

Shortcuts lead to disaster – your guide to getting it right!



IOSH South Cumbria and North Lancashire Branch, in association with South Cumbria Occupational Health and Safety Group (SCOHSG)

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Speaker Profiles



David Mason
Director, Inspire Safety

David is a Chartered Safety Practitioner who believes passionately that good health and safety performance should focus on getting the right mindset and behaviours to work within a fit for purpose management system and framework.

He has held senior roles in FTSE 100 businesses notably RS Components and Travis Perkins and as a consultant has designed and delivered leadership and behavioural safety programmes both nationally and internationally across a variety of industries.



Dr Malcolm Cook
Principal Engineer, BAE Systems Submarines

Dr Malcolm James Cook is a principal engineer. He was responsible for Human Reliability Analysis within a major program and is now seconded to Engineering Assurance, reviewing and qualifying product design safety documentation. He is a system designer, commercial researcher, academic and project engineer and has accrued over 29 years of experience in a wide range of applications.

He has worked on advanced systems interface technology, command and control systems, weapons and targeting, ISTAR, advanced sensing, human reliability in critical systems, anti-fratricidal technology and intelligence analysis. His work has involved military land, sea and air systems. His role has been as a human factor's expert with application of knowledge of situation awareness, mental workload, sensemaking, multi-tasking, multi-sensory interfaces, metacognitive aspects of information processing in command and intelligence. He particularly enjoys taking psychology into the real world in time critical applications with safety critical consequences.

He is a joint Goodrich Medal winner for a paper presented at Warship 2017 for a paper on safety and automation and was given a patron's award at INEC/ISCSS in 2018 for three papers submitted to the conference on maritime human factors. He has more recently delivered papers on Human Factors at the IMEC Conference 2019 and EAAW/MECSS safety section 2019.

**Emma Carhart**

Mental Health Workplace Educator, Our Mind's Work

Emma is a mental health trainer with over 20 years' experience designing and delivering bespoke mental health training to social care and mental health professionals, managers and employees in the workplace. Emma has delivered Mental Health First Aid Training and Applied Suicide Intervention Skills Training during this time. Emma has also worked as a professional practitioner in supporting and providing interventions for people with mental health problems and victims of domestic abuse giving her essential insight, skills and knowledge of safe and ethical working with vulnerable people.

Emma has had a diagnosis of depression since her teens providing her with a deeper understanding of living and working with a mental health condition which plays an important role when underpinned by extensive knowledge of mental illness.

**James Riddick**

Health and Safety Adviser, Eric Wright Group

Having worked in construction for the past 28 years starting out on the tools and then site management for major national contractors such as John Laing Civil Engineering and Alfred McAlpine, James gained a broad appreciation for the challenges faced by contractors in managing health, safety and wellbeing. James has worked for Eric Wright Group for 13 years, initially as a site manager and subsequently, as a health and safety advisor for the past 9 years.

**Helen Shaw**

Partner, Potter Rees Dolan

Helen Shaw is a Partner at Potter Rees Dolan Serious Injury Solicitors and has specialised in dealing with serious personal injury claims for almost 35 years. Having previously represented Nurses, Firefighters and Engineers, Helen has particular experience in dealing with work-related claims involving spinal cord injury and head injuries. She also has extensive experience of dealing with motorcycle accidents, being a motorcyclist herself.

Helen has carried out voluntary work for Victim Support and also has a wealth of experience in dealing with CICA claims and any subsequent Appeals & has represented family members at a number of Inquests. Helen is Secretary of SIA Merseyside and Headway South Cumbria