

WEDNESDAY, MARCH 9

7 a.m.

**Registration begins**

7-8:30 a.m.

**Breakfast with the Exhibitors**

Coffee sponsored by Aramark

Enjoy coffee in the exhibit hall and meet representatives of this year's exhibiting companies.

7 a.m.-3 p.m.

**Exhibits open**

8:30-10 a.m.

**901**

**B**

**Oregon Excavation Law: Protecting Our Workers and the Underground Infrastructure**

The Oregon Dig Law was enacted in 1997 as a means to protect both workers and underground facilities. Does your company fully understand the excavation rules? Does your company always call for locates and comply with the requirements of the law? Does your company know how to properly maintain the marks for the life of the project? Do your employees fully understand the importance of knowing the excavation law and the benefits of digging safely? What constitutes an emergency?

Representatives from OUNC

**902**

**All**

**Dodging the Bugs: Infection Control at Work**

This session is appropriate for employees and supervisors from all industries and provides participants with practical strategies to prevent communicable disease transmission in the workplace. The session is designed to help participants make informed decisions about workplace infection control in the non-healthcare work environment. Prevention of selected emerging diseases is discussed, although not the focus of this session. The session covers common compliance challenges with preventing bloodborne diseases but is not intended to meet the Oregon OSHA requirements for bloodborne pathogens training.

**Deb Fell-Carlson, RN, MSPH, COHN-S, HEM**

*Loss Control Program Advisor  
SAIF Corporation, Salem*

**903**

**All**

**Preventing Slips, Trips and Falls: Strategies for Identifying and Reducing Risks**

This session presents effective strategies for reducing the risks of slips, trips and falls. The presentation describes a comprehensive approach to identification and control of hazards that contribute to indoor and outdoor fall incidents. Following this training, participants are able to:

- Analyze potential contributing factors for slip, trip and fall incidents
- Describe design strategies that can reduce the risk of slip, trip and fall incidents
- Identify elements for engineering, training and behavior that can be applied to solutions for housekeeping and floor cleaning
- Define the components of effective fall management systems that get results for fall risk reduction

**Fred Norton, MS, CPE**

*Technical Director, Ergonomics and Manufacturing Technology  
Liberty Mutual Insurance - Loss Control Advisory Services  
San Ramon, California*

904

I

## Organizational Culture, Climate, and Safety: Understanding the Fundamentals

Although organizations strive to have a positive working environment for their employees, there is often some uncertainty regarding how best to attain this goal. Part of this difficulty stems from confusion regarding the differences and similarities between organizational culture, organizational climate, and how these relate to safety. The purpose of this session is to introduce the audience to the fundamentals of organizational culture and climate by:

- Demystifying the terminology of culture and climate
- Presenting a broad model of organizational culture that includes safety and explains how safety culture is interrelated with other important aspects of organizational culture
- Discussing the important attitudinal, behavioral, and job-related outcomes of an organizational safety climate
- Showing how changing an organization's safety climate requires changing employee perceptions, attitudes, and beliefs about safety, whereas changing organizational culture requires fundamental and pervasive shifts in organizational values, norms, assumptions, and expectations.

Specific examples are given throughout to illustrate these concepts and audience participation is encouraged.

**Tahira M. Probst, Ph.D.**

*Professor, Department of Psychology  
Washington State University, Vancouver, Washington*

905

B

## How to Identify and Manage Risks for the Safety Professional

Every public entity and business has a tight budget right now. Employee injuries, property damage and liability claims or lawsuits cost money, time and resources that could be better used elsewhere. It is possible to prevent these things from happening in the first place and to reduce the impact if they do happen. Being able to identify the exposures to loss your entity faces and managing those risks in a reasonable and prudent way is everyone's responsibility. In this session attendees learn:

- Key concepts to a successful risk assessment

- How to identify loss exposures
- Tips, tools and resources for effectively managing risks

By the end of the session, attendees are able to identify, assess and mitigate the risks facing their entity. Attendees take away easy to use concepts, tools and common sense approaches to managing their entity's risks.

**Ronda Hollis, CPCU, ARM**

*Insurance and Loss Prevention Manager  
City of Portland, Portland*

**Kate Wood, RN, MN, ARM**

*Risk Manager  
City of Portland, Portland*

906

I

## Green and Protecting Workers: Optimizing Sustainability and Worker Safety and Health

This workshop begins with the premise that proven hazard assessment and control methods can and should be applied to green building systems to protect construction worker safety and health. We demystify green systems for those not familiar with them. Following the workshop attendees are able to:

- Define LEED and describe the major areas of LEED credits
- Outline major green systems being used on Northwest projects today
- Give examples of ways in which green measures can contribute to worker OHS and others that can put workers at risk without mitigation
- Explain the link between upstream design decisions and both green and safety outcomes.

Participants engage in an exercise applying hazard analysis to a green building system and receive a template that they can apply to green systems they may encounter on commercial or residential projects.

**Steven Hecker, MSPH**

*Senior Lecturer / Director of Continuing Education  
University of Washington, Dept of Environmental and Occupational Health Sciences, Seattle, Washington*

**B Basic I Intermediate A Advanced**

**All Applicable for all levels**

Wednesday, March 9, 8:30-10 a.m., continued

907

A

## Back Injury Prevention for Healthcare Workers

This session provides guidance to assist health care organizations in the prevention of employee back injury in the workplace. Topics covered:

- Define injury and identify common injuries among health care workers including sedentary versus moderate-to-heavy workload
- Understand the complexity of addressing injury prevention
- The importance of health and fitness, nutrition, exercise, and sleep
- Define body mechanics and understand the role repetitive movements play in injury prevention
- Identify the benefit of ergonomic assessments among health care providers
- Understand the benefits of pacing techniques and identify ways to incorporate techniques both on and off the job

**Jenelle Andrews, DPT**

*Physical Therapist*

*Progressive Rehabilitation Associates, Portland*

**Jodi Johnson, MOT, OTR/L**

*Occupational Therapist*

*Progressive Rehabilitation Associates, Portland*

908

B

## Electrical Hazards in Construction – Are You Exposed?

During this presentation, attendees briefly review OSHA electrical safety standards and then take an in-depth look at the major sources of electrical hazards in construction. Concepts covered during the session include:

- Assured grounding vs. GFCI protection
- GFCI application and theory of use
- Ratings and function of overcurrent protective devices
- Overhead and underground electrical hazards
- Temporary wiring applications
- Arc flash awareness
- Meter use

**Barry Moreland**

*Safety Director*

*NECA-IBEW Electrical Training Center, Portland*

909

I

## Taking Care of Business – Emergency Management Teams

Odds are your business will experience a life-threatening emergency at some time. As the manager or safety person, are you able to handle that emergency and mitigate injury and loss of life? This session provides a real-world look at emergencies that have occurred in a variety of workplaces and shows you how to develop an Incident Management System to effectively handle life-threatening emergencies. This comprehensive presentation is designed to offer value to all attendees. For those new to the Incident Management System (IMS) concept, a basic overview if IMS is presented complete with handouts that you can take back to the job and put to work. For those business and public agencies with emergency response plans already in place, this presentation offers value in taking a closer look at the role of leadership and shows how you can get more leadership support and participation for your programs. The relationship between effective programs, increased participation, and improved employee morale are discussed.

**Don Fleck**

*Chief*

*Mt. Angel Fire Department, Mt. Angel*

**Terrence McCarthy**

*Safety/Risk Manager*

*Oregon Employment Department, Salem*

**Patrick Sangster**

*Safety Specialist II*

*Oregon Employment Department, Salem*

910

B/I

## Lockout/Tagout: Controlling Hazardous Energy

**This session covers:**

- Hazardous energy – types and examples
- Lockout-related accident statistics covering most common failures/causes of injury and death according to OSHA and NIOSH; OSHA citation information
- Scope and application – covered activities (OSHA); general rules; exceptions to LOTO provisions
- Types of devices – OSHA requirements; sample devices and applications

- Procedures – A discussion of the seven steps of locking/tagging equipment (equipment shutdown, energy isolation, lockout device application, release of all energy, verification of zero energy state, performing work, and lockout/tagout removal); group lockout situations; lock removal procedures for absent employees; requirements for written procedures, annual audits, long-term/multiple shift lockouts
- Responsibilities – Owner/contractor relationships; responsibilities of “authorized employees”, “affected employees”, supervisors, and management

**Gene Patrick, CSP, ARM**  
*Construction and Maintenance Safety Manager  
Oregon Health & Science University, Portland*

**Bill Wood, Jr., ARM, CHST**  
*Safety, Health, and Environmental Manager  
PSF Industries, Portland*

**911** I

**Communicating for Safety in the Multi-Cultural Workplace**

**In this program attendees:**

- Develop a safety culture with a multilingual and multicultural workforce
- Learn methods to effectively integrate workers into a positive safety and health culture
- Learn about common stressors faced by a diverse workforce;
- Overcome language and cultural barriers to form an effective training team to achieve safe work-practices

**Tomás Schwabe**  
*Senior Safety and Health Instructor  
Oregon OSHA, Salem*

**912** All

**Industrial Stormwater Permits Today and a Look at the Future**

This presentation covers the details of an industrial stormwater program from the municipal level (city or county). Information is provided regarding the history of the program from federal, state, and local government. The session answers the questions “Why does my company have to obtain a 1200-Z permit?” and “What type of hoops do I need to go through to obtain

regulatory compliance for my industrial facility?” The session provides information addressing program elements of a 1200-Z permit, and explains what No Exposure Certification is. There is a discussion regarding Oregon’s current 1200-Z permit and some differences that provide an insight to Oregon’s future industrial Stormwater (1200-Z) permit (September 2011).

**Rick Fischl**  
*Industrial Stormwater Program Manager  
Clean Water Services, Hillsboro*

**913** B

**Oregon’s Crane Standard**

The federal Occupational Safety and Health Administration (OSHA) published new regulations for the use of cranes and derricks in the construction industry to update and specify industry work practices necessary to protect employees during the use of cranes and derricks in construction.

In a roundtable format Oregon crane representatives and Oregon OSHA review significant changes in the new regulations. Topics in the regulation the panel reviews include the scope of the rule, future operator qualification and certifications requirements, proximity to power lines and fall protection. There is an open forum for question and answers.

The new rules address advances in crane and derrick design and new qualifications and certification for crane operators and signal persons. Some significant requirements in the federal standard detail the assembly and disassembly procedures, power line safety, detailed inspection criteria, and assessment of grounding conditions.

**Ron Haverkost**  
*Safety Technical Specialist  
Oregon OSHA, Salem*

**John Mitcham**  
*Corporate Safety Director  
Ness & Campbell Crane, Inc., Portland*

**Ron Overton**  
*President  
Overton Safety Training, Aloha*

**Nelda Wilson**  
*Assistant Business Manager  
IUOE Local 701, Gladstone*

B **Basic**   I **Intermediate**   A **Advanced**

All **Applicable for all levels**

Wednesday, March 9, 8:30-10 a.m., continued

**914**

B

### Ladder Safety Training

Make sure all of your employees are trained in climbing equipment safety. Louisville Ladder's C.L.I.M.B. Academy safety programs teach your employees how to understand and use the warning stickers attached to each product. It makes them aware of potential hazards involved in the usage, and shows them how to choose, inspect, set up, climb, and store each product.

**Bailey Faria**

*Baxter-Rutherford, Inc., Seattle, Washington*

**Todd Offner**

*Baxter-Rutherford, Inc., Seattle, Washington*

**915**

B

### The Physician's Role in Returning Injured Workers to the Job

Discover a medical provider's important role in assisting a worker's timely return to employment after a work injury. This class also provides an overview of return-to-work incentives available to both employers and workers.

**John R. Braddock, MD**

*CEO and Medical Director  
Cascade Occupational Medicine, Lake Oswego*

**Bruce Friedrichsen**

*Worksite Modification Consultant  
Workers' Compensation Division, Salem*

**916**

I

### Sleep Apnea: Effects on Health, Performance, and Risks for Drowsy Driving

The goal of this program is to discuss the risk factors for sleep apnea and how it can affect driving for non-commercial and commercial drivers. Data on the management of sleep apnea and the effective management on driving are discussed.

Attendees learn to understand the signs and symptoms of sleep apnea, how sleep apnea may affect driving and the level of sleepiness, the various treatment options available. They also learn to understand changes in level of sleepiness with treatment of sleep apnea.

**Akram Khan, MD**

*Assistant Professor  
OHSU, Division of Pulmonary and Critical Care Medicine, Portland*

**Holger Link, MD**

*Clinical Associate Professor, Director for Sleep Education  
Oregon Health & Science University, Portland*

**917**

B/I

### Aging Workforce

The Bureau of Labor Statistics estimates that by the year 2016 the proportion of workers over age 65 will increase over 80% compared to 2006. In this session we examine the implications of this trend on safety in the workplace and what employers can do to minimize any adverse impact. Based on research, we also dispel some misconceptions while providing practical steps to prepare for the increase in older workers and address the implications of your current workforce demographics. As a result of attending this session, participants are better able to:

- Assess their organization's perspective on older workers.
- Abandon unfounded and detrimental attitudes about older workers.
- Analyze their organization's employment and claim experience by age, to determine the extent of potential for current and future age-related concerns.
- Implement a strategy for short-term and long-term improvements to give appropriate attention to aging workforce issues without sacrificing the bottom line.
- Focus efforts on the primary source of injury loss for aging workers and methodically control the associated hazards.
- Participants are provided a one-page strategy summary for addressing aging worker concerns.

**George Brogmus, MS, CPE, M.Erg.S**

*Technical Director, Ergonomics  
Liberty Mutual Insurance, Burbank, California*

**918**

B/I

### Combustible Dust National Emphasis Program

Learn about the national emphasis program on combustible dust. The course is designed for safety and health professionals, plant managers, and maintenance and production supervisors from affected industries.

**Participants learn:**

- Terms and core concepts surrounding combustible dust
- How to recognize dust explosion hazards, including review of site photographs

- The process of a dust explosion
- Means available to manage the hazards

**There is also a review of NFPA 654 including:**

- Hazard assessment and testing
- Protective measures that are used for hazardous locations

**Brian C. Hauck, MS, CIH**

*Industrial Hygienist Compliance Officer  
Oregon OSHA, Portland*

**919** B

**Schools + Fire Prevention Education = Safe Students and Staff**

School district personnel and fire service staff can assist each other in providing safe environments for our children. Participants:

- Identify the top deficiencies that are common in the school setting
- Increase knowledge of the fire code and why it's important, especially in schools
- Become familiar with NFPA 72 testing requirements
- Recognize the importance of fire evacuation drills and the costs associated with false alarms
- Understand how to work with students that have set a fire on school property
- Learn to take ownership of fire and life safety issues throughout the school year

**Amber Cross**

*Deputy Fire Marshal  
Tualatin Valley Fire & Rescue, Tigard*

**10-10:30 a.m.**

**Break**

**10:30 a.m.-noon**

**920** B

**Machine Guarding - Amputations and OSHA's Special Emphasis Program**

Amputations are a significant and often fatal result of inadequate machine guarding, lockout/tagout procedures or failure to adequately evaluate machine hazards and conduct proper hazard assessments. OSHA recognizes these problems and has instituted

a National Emphasis Program (NEP) to identify and to reduce workplace machine and equipment hazards which are causing or likely to cause amputations. This program reviews the cause of amputations and discusses control measures (machine guarding methods, machine guarding devices and work procedures) as well as OSHA standards and industry guidelines.

**Troy Corbin, CIH, CSP, NFPA Marine Chemist**

*Senior Associate  
AMEC Earth and Environmental, Portland*

**921** B/I

**Confined Space in Construction: Regulatory Requirements and Best Practices**

Oregon OSHA is developing confined space regulations for the construction industry. An external steering committee was formed in 2008 to assist the agency in the development of these regulations. Join us for a roundtable discussion on confined space hazards in construction, best practices, and what you can do to be prepared for upcoming regulatory changes. Participants include Oregon OSHA and industry experts from the steering committee.

**Tony Howard, CSP, CRIS**

*Safety Manager  
Hoffman Construction Company, Kelso, Washington*

**Eliot Lapidus**

*Safety & Loss Control Manager  
Associated General Contractors, Oregon-Columbia Chapter,  
Wilsonville*

**Mark Maguire, CSP**

*Safety Coordinator  
Eugene Water & Electric Board, Eugene*

**David McLaughlin**

*Industrial Hygienist/Technical Specialist  
Oregon OSHA, Salem*

**Stan Thomas**

*Health Enforcement Manager  
Oregon OSHA, Bend*

B **Basic** I **Intermediate** A **Advanced**

All **Applicable for all levels**

Wednesday, March 9, 10:30 a.m.-noon, continued

922

B

### Hazard Recognition and Control

Hazard recognition and control is one of the basic foundation components to an effective safety culture. This presentation covers hazard recognition and control from the non-regulatory view point. As a safety professional we all how to identify hazards but, how do we transfer that knowledge to the line-worker, because we cannot have a job hazard analysis for everything! The goal of this presentation is to assist the participant to expand their knowledge and capabilities to transfer this knowledge and understanding to the line-workers, having the line-worker incorporate the hazard recognition and control process into their daily activities.

**Jim Castaneda**

*Environmental, Health and Safety Manager  
The Boeing Company, Portland*

923

All

### A Healthy Work Culture: Transcending the Work-Family Divide

The reconnection of work life and family is becoming more obvious after years of looking at the individuals in our workplaces differently depending on whether you were a safety and health, medical, or public health professional. A growing understanding emerging from researchers and practitioners reflects the interconnectedness and value in promoting healthy relationships and behaviors. This presentation explores current research on work-family issues and reasons why healthy workplace cultures reflect caring and respect for all individuals and their health.

**Leslie B. Hammer, Ph.D.**

*Professor, Department of Psychology  
Portland State University, Portland*

924

B/I

### Excavations: In Memory of...

Using functioning models of excavation equipment the speaker illustrates several fatal accidents that have occurred in the local area over the last few years. Using facts from each case the presentation examines under-evaluated warning signs, the mechanism of injury, cause of failure, and preventive measures that should have been taken to prevent the tragic losses.

It is imperative we learn from these tragic events. These people lost their lives while working for others. They are very real people with real families and friends. Learn a little about each one of these victims, see what happened and learn from mistakes made.

This presentation is appropriate for anyone involved in excavation work.

**Mike Riffe**

*Senior Safety Compliance Officer / Fatality Manager  
Oregon OSHA, Portland*

925

All

### Presentations That Work!

Some people say they would rather be thrown into a pen of live alligators than have to deliver a public presentation. While that may overstate things a bit, research shows that public speaking is one of the most dreaded things a person can be asked to do. If you're among those who would like to feel more comfortable delivering presentations, this session may bring you relief.

You'll learn how to:

- Involve the audience and keep them interested
- Use the room set-up to your best advantage
- Plan a presentation that appeals to a variety of learning styles
- Develop confidence and composure in front of an audience
- Use PowerPoint slides, flip charts and other visuals effectively
- Manage discussions and handle questions with ease

**Ken Van Osdol**

*Total Compensation Manager  
SAIF Corporation, Salem*

926

I

### Ergonomic Considerations in Bariatric Care

This program is designed to assist health care facilities that are challenged to safely care for bariatric or obese patients. Participants benefiting from this program include direct patient care staff and those involved in safe patient handling, patient safety, facility safety, patient bed placement, patient transportation and quality management. The session is designed

to develop best practices for safe patient handling technique specific to the bariatric population through processes, policies, sensitivity needs and staff training.

**Zachery Collins, MOTR/L, CEAS**

*Ergonomic Specialist  
Providence Health & Services, Portland*

**Jackie Feaver, CRC/R, HEM, CSHE**

*Ergonomics Manager, Oregon Region  
Providence Health & Services, Portland*

dysfunctions, and why these need to be resolved so safe return to work is possible. Attendees learn low back pain corrective strategies that can be applied in the occupational setting.

**Guido Van Ryssegem, MS, ATC, CSCS, NBF, RN**

*Coordinator/Clinical Athletic Trainer and CEO Safe Recovery and Kinetic Integrations  
OSU and Safety Recovery and Kinetic Integrations, Corvallis*

**927** **All**

**Share the Road**

The Share the Road Safety Class (SRSC) is designed to educate all road users including motorists, bicyclists and pedestrians, about using our roadways in a safe and lawful manner. SRSC curriculum was developed and is presented by a unique combination of traffic law and safety experts including a judge, trauma nurse, police officers, Portland Department of Transportation staff and community safety advocates. Portland is recognized as one of the best cities in the country for walking, biking and using transit and enjoys a long history of community collaboration making its neighborhoods and streets pleasant and safe places for all modes of travel. Whether a person chooses to travel by car, bicycle, on foot or by transit, their need for personal safety and their responsibility to be courteous to those around them does not change. To make our cities safer, SRSC encourages safety and responsibility by following the rules of the road. SRSC participants routinely comment that SRSC should be required for licensed drivers.

**Christopher Larsen**

*Judge Pro Tem  
Multnomah County Circuit Court, Portland*

**Michael Morrison, R.N., B.S.N.**

*Trauma Nurse  
Legacy Emanuel Hospital, Portland*

**928** **I**

**Safely Returning to Work After Back Pain: An Innovative Corrective Model**

Through the presentation and exercise strategies demonstrations, the attendees are able to understand why and how low back pain affects the whole kinetic chain of the body. The presenter explains the relationship between low back pain and associated movement

**929** **I**

**Optimizing the Supervisor Response to MSD Injuries**

Redesigning high-risk repetitive motion and manual materials handling tasks by applying ergonomic principles is the most certain and successful way to prevent musculoskeletal disorders (MSDs) from occurring. But even this “best” approach is only partially effective, with manual materials handling redesign only able to eliminate about one-third of all back pain cases and an uncertain success rate for repetitive motion exposures. Participants have the opportunity to:

- See the limits of traditional approaches to reducing MSDs
- Appreciate the value of ergonomic redesign principles in the context of supervisory caring and worker self-care knowledge
- Understand the real reasons for prolonged disability and the key role played by front-line supervisors’ response to worker discomfort
- Learn about some innovative research that demonstrated dramatic reductions in MSDs with minimal investment

Videotaped scenarios related to worker discomfort, worker disability and return to work from an injury are used to illustrate the importance and opportunity for supervisor skill and attitude improvement.

**George Brogmus, MS, CPE, M.Erg.S**

*Technical Director, Ergonomics  
Liberty Mutual Insurance, Burbank, California*

**B Basic I Intermediate A Advanced**  
**All Applicable for all levels**

*Wednesday, March 9, 10:30 a.m.-noon, continued*

**930**

**B**

### **Chemicals in Schools: Why Some are Good, Why Some are Bad, and Why Unknowns are Ugly**

Remember your utter confusion the first time you read an MSDS? This hands-on chemistry course is designed to cut through the red tape, have the chemicals talk to you and explain such things a vapor pressure, flash point, LEL, UEL and other mysteries of flammable liquids. We talk about corrosives and see why acids are bad and caustics are sneaky. We review the components of well-run labs and see why it's important to keep the regulatory agencies such as DEQ and OSHA happy. The session answers the question of what you can clean up if there is a chemical spill, and when you should evacuate and call for help. The class takes a look at "Joe the maintenance guy" and the chemical stash he left after he retired. Attendees learn to identify the unknowns using field chemistry kits.

**Randy Knight, BA, MS**

*Environmental Scientist and Senior Trainer  
AMEC Earth and Environmental, Portland*

**931**

**I**

### **Managing Construction Site Stormwater by Erosion Control**

Construction activities near rivers, streams, and lakes have the potential to cause water pollution and stream degradation if erosion and sediment controls are not properly installed and maintained. In order to effectively reduce erosion and sedimentation impacts, Best Management Practices (BMP's) must be designed, installed, and maintained during land disturbing activities.

Increase your professional skills in prevention and controlling construction site erosion:

- Factors that influence erosion and pollution prevention
- Where do eroded sediments and storm water pollution go (impacts to the environment and public infrastructure)
- Problem-Solving: From construction site photos
- Best management practices for erosion prevention and sediment control

- Regulatory goals and expectations: Clean Water Services and DEQ rules
- Clean Water Services' inspection and enforcement process

**Tony Gilbertson**

*Inspection Program Manager  
Clean Water Services, Hillsboro*

**932**

**B/I**

### **Regulatory Issues Update**

Do you find regulatory compliance a challenge? Wouldn't you like a crystal ball to tell you which regulations/requirements were changing and what to expect in the next few years? Attendees receive information from pertinent agency and organization representatives regarding upcoming regulatory changes and emphasis programs. Attendees are encouraged to ask speakers questions pertaining to program content.

**Christie Hammond**

*Administrator, Wage and Hour Division  
Bureau of Labor and Industries, Portland*

**Marilyn K. Schuster**

*Policy Manager  
Oregon OSHA, Salem*

**John Shilts**

*Administrator  
Workers' Compensation Division, Salem*

**Michael Wood**

*Administrator  
Oregon OSHA, Salem*

**933**

**All**

### **Sleep, Sleep Deprivation, and Worker Fatigue**

We live in a 24/7 world. Our days are devoured with professional, family and social demands while we strive to maintain mental and physical well-being. While allocating our time we often deprive ourselves of one of life's biggest necessities – sleep. We live in a sleep deprived nation and it has affected our productivity, safety, health and social wellness. Fatigue is often listed as a major cause in industrial, transportation and personal accidents and many have called it our nation's number one health problem. In this program we look at several aspects of sleep and its effects on the human body while exploring how the lack of sleep affects our

mental and physical health. We examine worker fatigue, how it manifests itself and the problems with a fatigued workforce. We also address fatigue mitigation for both workers and managers. During the program we:

- Define sleep, sleep deprivation and sleep debt and examine their effects on our lives
- Demonstrate to participants how to recognize their own daytime sleepiness with use of the Epworth Sleepiness Test
- Discuss sleep disorders, their recognition and remedies
- Define fatigue and its effects at work and at home
- Discuss the effect fatigue has on cognitive recognition and situational awareness
- List and discuss some infamous accidents attributed to fatigue
- Discuss fatigue mitigation and its benefits to workers and employers

**Carl Fields**  
*Mokena, Illinois*

**Gary Quick**  
*Union Pacific Railroad, Hermiston*

**934** **All**

**Silica – Construction Exposure Results and Methods for Preventing Exposure**

Steve has collected the results of employee exposure monitoring for silica from work done by the University of Washington, West Virginia and others. This information provides some idea of how much silica exposure can occur while doing similar tasks. He has also collected the results of employee exposure monitoring done while using various control methods. This information, along with respirator choices, provides examples that work to minimize the risk of silicosis. Attendees are encouraged to discuss situations they have encountered and share what has or has not worked for them.

**Steve Eversmeyer, CIH, CSP**  
*Safety and Loss Control Manager  
Port of Portland, Portland*

**935** **I/A**

**The Business Case for Safety**

This presentation discusses economic processes and incentives in business for the safety professional. The presentation covers the financial language and processes of business, the leverage points in the process for the safety professional, and the characteristics of successful businesses with high performing safety processes and metrics. The attendees better understand their role in the business enterprises, and the focus areas to engender improvement and value within the leadership of the business enterprise.

**Lynne J. Seville, CSP**  
*Principal, Account Executive  
Parker Smith & Feek, Inc., Anchorage, Alaska*

**936** **I**

**Workers in a Participatory Approach to Ergonomics**

Have you ever counseled workers about safe work practices, only to have them revert back to old behaviors as soon as you leave? We can talk all day about why workers should work more safely, but how do we engage them in making those choices for themselves? A participatory approach to ergonomics promotes a culture of safety through ownership of ideas, resulting in incentive for continuous improvement. This presentation discusses the value of participatory ergonomics and reviews a case study demonstrating the steps used in the development of an injury reduction program. At the completion of this session, attendees:

- Understand the concept of participatory ergonomics
- Recognize the benefits of a participatory approach to work safety
- Have an outline of ideas to utilize in developing their own participatory ergonomics program

Attendees have the opportunity to share discussion points with others, along with a Q&A segment following the presentation.

**Susan Murphey, BS, CECD**  
*President  
Essential Ergonomics, Shoreline Washington*

**B Basic I Intermediate A Advanced**  
**All Applicable for all levels**

Wednesday, March 9, 10:30 a.m.-noon, continued

937

All

**Oregon Safety Summit**

This session is a moderated panel discussion with leaders from four Oregon companies, presenting their perspectives on safety and health within their organizations and the expectations they have of the safety and health function. Come hear about:

- Achieving management commitment and employee participation
- Demonstrating safety leadership and overcoming obstacles
- Measuring the performance of a safety and health program and staff
- Other thoughts on making your workplace safer

**Cory Oace**  
Administrator  
Dallas Retirement Village, Dallas

**Lynne Saxton**  
Chief Executive Officer  
ChristieCare, Marylhurst

**Matt Smith, PE**  
President  
L&M Industrial Fabrication, Tangent

**Steffanie Smith**  
Chief Executive Officer  
River Point Farms, Hermiston

- Excavation and shoring
- Personal protective equipment
- Reviewing sub-contractor programs
- Verifying operator credentials
- Reviewing operator logs
- Conducting site reviews

**Paul A. West**  
General Manager  
Safety Directions, LLC, Coos Bay

Noon-1:30 p.m.

**Awards Ceremony and Luncheon**  
(Tickets are \$20 each)

2011  
**GOSH**  
CONFERENCE

**AWARDS CEREMONY AND LUNCHEON**

Wednesday, March 9

Noon-1:30 p.m.

**Honoring Great Achievement**

The honors presented this year are for exemplary safety performance by employers, employees, safety committees, and associations throughout the state.

Recipients of these awards represent the diversity of industry in this state and recognize outstanding achievement in workplace safety.

938

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**Construction and Maintenance of Alternative Energy Sources – Wind Turbine Sites**

This session covers:

- The need to have an audit checklist
- Housekeeping and sanitation issues
- Hand, power tools and ladder issues
- Lifting operations

1:30-2:30 p.m.

**Designated Exhibit time**

2:30-5 p.m.

**951** I

**Incident Response Process and the Ladder of Assistance**

This program focuses on the state of Oregon’s multi-agency coordination system and the processes and structure used to coordinate incident information and support emergency operations throughout the state.

Participants learn how the State Office of Emergency Management (OEM) coordinates and manages the response to county requests for resources and capability support as a result of incidents throughout the State. This discussion focuses on the systems and processes used to communicate with counties and facilitate resource support. We also cover the process for requesting a presidential disaster declaration and federal resource support.

Participants are introduced to the role of the county Emergency Operations Center and county responsibilities for coordinating incident information, establishing priorities between incidents, providing resource support, and resolving incident-related policy issues relative to incidents occurring within the county. The local emergency declaration process is also addressed.

**Matt Marheine**  
*Domestic Preparedness Coordinator  
Oregon Emergency Management, Salem*

**Scott Porter**  
*Director, Office of Consolidated Emergency Management  
Washington County, Aloha*

**952** B/I

**Working Ergonomics Solutions into Construction Activities**

This interactive presentation uses problem solving techniques to address working ergonomic issues into construction activities. Attendees are encouraged to bring their own example pictures.

**Chris Miller**  
*Safety and Loss Consultant  
Associated General Contractors, Oregon-Columbia Chapter, Wilsonville*

**Kim Rossman**  
*Safety Consultant and Trainer  
Kim’s Safety Training & Consulting, Scappoose*

**Marilyn K. Schuster**  
*Policy Manager  
Oregon OSHA, Salem*

**953** All

**Developing and Managing the Risk Management Corrective Action Plan Process**

This presentation includes a case study of the Corrective Action Plan process used to manage liability (general liability, automobile, malpractice) and significant safety losses within a large public entity. Participants understand the nature of the program, the structure required to make it successful, program pitfalls, and the benefits of having a structured Risk Management Corrective Action Program. After the program attendees have a functional understanding of the Risk Management Corrective Action Planning Process (through lecture, handouts and case studies) and examples of administrative tools to implement a process at their workplace.

**John Sterritt, MBA, MSIH, CSP, ARM**  
*Director, Office of Environmental Health and Safety  
Los Angeles Unified School District, Los Angeles, California*

B **Basic** I **Intermediate** A **Advanced**  
All **Applicable for all levels**

Wednesday, March 9, 2:30-5 p.m., continued

954

All

### Preparing for the Unthinkable: When Serious Illness, Death or Tragedy Affects the Workplace

This session helps participants identify the key elements of the grief reaction, and apply it to a variety of workplace situations. Situations include downsizing, the diagnosis of cancer for an employee, medical emergencies, the death or illness of a family member, to the more tragic incidents, such as a serious accident or death of an employee.

Attendees also learn the key elements of trauma, with emphasis on how it affects the workplace. Trauma can be caused by a natural disaster such as Katrina, or flooding. Although similar, it has different tones when another human causes the trauma, such as in domestic violence killings in the workplace. Attendees learn how employees can best help each other during these times, and receive tips on managing through turbulent times to come out stronger as individuals, management, and a workgroup.

Participants are able to identify the key issues that arise when balancing the need to keep the business going with the need to let people grieve. We also see grief and trauma as safety and productivity issues, and learn the most effective ways to work through this issue.

Participants are encouraged to share their concerns or experiences.

**Barbara Augon, ARM**

*Safety Manager  
City of Portland, Parks & Recreation, Portland*

**Bill Clendenen**

*Chief Executive Officer  
Health & Safety Institute, Eugene*

**Don Manghelli, LCSW**

*Licensed Clinical Social Worker  
Grief and Trauma Specialist for Business, Tigard*

**Bill Rowe**

*Health & Safety Institute, Eugene*

955

All

### Driven to Distractions

This program respects the fact you have basic driving skills and ability. The curriculum helps drivers to consider what can be done to become an even better, safer driver, and to recognize and deal with constant distractions while driving. Motor vehicle collisions are the number one cause of work-related fatalities. Avoiding collisions also avoids the emotional, physical, and financial effects that crashes have on the driver, passengers, and those in their home and work lives.

**In this program you learn, see, and discuss:**

- General statistics that demonstrate the extent, costs, and causes of motor vehicle crashes and the significance to your organization
- How a vehicle and equipment contributes to crashes or adds to the injuries in a crash
- The driver's control over conditions, which include; drowsiness, aggression, stress, speeding, using a cellular phone, stopping distances, impacts of speed, eating while driving, and other distractions.

Also discussed are tips to safer backing, defensive driving, understanding weather and road conditions that affect driving safely and how a driver can compensate for external conditions and environmental hazards while driving. The effect the organization's culture, leadership, policies and supervision can have on vehicle crashes, what supervisors do to contribute to crashes and how changes in your organization will improve driving safety, driver selection, supervision, and driver training are discussed.

**John Zakariassen**

*Senior Risk Management Consultant  
CityCounty Insurance Services, Lake Oswego*

956

I/A

## Safety in Design: Practical Application Using BIM and Other Technologies

This program provides an in-depth description of the safety in design concept (also known as Prevention through Design) and its application in practice. Given the complex nature of many construction projects, the ability to foresee hazards during construction can be difficult. Visualization tools such as Building Information Modeling (BIM) can greatly facilitate its application in practice. Descriptions of how construction projects have been designed to improve safety are provided along with examples of safety in design processes. At the completion of the program, the attendees are able to:

- Describe the safety in design concept and along with related benefits, barriers, and enablers
- Describe how BIM and other tools can be used to effectively design projects for safety
- Determine a process for their company to implement safety in design practices and procedures

The program includes opportunities for discussion of safety in design concepts. Case study examples are presented for discussion and evaluation.

**John Gambatese, PhD, PE**

*Associate Professor*

*OSU, Civil and Construction Engineering, Corvallis*

957

B/I

## Integrating Lean and Ergonomics to Improve Safety and Productivity

Typically, the term *Lean* is used for the manufacturing industry. However, the benefits are so powerful in terms of efficiency improvements, productivity, and injury risk reduction that these principles are now being applied slowly, one by one, to other industry sectors. This presentation introduces the concept of integrating ergonomics into Lean initiatives or using ergonomics to reduce waste. Wasted movements add to employee fatigue, injury exposure, and task completion time. Using examples and group activities, we explore these principles and provide practical interventions to begin working toward a leaner process and facility – even if you don't have Lean initiatives in your organization – so that you achieve both safer and more efficient operations.

### Attendees learn:

- Some of the different Lean-style philosophies and terminologies
- How to incorporate common ergonomic risk factors into your waste considerations
- How to estimate the financial costs of common ergonomic-related waste
- How ergonomic solutions can also impact waste and efficiencies

**Deborah Read, MOTR/L**

*President*

*ErgoFit Consulting, Seattle, Washington*

958

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## Fall Protection for General Industry

The fall protection regulations are part of the construction code but apply to general industry. However, special issues can arise at fixed, permanent locations. For example, how can users inspect anchors on permanently-installed fall protection systems (e.g., SRLs and ladder-safety systems) before use? Can companies design and install their own fall protection systems such as horizontal and vertical lifelines? Can a company develop and implement a fall protection method for special situations that isn't covered by the regulations? This program explores these issues and help those entrusted with fall protection responsibilities understand the process used to answer these questions.

**Jim Johnson**

*CEO*

*D2000 Safety, Inc., Eugene*

959

B/I

## Recordable or Reportable or Both?

This class reviews reporting requirements for both Form 801 and the OSHA 300 log. The presenters share real-life scenarios to help participants determine how an injury or illness should be documented.

**Craig Hamelund**

*Education Specialist*

*Oregon OSHA, Portland*

**Daniel Schmelling**

*Manager, Benefit and Certifications Unit*

*Workers' Compensation Division, Salem*

**B Basic I Intermediate A Advanced**

**All Applicable for all levels**

*Wednesday, March 9, 2:30-5 p.m., continued*

**960**

I

### **Getting Employees Involved: The Key to High Performance**

Do you want to increase awareness of safety and health in your organization? Would you like to improve morale or learn ways to motivate staff toward improved safety and health performance? How about creating or sustaining a workplace culture that allows all this to happen and more? This session paves the way to accomplishing the above objectives by sharing best practices to actively and meaningfully involve employees in safety and health programs.

**Mark E. Hurliman, CSHM**  
*VPP/SHARP Program Manager  
Oregon OSHA, Medford*

- Describe the main motivation for applying economic analysis to occupational safety, health and environmental affairs
- Articulate the rationale supporting and the logic behind incorporating economic analysis findings into safety, health and environmental investment proposals
- Describe the safety, health and environmental investment strategies available to firms and being used in practice by firms
- Characterize what is needed to construct a safety, health and environmental economic analysis model
- Describe what will be needed for economic analysis to become an on-going practice within the occupational safety, and health profession

**Anthony Veltri, MS, Ph.D., CSHM**  
*Associate Professor, Environment, Safety and Health  
Oregon State University, Corvallis*

**961**

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### **Welding Safety and Health Considerations**

This session discusses the various types of welding and cutting processes and the safety and health hazards associated with them. Welding incident scenarios are discussed. The presentation includes the welding control measures of substitution/elimination, engineering control, work practice controls and personal protective equipment. After the presentation, participants are able to understand the hazards associated with the specific types of welding and cutting processes and use the provided resources to conduct welding health and safety assessments.

**Daniel Stuckrath**  
*Industrial Hygienist  
SAIF Corporation, Salem*

**963**

A

### **Hearing Conservation – Program Best Practices and Determining Work-Relatedness**

This advanced session reviews the common elements of a hearing conservation program and discusses ways to move beyond “OSHA required” to “Best Practices.” Hearing loss is the most prevalent occupational injury and a common cause of claims. If your workers are exposed to noisy environments, this class helps you to more effectively manage your risk to this loss source and protect the hearing of your employees.

An important responsibility of the employer in partnership with the health care provider is to work cooperatively in the determination of whether hearing loss is considered to be work related. Because employers are often confused about the determination of work relatedness, a significant portion of the class is devoted to explaining the process health care professionals use in making this determination and the employers recording requirements for the OSHA 300 log.

**Gregory Borgmeyer, Au.D., CCC-A**  
*Lead Audiologist  
Adventist Medical Center, Portland*

**Erika C. Jones, Au.D., CCC-A**  
*Audiologist  
Adventist Medical Center, Portland*

**Zandra Walton, CIH**  
*Managing Consultant, Loss Prevention and Industrial Hygiene  
Liberty Northwest Insurance, Portland*

**962**

All

### **EHS Cost Modeling**

This presentation is designed to provide a fundamental understanding of economic analysis applied to occupational safety, health and environmental management issues and practices. The presentation offers economic analysis as a useful tool for changing how proposals for investments in practices to confront and manage occupational safety, health and environmental issues are put together and presented within the firm’s overall investment allocation decision-making process. By the end of this presentation, practitioners are able to:

964

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### Streamline Your Meetings for Maximum Productivity

In order to have involved, participative, team-powered organizations, people must meet with each other in groups to collaboratively and creatively solve problems.

The investments of time, money and human resources are huge whenever people meet. Unfortunately, most workers report that the amount of time they spend in meetings is increasing, while the effective use of that time is decreasing.

This workshop focuses on specific techniques to help streamline meetings for maximum power and productivity.

#### Participants:

- Learn how to plan and prepare for a meeting
- Identify and develop the four components of all effective meetings
- Develop specific strategies for meeting follow-up
- Use facilitation strategies to balance the need to be on task and build relationships

**Dan Miller**

*President*

*Dan Miller & Associates, Vancouver, Washington*

965

I/A

### Developing Leaders for a Safe Construction Industry

The Greater Portland Construction Partnership (GPCP) has invited researchers from Colorado State University to co-facilitate an interactive workshop to investigate the role leaders play in developing and changing industry safety culture. This session occurs in two parts: an introductory presentation to align participants, followed by a workshop in which small groups of participants address relevant questions about leadership skills, techniques and obstacles, then share their insights with the larger group.

**Greater Portland Construction Partnership**  
**Colorado State University**

966

All

### Fire and Life Safety Awareness

This session is designed to give background information about the roles and responsibilities of the state fire marshal and assistants to the state fire marshal according to Oregon Law. It covers a fire inspector's scope of authority, along with fire and life safety concerns in assembly group "A" occupancies. After attending the program the audience is able to identify possible fire and life safety concerns within assembly occupancies and understand how these structures are classified according to the Oregon Structural Specialty Code. The audience is also exposed to the historically largest loss-of-life fires in the U.S. which have occurred in assembly type occupancies.

**Greg Davis**

*Deputy State Fire Marshal*

*Oregon Office of State Fire Marshal, Klamath Falls*

967

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### The Social Plan: How Rapport Impacts Outcomes in an Emergency

#### Attendees learn:

- How rapport fosters effective communication
- How to "read the scene"
- The importance of communication between entities prior to an actual event to ensure interoperability of emergency management plans

**John Reid**

*President*

*Incident Knowledge Resources (IKR) Consulting, Portland*

**B** Basic **I** Intermediate **A** Advanced

**All** Applicable for all levels