

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.



Neil Horsley

Neil Horsley is an Occupational Health and Safety Coordinator with AWARE-NS, where he develops and delivers Occupational Health and Safety training and programming.

He is a Certified Registered Safety Technician and holds a certificate in Occupational Health and Safety from The University of New Brunswick.

Neil has over 20 years of experience as a safety expert, in a variety of work environments. His background as a trainer consists of a variety of topics, including JOHS Committee, first aid, fall protection, PPE, and safety leadership.

In addition to occupational health and safety, Neil is also an ATV/UTV Instructor with Canada Safety Council and is a member of the Canadian Society of Safety Engineering.

Neil is passionate about increasing safety awareness and education, and fostering a sustainable culture of occupational health and safety, for everyone.