



Australian Government

Seafarers Safety, Rehabilitation
and Compensation Authority

2013 SEAFARERS' FORUM

27 November 2013

Novotel Perth Langley, Western Australia



PROGRAM

8.00 am – 8.30 am	Registration and welcome tea/coffee
8.30 am – 8.45 am	Facilitator welcome <i>Sue McCubbin</i> Welcome address <i>David Sterrett, Seacare Authority Chairperson</i>
8.45 am – 9.35 am	Improvise...Adapt...Overcome <i>Paul de Gelder, Able Seaman, Royal Australian Navy</i> Paul was on exercise as a Navy diver in Sydney Harbour when he was attacked by a bull shark resulting in the loss of his right leg and hand. Paul's recovery is an inspirational story of mental and physical courage. Improvise...Adapt...Overcome... has become his mantra.
9.35 am – 10.15 am	Musculoskeletal Physiotherapy—Piecing together the puzzle <i>Professor Peter O'Sullivan, Professor and Specialist Musculoskeletal Physiotherapist, Curtin University WA and Bodylogic Physiotherapy</i> Professor O'Sullivan will discuss the multi-dimensional nature of chronic lower back pain and the need for a coordinated approach to reducing the incidence of musculoskeletal injuries in the maritime industry. Mind over body—the power of positive thinking <i>James McAuley, Senior Research Officer, Neuroscience Research Australia</i> This session will explore how pain associated with musculoskeletal conditions can be managed using the power of the mind. James will talk about the role of the brain and mind in chronic pain and how the mind influences physiological regulation of the body.
10.15 am – 10.45 am	Morning tea
10.45 am – 12.00 pm	Panel discussion: The importance of mental health in unique work environments > <i>Tony Holland, Chief Executive Officer, OzHelp Foundation</i> > <i>Jack Heath, Chief Executive Officer, SANE Australia</i> > <i>Alan Turnbull, General Manager, ASP Ship Management</i> > <i>John Schumann, Consultant, Australasian Centre for Rural and Remote Mental Health</i> During this session industry experts will discuss major issues in the field of mental health with a focus on work at sea. Panellists will look at the increased complexities associated with sustaining mental health in unique work environments.

12.00 am – 12.40 pm	<p>A focus on mental health conditions in the workplace</p> <p><i>Dr Kathryn Page, Research Fellow, Work Health and Wellbeing, The University of Melbourne</i></p> <p>Mental health conditions in the workplace are a major issue with one in five workers affected in any given year. Dr Page will discuss the role of leaders in supporting workers and maintaining mentally healthy workplaces.</p> <p>Understanding mood disorders</p> <p><i>Tanya Steinbeck, Community Presenter, Black Dog Institute</i></p> <p>Delivered by a Black Dog Institute presenter who has a personal experience of caring for a loved one with a mood disorder, 'Understanding Mood Disorders' will explore what mood disorders are, how to spot early warning signs, how to seek help and help others. The desired outcome is that people will be better informed, better equipped to identify warning signs and feel more comfortable seeking help and communicating more openly and honestly.</p>
12.40 pm – 1.25 pm	Lunch
1.25 pm – 2.10 pm	<p>Rehabilitation Case Study: Manual Tasks—Journey to zero</p> <p>> <i>Mark Armstrong, Managing Director, Body Active Consultancy</i></p> <p>> <i>Donford Nicholas, Deputy HSE Manager, Farstad Shipping (Indian Pacific) Pty Ltd</i></p> <p>In this session, Mark and Donford will use a Farstad Shipping Case Study to highlight the importance of moving organisations from a reactive/rehabilitation focus to a proactive/preventative focus with respect to musculoskeletal sprain and strain injuries and review the steps involved in making this transition.</p>
2.10 pm – 2.55 pm	<p>Shore to Ship – It's not easy sailing: Questioning assumptions and finding solutions to assist injured workers return to work at sea</p> <p><i>Zoe Holdaway B.Sc, Director, Zone Workplace Health Solutions</i></p> <p>Zoe will present two case studies which will outline some of the issues faced when assisting workers return to work within a marine environment. She will discuss the difference between early intervention and a long term claim. Drawing on the case studies, Zoe will talk about how to overcome challenges and facilitate a successful outcome.</p>
2.55 pm – 3.25 pm	<p>Investing in Experience: Working for today and tomorrow</p> <p><i>Christina Bolger, General Manager, Comcare</i></p> <p>Working today is different to working a few decades ago. People are living longer and healthier lives and this provides the opportunity for people to work longer. Christina will discuss some of the challenges and opportunities of an older seafaring workforce and the role that the workplace can play in supporting health and wellbeing and productivity through better work design, lifelong learning and access to support for career and life planning.</p>
3.25 pm – 3.40 pm	<p>Psychological Injuries under the Seafarers Rehabilitation and Compensation Act 1992</p> <p><i>Ben Buckhurst, Senior Associate, Holman Fenwick Willan</i></p> <p>Ben Buckhurst, a Senior Associate in Holman Fenwick Willan's seafarers compensation department will give a presentation on <i>Psychological Injuries under the Seafarers Rehabilitation and Compensation Act 1992</i>. Ben's presentation will encompass how psychological injury claims which commonly arise in the maritime industry are currently governed by the Act, and will explain the impact of recommended amendments to the Act following the release of the Seacare Scheme Review report earlier this year.</p>
3.40 pm – 3.50 pm	Facilitator wrap up
3.50 pm – 5.00 pm	Seacare Forum drinks