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CANADIAN SOCIETY OF SAFETY ENGINEERING

After obtaining my Bachelor's degree as a Marine engineer and working in the construction sector for two years, I moved to Canada, where I started to explore my new professional journey. My love for health led to me working as a fitness and then wellness coordinator, where I helped people who were injured at work go through rehabilitation. Through this role, I became interested in health and safety, as I wanted to know what caused workplace injuries and why. I have completed the health and safety diploma program at SFU and joined CSSE during my student years.

I have managed programs involving emergency preparedness, incident investigation, audit, first aid, and new worker orientation through my health and safety experience working in construction, non-profit, crown corporation and educational sectors. I have learned that safety is not about written do's and don'ts or even reducing injuries, but about changing attitudes and behaviours at all levels of the business. I value those moments when workers say or suggest something to me due to the positive impact I made during the training or incident investigations. I know many jobs have emotional rewards, but health and safety take a special place.

I have worked as building maintenance, safety advisor, officer, safety specialist, and now as a safety instructor. Teaching has been a natural progression from my passion for being a trainer. I am currently teaching Workplace Health and Safety course at



BCIT and Environmental Law at Langara college. As an Instructor, I am responsible for a full range of coaching, creating training materials, and consulting activities.

I believe in personal and professional development, and as a CSSE chapter chair, I want to provide a space for the members to enhance their technical and soft skills to keep their workers safe.