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I became interested in Health and Safety after working as a flagger and general labourer in construction. I worked with a few health and safety reps who were angry, unhelpful and blamed workers for everything. I remember thinking that there must be a better way to use health and safety to work effectively for the intended beneficiaries. I have always believed in the importance of our industry and I wanted to represent it positively and create something meaningful instead of just checking boxes.

It's cheesy, but I genuinely believe that every day I get to work is another day I get to learn something new. I have been lucky to work in several industries across even more companies and have learned how to design a helicopter tower lift program, how to maintain an asphalt plant, how to conduct a COR audit and other specialty audits, how different people view safety and how to overcome unforeseen hurdles. I am motivated by the fact that safety matters to everyone, regardless of if we see eye to eye and it's my job to give my employees the tools to protect themselves and (hopefully) motivate them to choose to use those tools every day.

Safety is part of everything in life from wearing a seatbelt while driving to following all safety protocols when coaching kids on how to shoot a biathlon rifle. I do both and the same attitude prevails. Everyone must understand the hazards and risks, how to prevent an unwanted outcome and what our responsibility and contribution is to prevent that event from occurring. I like my life, my friends and my family. I don't believe in safety because I get a paycheque for it, I care because life is long and it's even longer if you can't to what you love with the people you love.



I have always loved having a “go-to” platform for networking and learning about new tactics, ideas and regulatory changes through conferences and presentations. The CSSE has always provided that for me and has introduced me to some great friends and professional allies.