



webinar

Neuroscience: The New Frontier in Safety Management

Presented by: **Theo Heineman**



3 applications of neuroscience that can be specifically applied to safety performance:

- ① Stress and Wellness**
- ② Beliefs and Habits**
- ③ Learning and Competency**

About the presenter

Theo Heineman

PRESIDENT & CEO, 1LIFE WORKPLACE SAFETY SOLUTIONS LTD.



Theo Heineman is widely recognized as an industry leader and expert in workplace safety management systems. Over her career, Theo has worked around the world and with hundred of businesses as a consultant and keynote speaker with the mission of inspiring stronger and safer workplaces. With powerful stories that have the ability to touch and inspire, Theo is a master at inspiring owners, managers and workers into action. Safe workplaces equal reductions in loss along with improvements in productivity and quality, resulting in healthier employees and a more profitable and sustainable business.

Some of Theo's milestones include Woman Entrepreneur of the Year, Canadian Safety Leader of the Year Finalist and three-time Canadian Society of Safety Engineering award recipient. She is the Founder, President and CEO of 1Life Workplace Safety Solutions Ltd., Manitoba's only Safety Technology company. Theo is a Board Certified Canadian Registered Safety Professional (CRSP) and a Certified Health and Safety Consultant (Canadian Society of Safety Engineering). She is a

Certified NeuroChangeSolutions Consultant, personally trained by leading neuroscientist and New York Times best selling author, Dr Joe Dispenza.

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Why do we need a new mindset?

The most recent statistics from the Association of Workers' Compensation Boards of Canada (AWCBC) tell us that in 2017, 951 workplace fatalities were recorded in Canada, an increase of 46 from the previous year. Among these deaths were 23 young workers aged 15-24.

Add to these fatalities the 251,508 accepted claims (an increase from 241,508 the previous year) for lost time due to a work-related injury or disease, including 31,441 from workers aged 15-24, and the fact that these statistics only include what is reported and accepted by the compensation boards, there is no doubt that the total number of workers impacted is even greater. – Source CCOHS Canada

Despite the combined efforts and expense of industry stakeholders to reduce serious workplace injuries, why can't we seem to make significant headway? A primary reason is the inability to produce the sustained change required to have lasting impact on human behaviour. True and lasting change requires becoming aware of and changing deep seeded habits and beliefs that have been fired and wired, and rest mostly in the unconscious mind (which applies to both leaders and employees). Using the understanding of the neuroplastic nature of the brain, a formula can be applied to allow employees to learn new ways to think, act and feel; in short, create a new mindset towards workplace safety. Understanding how neuropathways in the brain are created and sustained and impact human performance provides a doorway to radical shifts in safety performance and culture.

The material in this webinar is based on the work of Dr. Joe Dispenza

Three types of stress:	
How can humans turn on the stress response by thought alone?	
The effect of stress on wellness and performance:	
Long-term stress down regulates genes to cause breakdown and disease in the body:	

What new and important thing did you learn about stress?

How will what you learned about stress change something in your life or at your workplace?

NOTES:

<p>Why is sustained change in safety culture and habits difficult to achieve with traditional change management models?</p>	
<p>Operating from unconscious beliefs and habits:</p>	
<p>How to enter the unconscious operating system of the brain and body and how the neuroplastic nature of the brain can unfire and unwire old beliefs and habits to create long term sustainable change:</p>	

Why does the old change model fail and what can you do differently in your workplace?

NOTES:

<p>Why is 90% of most training forgotten in the first 90 days?</p>	
<p>How the brain takes in information, stores and remembers it:</p>	
<p>How we can teach employees to go from learning new information, to applying it, to true competency:</p>	

What are two things you can do in your workplace to help your employees or colleagues achieve safety competency?

1. _____

2. _____

NOTES:

“1Life Workplace Safety Solutions is a dedicated group of Safety Professionals, Software Programmers, and support team, passionate about sending workers home safe at the end of the day while supporting employers to increased efficiency and profits. We collaborate with a diverse client base to develop and continuously enhance powerful web and mobile applications that increase overall workplace safety risk management while driving down time, administration and compliance costs.

1Life launched its first software product in 2010, mySafetyAssistant, to help small - mid-sized businesses efficiently and cost effectively develop, implement and sustain a quality safety management system. In 2017 mobile was launched for IOS and Android providing the next generation of “simpler, easier” workplace safety management. Not only do workers and managers have instant access to their workplace safety program on their smart devices, it provides real time management, increases accountability, and builds safety culture. It dramatically reduces administrative costs and has huge environmental impact by virtually eliminating paper.

1Life’s software solutions are four-time award winners of the Canadian Society of Safety Engineering for excellence by a group and their impact on workplace safety. 1Life was founded in 2009 by President and CEO, Theo Heineman, CRSP, CHSC, B.Sc.Ag.”



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