



Since 1910

**Employers  
Mutual**

SOUTH-EAST OHS&W SEMINAR

## **WELLBEING AT WORK**

*Build resilience and create safe, supported workplaces.*



Aged & Community Services  
SA & NT Inc

### **FREE SEMINAR**

Monday 23 November 2009 *or* Tuesday 24 November 2009

**8.30 am–4.30 pm**

**9.00 am–5.00 pm**

**Commodore on the Park  
MOUNT GAMBIER**

**Settlers' Cafe  
NARACOORTE**

Your level of stress, happiness, anxiety, depression and tiredness can directly affect your risk of injury. Your psycho-social wellbeing also influences absenteeism, poor morale, turnover, grievances and productivity.

Rhonda Brand from Victoria will discuss how you can build personal and organisational resilience by identifying and assessing psycho-social hazards and implementing the Cambridge Systematic Approach to workplace stress prevention.

Individuals' behaviour can change from minute to minute, making situations difficult to manage using traditional risk assessment methods. Learn practical ways to maximise personal safety such as:

- Dynamic risk assessment;
- Recognising and defusing threatening and aggressive situations; and
- Dealing with post incident concerns.

Choose between concurrent sessions relating to specific tools for coping with loss and grief in the aged and community care workforce, implementing a bariatric management system for residents and clients with weight issues, safe driving in rural locations, and managing complex OHS&W risks in peoples' homes.

Conclude the day by taking part in a workshop to identify the concerns and support needs of mature workers.

**This information-packed seminar is provided free by ACS with funding from Employers Mutual Ltd and is supported by SafeWork SA.**

## **P R O G R A M**

### **The Cambridge Systematic Approach to Workplace Stress Prevention**

*Rhonda Brand, Cambridge Integrated Services Victoria Pty Ltd*

2-hour interactive presentation

### **Personal Safety in Conflict Situations**

*Neil Warwick, Maybo SAFERcare*

2-hour interactive presentation

### **Concurrent A**

Eldercare's Experience Reviewing and Implementing a Bariatric Management System  
Introducing Guidelines for Coping with Loss and Grief in the Aged & Community Care Industry

### **Concurrent B**

Safe Driving in Rural Locations  
OHS&W Guidelines for Community Workers

### **Mature Workers Workshop**

**NUMBERS STRICTLY LIMITED! BE SURE TO REGISTER EARLY FOR THIS IMPORTANT FREE SEMINAR.**



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# Registration Form

## WELLBEING AT WORK

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**Monday 23 November 2009**

8.30 am–4.30 pm

Commodore on the Park, Cnr Penola Rd & Jubilee Highway, MOUNT GAMBIER

or

**Tuesday 24 November 2009**

9.00 am–5.00 pm

Settlers' Café, 85 Gordon, St NARACOOORTE

Name: \_\_\_\_\_

Name of Employer/Facility: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

Special Requirements (access, dietary requirements): \_\_\_\_\_

*Catering will be provided.*

Please indicate which day you wish to attend and which concurrent session:

Monday 23 November Mount Gambier  Concurrent A **OR**  Concurrent B

Tuesday 24 November Naracoorte  Concurrent A **OR**  Concurrent B

**Registrations close Friday 6 November 2009 (if not full before)**

### Terms & Conditions

**Bookings:** Must be made prior to the seminar on this registration form and **FAXED back to ACS SA&NT 8338 7077**. (Please note no telephone bookings will be accepted.)

**Payment:** Free Seminar

**Refund Policy:** Should any delegate withdraw from the seminar in less than 5 working days prior to its commencement, they are encouraged to send a substitute delegate. Please notify ACS SA&NT of substitute delegates as soon as possible. All changes must be made in writing (emailed to [mso@agedcommunity.asn.au](mailto:mso@agedcommunity.asn.au) or fax 8338 7077)

**Cancellations:** ACS SA&NT reserves the right to cancel events if sufficient numbers are not achieved.

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