



# STRESSING SHIFTWORK

3<sup>RD</sup> INNOVATIVE  
CONFERENCE  
ON SHIFTWORK

**MARCH 22 - 23, 2010**

**Ramada Hotel and Convention Centre  
1818 Victoria Avenue - Regina**

*STRESSING SHIFTWORK will focus on the stresses faced by shift workers, provide an overview of shift work issues and offer some of the tools needed to deal with shift work and societal issues.*

**Sponsored by**



*Saskatchewan  
Federation of Labour*

# 2010 SFL Shiftwork Conference

## Monday, March 22

- 9:30 - 10:30 a.m. Registration: Canadian North
- 10:30 – 10:40 **Opening & Welcome**  
*Bryan Barnes, Chair*  
*SFL Shiftwork Committee*
- 10:40 – 10:55 **Larry Hubich, SFL President**
- 10:55 – 12:00 Presentation: **Shiftwork and Stress**  
*Ian MacAusland-Berg,*  
*Psychologist, University of Regina*  
Question/Answer
- 12:00 noon **Lunch – provided**
- 1:15 – 2:30 **Concurrent Workshops**
- 1) Shiftwork and Nutritional Health
  - 2) Shiftwork and Sleep Disorders
  - 3) Shiftwork and Occupational Health & Safety
  - 4) Shiftwork and Women's health in the workplace
  - 5) Shiftwork and Lifestyle/Families
- 2:35 p.m. **Refreshments**
- 2:50 p.m. Presentation: **Asleep at the Wheel**  
*Geoff Bickerton,*  
*Director of Research, CUPW*  
**Panel Discussion**  
**Question & Answer**
- 4:30 p.m. **Adjourn**

## Tuesday, March 23

- 9:00 – 10:20 a.m. **Concurrent Workshops**
- 1) Shiftwork and Nutritional Health
  - 2) Shiftwork and Sleep Disorders
  - 3) Shiftwork and Occupational Health & Safety
  - 4) Shiftwork and Women's health in the workplace
  - 5) Shiftwork and Lifestyle/Families
- 10:20 **Refreshments**
- 10:40 – 12:00 **Concurrent Workshops**
- 1) Shiftwork and Nutritional Health
  - 2) Shiftwork and Sleep Disorders
  - 3) Shiftwork and Occupational Health & Safety
  - 4) Shiftwork and Women's health in the workplace
  - 5) Shiftwork and Lifestyle/Families
- 12:00 noon **Lunch – provided**
- 1:10 – 2:30 **Concurrent Workshops**
- 1) Shiftwork and Nutritional Health
  - 2) Shiftwork and Sleep Disorders
  - 3) Shiftwork and Occupational Health & Safety
  - 4) Shiftwork and Women's health in the workplace
  - 5) Shiftwork and Lifestyle/Families
- 2:30 p.m. **Wrap-up**
- 3:30 p.m. **Adjourn**

## ACCOMMODATION

**A block of guestrooms is booked until February 20, 2010 at:  
Ramada Hotel & Convention Centre, 1818 Victoria Avenue (at Broad Street), Regina  
Phone: 1-800-667-6500**

***When making your reservation, please indicate you are booking under Saskatchewan Federation of Labour block booking.***

**Room rates: \$119.00 – single or double occupancy**

# STRESSING SHIFTWORK

**To register, please complete and return with payment to:  
SFL, 220 – 2445 13<sup>th</sup> Avenue Regina SK S4P 0W1**

**Cheque must accompany completed registration form and be in the SFL office by March 1<sup>st</sup> to qualify for the Early bird Registration fee:**

***(no exceptions)***

- affiliates: \$150.00  
 non-affiliates: \$175.00

**Registration fees after March 1<sup>st</sup> are:**

- affiliates: \$175.00  
 non-affiliates: \$200.00

*You will attend 4 of the 5 offered workshops (workshops will be assigned on a first come, first served basis)*

## **Must complete following section**

### Workshop Choices

*(indicate 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> choice)* CHOICE

- 1) Shiftwork and Nutritional Health \_\_\_\_\_  
2) Shiftwork and Sleep Disorders \_\_\_\_\_  
3) Shiftwork and Occupational Health & Safety \_\_\_\_\_  
4) Shiftwork & Women's Health in the Workplace \_\_\_\_\_  
5) Shiftwork and Lifestyle/Families \_\_\_\_\_

Do you require childcare?  yes  
(Deadline is February 20<sup>th</sup> *no exceptions*)

How many children? \_\_\_\_\_

Age(s)? \_\_\_\_\_

Any special needs? \_\_\_\_\_

**Please make cheques payable to:  
Saskatchewan Federation of Labour  
220 2445 13<sup>th</sup> Avenue  
Regina SK S4P 0W1**

**Phone: (306) 525-0197**

**Fax (306) 525-8960**

**E-mail: [k.abel@sfl.sk.ca](mailto:k.abel@sfl.sk.ca)**

**Website: [www.sfl.sk.ca](http://www.sfl.sk.ca)**

### **REFUND POLICY**

**Until March 1<sup>st</sup> – full refund  
March 1<sup>st</sup> to March 12<sup>th</sup> – refund less  
\$50.00 administration fee  
After March 12<sup>th</sup> – no refund**

**Name** \_\_\_\_\_

**Address** \_\_\_\_\_

**City** \_\_\_\_\_ **PC** \_\_\_\_\_

**Phone (w)** \_\_\_\_\_ **(h)** \_\_\_\_\_

**E-Mail** \_\_\_\_\_

**Union** \_\_\_\_\_ **Local** \_\_\_\_\_

**Do you require any special accommodations (physical access or dietary needs)?  
Please specify.**