

## **Quarterly Regional Report - Health and Safety Committee**

The first quarter of 2016 found the committee very busy planning and organizing the upcoming Regional Health and Safety Conference at the Lac Leamy Hilton Hotel Conference Centre this May 28 and 29, 2016.

The theme for this year's conference is "Mental Health in the Workplace". The speakers and presenters that are lined up will be covering various aspect of mental health and how it affects you and other members in the workplace. From medical professionals to PSAC experts in the field of health and safety, will promise to make this a very informative and enlightening conference.

To help make it a successful event for everyone we ask that you share this information with your local health and safety (H&S) Committee members and encourage them to register for the conference. The deadline for registration has been extended until April 18, 2016 due to technical difficulties we were experiencing on our registration site.

Hope to see you all at this H&S conference, and remember we are currently expecting approximately 100 delegates to be attending this year's event.

On Saturday March 5<sup>th</sup>, 2016 members of the H&S committee united with the OLG members on their picket line to help show solidarity in support of their locked out members. Coffee and donuts were provided by the committee and were appreciated by all.

The H&S committee has recently joined forces with the Education Committee in support of the new Mental Health Course initiative. This will be a joint effort between our two committee's which promises to deliver and very thorough and much needed course. More details are to follow as we progress through this joint venture.

Just a friendly reminder; we meet on the second Wednesday of each month. We encourage all components and DCL's to come out and participate.