



CARA BENOIT

Occupational Hygienist

DIAMOND MINE (Rio Tinto/Dominion Diamond Mines)

As an occupational health and safety hygienist, Cara is responsible for protecting the workers and monitoring the work environment for agents, contaminants, or chemicals that could cause illness. To do so, she measures worker exposure to noise, dust, and diesel. Cara assesses worker health to understand if and how they are being affected by the work environment.

Daily, she will perform interviews, outfit workers with monitoring equipment, analyze the data taken from this equipment, or coach them on how to do their jobs so they do not expose themselves to harmful agents while working. "I really like the philosophy of the mining industry; safety is so critical."

When Cara first started her job, she was concerned about the remote location but was surprised with how effortless the transition to camp lifestyle was. "If you can get a position like this, it's really quite fabulous and you can have an influence on the health of so many people. The big thing is to get a degree. It's hard for companies to fill many specialized positions."



JOB GOALS

- Ensure health and safety of workers
- Influence workers to take charge of their own safety
- Protect workers from noise, dust, chemicals, radon gas and diesel contaminants

SKILLS THAT PLAY A PART

- Develop and deliver programs that improve worker health and safety including healthy diet and sleep pattern, cancer screening, and campaigns to inform about risks of smoking, drugs and alcohol
- Inform with messaging and communications about workplace hazards and steps to reduce risk

EDUCATION AND TRAINING NEEDED

- High school or GED diploma
- College or university training (occupational health and safety diploma)