



Occupational Health, Safety & Wellness Department

NAME	TITLE	TELEPHONE	EMAIL
Lara MacMurdo	Director, Occupational Health, Safety & Wellness	902 – 303 – 7127	lmacmurdo@ihis.org
Sydney Warren	Administrative Assistant	902 – 394 – 0072	sewarren@ihis.org
Christine Handrahan	Employee Experience Specialist	902 – 218 – 6303	christinehandrahan@ihis.org
Employee Supports & Injury Prevention			
Steve Lawlor	Manager, Employee Supports & Injury Prevention	902 – 314 – 6838	selawlor@ihis.org
Musculoskeletal Injury Prevention (MSIP) Team			
Sarah MacDonald	MSIP Consultant	902 – 213 – 0595	sarahdmacdonald@ihis.org
Michael LeBlanc	MSIP Consultant	902 – 218 – 7588	meleblanc@ihis.org
Lucus Trainor	MSIP Kinesiologist	902 – 314 – 1987	lucustrainor@ihis.org
Employee Health Nursing (EHN) Team			
Sarah Jones Clements	Employee Health Nurse	902 – 213 – 5438	sbjonesclements@ihis.org
Lanea Harris	Employee Health Nurse	902 – 213 – 4792	lcharris@ihis.org
Jolene Mah	Employee Health Nurse	902 – 213 – 2096	jmmah@ihis.org
Courtney Myers-Taylor	Employee Health Nurse	902 – 213 – 1188	csmyers-taylor@ihis.org
Christa McAlduff	Employee Health Nurse	902 – 438 – 4487	camcalduff@ihis.org
Liza Townshend	Employee Health Nurse	902 – 213 – 3078	ldtownshend@ihis.org
Karolyn Hackett (Natiya Rennie)	Employee Health Nurse	902 – 303 – 1556	khackett@ihis.org
Marina Darrach	Wellness Coordinator	902 – 303 – 3117	mrryan@ihis.org
Employee Health Nursing Team			HPEIEmployeeHealth@ihis.org
Employee Wellness Team			HPEIEmployeeWellness@ihis.org
Employee Abilities & Return to Work			
JD Gilmour	Manager, Employee Abilities & Return to Work	902 – 439 – 4298	jgilmour@ihis.org
Lindsay Praught	Employee Abilities & Return to Work Consultant	902 – 218 – 0621	limpraught@ihis.org
Allan Woods	Employee Abilities & Return to Work Consultant	902 – 213 – 5148	allanjwoods@ihis.org
Gayani Gunathilake	Employee Abilities & Return to Work Consultant	902 – 213 – 4779	ggunathilake@ihis.org
Safety & Violence Prevention			
Jill Nixon	Manager, Safety & Violence Prevention	902 – 916 – 0657	jnixon@ihis.org
Kimberley McKenna	Safety Officer	902 – 394 – 7572	kimmckenna@ihis.org
Wallace MacAusland	Safety Officer	902 – 916 – 0658	wmacausland@ihis.org
Margo King	Project Manager, Security & Violence Prevention	902 – 213 – 8797	mamking@ihis.org
Faizan Sajid	Safety Officer	902 – 916 – 1871	fsajid@ihis.org
Nick Gallant	Safety Officer	902 – 218 – 1845	nickgallant@ihis.org
Lysa MacDonald	Occupational Health & Safety LPN	902 – 315 – 0584	lmacdonald@ihis.org
Ask HR Help Desk			
JD Gilmour	Manager, Employee Abilities & Return to Work	902 – 439 – 4298	jgilmour@ihis.org
Daphne Maclachlan	HR Help Desk Lead	800 – 372 – 3529	askhr@ihis.org
Barbara Kalil	HR Help Desk Specialist	800 – 372 – 3529	askhr@ihis.org