

Speaker Biography: Mike Harnett



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- Mike is a corporate ergonomist and both President and Director of Operations for WorkSMART Ergonomics, a progressive health, safety and wellness consulting firm that specializes in ergonomics, injury prevention training, shiftwork and fatigue management programming.
- Mike has twenty years experience as both a practitioner and manager of occupational health and safety programming within various municipal, provincial and federal government agencies as well as manufacturing, transportation, utilities, oil & gas, construction, pulp & paper, chemical, food, and health service industries.
- She is the current President for ACE, the Association of Canadian Ergonomists for the Prairie & Northern Region
- Mike currently sits on the Advisory Board for NAIT's OHS Diploma program and is often turned to as a Subject Matter Expert for CRSP exam preparation workshops in Alberta and Saskatchewan
- She is an active representative on the CSA Technical Committee establishing standard Z1002: Occupational health and safety – Hazards and risks – Identification, assessment, elimination and control
- Recognized as a specialist in the development and delivery of innovative training for both management and workers, she emphasizes the use of interactive methods with a healthy dose of fun thrown in.

References:

Terry Swain, Conference Chair Western Conference on Safety (Vancouver) terrys@pacificsafetycenter.com (604) 233-1842	Will Putz Manager Special Projects Saskatchewan Safety Council; Saskatchewan Safety Conference occupation@sasksafety.org (306)757-3197
Cathy Cook Executive Director BCMSA (Vancouver) ccook@bcmsa.ca (778) 278-3486	Ken Glubish City of Edmonton; RUSA Conference Board ken.glubish@edmonton.ca (780) 496-1526

What Delegates are Saying about Mike Harnett

Mike, you are an excellent presenter. You deal with real issues with humour and incredible accuracy. I thoroughly enjoyed your presentation!

Used humour to help everyone stay focused; very informative

Great life examples to help get points across. Good to have audience participation – got everyone involved.

Very upbeat; Entertaining, good interaction with audience.

Even though I have heard her speak on this topic before, I found her to be a fantastic speaker, and learned something new. Well done!

Obviously very knowledgeable. Including the activity gets away from the numb butt syndrome that tends to spread upward. Entertaining and well worth the time spent.

Mike brings to mind very pertinent topics in our aging population. Critical to know how wellness is important as baby boomers stay in the workforce longer. Mike is a good choice to conclude the day and conference.

She was energetic and funny – kept us aware. Very informative.

Very well presented and very knowledgeable. The best four hours I spent in a while and not get bored. Excellent job!

Mike is a great speaker; my second time attending one of her sessions and enjoyed it again.

If you keep bringing Mike back, I'll keep coming to your conference!

Thriving in the World of Safety

Target: General Workforce, H&S Committees, OHS Consultants, Supervisors, Management

New to the world of safety and don't know where to start? Need a tune-up, and some magic words of wisdom to put the fire back in your belly? Or maybe you don't know what the big deal is about safety; it's common sense, right? With over 20 years experience consulting in the H&S field, Mike has learned how to thrive in the world of safety. Does she have all the answers? Probably not, but she will point out hard-won lessons learned along the way, some humorous, some deadly serious. Come and learn from the mistakes of others so you don't make them all yourself.

Baby Boomer Blues

Target: General Workforce, H&S Committees, OHS Consultants, Supervisors, Management

Do you wake up to discover a new ache every morning? Do your joints make more noise than your teenager's car stereo? Are you on a first name basis with your pharmacist? You're not alone. Now is the time to sensitize workers and managers alike on the aging process and its effects on health, safety, and human resource issues. Fun, interactive and filled with strategies!

Backs on the Job

Target: Industrial and Field Workers, H&S Committees, OHS Consultants, Supervisors

Bend your knees and lift with your legs! We've all grown up listening to that message, but guess what? It's old school. This session will introduce fresh ideas about lifting and other manual material handling activities. Back sprains and strains continue to be the largest source of on-the-job injuries. Maybe there's a reason for it.

Fatigue Management: Are we Killing Ourselves?

Target: H&S Committees, OHS Consultants, Supervisors, Management

It's go, go, go, 24/7. Many of us are working more hours than ever, but what are we doing to our family, our friends, and our health? Can companies and their employees sustain the pace? Learn how to maximize safety and performance while minimizing the effects of undue fatigue as they relate to shiftwork, on-call and overtime practices. Come hear the latest research on circadian rhythms and learn how your organization can incorporate effective operational and preventative fatigue countermeasures.

I'll Sleep When I'm Dead

Target: General Workforce, H&S Committees, OHS Consultants, Supervisors, Management

For many of us, it's go, go, go, 24/7. In our busy world, we try to cram so much in that we constantly cut back on our sleep, but should it be at the expense of our health and safety? Can we sustain the pace we've set for ourselves? Research says....NO! Learn how to maximize your energy and minimize fatigue by following key concepts to achieve a sound night's sleep.

Those Shiftwork Blues

Target: General Workforce, H&S Committees, OHS Consultants, Supervisors, Management

Twice you've dozed off at the wheel, only to wake up as you're entering the ditch. You manage only 5 hours of sleep during the day, if you're lucky. You have the energy of a sea slug, you're arguing more and more with your family, and there's a small nuclear reaction bubbling up in your stomach again (run, kids, run!). It never used to be this bad... what's going on?

It's not easy being a shift worker, or a shift worker's spouse. This session will help you understand the effects of shiftwork on the body as well as to provide practical strategies to improve coping mechanisms.

Life in the Stress Lane

Target: Office Workers, Supervisors, Management

Tired of digging out from under a pile of paper? Frustrated with finally figuring out what your boss wants only to discover you've got a new boss...again? Ready to toss your computer and the 432 email messages you received this morning out the window?

The goal of this stress management course is to balance work demands and home responsibilities, while fitting in time for living. Strategies include short term relief through the use of humorous intervention and long term relief through the introduction of self-directed coping skills including positive thinking and coping with change. It's time to gain back control of your work and personal life.

WorkSMART @ the Office

Target: Office Workers

As an office worker, you're not lifting pipe, or shoveling dirt, or jack hammering, or climbing scaffolds...that doesn't mean you're not at risk for injury. Learn how to identify both job factors and personal factors that could lead to the development of such conditions as back pain, headaches, tendonitis, bursitis, and more.

Topics covered will include,

- Specific physical discomfort symptoms (when does an "ache" become an "injury"?)
- The truth about carpal tunnel syndrome
- Recommendations for proper workstation set-up and fine-tuning work procedures
- Recommendations for the home office environment
- An introduction to microbreak strategies including stretching and postural balancing

WorkSMART @ the Jobsite

Target: H&S Committees, OHS Consultants, Supervisors, Management

This session will provide an understanding of basic ergonomic concepts as it relates to driving tasks, standing tasks, manual material handling tasks, and repetitive motion tasks. Introduction of workSMART's new "Musculoskeletal Risk Assessment Card" will be reviewed, along with subsequent control strategies to improve the comfort and efficiency of the work environment, while minimizing musculoskeletal and psychosocial risk factors.

Copies of "*WorkSMART at the Jobsite: An Ergonomic Handbook for Industrial Workers*" are available for handout at an additional cost.

Field Level Ergonomics: Real Solutions in Real Time

Target: H&S Committees, OHS Consultants, Supervisors, Management

Safety professionals have enough on their plates without having to tackle the world of ergonomics on their own. Thankfully, the most knowledgeable people are right there and willing to help you... your employees.

This session will focus on how to implement a systematic, employee driven ergonomics process that delivers real results. By following a step by step methodology and cost matrix, you will learn how to empower your organization, maximize employee input, implement quick turn-around solutions and avoid "analysis paralysis". Real solutions in real time... now that's working smart.