



NLCSA

STRONG FOUNDATIONS



2025 HEALTH & SAFETY CONFERENCE

BUILDING A SAFER, HEALTHIER WORKFORCE

THANK YOU FOR JOINING US AND MAKING THIS EVENT A SUCCESS!

November 5, 2025, Emera Center, St. John's, NL

HIGHLIGHT REEL



in CONNECT

Heather Stamp Nunes
Cathy Whiffen
Jess Chapman
Kevin Rempel
Craig Hannam
Lou Lawrence
Colin LeGrow
Brittany Nickerson
Mark Stapleton

KEY STATS

105

In Person
Delegates

34

Virtual
Delegates

7

Featured
Sessions



Conference RECAP!

RESOURCES!

With permission of presenter(s).

Breaking The It Won't Happen To Me Myth
Kevin Rempel [Slide Deck](#)

Emergency Planning for Work Near Water
Colin LeGrow [Slide Deck](#) / [Recording](#)

WorkplaceNL Update
Cathy Whiffen [Slide Deck](#) / [Recording](#)

Hardwiring The Brain for Safety Habits
Jess Chapman [Slide Deck](#) / [Recording](#)

Heavy Equipment, High Stakes
Craig Hannam & Lou Lawrence [Slide Deck](#)

SUGGESTED READINGS:
The Coaching Habit, Michael Bungay Stanier
Trust, Iyanla Vanzant

Websites:
[Coldwater BootCamp](#)

REGISTER NOW!

FREE WEBINAR

Excuses Gut Instinct Ownership

Discover how the **EGO** shapes safety decisions—and learn practical strategies to turn awareness into action for a stronger safety culture.

DEC 10



Kevin Rempel
Paralympian, Author



TAKEAWAYS!

Hardwiring The Brain for Safety Habits

- Plasticity Protocol for Building Habits: Motivate, Cue (nudge), Simplify, Reward, Repeat & Refresh.

Emergency Planning for Work Near Water

- Assess risks, wear life jackets and lanyards, train for cold-water hazards, and use safe rescue methods (reach, throw, row, go).

Remote Work Environments

- Plan ahead, keep communication clear, support mental health, and be ready to adapt when challenges pop up.

Heavy Equipment, High Stakes

- Managing equipment risks means controlling access, verifying operators, using pre-use checklists, and tracking usage to prevent accidents and compliance issues. Technology can assist!

Making Time for What Matters In Safety

- Getting out of reactive mode is key. Delegate what you can and carve focused time into your schedule for the "big rocks". Interruptions negatively impact productivity and mental wellness.

Breaking the "It Won't Happen To Me" Myth

- Trust your instincts, speak up about safety, take responsibility, and build self-trust—these choices protect well-being and inspire others.

WorkplaceNL Update

- Record low injury rates in the construction industry demonstrate progress in workplace safety efforts. Still work to do on serious injury rate.