

The Leadership and Selections Committee is recommending the following slate of candidates be appointed to the WOHSS Board of Directors for a 3-year term beginning May 1, 2025:

1	Nicola McGovern	Etobicoke, ON	Chair
2	Sarah Frank	Edmonton, AB	Vice Chair
3	Kiran Kapoor	Mississauga, ON	Director
4	Bhooma Raghavan	Calgary, AB	Director
5	Erin Heimbecker	Yorkton, SK	Director
6	Jordan Law	Vernon, BC	Director
7	Jennifer Ruszkowski	Saskatoon, SK	Director
8	Erin Petruska	Ottawa, ON	Director

Nicola McGovern



Nicola McGovern is the Director of Environment, Health and Safety for Grainger Canada and WFS, subsidiaries of W.W. Grainger, Inc., a \$16.5 billion leading broad line distributor with operations primarily in North America, Japan and the United Kingdom. Nicola is responsible for the occupational health and safety program and environmental initiatives and leads a team of health and safety professionals across Canada.

With proven success in risk management and regulatory compliance, Nicola provides solutions and delivers programs that contribute to the safety culture and overall business strategy. In 2023, Grainger Canada was recognized by Canadian Occupational Safety as a 5-Star Safety Culture.

Nicola is also on the corporate Emergency Preparedness and Response Council and the Business Continuity Management champion. She is a member of the corporate Disability Business Resource Group and Women's Business Resource Group. Prior to leading EHS, Nicola was the Manager of Legal Affairs and was also responsible for the Corporate Social Responsibility Program. Nicola has been involved with Ontario based Workplace Safety & Prevention Services since 2017 as a member of the WSPS Retail, Wholesale & Office Advisory Committee and as a Board of Director since 2018.

Nicola holds a Bachelor of Arts degree from Simon Fraser University, is a Canadian Registered Safety Professional (CRSP) and is a member of the Institute of Law Clerks of Ontario. Nicola is currently on the PGA of Canada Women's Golf Advisory Group and previously on their Diversity, Equity and Inclusion Taskforce. She is a certified national competition coach, volunteer head golf coach with Special Olympics, and the recipient of the Petro-Canada Coaching Excellence award.

Sarah Frank

Born and raised in Edmonton, AB, and working in occupational health and safety for 9 years after leaving the paramedical field; I am a believer in functional health and safety by providing my workforce with the tools they need to do their jobs efficiently and safely.

I have experience in oil and gas, transportation, construction, and manufacturing health and safety. I excel in developing unique inspection programs, claims and disability management, and education and training across Canada. I am a constant advocate for women both in the field and within the profession. I believe that my role with WOHSS would help women in health and safety 'know their worth' and help other professionals advocate for women within the workforce.



With over 10 years of experience on various not-for-profit boards, I would bring years of sound knowledge around financials, advocating for the members of WOHSS, and most importantly speaking up for women within the occupation!

Bhooma Raghavan



Bhooma Raghavan is a CRSP with ten years of experience in health and safety across various industries such as energy, manufacturing, NGOs and metal fabrication. Bhooma's career started in the oil sands as a chemical laboratory technologist where she discovered her passion for health and safety as she wanted to make a meaningful impact to improve and add value to the life, health and safety of people.

Through her career Bhooma has experience integrating concepts of injury prevention, psychological safety into health and safety management systems and is an advocate for women empowerment in industrial environments. Bhooma currently works at PTW energy services- Structural steel segment as HSE specialist overseeing three steel fabrication facilities based in Rockview, Alberta. Bhooma teaches part-time for the occupational health and safety program at the University of Calgary. She sees this as an opportunity to share her knowledge and learn from future health and safety professionals.

Jennifer Ruszkowski

Jennifer Ruszkowski lives in Saskatoon on Treaty 6 territory. She first got started in health and safety about 20 years ago as a member of an occupational health committee and quickly realized a career in workplace safety existed, and was right for her. She has worked in several industries including hospitality, manufacturing, road technology and insurance; and is currently Manager of Corporate Safety with Saskatchewan Government Insurance (SGI). She loves learning and has obtained her Canadian Registered Safety Professional, Certified Health and Safety Consultant. In recent years she has taken a real interest in psychological health and safety, including taking many courses. Jennifer has been a member of WOHSS for 5 years and has appreciated the opportunities to learn and connect through WOHSS. While a health and safety person at heart, she loves adventures and challenging herself, trying things such as paragliding, rock climbing, and rappelling down buildings. In her downtime she loves mountain biking, listening to podcasts and audiobooks, volunteering, traveling, and spending time with family and friends.



Erin Heimbecker



As a born-and-raised small-town Saskatchewan girl, I've always carried with me the values of community, hard work, and a commitment to making a difference. I graduated from the Occupational Health and Safety Practitioner (OHSP) program at Saskatchewan Polytechnic in 2014 and began my career in the construction and healthcare sectors before transitioning into my current role as Safety Manager at Pattison Agriculture. I hold a CRSP designation and have been with Pattison since 2018, overseeing health and safety across 18 locations in Saskatchewan and Manitoba. Mentorship is a core part of my passion for the industry, I support OHSP practicum students and high school students exploring careers in safety. I am also a certified First Aid and Psychological First Aid Instructor, which aligns with my commitment to fostering both physical and mental well-being in the workplace. I am actively involved in Farm Safety Days and other school-based programs that promote early safety education and awareness in rural communities.

An early career highlight was contributing to Rural Lifestyle Dealer with the article, "Our Mission: Zero – Commitment to Safety", where I shared insights on building strong safety culture. As a woman in the safety profession, I'm dedicated to empowering and uplifting other women in the field, while navigating the unique challenges and barriers that can come with being a woman in traditionally male-dominated industries. I believe in creating space for honest conversations, building confidence, and supporting one another through the tough moments and cheering on the successes.



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Jordan Law

Jordan Law has worked in the Occupational Health and Safety field for over 16 years, contributing to numerous industries, from pipeline and industrial construction, to mining, manufacturing, retail and warehouse. She is a culture focused safety professional who has mastered the art of communication and operational relationship building; seeing organizations flourish when they foster a collaborative culture of open communication between all levels, exemplifying continuous improvement.

Her passion for entrepreneurship included owning / operating a fitness studio for over 7 years, which was fueled by her love of encouraging others to achieve success (while having as much fun as possible). The women leaders she has encountered throughout her career have shaped her into the OHS professional she is today. She is excited to invest in WOHSS' vision and mission, encouraging and supporting other professionals in the field and promoting opportunities where women can connect and contribute to each other's success.



Erin Petruska



Erin Petruska is a seasoned health and safety leader with nearly 20 years of experience in Occupational Health and Safety (OHS), spanning healthcare, manufacturing, and corporate environments. With a passion for injury prevention and systems thinking, she currently leads a global health, safety, and environmental program, which she helped build from the ground up. Her work includes strategy development, ISO 45001 and 14001 implementation, and global procedure standardization—supporting teams across North America, Europe, and Asia.

Erin began her career in clinical kinesiology with a focus on rehabilitation but quickly realized her calling was in prevention. Since then, she has championed initiatives that foster safe, inclusive, and high-performing workplaces, placing a strong emphasis on psychological safety, leadership engagement, and data-driven decision-making.

As a mentor and advocate for women in the OHS profession, Erin is committed to creating space for diverse voices and supporting the next generation of safety leaders. She brings deep expertise in program development, cross-functional collaboration, and impactful communication—skills she's excited to leverage in support of WOHSS's mission.



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Kiran Kapoor

Kiran Kapoor is the Vice President of Market, Product & Technology Innovation and Chief Operating Officer at Workplace Safety & Prevention Services (WSPS), an Ontario-based health and safety association. As a senior leader, Kiran employs a data-driven approach to strategy, planning, and execution. She leads a division dedicated to creating safe and healthy workplaces for Ontario's 174,000 agriculture, manufacturing, and service sector businesses, serving 4.2 million workers, with the aim to reduce injuries and illness.

At WSPS, Kiran engages in purpose-driven work, aiming to reach more businesses and workers with sector-specific health and safety tools, training, and consulting. Guided by the principle that diversity brings strength and innovation requires multiple voices, Kiran is committed to making health and safety accessible to Ontario's diverse population, including the most vulnerable workers.

Kiran's early career in the public and private sectors involved research and program evaluation, stakeholder consultations, and developing health and safety management systems. As a recognized authority and trusted source, she shares her expertise and passion for health and safety at conferences, speaking engagements, and academic programs.

Kiran holds an undergraduate honours degree in biology from McMaster University, a master's degree in health science from the University of Toronto, and has completed the Governance Essentials Program from the Institute of Corporate Directors. In 2023, she received the Top Women in Safety award from Canadian Occupational Safety, recognizing her excellence in the field.

