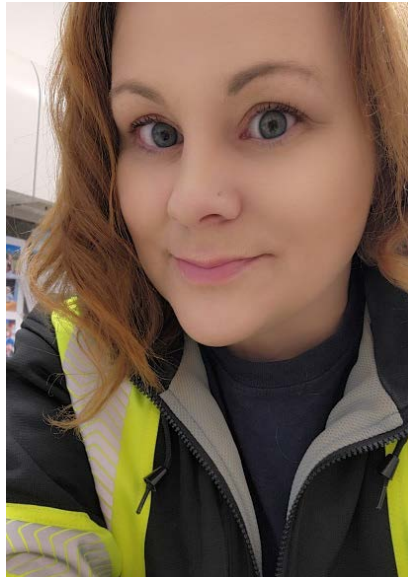


Nikki Vanhouwe



I have been a Safety Consultant with the Motor Safety Association of Saskatchewan (MSA) since May 2024. Prior to coming to work with MSA, I was employed in health and safety in the manufacturing industry since 2015. In 2022 I completed my Occupational Health and Safety certificate through Saskatchewan Polytech and in 2023 I received my CRSP designation.

In my younger years, I was employed in a variety of manufacturing/production facilities including meat packaging, printing presses, greenhouse production, and agricultural facilities. At 21 I was injured at the jobsite doing a repetitive motion task. This simple and preventable injury put me off work for nine months and has affected me ever since, leading to two major surgeries. The injury was due to lack of knowledge of safety and a poor safety culture. I believe that educating workers and encouraging / implementing safe work practices and procedures can prevent unnecessary injuries.

I am a huge advocate for mental health. I have an honours degree in psychology, am trained in mental health first aid, and have aided in the implementation of the National Standard for Psychological Health and Safety in the Workplace. I feel strongly about my own mental health and that mental health is a key component of overall wellness in the workplace. A sound mind creates a safe space for us all.

I grew up outside of Saskatoon on a livestock farm and am now a city-dweller in Regina. I have four children and a number of pets at home. We enjoy road trips, time at the beach/lake, puzzles, board games and movies at home. I have been involved with coaching softball the last 5 years and when not at work, I can often be found at the diamonds.