

### Guest Speakers



**KEYNOTE 1**  
**Professor**  
**Sir Mansel Aylward CB**

Professor Sir Mansel Aylward CB is the Director of the Centre for Psychosocial and Disability Research at Cardiff University which offers a unique opportunity to extend knowledge and understanding of the psychosocial, economic and cultural factors that influence health, illness, recovery, rehabilitation and reintegration. He is also the first ever Chair of Public Health Wales – a new unified NHS Trust responsible for the delivery of public health services at national, local and community level in Wales. From 1996 to 2005 he was Chief Medical Advisor, Medical Director and Chief Scientist at the Department for Work and Pensions, and Chief Medical Advisor and Head of Profession at the Veterans Agency, Ministry of Defence.



**GUEST SPEAKER**  
**John Robinson**

Born a congenital amputee, John Robinson has no hands. His arms stop at his elbows. His lower legs are attached to his hips without knees. Yet, through his remarkable tenacity, talent and faith, he has succeeded in business and in building a family in a way that few may have expected from the outset. John has 20 years of sales experience in media and is presently the Director of Corporate Support for WMHT in Albany/Schenectady/Troy NY. He worked for many years in advertising sales with the NBC affiliates. John Robinson is the subject of a national documentary shown on Public Broadcasting Stations titled *Get off your knees: The John Robinson story* and authored an autobiography *Get off your knees: A story of faith, courage, and determination* published by Syracuse University Press. His inspirational story teaches those of us with and without disabilities that with the aid of a strong education and a few caring individuals, we can achieve that which may initially seem impossible.



**KEYNOTE 2**  
**John Marshall**

John Marshall embodies all the ideals of a police sergeant: strong, capable, reliable and above all, dedicated. It is these qualities that have enabled him to recover and return to work with the NSW Police Service following a horrific motorcycle accident that left him a paraplegic. A trained police diver before his accident, John returned to work and requested a transfer to the NSW Police Diving Unit. Today he continues to be part of the unit as a valuable member, responsible for maintaining and servicing all police diving equipment, including two decompression chambers. Through his rehabilitation, John discovered a passion for archery and his dedication was rewarded when he was selected to represent Australia at the 2000 Paralympic Games in Sydney. John is an excellent example of someone who against the odds and through the support of his family, friends, and employer was able to return to the career in which he is a valued and respected leader.



**MASTER OF CEREMONIES**  
**Derrick McManus**

As a police officer Derrick has just about done it all. He has served in the city, suburbs, country and Aboriginal AP lands – on foot, push-bike and motorbike, in cars, trucks, boats, planes, helicopters and armoured personnel carriers. He has worn the blue uniform, camouflage, sports gear, scuba gear, climbing gear and flying gear... and he was shot 14 times with a high-powered rifle. Derrick is still a policeman but is also one of Australia's most engaging, entertaining and inspirational speakers, MCs and trainers. By reflecting and sharing what he did to return to full duties after the shooting, Derrick works with company staff to build their confidence, courage and capacity to do whatever they want.



**WORKING**  
**TODAY** FOR A  
**HEALTHY**  
**TOMORROW**

2010 Annual Conference | Wednesday 15 September | Adelaide Convention Centre

## Program / Timetable

9am	10am	10.20-10.50am Morning tea	11am	12pm	12.30-1.30pm Lunch	1pm	2pm	3pm	3.10-3.40pm Afternoon tea	4pm
<p>8.15-9.00am » REGISTRATION</p> <p>9.00-9.10am » Welcome <b>Derrick McManus</b> Master of Ceremonies</p> <p>9.10-9.15am » CONFERENCE OPENING <b>The Hon Paul Holloway</b> Minister for Industrial Relations</p> <p>9.15-9.20am » CONFERENCE OVERVIEW <b>Rob Thomson</b> CEO, WorkCoverSA</p>	<p>9.20-10.20am » <b>TACKLING BARRIERS TO RECOVERY AND RETURN TO WORK: SECURING BEHAVIOURAL AND CULTURAL CHANGE</b></p> <p>KEYNOTE 1 <b>Professor Sir Mansel Aylward CB</b> Chair, Public Health Wales, UK (through video conference)</p> <p>Mansel discusses his research into biopsychosocial factors that play a fundamental role in illness, recovery, retention and probability of return to work. He will also look at individual interventions based on cognitive and behavioural methods that also address socio-cultural factors that substantially facilitate return to work for injured employees and those who have health-related problems.</p>		<p>10.50-11.35am » <b>WHEN LIFE SEEMS UNFAIR, YOU NEED TO GET UP AND GET ON WITH IT</b></p> <p>KEYNOTE 2 <b>John Marshall</b> Australian Paralympian/ Police Officer, NSW</p> <p>John believes that returning to work after an injury is one of the most important things a person can do to aid their recovery. After being forced into a drastic change of direction in his career, John acknowledges that through retraining and determination new doors have opened that have given him an enormous sense of pride and self-esteem as a contributing team member.</p>	<p>11.45am-12.30pm » CONCURRENT SESSION 1</p>			<p>1.30-2.15pm » <b>OVERCOMING OBSTACLES – OFF TO WORK!</b></p> <p>GUEST SPEAKER <b>John Robinson</b> Director of Corporate Support, Public Television New York, USA</p> <p>As a congenital amputee who stands 3'9" tall, dealing with people's first impressions in a sales career is seen as a major obstacle by others. John is proud to share his stories of overcoming perceived obstacles, especially in the workplace. He shares stories of great business success in spite of what others see as physical limitations.</p>	<p>2.25-3.10pm » CONCURRENT SESSION 2</p>		<p>3.40-4.30pm » CONCURRENT SESSION 3</p>

### CONCURRENT SESSION 1

#### BEING OUT OF WORK IS MORE DANGEROUS TO HEALTH THAN WORKING IN ANY OF THE HIGH-RISK INDUSTRIES (1A)

**Dr Mary Wyatt**  
Chair, Australasian Faculty of Occupational and Environmental Medicine Policy and Advocacy Committee, VIC and **Dr Robin Chase**, President, Australasian Faculty of Occupational and Environmental Medicine, SA

This session will cover:

- the health consequences of being out of work that are significant for the employee
- how these consequences become a major public health problem.

#### HEALTH AND WORK – BETTER @ WORK, PUTTING THE EVIDENCE INTO PRACTICE (1B)

**Kevin Morris**  
Director Clinical Services, Accident Compensation Corporation, New Zealand

This session will cover:

- research that rehabilitation or early return to work after an injury provides significant clinical, social and financial benefits to injured workers
- new thinking that emphasises focusing on capacity rather than incapacity, enabling workers to benefit from recovering in the workplace.

#### THE INDIVIDUAL WORKER IN THE CONTEXT OF 'THE SYSTEM': INSIGHTS INTO THE DYNAMICS OF SQUARE PEGS, ROUND HOLES AND CHRONIC PAIN (1C)

**Coralie Wales**  
Chronic Pain Consultant, Chronic Pain Australia, NSW

This session will cover:

- chronic pain challenges and constructive strategies for policy makers, employers and health professionals in workers compensation systems
- the experience of a worker who has been through the 'system' in order to help us better understand the experience and how it could be improved.

### CONCURRENT SESSION 2

#### UNDERUSE VS OVERUSE – WHICH IS WORSE AT WORK? (2A)

**Dr Mary Wyatt**  
Chair, Australasian Faculty of Occupational and Environmental Medicine Policy and Advocacy Committee, VIC

This session will cover:

- the evidence that workplace activities do not actually cause and complicate injuries
- findings that too little activity may be the primary cause of a large percentage of musculoskeletal problems.

#### HELPING INJURED WORKERS RECOVER WHILE STAYING AT WORK (2B)

**Radek Stratil**  
Clinical Psychologist, SA

This session will cover:

- practical workplace strategies to support and involve injured workers in recovery from common work-related injuries while minimising time away from work
- findings from a current study on psychosocial risk assessment and intervention designed to help prevent long-term disability.

#### THE POWER OF COMMUNICATION IN A RETURN TO WORK OUTCOME (2C)

**Richard Sauerman**  
Communications Expert, NSW

This session will cover:

- the role of communication when there are many different parties to ensure a great return to work outcome
- ideas on how you can be a better communicator to influence those in the return to work process.

### CONCURRENT SESSION 3

#### HEALTH, SAFETY AND WELLBEING – BUILDING A BETTER SYSTEM TO BUILD BETTER CULTURE AND OUTCOMES (3A)

**Rob Pisano**  
Manager Health & Safety SA & NT, ANZ, SA

This session will demonstrate:

- the positive impact of an effective health, safety and wellbeing system in building a proactive health and safety culture
- how ANZ has achieved better outcomes, including prevention of injury or illness, early return to work and increased staff engagement and performance
- how everyone in the organisation, from executives to the front line, has a role to play in ensuring health and safety adds value to your business.

#### BACK ON TRACK – HELPING INJURED WORKERS RETURN TO WORK (3B)

**Ron Harvey**  
Compliance and Training Coordinator, Dennis Transport, Port Lincoln

**Bill Hudd**  
Staff Development Manager, Banner Hardware, Mt Gambier

This session will demonstrate:

- how some outstanding local employers have managed challenging return to work cases by developing useful tools and using new approaches to support their workers
- the benefits your organisation can receive from improved injury management and a strong focus on helping injured workers to stay at work or recover and return to work.

#### A HEALTHY RETURN TO WORK JOURNEY (3C)

**Julia Suban**  
Principal Consultant, Diversify Your Solutions, VIC

This session will cover:

- the barriers and factors for successful return to work based on research undertaken by the Nurses Return to Work in Hospitals Project
- how to utilise the identified learnings in achieving a healthy return to work in all industry sectors.

## Registration

Register online:  
[www.workcover.com/conference](http://www.workcover.com/conference)

**Registrations close  
Wednesday 8 September 2010**

**Early bird rate \$100  
(before 14 August 2010)**

**Standard rate \$125**

Complimentary tickets are available for injured workers, their representatives and non-profit organisations.

Further details:  
[www.workcover.com/conference](http://www.workcover.com/conference)  
or call 13 18 55

## A Message from the CEO



Please join us for WorkCoverSA's fifth annual innovative return to work and injury management conference. The conference theme, 'Working today for a healthy tomorrow', highlights that working is good for our health and wellbeing, not just physically, but mentally and socially too. It also reinforces the importance of staying at work or returning to work following a workplace injury.

The conference program will bring you the research and evidence of the health benefits of working, as well as real experiences and practical strategies to support it. The conference will start with a keynote presentation from one of our highly respected international speakers, **Professor Sir Mansel Aylward CB**, who was one of the key players in the UK health reform. This will be followed by the inspirational story of **John Marshall**, a police officer from NSW who returned to work and became an Australian Paralympian after his workplace injury. We are also proud to introduce our guest speaker, **John Robinson**, a congenital amputee who through courage and determination was able to overcome all obstacles from his disabilities and have a successful career.

There are also three concurrent sessions that provide an opportunity for delegates to share experiences, gain knowledge and engage with leaders in the field of workers compensation and injury management. I look forward to your attendance and contribution to this important event.

**Rob Thomson**  
Chief Executive Officer, WorkCoverSA

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