

SESSION DESCRIPTIONS

GOSH 2015



34th biennial

OREGON GOVERNOR'S OCCUPATIONAL SAFETY & HEALTH CONFERENCE

REVISED



March 9-12, 2015

Oregon Convention Center • Portland

2015
GOSH
CONFERENCE

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The GOSH Conference is a joint effort of the American Society of Safety Engineers (ASSE) Columbia-Willamette Chapter and the Department of Consumer & Business Services Oregon Occupational Safety & Health Division (Oregon OSHA).



MONDAY, MARCH 9

7:45 a.m.

Registration desk opens

Packet pickup ONLY

Workshops are pre-registration only

8:30 a.m.-noon

101

All

OSHA 10 hour – General Industry

(8:30 a.m.-4 p.m.; continued on Thursday)

This course is intended to provide entry-level construction workers general awareness on recognizing and preventing hazards on a general industry site. This training covers a variety of construction safety and health hazards which a worker may encounter at a general industry site.

Mandatory topics: (7 hours)

- Introduction to OSHA
- Walking and working surfaces
- Exit routes, emergency action plans, and fire prevention plan
- Personal protective equipment
- Electrical
- Hazard communication

Electives and Optional topics: (3 hours)

- Materials handling
- Machine guarding
- Powered industrial vehicles
- Ergonomics
- Introduction to industrial hygiene
- Environment/waste management

Barry Moreland (Facilitator)

NECA-IBEW Electrical Training Center - Portland

102

All

OSHA 10 hour – Construction

(8:30 a.m.-4 p.m.; continued on Thursday)

The 10-hour Construction Industry Outreach Training Program is intended to provide entry-level construction workers general awareness on recognizing and preventing hazards on a construction site. This training covers a variety of construction safety and health hazards that a worker may encounter at a construction site. The focus is on:

Mandatory topics: (7 hours)

- Introduction to OSHA
- The Focus Four Hazards of Construction
- PPE -Personal protective and lifesaving equipment
- Health Hazards in Construction

Elective and Optional topics: (3 hours)

- Materials handling, storage, use and disposal
- Health hazards in construction
- Hazardous communication (HAZ-COM)
- Tools – hand and power
- Scaffolds
- Stairways and Ladders
- Excavation

Barry Moreland (Facilitator)

NECA-IBEW Electrical Training Center - Portland

OSHA 10 hour speaking group:

Cody Adams

Oregon Safety Director, Cochran Electric

Pam Fisher, ARM,CHST

Oregon Safety Manager, Western States Fire Protection

Eric Fullan

Safety Officer, City of Hillsboro

Dave Jacobsen

Safety Director, Stoner Electric / OSHA - 70E Instructor NIETC

Jeff Pfeifer

Safety Director, McKinstry Portland

Bruce Poinsette

GEW Safety Consultant / Construction Safety Instructor PCC

Clark Vermillion

CHST, Corporate Safety Director, Arctic Sheet Metal

The fee to attend the OSHA 10 hour workshop is \$200. This fee covers Monday and Thursday attendance.

B Basic I Intermediate A Advanced

All Applicable for all levels

103

All

Creating a Culture of Health and Wellness in the Workplace

The growing trends of stress, obesity, and disease affect our businesses in health care costs, productivity, safety, and even retirement. These trends are worldwide and the World Health Organization (WHO) has an initiative to include health and wellness as part of the Occupational Health and Safety program for businesses. With companies being more competitive and doing more with less, it is important to take a serious look at health and wellness within our workforce to ensure there is no compromise. In this presentation, we look at simple, cost-effective steps to help change these trends and improve the health of the workforce and our businesses. Taking action to have the health and wellness program as part of the company's safety plan has huge benefits for business and for everyone's future.

David Douglas, CHST

*EHS Manager
Skanska, Salem*

Polly Malby, MSN

*RN, CMN (Retired)
Health Coach Resource, Fairview*

104

I

Welding: Exposures and Controls

(8:30 a.m.-4 p.m.)

This course describes common welding and thermal cutting processes and the health/safety hazards associated with these processes. Terminology used in the welding industry is incorporated throughout the session as a means of familiarizing participants with the vocabulary used in the workplace. Materials, thermal processes, and scenarios associated with potential for overexposures are described. Emphasis is placed on manganese and hexavalent chromium exposures, as well as many other health and safety hazards. Suggestions for improving the quality of monitoring data are provided as are suggestions for prioritizing exposure assessments. Ventilation techniques and respiratory protection options are also described.

Mike Harris

*President
Hamlin & Harris, Baton Rouge, Louisiana*

105

All

Reducing Drama: Tools for Conscious Leadership

Safety leadership has many aspects. The choices we make each and every moment, whether conscious or unconscious, responsive or reactive, impacts how we relate to others. When relationships break down, information is withheld, immovable positions are taken, and interpersonal dramas escalate. The ability for individuals and teams to take healthy responsibility for how they show up and hold themselves and each other accountable is essential to sustaining safety excellence. This session will provide proven strategies to reduce drama, value human needs, and increase organizational performance. Attendees explore the Karpman Drama Triangle and the various ways we get stuck in workplace and personal relationships.

Content:

- Discover relationship patterns that do not support connection and creativity
- Identify the three positions in the drama triangle
- Practice strategies that reduce individual and organizational drama
- Learn to communicate based on needs and feelings
- Learn how to shift out of drama

Dan Miller

*President
Dan Miller & Associates, Trout Lake, Washington*

106

B/I

You've Identified the Hazards, Now What Do You Do?

Accidents are often predictable and, most importantly, preventable. With a good process to assess the risks associated with workplace conditions, an effective strategy can be determined to prevent adverse outcomes. This session focuses on what steps to take after identifying hazardous or unsafe behaviors, including assessing the risk, prioritizing the risks, and identifying the control measures to take.

Timothy McDonald, CSP

*Senior Safety Management Consultant
SAIF Corporation, Salem*

Gordon Baldwin, CUSA

*Senior Safety Management Consultant
SAIF Corporation, Salem*

Monday, March 9, 8:30 a.m.-noon, continued

107

All

Annual HAZWOPER and Emergency Response Training Refresher

(8:30 a.m.-4 p.m.)

This course meets the OSHA requirement for annual refresher training for those who have taken the following classes:

- 40-Hour Hazardous Materials Incident Response Operations
- 40-Hour Emergency Response to Hazardous Materials Incidents
- 24-Hour Hazardous Materials Emergency Response
- First Responder Awareness and Operations

It is designed for emergency responders, as well as hazardous waste staff, heavy equipment operators, hydrogeologists, engineers, safety officers, and others involved in cleanup of hazardous waste sites. The course reviews:

- Site hazard recognition and identification
- Levels of protection
- Site safety plan evaluation
- Site characterization
- Air monitoring techniques
- Health hazard monitoring
- Regulatory agency updates
- ER plans and team responsibilities
- Incident and response critique
- Debriefing techniques
- Site control
- Decontamination

Annual refresher training is required to maintain certification.

Brenda Pittman, CIH, CSP

AMEC Environmental and Infrastructure, Portland

108

I

Designing for Synergy: Building a Wellness Program with Safety in Mind

Where do you begin to develop a wellness effort that strengthens your existing injury prevention efforts rather than drawing attention away from safety? How do you know what is right for your company? This session describes the steps in developing a wellness program and provides resources and tools to guide actions at each step, whether the attendees want to begin a program, to validate they are on the right track with their existing program, or take their existing program to the next level.

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

*Policyholder Safety and Wellness Adviser
SAIF Corporation, Salem*

109

All

Ergonomic Job Analysis Tools

(8:30 a.m.-4 p.m.)

This session reviews ergonomic analysis tools that are in common use. It includes classic tools and newer ergonomic checklists. Participants are asked to bring video clips of jobs from their workplace. Hands-on workshops are conducted to learn how to select the appropriate job analysis tool and practice using that tool to evaluate the jobs.

Kimberly Monroe, PhD, CPE

KM Ergonomics, LLC, Boulder, Colorado

110

All

Accident Investigation Workshop

(8:30 a.m.-4 p.m.)

In this session, attendees learn why investigations are important and the process for conducting an accident/incident investigation. This how-to class builds on the root cause analysis, documenting the scene, interviewing techniques, and report preparation.

Rick Blackmarr

*Safety Manager
ConAgra Lamb Weston, Hermiston*

John Murphy

*Senior Safety Compliance Officer
Oregon OSHA, Salem*

George Vorhauer

*Occupational Safety Consultant
Oregon OSHA, Pendleton*

111 B

Welcome to the Safety Committee!

This workshop is intended for anyone who is new to the safety committee or who wants a refresher. It offers a summary of the Oregon OSHA requirements for safety meetings and committees, as well as good-to-know information that goes beyond the rule. Tips and tools for performing hazard identification and accident investigation/root cause analysis are included. Options for managing tasks, such as completing required inspections, are discussed.

Craig Hamelund
Education Specialist
Oregon OSHA, Portland

Linda Pressnell
Education Specialist
Oregon OSHA, Portland

112 I/A

The Four Cornerstones and Twelve Attributes of Safety Excellence

The key underpinnings of a highly effective safety process are the organizational values, culture, climate, systems, behaviors, and other internal and external drivers. This session looks at the four cornerstones and each of their three attributes that drive and sustain superior safety performance. Review the integration of safety into organizational systems, business operations, as well as align safety with the overall business goals and objectives. Through this process, we will be able to achieve stellar safety results, enhance stakeholder satisfaction, improve productivity and efficiency, and while supporting the business objectives and positively impacting the bottom line.

Peter Furst, MBA, Registered Architect, CSP, ARM, REA, CRIS, CSI
Consultant, Author, Motivational speaker
University lecturer - UC Berkeley, California

Noon-1 p.m.

Lunch *(included with Monday registration fee)*

1-4 p.m.

Continued from 8:30 a.m. – 101, 102, 104, 107, 109, 110, and 111

151 B/I

Innovations in Safety Equipment

Safety equipment continues to improve with the needs of the industry. This workshop provides training and presents innovative ideas and improvements in safety design in three areas: ladders and fall protection, hand protection, and custom safety devices.

- Little Giant provides competency training in ladder safety and fall protection.
- PIP provides hand protection innovation and training.
- Product Design Specialist walks through the process for finding solutions to problem areas, whether it is to improve, invent, or design safety gear to meet specific needs.

Reid Dunlap
Regional Sales Manager
Protective Industrial Products, Portland

Dave Francis
National Safety Director
Little Giant Ladder Corp.

Guardian Fall Protection Representative

Register online at
www.oregongosh.com

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

Monday, March 9, 1-4 p.m., continued

152

All

Making the Connection: Communication Skills for Improving Safety Performance

When organizations create an environment where people interact in conscious ways, the results are increased productivity, quality, and safety. Our ability to build relationships between people throughout the workplace is essential at all levels. One of the greatest challenges safety leaders face on a daily basis is communicating with others. When these relationships breakdown information is withheld, immovable positions are taken, and interpersonal dramas escalate.

This workshop explores the world of human interaction from a variety of perspectives with a focus on providing real world tools for giving and receiving feedback.

Dan Miller

President

Dan Miller & Associates, Trout Lake, Washington

153

All

Managing the Complexities of Injured Workers Living in Large Bodies

Injured workers living in large bodies are faced with a variety of challenges in their injury recovery. This session introduces some of these challenges and helps identify compassionate strategies to help move the worker toward a positive outcome.

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

Policyholder Safety and Wellness Adviser

SAIF Corporation, Salem

154

All

Professional Resilience

Designed for professionals who work with stressed clients or in stressful work environments, Rose helps people understand what happens to their thinking and professionalism when they are under pressure, managing change or in states of high stress. She provides both insights and techniques that can be used immediately to transform potentially dramatic or emotional reactions into effective, professional responses.

Using the latest research on high-function brain states, this session teaches participants how to shift their brain's process in the heat of the moment and reduce or eliminate stress. Participants learn how to relax, think clearly and stay focused under pressure, and adapt to and manage change, all while maintaining their personal resilience and professionalism in the most challenging moments.

Class objectives:

- Understand the relationship between the brain, thinking and stress
- Appreciate the chemistry and dynamics of "triggered" emotions and how to manage them
- Improve the ability to think clearly under pressure and manage conflict productively
- Learn to reduce stress and tension in their bodies immediately
- Expand and embody their influence as role models

Robin Rose

President

Robin Rose Training & Consulting, Inc., Salem

155

I

System-Based Safety and System Reliability

This course examines the importance of the relationship between reliability of production and safety. Process and equipment reliability has a direct relationship with safety. This course demonstrates how reliability and safety are intertwined. System-based safety is lost whenever there is an upset condition such as equipment breakdown or loss of production processes. While behavior-based safety techniques are vitally important to an overall safe work environment, having the right culture alone will not prevent injuries. These efforts concentrate on the individual and still allow for human error. In system-based safety and system reliability, recognized system failure represents an opportunity to improve the system and sets a foundation for operational excellence.

Luke Betts

*Senior Safety Management Consultant
SAIF Corporation, The Dalles*

James Wagoner, PE, PMP, CMRP, CPMM

*Engineering Project Manager
Cintas, Portland*

156

I/A

Frontline Optimal Safety Performance: The Critical Role of the First-line Supervisor

The first-line supervisor is the critical link between management and the workforce. To affect management's plans and goals, the supervisor must be able to convincingly state the strategy, link organizational objectives with worker personal goals, create a fair and trusting work environment, and develop a robust safety climate, as well as motivate the workforce to perform efficiently, effectively, and safely. This session reviews a number of powerful concepts and tools that enable the first-line supervisor to become a highly effective member of the management team by motivating the crews to achieve excellence in performance, fostering stakeholder satisfaction; resulting in improved production, quality, and safety.

Peter Furst, MBA, Registered Architect, CSP, ARM, REA, CRIS, CSI

*Consultant, Author, Motivational speaker
University lecturer - UC Berkeley, California*

Why you should attend GOSH...

- **Relevant, affordable learning**
- **Discover best practices to implement**
- **Encounter new vendors and suppliers**
- **Reconnect and share ideas with your peers**

B

Basic

I

Intermediate

A

Advanced

All

Applicable for all levels

TUESDAY, MARCH 10

7 a.m.

Registration desk opens

8 a.m.-3:30 p.m.

Exhibits open

8:30-9:45 a.m.

200

All

Opening

Bill Kness, PE, CSP

*Conference Chair
President, ASSE Columbia-Willamette Chapter*

Michael Wood, CSP

Administrator, Oregon OSHA

Keynote: Forensics – It’s Elementary My Dear Watson

(See page 1 for keynote description.)

Jim D. Wiethorn, PE

*Chairman of the Board, Principal Engineer
Haag Engineering Co., Texas*

9:45-10:30 a.m.

Break and Visit Exhibits

10:30 a.m.-noon

201

All

OSHA 1910.269 and Subpart V Changes

The presentation covers the five major changes in the April 2014 OSHA 1910.269 and Subpart V. Also covered is how the new regulations are to be interpreted and implemented.

Brian Erga

*President
ESCI, Inc., Bellingham, Washington*

202

I

The Safety Professional’s Role in Enterprise Risk Management

The best environmental, health, and safety (EHS) professionals understand risk management and the best risk managers understand EHS. Enterprise Risk Management (ERM) is essentially the marriage of the two disciplines as it requires the risk and EHS managers to collaborate in identifying and controlling a broad array of risk exposures in support of the organization’s strategic plan and mission. EHS professionals must fully understand their roles in enterprise risk management and traditional risk management. If an EHS professional wants an integral role in supporting his or her organization’s mission, he or she must demonstrate the value of efforts beyond compliance. Enterprise risk management can provide this framework through the use of risk assessments that consider a broad range of risks.

Attendees learn to understand how ANSI Z10 and ISO 31000 Risk Management provide a management framework for integration of EHS and risk management into operations, and how to leverage EHS functions into campus risk management programs and reduce their total cost of risk.

Erike Young, MPPA, CSP, ARM

*Global Safety Manager
Google, Mountain View, California*

203

All

Preventing Burnout

The top indicators of stress include worry, anxiety; chronic anger; depression; tension or migraine headaches; jaw, neck and lower back pain; digestive problems; interrupted sleep; and relationship tension. Sound familiar? Research shows these conditions have become more common than ever with many people experience them daily. Learn to turn this around. This practical and fun workshop teaches immediately useful techniques that help you relax, improve your health and cope with your busy life, and sleep better the first night. Learn techniques to immediately reduce stress levels and what you can do on a regular basis to increase resistance to stress and burnout.

Learn to:

- Recognize the physical, mental, and emotional indicators of both positive and negative stress
- Identify what self-care practices increase resilience and prevent burnout
- Appreciate the connections between play, hobby-time, and workplace adaptability

Robin Rose

*President
Robin Rose Training & Consulting, Inc., Salem*

204

B

Steps and Expectations for Achieving VPP

This session provides attendees with a description of the Voluntary Protection Program, and what is needed to participate in the program. This basic-level program covers the requirements of the program, what a company needs to do in order to be recognized as a VPP site, what OSHA expects of a VPP site, and what benefits can be realized by participants.

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

205

All

What to Expect from an Oregon OSHA Inspection and Current Emphasis Programs

An overview of what an employer can expect when they receive an enforcement inspection from Oregon OSHA. The course reviews the different types and scopes of inspections, what documents and programs the compliance officer reviews, Oregon OSHA's authority to conduct an inspection, employer rights, and inspection of the worksite and employee interviews. There is a review of the current emphasis programs in effect at this time.

Gary Beck
Statewide Safety Enforcement Manager
Oregon OSHA, Salem

Chris Ottoson
Statewide Health Enforcement Manager
Oregon OSHA, Salem

206

All

The Road to "World Class" Traffic Management

This presentation focuses on the risks, planning, and execution of traffic management. There are many misconceptions about what traffic management is and what is required for safety. Attendees learn policies and methods crucial to accident prevention.

Gary Doyle
Traffic Control Planner
K&D Services of Oregon, Inc., Clackamas

Laura Lazar
Safety Coach
K&D Services of Oregon, Inc., Clackamas

207

I

Exposure to Pesticides

Part 1: The UC-123 Agent Orange Spray Aircraft: A Post-Vietnam Military Herbicide Exposure Case Study (10:30-11:15 a.m.)

During the Vietnam War, about 20 million gallons of herbicides, including approximately 10.5 million gallons of dioxin-contaminated Agent Orange, were sprayed on the Republic of South Vietnam by 34 C-123 aircraft. After the war, these aircraft were sent without prior decontamination or testing to three Air Force reserve units, which used them for transport operations from 1971 to 1982. Current Air Force and Department of Veterans Affairs policy stipulates that meaningful post-Vietnam exposures to these chemicals among Air Force personnel did not occur, and, therefore, medical coverage under the 1991 Agent Orange Act is denied. This session describes testing done on the aircraft and reports the findings, which are shown to be in contrast to current government assertions.

Frederick Berman, DMV, PhD
Director, Toxicology Information Center
Oregon Institute of Occupational Health Sciences, Portland

Part 2: Learning from History: Pesticide Spills During Transportation in Oregon (11:15 a.m.-Noon)

Do you transport pesticides either by the container or by tanker? Do you sell pesticides? Do you provide insurance to folks who transport pesticides? Then this class is for you! This course covers the variety of pesticide spills that have occurred in Oregon from either pesticide containers falling off a farmer's truck to the rupture of semi-tankers on the interstate highway. Learning from history can provide valuable lessons to either prevent the occurrence or to lessen the substantial financial costs and significant impacts to human health and the environment.

Garnet Cooke
Sr. Agricultural Health Compliance Officer/Pesticide Coordinator
Oregon OSHA, Salem

B

Basic

I

Intermediate

A

Advanced

All

Applicable for all levels

Tuesday, March 10, 10:30 a.m.-noon, continued

208

All

High-Performance CPR and AED

When someone collapses because their heart stops beating, your company can save a life if properly equipped with the right information and the right equipment. This presentation explains what high-performance CPR is and how your company can easily learn how to combine high performance CPR with an AED to save lives.

Frank Douglas, Paramedic, NREMT, MPAI

*Division Chief/EMS
Newberg Fire Department, Newberg*

209

B

Workers' Compensation 101: From Injury to Closure

Tune in to this class and learn how to successfully navigate through the workers' compensation process with our experts. Participants take a journey from the filing of a claim to acceptance and beyond. Be prepared to get your questions about the workers' compensation process answered.

Jennifer Flood

*Ombudsman for Injured Workers
Department of Consumer and Business Services, Salem*

Dan Schmelling

*Claims Supervisor
SAIF Corporation, Salem*

210

All

What You "Know" About Back Pain May Not be True

What causes back pain? Is it caused primarily by work tasks, individual predisposition, or a combination of both? What is actually damaged when we experience back pain? When is medical care necessary versus self-care? How effective is medical care in reducing low back pain? What prevents back pain? How effective are prevention methods? Does training, back belts, pre-placement functional capacity evaluations, core strengthening, fitness/wellness improvement, or ergonomic redesign reduce back pain and, if so, how much? What role does obesity play in back pain? How effective has the safety profession been at reducing back pain, and reducing back pain costs?

Whether or not we want to, we all have acquired answers to these questions and these answers determine our mindset. Our mindset guides our behaviors and the actions we take at the personal, corporate, and societal levels. Many of the common answers to these questions are challenged, with

the hope that a clearer, more evidenced-based mindset can be nurtured, resulting in movement toward more effective responses to back pain.

George Brogmus, BSEE, MS

*Technical Director
Liberty Mutual, Burbank, California*

211

B

Oregon Air Permitting 101

The presentation covers the basics of DEQ's air permitting program, including what sort of businesses need a permit, the different types of permits and what distinguishes them from one another and what is required to comply with the permits. Roughly half of the allotted time is devoted to a question and answer session.

George Davis

*Title V Permit Writer
Oregon Department of Environmental Quality, Portland*

Greg Grunow

*Air Contaminant Discharge Permit Writer
Oregon Department of Environmental Quality, Portland*

212

I

Chemical Approval and Management

This session covers key considerations for a chemical approval and SDS management system in a semiconductor lab. Lessons learned from the design and implementation of a corporate wide program are shared. Topics include workflow design, product compliance and banned substances, SDS accessibility, chemical inventory, regulatory considerations such as TSCA and REACH, and corporate social responsibility.

Kiley Ross, CIH, CSP

*Environmental Health and Safety Engineer
Qorvo, Hillsboro*

John Sharp

*Corporate Product Compliance Manager
Qorvo, Hillsboro*

213

All

GHS: Two Deadlines Hit in 2015 — Are You Ready?

When OSHA aligned its Hazard Communication Standard (HazCom) with the Globally Harmonized System (GHS), it implemented a series of four phased-in GHS compliance deadlines. This created new requirements for the millions of hazardous chemical manufacturers, distributors, and employers covered by the standard. This year, during a span of just six months, two of OSHA's GHS deadlines are going into effect.

With employers still scrambling to meet the compliance obligations laid out by OSHA's first GHS deadline, it's important that they take action now to avoid noncompliance with OSHA's second most frequently cited standard and, more importantly, protect their employees from increased injury and illness risks resulting from a compromised HazCom program.

This session provides an engaging review of HazCom, the GHS changes, including their impact on an employer's HazCom plan, and steps employers can take to ensure compliance during OSHA's GHS transition and beyond.

Chuck Haling

*Vice President of Sales
MSDSonline, Chicago, Illinois*

214

All

General Hazards in Schools

The K-12 school environment has multiple unique hazards. Large properties; older buildings; limited funding; kids of all ages; masses of volunteers; high facility use day, night, and weekends; and more. This session is designed to give you an overview of the blended risk of liability, property, and workers' compensation insurance issues that keep safety and risk staff up at night.

Troy De Young

*Risk Management Consultant
Special Districts Association of Oregon, Salem*

Greg Jackson

*Risk Management Consultant
Special Districts Association of Oregon, Salem*

215

I

Behavior Change Tactics You Can Apply Today: Findings and Tools from the COMPASS Total Worker Health Program for Home Care Workers

Health care workers in a variety of environments are exposed to demanding physical tasks and also face stress, health, and wellness challenges. In the health care industry, where poor physical health may exacerbate injury severity and lost work time following injuries, direct care providers may benefit from Total Worker Health™ (TWH) programs that integrate injury prevention with health promotion. This session describes health and safety findings from the COMPASS program for home care workers, and shares evidence-based goal setting and behavior change tools from the program that may be readily applied. COMPASS stands for COMMunity of Practice and Safety Support. The program is designed to improve home care worker health and safety through a scripted team-based process.

This session reviews the details of the COMPASS program, and looks at practical tools and techniques used in COMPASS that are readily applied to promote health and safety.

Ryan Olson, PhD

*Scientist, Oregon Institute of Occupational Health Sciences
Oregon Health & Science University, Portland*

Sharon Thompson, MS, RD, LD

*Research Associate
Oregon Health & Science University, Portland*

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

All Applicable for all levels

Tuesday, March 10, 10:30 a.m.-noon, continued

216

B

Ergonomics as a Safety Management Tool in Construction: Providing Real and Measureable Risk Reduction and Cost Efficiency

Construction is a critical aspect of economic growth. Safe, efficient, and non-impactive construction enables this growth. However, construction processes have traditionally posed significant risks to workers and projects. Construction companies have made great strides in upgrading their work practices and methods to accommodate these needs, and to create a safe and healthful workplace for employees. Ergonomics has been a surprisingly effective tool for augmenting this improvement by showing not only areas of risk but also areas of inefficiency.

This presentation provides an overview of concepts that have made ergonomics a valuable tool, to mitigate risk, and serve as a pathway to improved efficiency and profitability. It includes case studies of successful companies and projects and showcases a method of integrating ergonomic principles into a construction project to provide real and measureable risk reduction and cost efficiency.

Matthew Jazzkowiak, CPE

Consultant
EORM, Hillsboro

217

All

The Oregon Fire Code

Learn about how the Oregon Fire Code is adopted and applied in Oregon. Learn the most common violations found and how can you help make your business fire safe. Learn how to prepare for a fire marshal/fire inspector inspection and make the visit go as smooth as possible. There is time at the end to answer your "burning" questions.

Gert Zoutendijk

Fire Marshal
Lake Oswego Fire Department, Lake Oswego

218

B

Vehicle Inspections and Beyond

This session is an open discussion on the impact of vehicle inspections on a business, both legally and financially. It addresses inspections both before and after a trip, and DOT inspections.

Herb Maxey, CSP, ALCM

Owner
Small Business Safety Solutions, Brush Prairie, Washington

219

All

Bridge the Gap: Workers' Compensation, Health Care, and Human Capital Risk Management

Health insurance costs and workers' compensation premiums continue to spiral, while the needs of employers and employees may not be met. How can the costs and results be balanced? This session reviews past strategies in the handling and purchasing of workers' compensation, health care, and human capital risk management and where they have failed us. The use of predictive analytics and loss stratification techniques is discussed, and an overview of how companies can create, enhance, and financially support a healthier workforce is detailed.

Attendees look outside the box for solutions to addressing increasing costs in their workers' compensation and health benefit programs. Although these programs have been classically handled separately, this presentation is for the "next generation," showing a highly effective prevention strategy with powerful results. The audience can easily understand the impact and the necessity of working closely with their health care benefit provider to truly predict and apply appropriate and effective risk management techniques.

After completing the session, attendees are able to easily identify the HIPPA final regulations, how they apply to their health trend management programs, assess their population through predictive analytics and effectively apply risk management techniques based on those results to reduce not only their health care costs, but also reduce their workers' compensation costs. An extensive Q&A session allows attendees to explore the principles discussed and examples provided during the presentation.

Robert Dill

Managing Partner, CEO
Sotarea, Inc., Dundee

Teresa Pacelli, AIC, CIC

Assistant Vice President
Willis, Portland

Noon-1:30 p.m.

Lunch (included with Tuesday registration fee)

B

Basic

I

Intermediate

A

Advanced

All

Applicable for all levels

1:30-3 p.m.

251

All

Infections of Public Health Significance: Emergencies and Urgencies

This is a case-based, interactive, entertaining, and educational session that provides a framework for understanding the vital role of public health and how clinical medicine, health care systems, and public health overlap. Infections explored in this session include those of global, national, and regional significance; specific infection examples include, but are not limited to, Ebola virus disease and meningococcal meningitis. Examine the clinical presentation, the epidemiology, the public health impact, and common-sense prevention measures for individuals and institutions for these infections.

Christopher D. Pfeiffer, MD, MHS

*Hospital Epidemiologist, VA Portland Healthcare System
Assistant Professor of Medicine, OHSU
Oregon Health & Science University, Portland*

John M. Townes, MD

*Associate Professor of Medicine, Division of Infectious Diseases
Medical Director, Infection Prevention and Control, OHSU
Oregon Health & Science University, Portland*

252

A

The Coming Revolution in Safety Behavior

Personal safety can be improved by shifting thinking in three key areas. The first area is the reference to accidents. Thinking *towards* success instead of *away* from it programs the subconscious to shift from “accidents happen” to “I am responsible for incidents.” Relying on training as the sole means for improving safety is largely ineffective and is the second key shift in safety thinking. Training is a static endeavor that does not elicit personal growth and change, while education builds foundations of understanding and elicits personal engagement and a desire to change. Building on the idea of education, the third key shift in safety thinking is to take control of thinking by balancing attention to work versus living in the mind – The A/L balance.

Jim Walters, EdD

*Owner
Power of Learning, Rochester, Minnesota*

253

All

Building Safety into Design: Using Life Cycle Safety Design Reviews

Have you ever looked at a facility or component that just doesn't work? The natural response is, “What the heck were they thinking when they designed that?” Life Cycle Safety (LCS) is an approach to design that helps minimize or eliminate those experiences. The process considers key operations during each cycle of the facility's life, such as what it takes to construct, maintain, retrofit, and, ultimately, decommission and dismantle a facility. By engaging construction specialists, facility operators, and maintenance personnel in the design process, a designer can create a facility that is simple, efficient and safe to construct and operate.

Participants learn to understand the concepts and application of Life Cycle Safety Design Reviews, see examples of facility errors that could be avoided by effective LCS Design Reviews, and review case studies of successful LCS Design Review efforts.

This presentation targets anyone who participates in design of a new or remodeled/retrofitted facility.

Brett Phillips, LEED® AP

*Principal Consultant
EORM, Inc., Hillsboro*

254

I/A

Towards Global-Class Safety and Culture

Organizations working towards Global-Class Safety Performance and Culture typically move through four levels. Though many become stuck on a plateau before reaching The Promised Land, others attain encouraging short-term results they can't sustain. However, companies can make significant and lasting improvements by first understanding what it takes to progress towards high-levels of safety culture and performance, and then implementing strategies and transferring skills needed for moving up.

Topics covered include:

- Understanding markers of Global-Class Safety
- Why it's critical to place workers more in control of their own safety – and how to better motivate significant improvements in worker safety and actions
- Proven leadership strategies for taking next steps towards Global-Class performance

Anil Mathur

*CEO
Alaska Tanker Company, Portland*

Robert Pater, MA

*Managing Director
SSA/MoveSMART®, Portland*

Tuesday, March 10, 1:30-3 p.m., continued

255

All

OSHA's Whistleblowing Regulation – History and Case Studies

The workshop covers the historical information in Oregon regarding whistleblower regulation, Oregon OSHA and BOLI's cooperative agreement and statutory authority to investigate whistleblower complaints, and provide case studies from the real world to review with attendees.

Lloyd Perez

Senior Investigator
Bureau of Labor and Industries, Portland

Teri Watson, MPA

Senior Policy Analyst
Oregon OSHA, Salem

256

All

Cool Tools for the Safety Professional: Making Work Easier and Training Effective and FUN!

If you have ever wanted to engage learners and influence the learning process to prevent injury at home, at work, or at play with your customers or staff, this session is for you! This is a hands-on session in which you are introduced to a variety of products and training tools that can help make daily activities easier and safer regardless of your industry. We hope you find a few tools to share with your clients, but you may just find something that you can use in your own daily activities.

Paula Jones, CSP, CET

Senior Safety Management Consultant
SAIF Corporation, Portland

Angie Wisher

Senior Safety Management Consultant
SAIF Corporation, Portland

257

B

Recordable, Reportable, or Both?

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

Bob Hamre

Field Investigator
Workers' Compensation Division, Salem

Dave McLaughlin

Industrial Hygienist/Technical Specialist
Oregon OSHA, Salem

258

I

Industrial Hygiene in Construction – Worst Offenders and Tips

This class is designed for construction management. Superintendents and safety managers who cover safety and health along with their other responsibilities should attend. The session covers the major health hazards related to construction activities. Occupational exposure levels and other rules are discussed, with focus on general overview and highlights, tips, control methods, and practical suggestions. The primary focus is on the most common exposures such as silica, lead, asbestos, noise, carbon monoxide, mold, welding, hexavalent chromium, and chemicals related to construction. Tips are offered on how managers can control the exposure.

Alden Streatly, MS, CIH

Industrial Hygienist
Associated General Contractors, Oregon-Columbia Chapter
Wilsonville

259

I

Pesticide Registration and Changes to the Worker Protection Standard

Part 1: Pesticide Registration: Does Oregon Have a Voice Over Allowed Uses in Oregon? (1:30-2:15 p.m.)

Rose Kachadoorian

Pesticide Regulatory Leader
Oregon Department of Agriculture, Pesticides Program

Part 2: Changes to the Worker Protection Standard (2:15-3:30 p.m.)

Do your greenhouse, farm, nursery, or forestry workers use pesticides in the production of agricultural plants? This includes garden centers that apply pesticides on plants intended to be sold. Pesticides include insecticides, herbicides, fungicides, fumigants, miticides, and rooting hormones. Changes are in store for this standard after 20 years. Learn what is changing, what stays the same and what the timetable is to implement the changes. Will you be ready?

Timothy Capley

Senior Health Compliance Officer
Oregon OSHA, Medford

260

B

You've Survived the Zombie Apocalypse. Now What?

Surviving a disaster is the first step on the longer road to recovery. This session discusses what you can do before the dead rise, how to get through with your brains intact, and how to return to normal after the undead have been made dead again. All strategies discussed can be applied by individuals or organizations, and are applicable to other disasters such as earthquakes and floods. Research overviews are included.

Angela Parker

*Community Preparedness Specialist
Yamhill County Emergency Management, McMinnville*

261

I

Integrating Lean and Ergo Principles for Improved 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 to other industry sectors. This presentation explores the overlap between lean and ergo, how they benefit each other when integrated, and how integrating them better supports ergonomic recommendations. 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, to achieve both safer and more efficient operations. Attendees learn:

- What/how to incorporate common ergonomic risk factors into the "hunt for waste"
- How to estimate the financial costs of common ergonomics-related waste
- How ergonomic solutions can positively impact waste and inefficiencies

Deborah Read, MOTR/L

*Ergonomics Consultant, Occupational Therapist,
Fitness Trainer, and President
ErgoFit Consulting, Seattle, Washington*

262

All

Avoid the Top Ten Hazardous Waste Violations in Oregon While Moving Your Process Forward Sustainably

Attendees get a basic understanding of the scope of the federal hazardous waste laws and how they apply to their facility. They learn how to manage some of the common hazardous wastes generated in Oregon, and gain practical ideas and resources for preventing pollution and striving toward sustainability. Also covered is how Oregon DEQ regulates facilities. Attendees have an opportunity to ask specific questions in a nonregulatory setting.

Dave Kunz

*Senior Policy Analyst
Oregon Department of Environmental Quality, Portland*

263

I

Making Compliance Stick – Getting EH&S Buy-in From Your Lab Researchers

This session discusses laboratory research safety management tools, tips, and techniques. Also covered are the role of health and safety from a researcher's point of view and their perceptions of the position. Attendees learn the tools and materials for a budget conscious EH&S office that bolsters compliance with minimal time investment.

James Boehlert, Jr.

*Environmental, Health and Safety Manager
Sharp Microelectronics of the Americas, Camas, Washington*

B Basic I Intermediate A Advanced

All Applicable for all levels

Tuesday, March 10, 1:30-3 p.m., continued

264

All

What You Need to Know About Controlling Welding Fume Exposures

Experts from Washington DOSH and Oregon OSHA discuss health effects of welding fumes, with a focus on hexavalent chromium and manganese, and how to control exposures. They share what compliance officers and consultants find in their visits to Oregon and Washington worksites, including common welding citations and exposure data. Attendees learn how to assess welding fume exposures and strategies for protecting employees.

Wayne Boyle

Lab Manager
Oregon OSHA, Portland

Venetia Runnion, CIH, CSP

Industrial Hygiene Compliance Manager
Washington State Department of Labor & Industries
Seattle, Washington

265

All

Solutions for General Hazards in Schools: Panel Discussion

This session is a continuation of the morning session "General Hazards in Schools." The panel has extensive experience in loss prevention, claims, facility management, indoor air quality, and the general environment of a K-12 school. This is an opportunity to ask questions from the morning session or questions that come up in your day-to-day work.

Teri Cackowski

Senior Claims Consultant
Special Districts Association of Oregon, Tigard

Troy De Young

Risk Management Consultant
Special Districts Association of Oregon, Salem

Eric Dickson, CIEC

Industrial Hygienist
Northeast Washington Education Service District 101
Spokane, Washington

Greg Jackson

Risk Management Consultant
Special Districts Association of Oregon, Salem

Aubrey Sakaguchi

Return to Work Consultant
Special Districts Association of Oregon, Tigard

Mark Van Winckel

Claims Supervisor
SAIF Corporation, Salem

Phil Wentz

Facilities Manager
Tigard-Tualatin School District, Tigard

266

All

Nutrition and Wellness in the Workplace

This session is an interactive discussion on nutritional choices, dieting, and the importance of staying properly hydrated at work. It targets the overall wellness of employees, mentally and physically. Learn strategies to help overcome obesity, stress, and chronic fatigue. This program is designed to help diagnose potential health concerns before they become serious injuries.

Sam Rader

President
Proactive Injury Prevention, Inc.
Vancouver, Washington

267

All

Five W's of Pre-Task Planning

This session teaches the importance of Pre-Task Planning (PTP) and how it can positively influence work culture. Learn the 5 W's: Who, What, When, Where and Why of PTP. There is an opportunity to participate in filling out your own PTP. At the end of session attendees should have a basic understanding of what a PTP will bring to their workplace, how to implement it, and what benefits the workers and companies will see.

Jonathan Shafer

Consulting Specialist
EORM, Hillsboro

268

All

Creating a Safer Pick and Path: Steps to Reducing Risks and Maximizing Safety

This interactive session addresses the leading causes of crane accidents as found by OSHA and industry leaders and discusses the technologies that currently exist to minimize these risks. We analyze photos and scenarios to identify the risks and discuss how certain technologies could or could not help avoid them. With a focus on visual aids, we look at the importance of the rigger/operator relationship in regards to crane safety and review the ways that communication can be enhanced to promote teamwork and site safety. The session concludes by looking at how organizations investing in these technologies can expect to enhance productivity while simultaneously reducing fatalities and injuries.

David Catanzaro

Managing Partner
Pacific Systems Solutions, LLC, Kailua, Hawaii

269

I

Reducing Your Total Cost of Risk

Understanding the total cost of risk is essential to help organizations reduce exposure, save money, and streamline and evaluate the effectiveness of their risk management program. It is also important to ensure that all employees and contractors are being as safe as possible. This program teaches employers how to evaluate the total cost of risk in order to manage insurance costs and liabilities, help stop claims and losses before they occur, implement effective workplace safety, develop strategies for regulatory compliance, and take the next steps for successful management of organizational risk.

Curt Shaw

*President and CEO
Succeed Management Solutions, LLC, Lake Oswego*

270

B/I

Innovation

Innovation is a topic that is at the heart of many organizations today. How do we differentiate ourselves as companies? It happens through the process of finding new and exciting products, solutions, and processes in all areas of what we do and by all individuals across the organization. Innovation is about looking at your work, processes, and products in a different manner. Innovation is a place where creativity and new ideas come together in different ways. Innovation comes from old ideas and new ideas; it is just a matter of finding those ideas and building a new way.

The course helps you identify ways to guide and lead an innovative change process. The change process comes from your innovative strategy, which has the ability to impact the entire organization in a positive direction. Once you have your idea created, you can consider how to implement it across the organization.

Attendees learn to:

- Understand what the innovation is about
- Determine what partnerships can and should happen in your workplace to help realize and execute innovative opportunities
- Identify creative areas for innovation
- Apply creativity and new ways of thinking into the workplace

Jennifer Webster, PhD, MBA

*President
Business Strategies, Inc., Salem*

271

A

Advanced Fall Protection (1:30-5 p.m.)

This course covers the following:

- Updates on Oregon and Washington regulations
- Updates on ANSI standards
- General rules of fall protection
- Flat roof leading edge rules
- Open rules and standards Q&A
- Horizontal life lifelines, including lanyards, SRLs, and horizontal lifelines
- Hands on with lifeline systems
- Hands on with rescue systems
- Hands on with ladder safety

Tom Bozicevic

*Technical Specialist
Oregon OSHA, Salem*

Rick Maurice

*Senior Regional Sales Manager
Capital Safety, Bothell, Washington*

Lisa Pogue

*Safety and Health Technical Specialist
Washington Department of Labor & Industries, DOSH
Tumwater, Washington*

Dustin Schneider

*Territory Sales Manager
Capital Safety, Portland*

3-3:30 p.m.

Break and Visit Exhibits

3:30-5 p.m.

Continued from 1:30 p.m. – 271

272

All

The Buried Truth Uncovered

(session repeated on Wednesday, 10:30 a.m.)

“Working in a trench, I crouched down near the pipe our crew had been laying. Without warning the sides collapsed...” Eric shares his story of a near-death accident of being buried alive while on the job.

Eric Giguere

Safety Awareness Solutions, Geneva, New York

B

Basic

I

Intermediate

A

Advanced

All

Applicable for all levels

Tuesday, March 10, 3:30-5 p.m., continued

273

All

Crane Accidents: A Study of Causes and Trends to Create a Safer Work Environment, 1983-2013.

This presentation examines causes and trends of cranes accidents and uses those findings to improve safety. The study examines the use of cranes in multiple industries in order to better understand the unique characteristics of each. The presentation includes an introduction to the methodology and overall statistical data of causes. Findings are presented from various industries, including construction, highway road and bridge, industrial, manufacturing, refining, marine, mining, logging/arborist, oilfield land-based, and oilfield off-shore.

Jim Wiethorn

Principal Engineer, Chairman of the Board
Haag Engineering Co., Sugar Land, Texas

274

A

iPads and Other Tablets: Has Their Time Come in EHS?

iPads and other tablets are becoming more common in everyday life. Their functionality for use in Environment, Health, Safety, and Emergency Response is coming to term. The speaker uses the iPad to collect data, conduct audits, investigate accidents, track projects, and maintain and look up data. The speaker discusses the advantages and disadvantages of the iPad and reviews various apps that are related to EHS and related activities.

Cameron Helikson, EMT-I

Environmental Safety Manager
Tosoh Quartz, Inc., Portland

275

All

Regulatory Update

Do you find regulatory compliance a challenge? Wouldn't you like a crystal ball to tell you which regulations or 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.

Marcia Ohlemiller

Legal Policy Advisor
Bureau of Labor and Industries, Portland

Marilyn Schuster

Deputy Administrator
Oregon OSHA, Salem

John Shilts

Administrator
Workers' Compensation Division, Salem

Michael Wood

Administrator
Oregon OSHA, Salem

276

All

Burn Injuries: Care and Management

This presentation introduces the participants to the Oregon Burn Center, the burn team, and other burn centers in our region. There is a section on prevention of burn injuries at home and simple first aid for those injuries. There is also a discussion on the different types of burns and what needs to be done to get the injured individual to the proper facility for the treatment of injuries, as well as how to provide care until help arrives.

Curtis Ryun, RN, AND

Outreach/Education Coordinator
Legacy Oregon Burn Center, Portland

277

B

The Bottom Line: How to Define the True Cost of a Claim

What do claims really cost? This session covers the true cost of claims, hidden cost drivers, and success stories for reducing claims expenses. We look at costs by various sources, body part, and job type and identify practical ways to reduce the impact of claims.

Bruce Johnsen

Senior Safety Management Consultant
SAIF Corporation, Salem

Annie Lyons

Claims Adjuster
SAIF Corporation, Salem

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www.facebook.com/oregongosh

278

I

Rural Schools and Potential Pesticide Exposure, and Adverse Pesticide Exposure Case Studies

Part 1: Rural School and the Potential for Pesticide Exposures: Opportunities for Prevention (3:30-4:15 p.m.)

Is it a wonder why children's exposures to pesticides are in the news? Picture the idyllic setting of a small school out in the county that is suddenly jarred by the arrival of an air-blast sprayer applying pesticides to the neighboring orchard just as the children file outside for their fire drill. Fortunately, none of the children or staff became ill as a result. They certainly could have. This situation could have been prevented. Rural schools and farmers can co-exist. This course outlines simple methods that can be taken to allow each party to thrive.

Garnet Cooke

Senior Agricultural Health Compliance Officer/Pesticide Coordinator
Oregon OSHA, Salem

Part 2: Adverse Pesticide Exposure Case Studies (4:15-5 p.m.)

Did you know that pesticides are used all around us? They're used in hospitals, airplanes, workplaces, food, homes, yards, on pets, and even on our own bodies. These pesticides, with their varying degrees of toxicity, can create a variety of exposures. Learn the common mistakes that enable an adverse exposure to take place and how you can prevent it from happening to you or your employees.

Timothy Capley

Senior Health Compliance Officer
Oregon OSHA, Medford

279

I

Occupational Disease Claims: Views from Claims and Industrial Hygiene

This session focuses on the collaboration between the critical claims unit and industrial hygiene at an Oregon workers' compensation insurance company. The presenters provide an overview of how industrial hygiene can add value to the compensability process of potential exposure-related claims. They also highlight several interesting cases from both an adjuster and an industrial hygiene perspective.

Debra Corbin, CIH

Industrial Hygienist
SAIF Corporation, Salem

Annette Sjullie

Senior Technical Claims Adjuster
SAIF Corporation, Salem

280

All

Silica – What's the Fuss about that Dust?

Experts from Oregon OSHA discuss health effects of silica dust and how to control exposures. They share what compliance officers and consultants find in their visits to Oregon worksites, including common citations and exposure data. Attendees learn how to assess silica exposures and strategies for protecting employees as well as the basic chemistry behind silica and why it is so hazardous.

Wayne Boyle

Lab Manager
Oregon OSHA, Portland

Jeff Jackson

Industrial Hygienist
Oregon OSHA, Portland

Roberta McCrae

Chemist
Oregon OSHA, Portland

281

I

Prevention of Common Occupational Injuries in Health Care

This session reviews current evidence-based approaches to preventing the top causes of work-related injuries to health care workers. Topics include safe patient handling; common ergonomics-related injuries; slips, trips and falls; and workplace violence. Tips for sustaining effective ergonomics and safety programs are discussed. Case studies are reviewed and free resources, tools, and references are shared.

Lynda Enos, RN, MS, COHN-S, CPE

Ergonomics Consultant
HumanFit, LLC, Boring

B Basic I Intermediate A Advanced

All Applicable for all levels

Tuesday, March 10, 3:30-5 p.m., continued

282

I

Industrial Wastewater Pretreatment and Stormwater Regulations — What You Need to Know

This presentation starts with a brief background of the Clean Water Act and the federal Industrial Pretreatment Program – who is regulated, what are the requirements, why it is important, and what are the general discharge prohibitions. In addition, the speakers discuss local discharge regulations, pollution prevention, high-strength wastewater, and the use of best management practices. The second part of the presentation covers industrial stormwater regulations as well as maintenance requirements for stormwater management facilities installed as part of new development requirements.

Eric DeBerry

*Permit Manager
City of Portland, BES, Industrial Wastewater, Portland*

Michael Pronold

*Environmental Manager, Bureau of Environmental Services,
Industrial Stormwater,
City of Portland, Portland*

283

A

Control and Hazardous Energies and Confined Space Entry in the High Tech Industry

The presentation highlights the unique and specific challenges and applications of the OSHA Lockout/Tagout and Confined Space Entry standards in the semiconductor manufacturing environment.

Heath Foott, CSP, CSHM, MBA

*EHS Manager
Intel, Hillsboro*

Scott Swanson

*Senior Safety Engineer and IH
Intel, Hillsboro*

284

All

Living on the Ring of Fire: Earthquake and Tsunami Hazards in the Pacific Northwest

The 2011 Tohoku disaster demonstrated the significant life loss that can occur from earthquakes and tsunamis. Although the U.S. hasn't had a similar disaster in recent history, the Pacific Northwest is threatened by earthquake and tsunami hazards that rival the 2011 disaster. This session provides an overview of the earthquake and tsunami threat in the region, ongoing research to better understand community vulnerability to these threats, and current efforts to reduce and manage societal risks. Key learning objectives include a description of the range of earthquake and tsunami threats in the region, the distinction between local and distant tsunamis, the systems in place for warning, and the range of risk-reducing actions that individuals and organizations can take.

Nathan Wood, PhD

*Research Geographer
U.S. Geological Survey, Portland*

285

All

Crime Prevention Through Environmental Design (CPTED)

CPTED, Crime Prevention through Environmental Design, helps identify spaces both inside and outside of schools that can be changed to help reduce crime. This workshop helps attendees learn how to open up various areas such as entries and those hidden areas behind the school to allow better line of sight and reduce hiding places to discourage all types of criminal activity.

Kevin Sutherland

*Director, Public Safety
Beaverton School District, Beaverton*

Register online at
www.oregongosh.com

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

286

All

Protect Your Front Line

This session focuses on the risk factors and warning signs of workplace violence for employees who are frequently dealing with the public. The session examines the four types of workplace violence that employees are exposed to. We explore the frequency and severity of injuries from workplace violence as well as prevention techniques for employees to recognize workplace violence.

Jim Pryde

*Chief of Police
Gladstone Police Department, Gladstone*

287

All

Ergonomics of the Aging Workforce: It's Not as Bad as You Think

For the past decade, the safety profession has jumped on the bandwagon to proclaim the impending doom attributed to an aging workforce. Untold damage and discrimination has propagated because of this distortion of the facts. The benefits of an aging workforce have been overlooked and the real issues that need to be addressed have been obscured by the fog of fear. This session sets the record straight and replaces the fiction with compelling data and stories of success.

Participants have the opportunity to see the true value of older workers and identify opportunities to use this value while reducing injury risk to all workers. Armed with facts, attendees can begin to share good news about the benefits of the aging workforce.

George Brogmus, BSEE, MS

Technical Director, Liberty Mutual, Burbank, California

288

All

The Cyberthreat Landscape

Targeted attacks, "Monday morning malware," denial of service attacks – these are some of the challenges that organizations must deal with today. Bring Your Own Device, and the mobility trend, add to the risk, as we seek to protect personally owned devices that are rarely on the internal network. This session prepares you to deal with the risks in today's environment by analyzing the evolving threat landscape and the new security solutions for defending our organizations.

Mark Snodgrass

*Chief Information Officer
CIS - CityCounty Insurance Services, Salem*

289

B/I

Running an Effective Meeting

Love 'em or hate 'em, meetings are a fact of life in corporate America today. Estimates indicate that anywhere from 10 million to 25 million meetings take place daily across the U.S. Many employees report spending as much as 25 percent of their working day in meetings, and that percentage increases for middle and upper management. How much of that time is wasted or used ineffectively?

The purpose of this course is to help you develop the skills needed to plan, prepare, conduct, and participate in effective business meetings. The course provides resources and an opportunity to practice these new skills.

Attendees learn to:

- Determine when a meeting is warranted
- Apply key elements of effective meetings to your meeting plan
- Create an effective agenda
- Successfully plan and conduct a meeting
- Successfully participate in a meeting

Jennifer Webster, PhD, MBA

President, Business Strategies, Inc., Salem

290

I

Inspections vs. Evaluations

This session covers how to conduct safety evaluations and prepare reports that the CEO will read.

Brian Clarke, CSP

Managing Partner, G.E.W., LLC. Battle Ground, Washington

Doug E. Watson

Lawyer, Cummings Goodman

291

All

SHARP Success Stories

The Safety and Health Achievement Recognition Program (SHARP) has helped nearly 200 Oregon companies to improve their safety management systems. Would you like to learn how SHARP can benefit your company? In this session, members of the Oregon SHARP Alliance will share some of the challenges and successes they realized during their journey to SHARP.

Mark E. Hurliman, CSHM

VPP/SHARP Program Manager, Oregon OSHA, Medford

Shawna Bergeron

Safety Specialist, Key Knife, Inc., Tualatin

Steve Spurlock

Corporate Safety Manager, General Sheet Metal Works

WEDNESDAY, MARCH 11

7 a.m.

Registration desk opens

8 a.m.-3 p.m.

Exhibits open

8:30-10 a.m.

301

All

Communicating Safety in Any Language

Learn how to communicate safety best practices with foreign national employees and contractors. Attendees take away simple and effective strategies that offer safety coordinators and their teams options to improve their programs. These techniques are not just for speakers of other languages, but also for English-speaking crews. Additionally, attendees are introduced to common misperceptions about working with foreign cultures and how to remove barriers that impede communication and safety.

Jenny Barbier Bruce

CEO
Barbier International, Portland

Melissa Meyer, MAT

President
Barbier International, Portland

302

All

Workplace Violence: Clackamas Town Center Reflection (8:30 a.m.-noon)

On Dec. 11, 2012, at the million-square foot Clackamas Town Center, a masked gunman entered the shopping mall crowded with holiday shoppers and opened fire. Two people were killed and a third was injured before the shooter took his own life – likely in response to an immediate and overwhelming law enforcement response.

Scenes such as this can be a reality in today’s workplace, as well. Worksite managers and employees must be prepared to face not only internal workplace threats, but external threats as well. The speakers review the chronology of events from the Clackamas Town Center shooting, the actions taken by the mall and police, fire, and medical first responders, as well as detailing lessons learned from the event. They describe the importance of planning, training, and building relationships in preparation for the very real possibility of a violent event.

Dennis Curtis, CSM

Senior General Manager
Clackamas Town Center, Happy Valley

Sheriff Craig Roberts

Clackamas County Sheriff’s Office

303

B

Stressed? How One’s Health is Impacted – Views From a Physician

Considering her own life stresses, and those of her patients, Dr. Carol Gunn reviews how life stresses impact health. She discusses presenteeism, relates how medical providers impact others when expectations of recovery are set, and provides tips on navigating the complex health care system.

Participants:

- Understand the impact of “fight or flight” on well-being
- Recognize that there is extreme variation in how individuals respond to stressful events and so there are extremes on impact to health
- Learn three strategies to mitigate a stress response
- Learn two strategies to improve navigating the health care system, to improve their health outcomes, or loved one’s outcome, during a major health event

Carol Gunn, MD, CIH

Occupational Physician
Occupational Medicine, Portland

304

I/A

Managing and Motivating Different Generations in Today’s Workforce: Insight on How to Market Safety Culture in 2015

Four distinct generations, each motivated by a different set of experiences and values, exist in today’s diverse workforce. This session provides insight into what motivates each of those generations, and how to leverage that to inspire enthusiasm for safety culture from each.

Sherril Shapiro

Human Resources Director
EORM, Hillsboro

B

Basic

I

Intermediate

A

Advanced

All

Applicable for all levels

305

All

JHAs

The participants learn to use a Job Hazard Analysis form that includes Exposure Risk Assessment and Management (ERAM) principals and information from the ACGIH TLV booklet to evaluate job tasks. This is an updated JHA format that is more inclusive of all the potential hazards from chemicals, physical hazards (noise, light, vibration, heat, cold, etc.), and ergonomic hazards (lifting, sprain/strain, etc.). Protective equipment and apparel have not been covered well, and a discussion of the use of the glove selection chart, the permeation rates for different chemicals of the types of protective clothing available, types of respiratory protection necessary for various hazards (not in detail), and PPE to be used for different job tasks are featured in this session.

John Ratliff, MSPH

Industrial Hygienist and Safety Professional – Retired, Beaverton

306

I

Developing Safety Leaders in the Workplace

What are safety leaders? Who are they in your organization? What unique attributes qualify them as safety leaders? Safety leaders must know OSHA and other regulatory requirements, but they must also understand other key areas such as safety management and accountability systems. Safety leaders are also aware of the financial and social impacts of workplace injuries and they strive to “Live Safety” every day.

Topics for discussion include:

- Identifying and understanding employee safety maturity
- Rate your organization’s safety culture
- Tools to break down barriers to safety within your organization
- Managing and delegating vs. leading and empowering the safety effort
- Safety can be fun. Keep it positive!

Manish Gooneratne

*Safety Professional
Vigilant, Tigard*

307

B/I

Traffic Control – Rules of the Road

This program provides information concerning changes to traffic control on a short-term basis (three days or less).

Rules and methods are discussed to maximize safety and minimize risk for all involved in a change of traffic flow patterns (highway maintenance, construction, bridge

inspection, water quality surveys, or even recreational activities). Understanding and application of work zone traffic control principles, traffic control devices, duties/ techniques of individuals providing traffic control, and methods to minimize the legal liability problems associated with work zone traffic control are included. Resources include the Manual on Uniform Traffic Control Devices (MUTCD) from the U.S. Department of Transportation Federal Highway Administration, and The Oregon Department of Transportation Temporary Traffic Control Handbook.

Gene Rushing

*Safety Consultant, Safety Trainer
Mt. Hood Safety Training/ Consulting and City of Portland Risk Management, Sandy*

David White

*Trainer / Circuit Rider
T2 Center, Department of Transportation, Salem*

308

All

Brewery Hazards and Methods for Reducing Risk

As breweries grow in size and in numbers, so does the risk of injury and illnesses to brewery employees. Ensuring employees stay healthy and safe is not only required, but it also makes good business sense, no matter how large or small the brewery. This presentation describes some of the most prevalent hazards specific to breweries and offers ways to proactively reduce those hazards to help maintain a safe and healthy workplace.

Andrew Dagnan, CHMM

Portland

309

All

Rethink Disaster Response

Although we often exercise for disasters, how much time is really spent preparing for those disasters on a daily basis? This presentation helps attendees think about disaster response and how business continuity plans and principles used in their everyday work help them recover quickly. Discussion includes basic business continuity planning principles; an overview of how city, county, state, and federal government work together; and the importance of strong situational awareness. This presentation also provides resources so participants can further educate and prepare themselves, and their families, during times of disasters.

Stan Thomas

*Emergency Preparedness & Business Continuity Program Manager
Oregon DHS/OHA Shared Services, Bend*

Wednesday, March 11, 8:30-10 a.m., continued

310

All

Beyond Stretching: Functional Fitness as Part of Total Worker Health

Businesses are implementing worksite stretching and fitness programs as a means of decreasing injuries. However, programs vary widely in terms of exercise composition, physical demand, and worker compliance, hence outcomes vary widely. Recent research is suggesting that more functional exercise training may be more effective for promoting fitness and preventing injury. This session:

- Overviews components of existing worksite fitness and stretching program
- Discusses attributes and mediators of Health and Disease that should influence exercise choices
- Presents the concept of “Functional Fitness” as a better strategy for fitness
- Discusses components of more comprehensive MSD prevention programs

Jennifer Hess, DC, MPH, PhD

*Research Associate and Ergonomist, LERC
University of Oregon, Eugene*

311

B

Just Do It: Survive (and Thrive) During the Environmental and Safety Inspection

Safety and environmental inspections are an unavoidable part of life in a regulated operation, so they might as well be used as a tool for your benefit. This session covers tips on how to successfully go through an inspection with regulatory agencies. Topics include pre-inspections, documentation, turning negatives into learning opportunities, and ultimately walking away with a positive experience.

Kerry Cooley, CIH

*Owner
Beacon Northwest, LLC, Boring*

Sarah Glathar, CHMM

*Project Manager/Compliance Specialist
Farallon Consulting, LLC, Portland*

312

All

Integrating Indoor Air Quality into Routine Building Management

Responding to indoor air quality (IAQ) complaints right away is critical to maintaining healthy buildings and occupants, as well as instilling trust that the facilities department takes their complaints seriously. Wouldn't it be great if we could prevent most problems from happening in the first place? By understanding the causes of most IAQ problems and noting that many of these can be addressed by good preventive maintenance, communication, and occupant education practices, facility managers can address IAQ concerns in a thoughtful and methodical manner.

This class discusses causes of common IAQ problems:

- How and where to look for these problems
- How these problems are related to facility maintenance
- Communicating and educating occupants on IAQ
- Way to include IAQ management into overall building maintenance plans.

Photos of HVAC issues, mold, particulates, odor sources, and self-inflicted sources are included. Discussions include the importance of responding to every complaint and communicating to staff what you find and don't find.

Eric Dickson, CIEC

*Industrial Hygienist
NE Washington Educational Service District 101
Spokane, Washington*

Rob Gabris, CIH, ARM

*Safety and Health Program Manager
Multnomah County Risk Management, Portland*

313

I

Strategies for Noise Control in Metal Fabrication

This presentation reviews typical sound levels and noise exposure ranges expected for a variety of metal fabrication tasks. Noise sources are identified using several case-history examples, and control measures are presented to show possible solutions for difficult noise control situations. Examples focus on metal fabrication tasks to formulate control solutions where off-the-shelf noise control products are not readily available.

Thomas Lloyd

*Senior Consultant
Associates in Acoustics, Inc., Wilson, Kansas*

B Basic I Intermediate A Advanced

All Applicable for all levels

314

All

Scaffold User Awareness

The Scaffold User Hazard Awareness Program is designed to help the scaffold user recognize the hazards on various types of scaffold. The program incorporates a PowerPoint presentation and student interaction that encourages participation.

This course is not designed for workers that do any type of scaffold erection.

Covers:

- Basic awareness of scaffold hazards
- General inspection skills
- Minimal review of OSHA standards
- Thorough awareness of scaffold hazards and practices
- Hands on inspection with building of different type of scaffold systems
- In depth review of Sub Part L (Scaffold)

Note: A person who plans on erecting scaffolding needs to go through a competent person training program designed for scaffold erectors that covers the safety aspects regarding scaffold foundations, scaffold components, regulations, guardrail requirements fall protection, scaffold stabilization and erection, and dismantling procedures for scaffolds that exceed the height-to-base ratio.

Will Hewson

*Branch Safety Supervisor
PCI Vancouver ISSD/PAS/PDX Scaffold, Portland*

315

A

Uncovering Hidden Hazards in the Healthcare Environment

This course provides tips for identifying hidden safety and health hazards that exist in the health care setting and resources for dealing with them. Real-life examples are provided and mitigation strategies are discussed. This course goes beyond the common and obvious and deals with hazards in environmental services, facilities maintenance, sterile processing, and more.

Lisa Rodriguez, RN, COHN, HEM

Certified Occupational Health Nurse, Eugene

Dan Stuckrath, CIH

*Industrial Hygienist
SAIF Corporation, Salem*

316

B/I

Prevention Through Ergonomic Design

An ergonomic risk is sometimes identified as a result of an injury. It can result in the redesign of a facility, new or retrofitted tools, change in work processes, or taking on a higher level of risk because the change is not cost-effective (a mistake that can be with your organization for decades). Prevention through Ergonomic Design aims to reduce ergonomic risks by preventing them from ever entering your organization. This scope reaches well beyond facility design. It encompasses purchasing equipment, machinery, tools and vehicles as well as designing work processes.

Focusing on one aspect of the NIOSH Prevention through Design (PtD) initiative, this course provides the information to help you make ergonomics one of your organization's design and purchasing criteria. This course covers:

- Ten key principles to keep in mind when designing or purchasing anything that affects how a worker uses his or her body
- Making ergonomics a design and purchasing criteria
- Who in your organization needs to be involved in this effort
- Training outline for your key players
- Building your case when the "ergonomically correct" way costs more
- How NW Natural built and implemented its Prevention through Ergonomic Design program

Diane Lancon

*Safety Supervisor
NW Natural, Portland*

317

I

The Art of Risk Communication

This session explains the paradigms underlying the risk communication theory developed by Dr. Peter Sandman (Risk = Hazard + Outrage). Real-life events are discussed where the understanding and use of risk communication principles can make or break critical event outcomes.

The session describes the 10 situational components of risk communication, along with the emotional and cognitive barriers to effective risk communication. Attendees receive additional informational resources regarding risk communication theory and practice.

Louann Beck, RN, MS

*Occupational Health Manager
Pacific Power, Portland*

Connect with GOSH on Facebook:
www.facebook.com/oregongosh

Wednesday, March 11, 8:30-10 a.m., continued

318

B

Prevent Employment Claims by Focusing on the Employee Lifecycle

The cost of employment claims continues to rise. This session identifies the top employment claim types and factors that are leading to these increases. The key to reducing these costs is to focus on the employee lifecycle of hiring, onboarding, retention, and retirement/transition. Participants learn tips for evaluating their HR policies and practices and identifying potential problem areas. Participants also learn best practices they can implement throughout the employee lifecycle. These include hiring practices and retention strategies to ensure participants are hiring and retaining the best talent, while preventing future claims.

Sharon Harris, IPMA-CP

*Human Resources Senior Consultant
CityCounty Insurance Services (CIS), Salem*

319

I

Top 10 Supervisor Mistakes

What's the difference between an employee making a formal complaint and just giving a supervisor a heads up? Can you, as a supervisor, joke around about your employees' ages on their birthdays? Should you become Facebook friends with people you supervise? These are just a few of the many questions answered in this session. Using examples that are sometimes shocking and sometimes humorous, the speaker explains what supervisors can do, cannot do, and gray areas to avoid in order to keep yourself out of lawsuits while legally disciplining and discharging problem employees. Because all of the stories are drawn from local government workplaces in Oregon, you can be assured that this presentation is both memorable and applicable to your day-to-day activities.

Kirk Mylander

*General Counsel
CityCounty Insurance Services (CIS), Lake Oswego*

320

B/I

Respirator Fit Testing: Fit Testing Requirements and Qualitative Fit Test Protocols

This session provides attendees with core knowledge of the fit testing requirements as part of a respiratory protection program. This session focuses on the general requirements of Appendix A of the respirator standard (1910.134). The four methods for qualitative fit testing are discussed and compared.

Don Garvey, CIH, CSP

*Technical Service Specialist, Construction
3M, St Paul, Minnesota*

10-10:30 a.m.

Break and Visit Exhibits

10:30 a.m.-noon

Continued from 8:30 a.m. – 302

321

All

Technology and Safety: From the Field to the Office

Safety professionals are always searching for ways to streamline processes and improve communications. Smart phones and tablets offer a bounty of opportunities to this end. This interactive course explores several ways to leverage mobile technology to make you and your company more organized and efficient. Special emphasis is placed on:

- Standout safety apps
- Notepad capabilities
- Creating and personalizing forms with checklists, signatures and pictures
- Presenting with your mobile device
- Installing your own mobile library and cloud technology
- Simple tips and tricks to make better use of your device 'in action'
- Bring your mobile device so you can try the different solutions.

Scott Clark

*Senior Safety Management Consultant
SAIF Corporation, Bend*

Shelley Nasby

*Senior Safety Management Consultant
SAIF Corporation, North Bend*

322

All

The Buried Truth Uncovered

(repeat from Tuesday, 3:30 p.m.)

"Working in a trench, I crouched down near the pipe our crew had been laying. Without warning the sides collapsed..." Eric shares his story of a near-death accident of being buried alive while on the job.

Ericiguere

Safety Awareness Solutions, Geneva, New York

B Basic I Intermediate A Advanced
All Applicable for all levels

323

All

Adapting Social Marketing Methods to Promote Organizational Safety

Marketing is getting someone to buy something. Social marketing is getting someone to do something. This session presents concepts and ideas that are directly applicable to safety professionals who want to motivate their colleagues to embrace safe work practices. This presentation shares case studies of successful social marketing campaigns and offers tips and techniques for applying them to build a vibrant safety culture.

Tamie Kellogg

*Organizational Development Consultant
Kellogg Consulting, Seattle, Washington*

324

All

Building Strong Teams Through Recognition

Follow the journey of one facility as they began to recognize their people in creative ways. Once people were recognized for their performance, a new spirit of teamwork emerged in their safety culture. This session gives you ideas and tip to recognize your people and build stronger teams.

Erica Frey-Hoyer

*Process Improvement Manager
Packaging Corporation of America, Salem*

325

A

Leading with Both Brains for Safety's Sake

While poor leadership is a significant contributor to incidents, the good news is that leadership skills can be learned. Research shows if seemingly insignificant acts of incivility are not addressed by leaders, they often spiral to coercive and physical acts of violence. Communication as a sense-making act may contribute to or diffuse incivility spirals; yet, many leaders fail to pay attention to body language and tone that together account for 93 percent of how others make sense of what is communicated. Lastly, leaders can improve their ability to influence, communicate, and take action, etc. by honing emotional intelligence (EQ). Research has demonstrated raw intelligence (IQ) does not predict how well leaders will perform on the job or whether they would succeed in life. It is now widely accepted that IQ is responsible for getting the job; however, it is EQ that enables one to ascend within the organization.

Jim Walters, EdD

*Owner
Power of Learning, Rochester, Minnesota*

326

All

Effective Team-Based Approaches to Total Worker Health

Session objectives:

- Recognize what Total Worker Health means in your workplace.
- Identify evidence-based/informed team approaches from OHWC and OHSU research that may be translated into real workplace solutions.
- Learn about cool tools for enhancing reach, engagement and programs and how videos can be used for promotion, train the trainer, component of interventions, or products of participants.

This session focuses on different uses and critical ingredients for each with examples.

Dr. Kerry Kuehl, MD, DrPH

*Principal Investigator/Faculty
OHSU OHWC, Oregon Institute Occupational Health Sciences,
Portland*

Ryan Olson, PhD

*Scientist, Oregon Institute of Occupational Health Sciences
Oregon Health and Science University*

327

B

Basic Fall Protection

This course covers:

- Introduction to fall protection
- Hierarchy of fall protection
- ABCD's of fall protection

Anchor points – Discuss the need for 5,000-pound anchor points, structure, and the good and bad places to place anchors. Show different types of anchors, and discuss engineered anchor points.

Body Harness– Focus on proper inspection and use of the harness, types of harnesses, connections, labels, and what you can do with your harness.

Connectors – Inspection of lanyards, types of lanyards, fall clearance calculations, proper use of self-retracting lifelines, ANSI Z359 snap hooks vs. older style, and connector compatibility.

Drop tests – Show forces generated with a straight lanyard, then the reduction in force with a shock absorbing lanyard. Also show construction of shock absorber.

Decent and rescue – Hang from the truck talk about suspension trauma, need for quick rescue, and demonstrate trauma straps.

Rick Maurice

*Senior Regional Sales Manager
Capital Safety, Bothell, Washington*

Dustin Schneider

*Territory Sales Manager
Capital Safety, Portland*

Wednesday, March 11, 10:30 a.m.-noon, continued

328

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, AuD, CCC-A

Lead Audiologist
Adventist Medical Center, Portland

Erika C. Jones, AuD, CCC-A

Audiologist
Adventist Medical Center, Portland

Laurence Rosen, CIH

Consulting Industrial Hygienist, Risk Control Services
Liberty Mutual Insurance, Portland

- Ensure field personnel keep their skills through effective and ongoing scenario refresher training

Bill Rehse

Training Supervisor
NW Natural, Portland

Andrew Woolsey

Emergency Response Specialist
NW Natural, Portland

330

All

Advances in Office Ergonomics

Workplace trends and new technologies are changing how and where office work is done. Many of these changes can improve the safety and health of office workers, while others might introduce a new element of risk. Paying attention to ergonomics can often make the difference. This session explores developments in office ergonomics, including:

- Sit/stand workstations, treadmill desks, and dynamic seating – are they really beneficial or just fads?
- Mobile technology and the pros and cons of being able to work from anywhere
- Generational differences in the use of technology and ways to create an age-friendly workplace
- Tips for handling the challenges of multiple monitors, touch screens, shared workstations, and the variety of input devices available today

Please bring your own challenges and success stories and join in the discussion.

Rick Goggins, MS, CPE

Ergonomist
Washington State Department of Labor & Industries
Olympia, Washington

329

All

Responding to Natural Gas Emergencies

This presentation offers insight on how NW Natural prepares first responders to deal with natural gas emergencies. The session discusses how to:

- Develop a program that improves the response times and subsequent actions of first responders
- Train, equip, and qualify a large pool of first responders
- Ensure first responders understand and utilize the incident command process
- Employ scenario-based training to maximize adult learning and promote open discussion regarding emergency response
- Provide effective outreach training to fire departments, improving their response skill sets when dealing with natural gas and interacting with NW Natural first responders

331

B

Going the Distance: Know Your Environmental Regulations

Be a safety manager hero - know your environmental regulations. This session introduces the basics of environmental compliance and management for regulated operations. Safety professionals with environmental compliance responsibilities are introduced to a wide variety of topics such as hazardous waste, waste water, stormwater, spill plans, oil storage, air regulations, and more. Topics include basic environmental regulatory structure, potentially applicable regulations, common compliance struggles, and additional resources for further assistance.

Sarah Glathar, CHMM

Project Manager/Compliance Specialist
Farallon Consulting, LLC, Portland

332

I

NFPA 70 E – Standard for Electrical Safety in the Workplace

During this presentation, attendees briefly review intent of OSHA Electrical Safety Standards and then take an in-depth look at the NFPA 70E – Standard for Electrical Safety in the Workplace. While still a voluntary standard, employers who integrate 70E concepts into their electrical safety program can meet compliance requirements for workers who are exposed to electrical shock and arc flash hazards.

Topics covered are:

- Explanation of 70E key terms
- Ratings and function of overcurrent protective devices
- Why and how fault currents contribute to arc flash intensities
- Electrical hazard labeling requirements
- What changed in the 2015 edition

Barry Moreland CESP, CHST, JW Safety Director
NECA-IBEW Electrical Training Center, Portland

333

All

Young Workers, Old School Training: When Great Minds Don't Think Alike

It's no secret that different generations exhibit different behaviors, especially in communication. Not surprisingly, the minds of young workers (ages 14-25), also known as "digital natives," don't process information the same way other generations do. So, effective workplace safety training for this generation requires some new thinking and different approaches.

The four segments of this unique training (the brain, the generations, causes of injuries, and training) are designed with this generation in mind. They include activities and real workplace examples, as well as strategies and solutions. And there's a bonus. Putting these strategies to use can benefit all of your workers, regardless of age or communication style.

Paula K. Jones, CSP, CET
Senior Safety Management Consultant
SAIF Corporation, Portland

Dan Petrillo
Commercial Lines Insurance Agent
LaPorte & Associates, Portland

334

All

Managing Compassion Fatigue in the Caregiver Population: Training for the "Marathon"

Taking care of oneself requires training, just as preparing for a marathon does: one cannot start out as a marathon runner. One must train over time and in several realms: mental/emotional and spiritual, as well as physical. Attendees will learn how and why active plans to prevent, identify, and manage caregiver burnout are important in health care's continuously-changing landscape. This presentation will review theoretical and practical information one can utilize to establish one's own self-care practice, and to encourage one's colleagues to do the same.

Ryan Dix
Psychologist
Providence Health & Services, Portland

335

All

Medical/Recreational Marijuana – A "Budding" Workplace Safety Issue

Is your workplace ready for changing marijuana laws? As marijuana use becomes more accepted, employers can expect to see issues stemming from both recreational and medicinal use.

Employers and everyone involved with the health and safety of workers must meet the challenge of managing complicated issues that may arise. This session offers assistance with workplace readiness by addressing:

- The impact of recreational or medical marijuana on the employee
- Specific workplace safety issues related to marijuana use
- Legal issues with the changing regulatory environment
- Key steps to managing workplace issues related to the use of marijuana

Paula A. Barran, BA, MA, PhD, JD, MBA
Partner
Barran Liebman LLP, Portland

Linda Meuleveld
Occupational Health & Safety Consultant/Trainer
Med Manage Consulting, LLC, Portland

B Basic I Intermediate A Advanced

All Applicable for all levels

Wednesday, March 11, 10:30 a.m.-noon, continued

336

I

Five Current Approaches for Managing Musculoskeletal Disorders at Work

Employers currently attribute 25 percent to 74 percent of recordable injuries and illnesses to work-related musculoskeletal disorders (MSDs). Controlling the causes of sprain, strain, and overuse injuries continues to be a challenge for most organizations. Through the years a broad range and types of approaches have been used to anticipate, prevent and control the occurrence of MSDs, with varying results. This session reviews the five primary approaches organizations apply to manage MSDs in the workplace. Each approach is reviewed by application, validity, effectiveness, cautions, and the results achieved. Participants learn the proven and cutting-edge approaches to successfully managing MSDs in the workplace.

This session addresses several questions for people launching into the ergonomics process or looking to bring their approach in line with current best practices:

- What are the current common approaches available for managing MSDs in the workplace?
- What are the strengths and limitations of each approach?
- Can they be combined? If so, how?
- Are they effective? What is their proven track record?
- Which provide the best return on investment?
- How are they integrated into business?

Attendees learn to better understand the approaches available for managing MSDs, to understand the strengths and limitations of each, be able to evaluate their programs and approaches, and identify gaps and strengths in their current approach.

Walt Rostykus, BSc, MSPH

Vice President
Humantech, Inc., Corrales, New Mexico

337

All

Five Star Safety – An Innovative Way to Reduce Risk

Five Star Safety is a new approach to finding and fixing the foundation of a successful safety program by defining what makes safety programs successful and involving people at all levels to reach for higher but achievable goals. The Five Star program defines the five elements that are the basis of any excellent safety program. Five Star Safety inspires and chal-

lenges people at all levels to be involved in making positive changes. The program starts with a unique type of safety “status” review, and helps diverse teams break down the overwhelming task of “improving safety” into easily achievable action steps that are meaningful and easily tracked. The program is visual, engaging, fun, and is a very powerful tool that gets people at all levels aligned around the heart of what really matters and move to the highest level of safety performance.

Sally Koch, CSP

EHS Manager
Leatherman Tool, Portland

338

I

Supervising Within the Law

Supervisors and managers have difficult enough jobs as it is without having to worry about the potential for a claim or lawsuit coming back to haunt them after dealing with yet another problematic employee. This presentation educates supervisors and managers about best practices for engaging in “defensive management,” which includes good documentation habits, providing written feedback, and the importance of treating employees similarly under similar circumstances. Bring your questions about those tricky employment law issues you want to ask.

Tamara Jones

Pre-Loss Attorney
CityCounty Insurance Services (CIS), Lake Oswego

339

B/I

Respirator Fit Testing: Quantitative Fit Testing

This session provides attendees with core knowledge of the fit testing requirements as part of a respiratory protection program. The focus is on the general requirements of Appendix A of the respirator standard (1910.134). The four methods for qualitative fit testing are discussed and compared.

The second half of the session covers quantitative fit testing. Representatives discuss the requirements for and advantages of quantitative fit methods. A demonstration of the use and function of ambient aerosol nuclei count (CNC) and controlled negative pressure (CNP) fit test methods are conducted using the TSI Portacount® and the OHD Quantifit® fit testers.

Miller Gunn

Western Regional Sales Manager
OHD, Pelham, Alabama

John Morton

Applications Specialist
TSI, Shoreview, Minnesota

B Basic I Intermediate A Advanced

All Applicable for all levels

Noon-1:30 p.m.

Awards Ceremony and Luncheon



AWARDS CEREMONY AND LUNCHEON
Wednesday, March 11
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.

1:30-2:30 p.m.

Designated Exhibit Time

2:30-5 p.m.

351 **All**

Working in Remote Places

Working in remote places requires special planning, equipment and the right frame of mind. In this presentation we discuss the essentials of pre-planning; knowing where you are going, what you are likely to encounter, and being prepared for the unexpected. Communication is critical. We discuss several options when you are beyond cell service and the importance of having a check-in procedure with someone who knows where you are, when you plan to be back and what to do if you don't show up. Finally, we discuss what you should do if you become stranded using case examples and real-life stories.

F. William Simonds, PG, PHG
Northwest Regional Safety Manager
U.S. Geological Survey, Portland

352 **All**

Workplace Violence and Street Smarts

Part 1: Workplace Violence: What You Need to Know

This program provides detailed information about why workplace violence occurs, how it can best be avoided, and best practices for reacting in the event an incident occurs. Attendees at this session are exposed to information derived from actual workplace violence incidents and situations. Included are details on the latest techniques and countermeasures needed to successfully manage real-life workplace violence incidents.

Part 2: Street Smarts: Techniques and Countermeasures for Personal Safety

The "Street Smarts" program is designed to level the playing field between criminals and potential victims. This program addresses real-world personal safety risks and countermeasures of living in the U.S. in 2014 and beyond. The session focus is on real-life examples to convey best practices to avoid being victimized by street crime, security, and emergency situations, as well as case studies and practical demonstrations.

John J. Posey, CPP, PSP
President
Corporate Security Services Inc., Vancouver, Washington

353 **All**

Employment Law Update

Are you finding it difficult to wade through the numerous federal, state, and local laws that affect your company or organization? This class provides an overview of recent case law and statutes you should know about and shares tips to help you comply with new legal requirements.

Scott Osborne
Jackson Lewis, Portland

Christine A. Slattery
Attorney
Jackson Lewis P.C., Portland

Wednesday, March 11, 2:30 -5 p.m., continued

354

I/A

Marketing Your Organization to Advance Safety Culture

Many of us work in organizations with solid safety programs. Sometimes, however, it’s not so easy to help the organization evolve to a more advanced safety culture. This workshop refreshes some familiar safety concepts and tactics and shows how using some wisdom from the world of marketing can create a context in which employees and managers want to grow a safety culture.

Brett Phillips, LEED® AP
Principal Consultant
EORM, Inc., Hillsboro

355

I

Personal Risk Management – Techniques for Injury Avoidance

Many workplaces can be compliant with numerous safety standards. They can be clean, well-organized, and well managed, yet they still suffer worker injuries. A workplace can have a workstation that is fully compliant with OSHA standards, yet employees still get hurt in various ways. Personal risk management focuses on techniques that encourage mindful engagement by employee in all tasks they do. Session discusses approaches to reaching employees about application of mindful personal risk management and ways supervisors can ensure the effort towards personal risk management are blended with leading indicator activities. Done correctly and with diligence through measurable accountability, this can be a lasting tool to elevate a safety culture.

Chris Lawrence
Regional Safety Manager
Boise Cascade, Medford

356

I

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.

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.
- 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.

John Zakariassen
Senior Risk Management Consultant
CityCounty Insurance Services (CIS), Lake Oswego

357

All

Process Safety vs. Occupational Safety: Can You Have One Without the Other?

This class is designed for anyone involved in the development and implementation of a health and safety program. This program looks at the difference between occupational safety and process safety. The class demonstrates that if a safety program is relying solely on the traditional lagging indicators of occupational safety, then the program may be at risk due to poor process safety. The majority of the class is spent introducing attendees to the elements of a health and safety management program based on the 13 principles of process safety management (PSM). Attendees are able to see how the 13 elements can be applied to any operation and see the benefits that such a program yields. The class reviews the 13 elements, along with some actual accident investigations, and then discusses how the elements of process safety could have prevented them. Attendees are able to take away some ideas to improve their existing health and safety programs or develop a health and safety program founded on the PSM management program.

Brandi Davis, CIH, CSP
Senior Health Compliance Officer, Industrial Hygienist
Oregon OSHA, Portland

B Basic I Intermediate A Advanced
All Applicable for all levels

358

All

Return-to-Work Success Stories

Are you stumped when it comes to modifications for injured workers? Do you commonly ask, "How can we do that?" or "I have an idea but what's available and where can I get it?" or "Can we do modification for our own permanently injured workers?" Join us and discover the possibilities through real-life success stories. Learn the ins and outs of the worksite modification process from actual case examples and explore applications to other work settings.

Matt West

Worksite Modification Consultant
Oregon Workers' Compensation Division, Salem

Tim Kessel

Worksite Modification Consultant
Oregon Workers' Compensation Division, Salem

359

B/I

Watching You! Tips and Tricks for Presenters

You have done the research, created the training, and practiced in front of your dog, so are you all ready to present?

Being the perfectly prepared professional that you are, you are probably totally ready. But, how would you like some helpful tips that will remind you what makes a memorable presentation different than a mind-numbing one? If you are looking to refresh what you know or want to add some energy to your speaking engagements, then this class is what you're looking for.

The class title pretty much says it all. "Watching You!" isn't about creating trainings; it's all about presenting them with power and panache. People will be staring at you anyway, so why not put on the best presentation you can?

Covers:

- **M & M's (Message and Method):** Information that melts in your brain, but not in your hands!
- **Housekeeping Chores:** Handouts, class length, and knowing the facility.
- **Training Tool Box:** PowerPoint, remotes, sound, handouts, and props.
- **Connecting With Audience:** Removing your stress, encouraging participation, creating clear objectives, and leaving your audience with a smile.

- **Body Language:** Does your Mr. Roboto movement send a different message than your intent? If so, let's add some oil to those stiff joints to make a more fluid presentation.
- **Style:** What is your style and does it "fit" the presentation? How should you dress to impress? Is it ever appropriate to wear tube tops?

This is a fun and fast-paced training that has you learning and laughing along the way to becoming a better presenter.

Erick Kountz

Mischievous Motivator
Positively Twisted, Salem

360

I/A

By Our Powers Combined – Effective Integration of Environmental and Safety Management Systems

Integration of Environmental, Health, and Safety (EHS) Management Systems is proving to be an effective tool to manage EHS issues and offer continual improvement opportunities. The International Organization for Standardization (ISO) continues to develop and improve international standards. Understanding these new and emerging standards is vital to developing your own management systems to maximize business efficiency, improve profit/cost ratios, reduce environmental and energy impact, and improve your organization's reputation in the business community. Certifying your organization to one or more standards (such as ISO 14001 and OHSAS 18001) can improve credibility and demonstrate your commitment to performing above conformance levels.

This presentation highlights the benefits, business drivers, and challenges of establishing a management systems approach; provides an overview of some of the newer EHS and related management systems; and outlines some of the advantages of developing an integrated EHS management system to track and improve such factors as overall environmental footprint, safety and health concerns, or sustainability metrics. In addition, we discuss how a customized integrated management system, comprising elements of two or more standards, can maximize benefits as it decreases time and resource requirements.

Dave Meyer

Senior Consultant
EORM, Inc., Portland

Wednesday, March 11, 2:30-5 p.m., continued

361

I

**Bringing Order to Chaos:
Incident Command and Emergency
Response Teams in the Workplace**

When the fire alarm sounds, many people run for the door. Do you have a plan to account for all personnel, to manage the event that caused the evacuation, and handle any other situation that occurs? Develop a systematic way to safely manage an emergency, from a small event to a large one. Use the tools in presented in this class to develop your own program.

Cameron Helikson, EMT-I
*Environment, Health & Safety Manager
Tosoh Quartz, Inc., Portland*

362

All

**Rigging for the Construction
Industry – P30 Lift Planning**

ASME P30.1 Lift Planning Volume is reviewed addressing standard and critical lifts. The session concludes with a problem solving workshop that incorporates the 10 major considerations for lift planning.

Jim Cox
*Senior Instructor, Consultant
Industrial Training International, Woodland, Washington*

363

All

**Confined Spaces: Regulatory Update
and Classifying a Confined Space**

Oregon OSHA adopted a single confined space standard to cover both industrial and construction activities. This session provides an update on this rule, in addition to a thorough review of how confined spaces are classified, the hazards commonly involved, and what is required for safe entry.

Dave McLaughlin
*Industrial Hygienist/Technical Specialist
Oregon OSHA, Salem*

Stan Thomas
*Emergency Preparedness & Business Continuity Program Manager
Oregon DHS/OHA Shared Services, Bend*

Mark Maguire
*Safety Supervisor
Eugene Water & Electric Board, Eugene*

364

All

**Threats and Assaults Against
Health Care Workers:
Not “Just Part of the Job”**

At the conclusion of this session, attendees are able to:

- Define the continuum of workplace violence from harassment to homicide
- Describe a research-based, multidisciplinary violence risk assessment approach to preventing and managing violence in the health care setting
- Describe the much misunderstood relationship between mental illness and violence
- Describe the essential differences between approaches to manage patient-generated versus employee-generated threats

David Drummond, PhD
*Affiliated Associate Professor
OHSU, Department of Psychiatry
Drummond Consulting Services, Portland*

Lynn Van Male, PhD
*Director, VHA Workplace Violence Prevention Program
Department of Veterans Affairs, Veterans Health Administration
(VHA), Vancouver, Washington*

365

I

**The Challenge of Containing the
Risks and Costs of the Seated Worker**

Managing the risks and costs of the seated worker can be challenging and expensive. How can we overcome some of the obstacles in motivating this growing population of our workforce? The speakers have extensive experience in working with companies to help reduce costs associated with ergonomics and rehabilitation of sedentary workers. They share some out-of-the-box ideas in cost effective screening and exercise solutions.

Noel Tenoso, PT, DPT, OCS
*Physical Therapist, Owner
Advance Sports and Spine Therapy, Portland*

Matthew Marino, PT, MSPT, CPE, CWcHP, ACE-CPT, CSCS
*Lead Ergonomist/PT
Briotix Inc., Portland*

B Basic I Intermediate A Advanced

All Applicable for all levels

366

B

Know Your Health Numbers

What does “know your health numbers” mean? How does morbidity modeling identify an individual’s risk for onset of chronic disease and disease complications? What are cholesterol, BP, and A1C values and how do they relate to an individual’s health? This session teaches techniques that help employees understand their own personal health information so they can engage in highly personalized wellness strategies and sustain healthier lifestyles.

Andy Effenson

*Vice President, Business Development
Dossia
Boston, Massachusetts*

367

All

R3 – Residual Risk Reduction: A Systematic Approach for Reducing Risk

In this presentation, we discuss the systematic approach for reducing risk developed by Liberty Mutual Insurance that has been used successfully with hundreds of customers. ANSI B11.TR4 guidelines were used in the development of R3 – Residual Risk Reduction. The presentation illustrates the wisdom and simplicity of measuring the risk of the things we do so that judgment can be made on whether it is acceptable. A straight-forward process for making risk assessment (what should be a daily process) simpler for everyone that should be involved is shared. By involving employees who are closest to the risk, a better understanding of risk is gained along with improved buy-in and ownership of critical work processes.

Robert Gardner, ARM

*Technical Consultant – Risk Control Services
Liberty Mutual Insurance, Provo, Utah*

368

A

Systems-Based Accident Investigation

There are literally hundreds of approaches to accident investigation and incident analysis. Curt Charley will rely on his vast experience to introduce an analysis process that will emphasize “system” rather than “parts” thinking. When implemented to its fullest extent, a consistent, objective, and systematic approach to incident analysis becomes a vital, pro-active tool in preventing injuries. Whether you are new to incident analysis or have years of experience, this session will provide ideas and tools you can use immediately to benefit your organization.

Curt Charley

*Safety and Health Manager
Erickson Aviation, Central Point*

369

B

Machine Guarding – Amputations & 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, CMC

AECOM, Portland

370

I

Safety Committee Problem Solving

Are you looking for real-life answers to issues with your safety committee and safety programs? Bring your questions as we look for answers using facilitated discussion and brainstorming. This session is intended for the experienced safety committee member.

Linda Pressnell

*Education Specialist
Oregon OSHA, Portland*

371

B/I

Combustible Dust 101

This session covers a brief history of combustible dust explosions, the anatomy of combustible dust explosions, and measures to prevent combustible dust explosions.

Cecil M. Tipton, CIH

*Area Director
U.S. Department of Labor, OSHA – Portland Area Office*

THURSDAY, MARCH 12

7:30 a.m.

Registration desk opens

8:30-10 a.m.

101

OSHA 10 hour – General Industry
(continued from Monday)

102

OSHA 10 hour – Construction
(continued from Monday)

401

I/A

Participatory Ergonomics: Key Components of a Successful Program
(8:30 a.m.-noon)

The approach to ergonomics can be either proactive or reactive. A reactive approach means fixing something or making corrections after a problem has occurred, while a proactive approach seeks to identify and improve a situation before it becomes a problem. It is likely that most departments are starting from a reactive approach. Participatory ergonomics sets the stage for developing a proactive system of best practices for worker safety, to maximize the involvement of the workers in the process, based on the simple fact that a worker is the expert on his or her job.

This presentation takes you step by step through the basic elements of developing an injury reduction ergonomics program, including culture of safety, hazard assessment, incident and near miss reporting, risk control, and statistical tracking with the focus on engaging workers in each step of the process.

Susan Murphey, BS, CECD

*President
Essential WorkWellness, Shoreline, Washington*

402

B/I

A Practical Overview of Industrial Hygiene for the Non-IH
(8:30 a.m.-4 p.m.)

Part 1: Overview of Industrial Hygiene

This part of the session starts with a discussion of the fundamentals of the industrial hygiene field, including the history of the IH profession, how IH and OSHA are related, performing worksite evaluations, and the fundamentals of toxicology.

Part 2: Industrial Hygiene Workshop

This part of the session consists of a series of hands-on exercises. The attendees conduct mock exposure assessments using industrial hygiene research information (online searches, MSDSs, and basic IH reference manuals). The class assembles a respirator cartridge change-out schedule for vapor overexposures. Finally, there are demonstrations of various instruments used to evaluate workplace hazards (e.g., air sampling pumps, passive dosimeters, noise dosimeters, sound level meters, detector tube samplers, photo ionization detectors, velometers, and direct reading gas detectors).

James Beck

*Scientific Instrument Technician
Oregon OSHA, Portland*

Chris Gillett

*Health Compliance Officer
Oregon OSHA, Portland*

Brian Hauck, MS, CIH

*Industrial Hygiene Compliance Officer
Oregon OSHA, Portland*

403

B

Power Communication

Power Communication is a practical and intriguing presentation that gives you research-based tips and techniques including how to know when to listen, how to use your body language to immediately influence and persuade others, and what to say when for maximum success. Attendees learn:

- How to uncover the real truth behind conflict
- What to listen for to save time and money
- How to use your words and body language to change minds
- How to build trust and safety without saying a word

During the powerhouse session, you practice short scripts and quick two-person activities to learn skills that to change minds easily and painlessly. You leave with proven techniques of body language, listening and voice to increase their rapport, communication confidence and leadership skills to quickly make others feel comfortable no matter how tough the conversation.

Sharon Sayler, MBA, ACC

*CEO
Competitive Edge Communications, Portland*

B

Basic

I

Intermediate

A

Advanced

All

Applicable for all levels

404

All

Flooding and Associated Hazards in the Pacific Northwest

Flooding is an annual occurrence affecting low-lying areas in the Pacific Northwest. Meteorological conditions such as low-elevation snow followed by a “Pineapple Express” and summer thunderstorms are conducive to flooding. The U.S. Geological Survey operates an extensive array of stream gauges to provide flood warning. Dam operators and others use the information to manage water resources to reduce the impacts of flooding. Unregulated streams are still prone to flooding. When floods occur, they threaten property and infrastructure by eroding stream channels and washing away bridges and waterfront structures. Low areas can be inundated, leaving people stranded. In the Pacific Northwest, intense rainfall also saturates the soil to the point where landslides, mud flows, and debris flows can also threaten homes, essential properties, businesses, transportation, and communication. Being aware of these flood and associated hazards in your neighborhood is the first step in protecting your home, community, or business. Understanding flood hazard tools such as flood inundation and debris flow hazard maps helps you prepare for an emergency and know when it is appropriate to evacuate.

Glen Hess

U.S. Geological Survey, Portland

F. William Simonds, PG, PHG

*Northwest Regional Safety Manager
U.S. Geological Survey, Portland*

405

I

Healthiest Employer Best Practices Panel: Tips, Challenges, and Lessons Learned

The Portland Business Journal moderates this session. Panelists represent 2014 Oregon Healthiest Employer Award recipients. Attendees in this session are encouraged to join in the discussion, ask questions, and share lessons and successes demonstrated in their own workplaces. Topics include:

- What does it take to embrace wellness at work?
- Examples of best practices and campaigns.
- Challenges and tips for avoiding pitfalls.
- What about incentives?
- Ideas to adopt organizational Total Worker Health™.
- How to measure success and effectiveness?

Moderator:

Suzanne Stevens

Editor, Portland Business Journal

Healthiest Employer Panel:

Art Bush

R&H Construction

Myrnie Daut

City of Eugene

Kevin Emerick

Woodfold Manufacturing

406

All

Post Traumatic Stress Disorder (PTSD) – In and Out of the Workplace (8:30 a.m.-noon)

This presentation has some heavy subject matter and discussion, but is generally light hearted. The program explores the nature of stress, its role in our everyday lives, and the role of stress and stressors in the development of PTSD. The program’s presenters have both experienced, dealt with, and are dealing with issues of PTSD. These case histories are shared and examined for their similarities and differences. Various therapy strategies are examined. Audience participation is expected and enjoyed.

Kimberly Lightley

Powell Butte

Mark Taylor, BS, AAS, X-EMT-P, RNG

*Deputy Chief – Training and Safety
Bend Fire and Rescue, Bend*

407

All

Focus on the Future: New Ideas in Hospital Infection Control

The Ebola epidemic has focused attention on infection control in hospitals worldwide. Safety and health professionals in the hospital field are concerned about the potential for patients to infect hospital employees, as several doctors and health professionals in Africa have already lost their lives to this disease. There are newer techniques developed by Dr. Samuel Yu, DEnv, CIH and Dr. Joseph Kwan, DeNV, CIH at the Hong Kong University of Science and Technology (HKUST). Dr. Kwan and Dr. Yu were responding to the SARS epidemic, and their isolation techniques have applications for the current Ebola epidemic. John Ratliff has visited the HKUST and seen the results of their work. He presents their ideas, as well as their more current work at this presentation.

John Ratliff, MSPH

Industrial Hygienist and Safety Professional—Retired, Beaverton

Thursday, March 12, 8:30 - 10 a.m., continued

408

B

Noise Control Demystified (8:30 a.m.-noon)

This presentation outlines the underlying principles of noise control that lead to the identification of noise sources and methods to develop feasible control solutions for a variety of applications. Attendees need a basic understanding of noise measurement, but the presentation describes the necessary metrics for effective survey evaluation. Choosing proper noise control materials and devices are included in the presentation.

Thomas Lloyd

Senior Consultant
Associates in Acoustics, Inc., Wilson, Kansas

409

All

Building a Better Program – The Partnering of Fleet and Safety

The safety and fleet work groups at Eugene Water & Electric Board (EWEB), Oregon’s largest publicly owned utility, have joined forces and have produced remarkable results. This presentation will focus on the results that can occur improving the overall safety culture of the organization when strengths of two work groups are combined. Three case studies of programs that have been positively impacted will be reviewed, including improving load securement, fleet configuration and education to provide safe hitches and towing procedures, and redesigning a fleetwide improved vehicle emergency bag.

Gary Lentsch, CAFM

Fleet Supervisor
Eugene Water & Electric Board, Eugene

Mark Maguire, CSP

Safety Supervisor
Eugene Water & Electric Board, Eugene

410

All

Safe Forklift Operations – A User Guide (8:30 a.m.-4 p.m.)

If you work with forklifts, you may or may not be aware of the many rules or operational procedures and theory that govern their safe operation. Site- and equipment-specific operator training and evaluations, re-evaluation requirements, pre-use inspections, factors affecting capacity and stability, pedestrian practices – these are just a few of

the topics that must be addressed with all operators before they get on a forklift. Attendees learn everything they need to know to effectively manage and supervise safe forklift operations at the worksite.

Craig Hamelund

Education Specialist
Oregon OSHA, Portland

Rob Vetter

Director of Training
Ives Training Group, Blaine, Washington

411

I

Innovative Thinking: General Contractors Safety Programs Beyond the Basics

Three industry-leading general contractors (Hoffman, Skanska, and Turner), have teamed up to highlight a unified goal that everyone on their projects returns home safe to their families each night. Sharing innovative examples from their own programs, this course gives you some invaluable insight of how a safety culture is created and maintained. This interactive course gives each company’s perspective during a panel discussion using the following topics:

Safety culture:

- Safety programs, Beyond the basics
- Skanska’s “Injury Free Environment”
- Turner’s “L.I.F.E.”, “Ladders Last”, “Nothing hits the ground”
- Hoffman’s “12 Cardinal Safety Rules to Live By” Focus Program

Safety representation:

- Expectations for safety representation on our projects
- The Roles and Responsibilities of the Safety Professional
- Necessary Skills, Education, Experience and Credentials
- Getting Started

Alan Blood

Safety Director
Turner Construction, Portland

David Douglas, CHST

EHS Manager
Skanska, Salem

Tony Howard, CSP, CRIS

Safety Director
Hoffman Construction, Portland

B Basic I Intermediate A Advanced

All Applicable for all levels

412

All

Safeway Culture of Safety

The Safeway Culture of Safety was developed by the Safeway Corporate Risk Management Operations practice in 2009. The Safeway Culture of Safety (COS) represents the largest branded cultural transformation within Safeway retail since the rollout of the Safeway World Class Service Program more than 18 years ago. The purpose of this initiative is to proactively identify and mitigate those behaviors that contribute to workers' compensation and general liability loss within Safeway's retail operations. By combining advancements in behavioral economics and behavioral safety with specific economic analytics, Safeway has been able to develop new predictive tools and insights into how operational safety can help drive sales, income and productivity. In effect, the Safeway Culture of Safety has derived an economic value associated with employee injury prevention in a retail environment.

Ward Ching

*Vice President, Risk Management Operations
Safeway, Inc.*

413

All

Proven Strategies for Improving Safety Committee Effectiveness (8:30 a.m.-4 p.m.)

When safety committees create an environment where people interact in conscious ways, the results are increased productivity, quality, and safety. Our ability to build relationships between people throughout the workplace is essential at all levels. One of the greatest challenges safety committee members face on a daily basis is communicating with others. This workshop explores the world of human interaction from a variety of perspectives with a focus on providing real world tools for giving and receiving feedback. Participants learn how to identify the key elements of an effective safety committee, improve interactions with others using specific communication techniques, and develop systems to support safety-committee members.

Content:

- Review behavior-based safety principles
- Use a performance-technology model to identify system deficiencies
- Practice giving and receiving feedback in a way that enhances performance

Dan Miller

*President
Dan Miller & Associates, Trout Lake, Washington*

10-10:30 a.m.

Break

10:30 a.m.-noon

Continued from 8:30 a.m. – 101, 102, 401, 402, 406, 408, 410, and 413

414

All

ATV Safety: Practical Solutions

ATVs, with their compact size and all-terrain traction, have found an important place in many agricultural operations and are also popular for recreational use. This session provides practical and proven ATV safety tips for you to use in your training programs at work as well as with your family.

Each class participant receives a copy of SAIF's recent video, "Understanding ATV Stability," highlighting the importance of active riding to reduce injuries that may result from improper ATV use. The video ends with a personal appeal to limit the use of ATVs when a lower risk vehicle may be a safer choice to get the job done.

Kevin Pfau, MBA, CPCU

*Senior Safety Management Consultant
SAIF Corporation, Salem*

Jeff Trejo

*OHV Safety & Public Relations Coordinator
Oregon Parks & Recreation Department, Salem*

415

B/I

Elements of Building a Volunteer Emergency Responder Program

This presentation discusses the fundamental pieces to building a community-based (volunteer) emergency responder program, such as CERTs (Community Emergency Response Teams). Topics include training programs, structuring teams, developing volunteer leadership, essential program infrastructure, and the responsibilities of a volunteer coordinator. Attendees receive the basic information they need to start their own CERT program, or enhance an existing program.

Jeremy Van Keuren, Executive MPA

*Program Manager
Portland Bureau of Emergency Management, Portland*

Thursday, March 12, 10:30 -noon., continued

416

A

Hazardous Materials in Healthcare

Hospitals use a variety of hazardous substances, including anesthetic gases, antineoplastic drugs, and a multitude of disinfectants. This presentation describes opportunities for occupational exposure to hazardous materials in health care and the associated regulatory requirements. In particular, we look at hazardous drugs, including efforts to control occupational exposure during use, and controls to limit environmental contamination after disposal. Real-life examples are used to illustrate challenges and successes.

Brenda Camacho-Ching

*Safety, Health, and Environmental Manager
Providence Health and Services, Portland*

Andrea McDaniel

*Safety Officer
Legacy Health System, Portland*

Diana Tesh, MPH, CIH

*Manager of Safety and Environmental Health
Providence Portland Medical Center, Portland*

significant progress has been made over the years through groundbreaking safety research, construction safety and health professionals should identify new ways to improve the industry's safety and health performance. One such way is getting construction crafts involved in the development of safety innovations.

Sathyanarayanan Rajendran, PhD, CSP

*Assistant Professor and Program Coordinator
Central Washington University, Ellensburg, Washington*

Clark Vermillion, CHST

*Safety Director
Arctic Sheet Metal, Portland*

417

All

An Overview of the Safety and Health Improvement Program

This program presents the results of research conducted as part of the Oregon Healthy Workforce Center (ORWC) study to test the effectiveness of an integrated work-family and safety program called the Safety & Health Improvement Project, or SHIP.

SHIP includes family-supportive supervisor behavior training and team effectiveness process training designed to increase work-life support and improve safety. This program focuses on field workers from the City of Portland Bureau of Transportation and Water Bureau. Participants gain a better understanding of SHIP and its impact on safety and health of workers.

Leslie Hammer

*Professor of Psychology, Director Occupational Health Psychology,
Associate Director Oregon Healthy Workforce Center (OHWC)
Portland State University, Portland*

419

All

Total Worker Health: Tips and Strategies for Safety and Health Professionals

It is well accepted that Total Worker Health (TWH) programs are a work in progress and that a one-size-fits-all solution does not exist. This session specifically addresses what safety and health professionals need to know about Total Worker Health. We share examples of successful workplace and organizational solutions to improve safety, health, wellness, and well-being within our workforce. This session particularly emphasizes the role that safety and health professionals have to play in achieving Total Worker Health. Examples and practices to better integrate health, safety, wellness and well-being, as demonstrated by local employers, are also shared. Attendees are invited into the conversation to explore TWH challenges and successes.

Learning objectives:

- Describe why Total Worker Health has been recognized as an important organizational goal.
- List one potential opportunity for integration between health promotion and traditional safety and loss control programs.
- Create two ideas to move your existing program towards integration of health protection (safety) with health promotion (wellness).

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

*Policyholder Safety and Wellness Adviser
SAIF Corporation, Salem*

Dede Montgomery, MS, CIH

*Senior Research Associate
Oregon Institute of Occupational Health Sciences at OHSU; Oregon
Healthy Workforce Center, Portland*

Benjamin Prinzing

*Managing Partner
Katalyst Health Partners, Portland*

418

I

Construction Safety Innovations Best Practices

For the past couple of decades, the U.S. construction industry's injury and illness rates have hit a plateau. However, it is still experiencing more fatalities than any other industry (BLS 2012). Hence, the construction industry is often characterized as extremely hazardous. Even though

420

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 & NIOSH; OSHA citation information
- **Scope and application** – Covered activities (OSHA); general rules; exceptions to LO/TO 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 LO/TO 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 Manger
Oregon Health & Science University, Portland*

Bill Wood, Jr., ARM, CHST

*Senior Partner
GEW LLC, Portland*

Noon-1 p.m.

Lunch (included with Thursday registration fee)

1-4 p.m.

Continued from 10:30 a.m. – 101, 102, 402, 410, and 413

452

All

Speaking Up for Safety

In this session, participants practice strategies and tactics that enable them to improve communication, listen effectively, and adapt to changes in their operating environment. Improvisational comedy, most familiar to American audiences from the show, “Whose Line Is It, Anyway?” relies on teamwork, careful listening, and a desire to move forward to entertain the audience. These same skills, taught using a mixture of lecture, demonstrations, and interactive exercises, enable participants to communicate more clearly and collaborate more effectively.

By attending this presentation, participants:

- Develop and practice superb listening skills
- Accept and incorporate input from all team members
- Analyze situations to identify patterns of interaction, potential pitfalls, and achieve mutual benefit
- Create compelling narratives that capture the intent of the group

Participants take away a summary of listening types, instructions on how to listen effectively, a list of improvisational exercises they can try with their team, and a bibliography of other books teaching the skills covered in the session.

Curtis Frye

*President
Technology and Society, Inc., Portland*

453

I

HAZMAT Victim Decontamination

HAZMAT emergencies with exposed victims present special challenges to a workplace spill response. The presenters review applicable standards such as OAR 437-002-0042 emergency action plans, OAR 437-002-0161 medical and first aid, ANSI 358.1 emergency eyewash/showers, and NFPA 472 HAZMAT responder competencies. The class covers the expectations and roles of both workplace emergency responders and EMS personnel arriving on scene. There is special attention given to issues such as scene safety and security, who can provide what levels of decontamination, and proper transfer of victims from the workplace to ambulance transport to the hospital. Attendees leave with information and best practices for their workplace emergency response teams performing emergency decontamination and coordinating response with arriving EMS personnel. There is a hands-on demonstration with decontamination hardware and manikins, and attendees are encouraged to assist the presenters during these activities.

Scott Gunderson, CSP, CHMM

*Safety Compliance Officer
Oregon OSHA, Portland*

Michael Heffner

*Captain/HazMat Technician
City of Salem Fire Department, Salem*

B Basic I Intermediate A Advanced

All Applicable for all levels

Thursday, March 12, 1-4 p.m., continued

454

All

Development, Delivery, and Evaluation of a Comprehensive Fitness for Duty Program in a Large Multi-site Electric Utility

Key points of this presentation include:

- Purpose, content, and delivery of Fitness for Duty (FFD) strategies, including early intervention, physical capacity testing, health and wellness testing and education, and the strength and mobility initiative
- Employment law constraints in the development of a FFD program
- Strategies for building management support
- Cost considerations, including equipment, facilities, and personnel
- Outcome and evaluation models including ROI predictions

If time allows, participants break into small groups to share their individual experiences with FFD programs.

Louann Beck, RN, MS

Occupational Health Manager
Pacific Power, Portland

Cole Foster, MS, CSCS

Safety Administrator
Pacific Power, Portland

Keith Johnston, DC

Doctor of Chiropractic Medicine
Family Chiropractic and Wellness Center, Klamath Falls

Linda Rose, RN, MS

Occupational Health Nurse
Pacific Power, Portland

455

All

Integrative Wellness – The Highway to Success

Today, sickness remains the focus of most “wellness” programs. What happens when we set our focus on wellness—not even prevention, but real wellness? Similarly, we often look for that single magic bullet to restore us to health. What if the magic bullet is integration of all major components of wellness? Healthy In Oregon’s CEO and Founder, Anne Summers, shares the 10-week, whole-life integrated wellness projects she and the HIO professional team are implementing across the state. These teams are profoundly, quickly, and solidly improving the health and lives of participants, as thousands of data points and testimonials show. Healthy In Oregon’s statewide (and eventually nationwide) project to transform toward a culture of wellness shows, in detail, how whole-life wellness may be a whole lot easier than you have ever imagined—and the many things you can do right now to transform your own health, safety, and performance in every arena of life.

Anne Summers

CEO and Founder
Healthy in Oregon, Eugene

Why you should attend GOSH...

- **Relevant, affordable learning**
- **Discover best practices to implement**
- **Encounter new vendors and suppliers**
- **Reconnect and share ideas with your peers**

456

All

Hot Topics on Particulates

Advances in the knowledge of occupational exposure to particulates has resulted in change or proposed change in exposure limits and sampling methodology. This course provides the latest information on:

- Size-selective sampling methodology to assess exposures
- Impact of changes to particulate TLVs and OSHA PELs (manganese, silica)
- Current science of diesel particulate exposures and sampling

Stephanie Carter, PhD, CIH

*Industrial Hygienist
Veritox, Inc., Redmond*

Julie Fox

*Postdoctoral Fellow
University of Washington, Environmental & Occupational Health,
Seattle, Washington*

Michael Krause, CIH

*Senior Industrial Hygienist
Veritox, Inc., Redmond*

457

All

Ergonomics Principles for Effective Safety Committees

Musculoskeletal disorders (MSD), including overexertion injuries, are the leading source of disabling injuries in the workplace. Safety committees can be an essential part of a program to reduce these injuries. This session presents a strategy for using safety committees to systematically apply ergonomics principles to reduce risk in the workplace. The workshop outlines the training, tools, and processes that can effectively prepare a safety committee to analyze problem tasks and develop solutions.

Participants have the opportunity to:

- Learn a strategy for using a safety committee to drive ergonomics program implementation
- Identify risk factors that contribute to musculoskeletal disorders
- Understand basic analysis tools to evaluate manual handling and repetitive motion tasks
- Know how to apply engineering and administrative controls to reduce risk factors
- Participate in a workshop to apply ergonomic principles to analyze and reduce risk

Fred Norton, MS, ARM, CPE

*Technical Director
Liberty Mutual Insurance, San Ramon, California*

458

All

Confined Space and Industrial Rescue: How Much and How?

When it comes to providing your location with an industrial rescue capability it can be difficult for those without a rescue background to determine the levels of training and equipment required. In this session, participants learn how to assess their facilities and, using a point system, identify technical rescue capability needed at that location. This process can be used for other high angle rescue environments such towers, wind turbines, mines, and any other workplace where a patient needs to be moved to a place of safety. We also discuss how to develop and maintain a rescue capability including when it makes sense to rely on in-house rescue capabilities or hire a professional standby team.

James Johnson

*CEO
D2000 Safety, Eugene*

459

All

Research and Resources on Traumatic Occupational Incidents

Speakers from the Oregon Fatality Assessment and Control Evaluation (OR-FACE), the Department of Consumer Business Services (DCBS), Ombudsman for Injured Workers, and Oregon OSHA team up to provide information on their role regarding occupational fatalities, provide incident examples, present findings and recommendations, and explain where to obtain resources.

Jennifer Flood

*Ombudsman for Injured Workers
Department of Consumer & Business Services, Salem*

Illa Gilbert-Jones, MS, CIH, CSP

*OR-FACE Program Manager/Field Investigator
OHSU, Portland*

Mike Riffe

*Accident Investigator
Oregon OSHA, Portland*