly understood by many health professionals. It may arise as a noise induced loss, but can also be associated with other causes such as ageing, diabetes and injury to name a few. Increased knowledge of the links between hearing loss with social isolation and dementia demonstrate the need to consider hearing in the discussion of healthy ageing. Once a person has been identified as having a hearing impairment and assessments have been conducted as to the nature and degree of the loss, the question becomes how to intervene to improve quality of life and communication outcomes. This presentation will transform your level of knowledge of hearing and provide additional tools in your toolkit for management of hearing deficits. The session will be accompanied by a display of prostheses options and an opportunity to discuss funding options.

10.30am

MORNING TEA

SUNDAY 22 MARCH

TECHNICAL SESSIONS – *Kings Wharf Lounge West*

11.00am

Regulatory failure: what have recent events taught us?

Dr Rob McCartney, Occupational Physician, Resile

Dr David Goddard, Occupational Physician, Monash University

Recently in Australia there has been concern regarding regulatory failure in banking, building and OHS. In OHS there have been clusters of coal workers pneumoconiosis and silicosis – both preventable diseases. The session will examine the extent to which there has been regulatory failure and what can be done about it including the role for ANZSOM

11.30am

Occupational rehabilitation and injury prevention – case studies

A/Prof Terry Hannan, Consultant Physician, Visiting Fellow, Australian Institute of Health Innovation, Macquarie University, Sydney

Marcus Burston, Exercise physiologist, and Managing Director of AIM Health and Lifestyle, Launceston

Dr Barry Gilbert, Public Health Physician and Occupational Medicine Consultant, Gilbert Consulting Tasmania

Dr Carlin White, FRACGP, Registrar in Occupational & Environmental Medicine, Gilbert Consulting Tasmania

Case studies will be presented for active discussion, including the management of chronic pain and the benefits of physical movement in occupational rehabilitation. There will be a particular focus on the shoulder, knee, ankle and lumbar spine.

12.30pm

LUNCH @ PEPPERS SILOS – *Kings Wharf Lounge West*



1.30pm

CONFERENCE CLOSE



DOWNLOAD YOUR ATTENDANCE CERTIFICATE

This year, attendance certificates will be available to download via the ASM App. An overall conference feedback survey will also be available via the App. Everyone who completes the overall feedback survey will go in the draw to win a night's stay at Peppers Silos Launceston.



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