

Activity	Points Claimed (Points Guide)	Enter the details of the activity/event conducted. Include any expected learnings/outcomes relevant to your role/need, and then describe what you received, and whether you will/will not utilise it as part of your own practice. Your reflection/s and outcomes on your knowledge and practice may be completed at any time in the CPD Year, but it is best done leading into, during and immediately after the activity/event. You may have multiple reflections and/or outcomes for each activity/event so simply record them all.
Attended AIHS National Safety Conference	40	<p>I had planned to attend the May 20 National Safety Conference but was only available for 2 of the 3 days. I was particularly interested in how other organizations were addressing the working from home and other work arrangements for COVID 19. I found that this topic was central to the focus of the Conference, perhaps at the expense of the economic impact on workplace safety. The key points I took away from joining the first two days of the Conference were that:</p> <ul style="list-style-type: none"> * assurance of the WFH and client-based work arrangements needs to be conducted to ensure that they are safe; and * a standard procedure should be implemented to respond to workers who report cold/flu symptoms to respond uniformly and with sufficient urgency. <p>I took these lessons and implemented them within my organization in time for the second and third wave of infections.</p>
Attended Western Safety Group Monthly Meeting	5	<p>Monthly meetings are well attended, but I find that it often feels like we are spinning our wheels and we spend a lot of time focused on planning events. I proposed the adoption of a standard National program of events which includes Branch Events that are supplemented by National CPD products. There has been no feedback at this stage.</p>
Mentor Program Engagement 1	2	<p>As a mentor, it took me some time to fully understand my role and the process. I felt like I had to persevere in the early stages to find the right Mentee for what I had to offer them. Once I got started, I felt like it was a thoroughly rewarding thing to be doing.</p>
Mentor Program Engagement 2	2	<p>I was a bit frustrated trying to organize the second engagement at a time that suited both of us but once we eventually got together. I was reminded of why I signed up to be a Mentor. I had to remind myself that I mustn't fall into the trap of coaching rather than guiding my Mentee's thinking.</p>
Mentor Program Engagement 3	2	<p>Mentee had lost her job with COVID cutbacks, but it was good to coach thinking around goals and study opportunities while looking for work.</p>
Mentor Program Engagement 4	2	<p>Mentee still struggling with job-seeking, and I struggled with my role wandering into the provision of emotional support. This was very awkward for me and suggest it should be covered in the Mentor training and confirmed approaches detailed in the Program. The issue passed back to the Chair of the Mentor Sub-Committee for consideration. Nothing heard yet.</p>
Attend Webinar Covid 19 Wellbeing through Crisis	5	<p>Attended with an open mind and gleaned some novel approaches which I fed back through our HR and Safety General Managers. Offered advice and support for implementation but GMs said they were too busy.</p>
Participate in WHS-related Webinar - Mental Health	3	<p>Dr. Peta Miller presented to a broad audience about her research and the recent release of Australian statistical data. She spoke of the changing focus on practical building of worker resilience as a fundamental workplace responsibility. It confirmed my position that the design of work sets the conditions for keeping workers in the good zone and needs more than just a response when workers cannot cope. I took a proposal forward for my organization to conduct a pilot with Braveheart as a preventative mental health initiative. This is underway currently and I look forward to measuring the impact/s.</p>
Participate in WHS-related Webinar - Fatigue Management	3	<p>I wanted to see what the latest research on fatigue management was advocating. Apart from some improvement in digital tools to assist, I was not over-awed by the developments.</p>
Participate in WHS-related Webinar - Technology & Due Diligence	3	<p>I joined this webinar a bit late but was able to go back over the recording, which was invaluable. I commend this to all members to review as part of their CPD. The new learnings and approaches this Webinar provided a mind-opening look at the application of technology to achieving due diligence in large organizations. I have applied and am evaluating some aspects in my organization, and they are proving very helpful.</p>
Attend Dangerous Goods Network Meeting	5	<p>Always a good turnout at the DG Network Meeting with a number of expert presenters providing a panel for the members to ask questions about the changes to National Exposure Standards for HCE and a range of other Cat 2 Carcinogens. A good understanding was gained about the recent studies and measurement techniques applied. Supply Chain management approaches were also discussed as they relate to the current review of the Explosive Ordnance legislation. Minor lessons not affecting practices noted.</p>

Attending Branch Networking Event 2 - Scheduled event	3	Our Branch conducted its first virtual Networking event using a ZOOM Meeting. Attendance was poor but most attendees were proficient in using the technology. Lessons were learned in chairing the activity and programming valuable content for the participants.
Attending Branch Networking Event 3 - Scheduled event	3	Our Branch decided to see if there was any interest in allowing Branch members to tell us about their work, with the distinct chance that presentations might sound like sales pitches. The first presentation was from a member who recently developed an audit tool. The presentation was very interesting and highlighted that information about WHS products is sought after by the Branch membership. I am now seeking the use of the product presented.
Conduct Site Visit - Safety at Cotter Dam Construction	5	As a programmed Branch event, the site visit to Cotter Dam was well attended and interesting. Many issues related to contract management and organizational culture were highlighted. Many hazard management insights were also observed with traffic management on this large construction site requiring the safety manager's constant observation, control and adjustment.
Read OHS BOK Chapter on Global Concepts (Ch 4-6)	5	I had no expectation of learning new things in reviewing the OHS BOK Global Concepts chapters, but I had the following realisations from related Chapters: 4. a different approach to supply chain risk management, which I implemented in my workplace; 5. a different approach to implementing safe design, which I implemented in my workplace; 6. alternatives to conducting detailed Job Safety Analyses which cause me to make changes to internal practices;
Read OHS BOK Chapter on Systems (Ch 12-13)	5	Chapters 12-13 of the OHS BOK fitted well with my understanding and application, although I felt there were some opportunities to improve the content of these two chapters. I summarised and proposed changes to the Chapters for the COF consideration. I haven't heard back yet.
Read OHS BOK Chapter - Ethics	5	I had gleaned the basic content of the Ethics Chapter from an early discussion in the COF Executive meetings and the Introductory presentations provided through Webinar. Reading of the Ethics Chapter consolidated my understanding and caused me to reconsider some approaches to conflicts of interest and equity in the workplace.
Conducted On the Job Tasks/Experiences - Audits of other industries	5	I had some reservations about conducting management systems audits of a major electrical construction project, not knowing the culture of the industry that was using a lot of contract labour. I discovered my detailed systems understanding and open-coaching approach was very effective in delivering improvements to the worksite. I would use the same approach time and time again.