

AWARE-NS Instructors

Heather Matthews

Heather Matthews is the Occupational Health and Safety Manager with AWARE-NS, where she is responsible for the development and delivery of leading safety practices and initiatives.

Before joining AWARE-NS, Heather was the Corporate Health and Safety Manager for Ocean Nutrition Canada, a Global Bio Science company, where she was responsible for the development and implementation of the Health and Safety program.

Developing a strong safety culture through leadership, training and education has been the primary focus in Heather's career.

She received her Bachelor's degree, majoring in Housing and Facility Management from Mount Saint Vincent University. She completed her Certificate in Occupational Health and Safety from Ryerson University.

Heather is a seasoned safety professional with over 20 years of experience in promoting a positive Health and Safety culture in a variety of work environments.

Jonathan Gillis

Jonathan Gillis is an Occupational Health and Safety Coordinator for Aware NS, where he works with the team to develop and to provide Occupational Health and Safety training programs throughout Nova Scotia.

Previous to this, he was a frontline health care worker for over 20 years working as a CCA at various long term care facilities throughout the province. His Journey started very young volunteering at a local nursing home. He then obtained his CCA diploma and began working full time as a CCA. In 2007 he decided to further his nursing career by enrolling in the Nursing program at Dalhousie University.

Upon returning to LTC he was offered a position as CCA Team Lead, and also joined the JOHS Committee and the Safe Mobility Team. It was in the Safe Mobility Team that Jonathan began instructing the PACE program and teaching staff safe mobility techniques.

Jonathan traces his safety journey right back to joining the JOHS committee early in his career and he is very proud of some of the things he has been privileged enough to assist in accomplishing in that time. As an OHS Coordinator, Jonathan very much looks forward to integrating his experiences on the front line with the very important safety messages and education that are being developed and presented by Aware NS.