

Injury Prevention and Return to Work Conference and Masterclasses 2019

15 – 16 October 2019
Brisbane Convention and Exhibition Centre

Program

worksafe.qld.gov.au/safe-work-month



Injury Prevention and Return to Work Masterclasses

Event details

- Date:** Tuesday 15 October 2019
- Time:** Masterclass: 12.00pm – 2.00pm
Afternoon tea: 2.00pm – 2.30pm
- Venue:** Brisbane Convention and Exhibition Centre (BCEC), South Bank
- Cost:** \$44 per person (including GST), including afternoon tea

Following a successful launch in 2018, the Masterclasses return this year in conjunction with the Conference on Tuesday 15 October. The facilitated two-hour workshops will provide delegates with the opportunity to focus on key safety or return to work topics including obligations of supervisors, good work design for psychological injuries, resolving conflict and current and emerging occupational lung disease.

Sessions run concurrently. Register online at worksafe.qld.gov.au/safe-work-month

Masterclass program

Speaker	Masterclass topic
 <p>Prof Lorimer Moseley</p>	<p>Explain Pain</p> <p>Modern pain science is daunting but, ultimately, intuitive. One barrier to making pain science work for you and your clients, is understanding enough of it to get started. This session will address several key concepts of modern pain science education, including resources and strategies to explain them to other people.</p>
 <p>Andrew Douglas</p>	<p>Workplace law and good work design for psychological injuries</p> <p>Safety law is increasingly influencing other workplace law and has created an emergent stream of cases that identify and check poor leadership, and requires early and planned intervention in psychosocial risk and injury.</p> <p>Increasing supervisors’ knowledge of this legal tool kit will improve productivity, employee health and risk management within their workplaces. This masterclass will include FCW’s ‘Supervisor Handbook of Health’; a simple toolkit for all supervisors.</p>
 <p>Dr Peter Diaz</p>	<p>Managing Office Combat Stress: How to Survive and Thrive Cubicle Wars</p> <p>Did you know, the most toxic working environment is not one with overt disagreements, but instead, where there are simmering conflicts that lie under the surface.</p> <p>Sadly, this has become commonplace in Australian workplaces. Attempts to avoid conflict result in unspoken rifts, like a Cold War. And just like in war, combat stress can result, increasing the potential for mental health problems amongst individuals, and loss of productivity and profits for the business.</p> <p>In this Masterclass we look at covert conflict in the workplace, its impact on ‘Office Combat Stress’, what to do and say when everyone else seems to be pretending it doesn’t exist, and how to handle yourself and others successfully through it.</p>



Transformational work design: The SMART work model

Drawing on both evidence and practice, this masterclass will introduce the Stimulating Mastery Agency Relational Tolerable demands (SMART) work design model, provide examples of how SMART work can be created, and consider the model in the light of preventing psychosocial risks.



Current and emerging occupational lung disease

The session outlines the spectrum of occupational lung diseases seen in Australia today, including asbestos-related diseases, occupational lung cancers, traditional pneumoconioses, occupational asthma and Chronic Obstructive Pulmonary Disease (COPD). It will discuss the re-emergence of coal workers' pneumoconiosis as well as other diseases related to coal mine dust exposure and emerging occupational lung diseases such as artificial stone silicosis, popcorn lung, humidifier-associated lung and nylon flock lung. Prevention is key and awareness of these hazards is paramount for all involved in occupational health in Australia today.



An integrated approach to return to work with mental injuries or illness

This masterclass will give participants an insight into the integrated approach to return to work with mental injuries or illnesses including early intervention and support, graduated return to work including workplace adjustments and work design, and working in collaboration with all parties for successful outcomes. Key issues will be identified and specialist medical practitioner, allied health provider, employer and insurer views will be shared on achieving timely and sustainable return to work.

Injury Prevention and Return to Work Conference

Event details

Date: Wednesday 16 October 2019

Time: Registration: 7.30am – 8.30am

Conference: 8.30am – 5pm

Networking drinks: 5pm – 6.30pm

Venue: Hall 3 & 4, Brisbane Convention and Exhibition Centre (BCEC), South Bank

Cost: Early bird: \$253 (including GST) if purchased before 31 July

Standard: \$297 (including GST), from 1 August

includes morning tea, lunch, afternoon tea and a post-event catered networking function

Business leaders, work health and safety and workplace rehabilitation professionals will congregate on Wednesday 16 October for the annual Injury Prevention and Return to Work Conference (IPRWC).

This year's program is jam-packed with expert presenters who will discuss, analyse and give their perspectives on key injury prevention and return to work topics.

The 2019 conference line-up features:

- Master of Ceremonies delivered by one of Australia's most accomplished journalists and media personalities, Madonna King.
- Renowned keynote speakers including Donna Thistlethwaite, Dr Lorimer Moseley and Dr Stefan Hajkowitz.
- Ground-breaking research and trends in work health and safety and return to work including artificial intelligence, office design and the science of sleep and fatigue in the workplace.
- Trade displays featuring sponsors and industry suppliers.
- Networking from 5pm - 6.30pm.

Register online at worksafe.qld.gov.au/safe-work-month



Conference program

Time	Event	
7.30am - 8.30am	Registration	
8.30am	Madonna King Master of Ceremony welcome	
8.45am	Welcome address	
9am	Donna Thistlethwaite Mental Health: The Perfect Storm	
9.45am	Professor Lorimer Moseley The neuroscience of chronic pain	
10.30am	Morning tea	
	Safety stream	Return to work stream
11am	Dr Nicholas Mabbott The science of sleep and fatigue in the workplace.	Blythe Rowe Injured worker engagement: overcoming perception based barriers to return to work.
11.45am	Dr Matt Brearley Managing heat stress in the workplace.	Dr Andrew Khoo Secondary psychological injuries and PTSD.
12.30pm	Professor Paul Salmon Human factors in safety critical domains.	WorkCover Queensland and Monash University Tailored care and support to meet individual needs.
1.15pm - 2pm	Lunch	
2pm	Dr Margaret Cook The future of office design, computer based work and changes in technology	
2.45pm	Dr Natasha Lazareski Creating psychologically healthy workplaces	
3.30pm	Afternoon tea	
4pm	Dr Stefan Hajkowicz Intelligent Not Artificial – the future of work and why we'll still have baristas (not coffee machines) in the year 2040	
4.45pm	MC wrap up	
5pm	Close	
5pm - 6.30pm	Networking function	

Attendees must select either the safety OR return to work stream during registration.



Presentation

Speaker	Presentation topic
 <p data-bbox="212 506 469 539">Donna Thistlewaite</p>	<p data-bbox="507 264 715 293">The perfect storm</p> <p data-bbox="507 311 1469 501">In 2012 Donna attempted to end her life. Her actions shocked those who knew her and who regarded her as a competent human resource professional and a friendly, enthusiastic person. Donna journeyed from breakdown to receiving an ‘Entrepreneur of the Year Award’ in 2016 and found her purpose in career coaching and professional speaking. As an entrepreneur and speaker, Donna shares her story to help both organisations and individuals.</p> <p data-bbox="507 517 1469 577">If you or someone you know needs assistance, call Lifeline on 13 11 14 or Beyond Blue on 1300 224 636.</p>
 <p data-bbox="212 835 469 869">Prof Lorimer Moseley</p>	<p data-bbox="507 593 887 622">The neuroscience of chronic pain</p> <p data-bbox="507 640 1437 734">Professor of Clinical Neurosciences and Chair in Physiotherapy at the University of South Australia, Dr Moseley is a pain scientist with a background in physiotherapy, neuroscience and psychophysiology.</p> <p data-bbox="507 750 1442 844">His presentation “Pain Revolution: Why we need one and why you can be part of it” dispels myths about chronic pain, particularly focusing on the need for ‘whole of community’ pain education.</p>
 <p data-bbox="212 1164 485 1198">Dr Nicholas Mabbott</p>	<p data-bbox="507 922 1075 952">The science of sleep and fatigue in the workplace</p> <p data-bbox="507 969 1465 1160">Dr Nick Mabbott has over 21 years’ experience in sleep and fatigue management. Understand what a sleep debt is, how it is developed and can be paid back. Learn the safety, productivity, health and wellness impacts of sleep restriction and its causes, including those arising from personal means and workplace factors. You’ll gain a better understanding of the influence of rostering and scheduling and how well-implemented mitigating controls can seriously and positively affect safety outcomes.</p>
 <p data-bbox="212 1494 432 1527">Dr Matt Brearley</p>	<p data-bbox="507 1252 959 1281">Managing heat stress in the workplace</p> <p data-bbox="507 1299 1449 1512">Dr Matt Brearley is Australia’s pre-eminent occupational heat stress consultant. He’ll highlight the consequences of heat, the seasonal patterns of harm and the pseudoscience that exists within contemporary heat stress management. Proven strategies to maximise worker health, safety and productivity will be discussed. The prevailing hydration and cooling practices will be challenged by the application of research findings , with case studies from some of the harshest environments on earth.</p>
 <p data-bbox="212 1823 443 1856">Prof Paul Salmon</p>	<p data-bbox="507 1581 975 1610">Human factors in safety critical domains</p> <p data-bbox="507 1628 1458 1807">Human Factors (HF) play a critical role in safety management and injury prevention. It is concerned with understanding and optimising the interactions between humans and other elements of systems to enhance health, wellbeing, and performance. Through a series of case studies, you’ll gain an overview of the HF systems thinking approach to optimise safety management activities, including incident reporting and learning, accident analysis and prevention, and work system design.</p>

Speaker	Masterclass topic
 <p data-bbox="212 450 379 483">Blythe Rowe</p>	<p data-bbox="505 208 1150 241">Overcoming perception-based barriers to return to work</p> <p data-bbox="505 253 1437 376">Blythe is on a mission to rid workplaces of toxic behaviours, build meaningful relationships and create workplaces worth belonging! Blythe is the creator of the ‘Business Connection Model’, the five key things organisations must do to connect the hearts and minds their people .</p>
 <p data-bbox="212 786 427 819">Dr Andrew Khoo</p>	<p data-bbox="505 544 1015 577">Secondary psychological injuries and PTSD.</p> <p data-bbox="505 589 1453 779">PTSD is a chronic, debilitating and difficult to treat diagnosis which is often associated with physical and psychiatric comorbidity. You’ll receive an overview of the disorder and, Using a real case study as a backbone, you’ll discuss typical presentations, evidence-based medication and psychological treatment approaches and best practices in relating to, communicating with and optimising rehabilitation outcomes in workers with secondary psychological injuries and PTSD.</p>
 <p data-bbox="240 947 456 1093">WorkCover Queensland and Monash University</p>	<p data-bbox="505 869 1098 902">Tailored care and support to meet individual needs.</p> <p data-bbox="505 913 1465 1003">Dr Ross Iles, Monash University, and Tim Meadows, WorkCover Queensland, will share insights on their partnership in researching, designing, and piloting an enhanced approach to supporting workers in their recovery and improving outcomes.</p>
 <p data-bbox="212 1429 448 1462">Dr Margaret Cook</p>	<p data-bbox="505 1182 1385 1216">The future of office design, computer-based work and changes in technology</p> <p data-bbox="505 1227 1453 1328">This presentation will explore how design trends and technology are changing white collar work and impacting on the physical and psychological health of workers, and will highlight what to watch out for, and what to use to your advantage.</p>
 <p data-bbox="212 1749 467 1783">Dr Natasha Lazareski</p>	<p data-bbox="505 1507 1026 1541">Creating psychologically healthy workplaces</p> <p data-bbox="505 1552 1449 1675">Employers are rapidly recognising the need to create ‘Healthy’ work environments that encourage and maintain caring, respectful and supportive relationships. In this session you’ll learn the core characteristics of psychologically healthy workplaces, what it really takes to build one and where to start.</p>
 <p data-bbox="212 2063 480 2096">Dr Stefan Hajkowicz</p>	<p data-bbox="505 1821 1449 1888">Intelligent Not Artificial – The future of work and why we’ll still have baristas (not coffee machines) in the year 2040</p> <p data-bbox="505 1899 1437 2123">The artificial intelligence (AI) and automation revolution of the workforce is more nuanced than we thought. AI will transform the workforce changing both the jobs we do and how we do them, with an enormous opportunity for increased safety, enjoyment and work satisfaction. Stefan will discuss the geopolitical, economic, environmental, social and technological drivers of change reshaping the labour market and ways we can shift the dial and get better outcomes for both employers and employees.</p>