

Thursday, March 12

8 a.m.

Registration desk opens

Packet pick-up ONLY.
Workshops are pre-registration only

Noon-1 p.m.

Lunch

(Included with Thursday workshop registration.)

9 a.m.-4:30 p.m.

1201

I/A

Electrical Safety

Part 1: Electrical Systems, Terminology and Performing Shock/Arc Flash Hazard Analysis

This workshop builds on the basic elements and terminology of electricity and electrical systems to better illustrate the related hazards and potential exposures to employees who work on or near electrical equipment. The class is designed to address key concepts found in OSHA CFR 29 1910 and 1926 standards as well as the 2008 National Electrical Code and 2009 NFPA 70E. During the presentation key concepts of proper grounding and bonding, the role and function of over-current protection devices and GFCI and AFCI use are covered. Example calculations of available fault currents and arc flash incident energy are used to explain the challenges of performing shock and arc flash hazard analysis.

A representative from Oregon OSHA technical section will be onsite to answer code related questions and enforcement questions.

Barry Moreland

Safety Director
NECA - IBEW Electrical Training Center, Portland

Ron Haverkost

Safety Technical Specialist
Oregon OSHA, Salem

Part 2: Understanding Electrical Burn Injuries

Covers:

- What electrical burn injuries look like
- How electricity and heat affect all systems in the body
- Identifying some first aid and treatment tips that are specific to electrical injuries, including what can be done in the field until medical help arrives
- Recognizing the types of electrical injuries we treat at the Oregon Burn Center including, arc, flash, high and low voltage
- Some basic prevention tips that can keep you safe from burn injuries at home and on the job

Kirsten Balding, RN, BSN

Education and Outreach Coordinator
Oregon Burn Center, Portland

1202

A

Managing Catastrophic Workplace Accidents

One second, it's just another routine work day. The next second, the unthinkable has happened — a catastrophic workplace accident has occurred. There has been a tragic loss of life. The physical devastation is enormous. The need for response is immediate. Numerous authorities are responding. The multiple demands for immediate access, information, and answers are overwhelming. The safety risks presented are serious. The potential liabilities are large. What to you do? How do you respond? How can order be brought to chaos?

A panel of presenters including the Portland Police Bureau, the Portland Fire Bureau, and Portland's Office of Emergency Management, discuss their roles should a construction or industrial catastrophe occur. This workshop describes the immediate chaotic aftermath; securing the site and implementing safety plans to prevent additional injuries, systematic collection and preservation of critical evidence, and rapid, accurate causation analysis to facilitate resumption of work. The participants walk through the multitude of issues presented, identi-

B

Basic

I

Intermediate

A

Advanced

All

Applicable for all levels

fies procedures for coordinating multiple investigations, and highlights effective strategies for managing and minimizing liability risks.

James A. Lastowka, Esq.

Partner

McDermott Will & Emery LLP, Washington DC

John D. Osteraas, PhD, PE

Group VP and Principal Engineer

Exponent Failure Analysis Associates, Menlo Park, California

1203

I

Taking the Mystery Out of Metrics

Does management only care about one number - the injury rate? To drive your safety culture, are you looking in the rear-view mirror to stay on the road? Does your safety record head north or go south, but you're lost about the reasons? This presentation is for you! Through highly interactive problem-solving group activities, and entertaining discussion, attendees learn about and develop a wide range of key performance indicators (KPIs) that everyone can use to improve safety. We'll explore the underlying root causes that affect those indicators. We'll learn about the "psychology of safety" — those behavior and leadership-based safety processes that drive leading (mighty) indicators up and trailing (muddy) indicators down. Ultimately, attendees take home the tools to better help line management "get it" so they're more likely to make decisions that positively affect their safety bottom line.

Steven Geigle, MA, CET, CSHM

HSE Training Manager

Vestas Business Academy, Portland

1204

I

Sprains/Strains and Things That Go Numb in the Night!

Fifty to 55 percent of all workers compensation claims are soft tissue injuries with an annual cost exceeding 120 billion dollars. This seminar addresses the root causes and sports medicine non-drug, non-surgical solutions to the major soft tissue injuries and disorders of the wrist, elbow, shoulder, back, knee and feet. The solutions are grounded in biomechanics, therapeutic exercise, micro breaks, warm up and the fitness for duty.

Bruce A. Madsen, BS, CSCS

President

High Tech Sports Therapy Associates, Inc., Lewiston, Idaho

1205

B

Safe Forklift Operations — A User's Guide

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 of this 6-hour workshop learn everything they need to know to effectively manage and/or supervise safe forklift operations at the worksite.

Rob Vetter

Director of Training

IVES Training Group, Blaine, Washington

Craig Hamelund

Education Specialist, Oregon OSHA, Portland

Thursday, March 12, continued

1206 HCE

I

Caring for the Bariatric Population

Part 1: New Discoveries in Bariatrics: Trends in Planning Care for Larger Clients (9 a.m.-Noon)

This program explores the practical application of the evidence on bariatrics. Changing demographics of obesity in all practice settings is discussed as it relates to promoting patient safety while preventing caregiver injury. Weight loss surgery, centers of excellence concepts, sensitivity, pediatric obesity, diagnostic challenges, equipment design, training and the physical environment, legal aspects, care across the continuum, the aging obese individual and more are reviewed from a practical risk management, humanistic, case-study approach presenting new discoveries and trends in caring for larger heavier patients.

Susan Gallagher Camden, RN, HCRM, WOCN, CBN, MSN, PhD

Clinical Advisor, Celebration Institute, Conroe, Texas

Part 2: Obesity in the Workplace: Ergonomic Design for a Special Population (1-2:30 p.m.)

This session is designed for attendees who would like to improve productivity and reduce workplace injuries in their facilities, with focus on helping overweight and obese employees. Case studies are used to provide examples of workplace design for such employees.

Margaret Wan, PhD, MSPH, HEM

*Environmental, Health and Safety Specialist
Kaiser Permanente, Pasadena, California*

Part 3: Panel Discussion (3-4:30 p.m.)

Successes and challenges of bariatric care programs are discussed by panelists.

June Ann Cole RN, MS CNS COHN-S

*Occupational Health Manager
Portland VA Medical Center, Damascus*

Dave Dery, PT

*Employee Health and Fitness Manager
Salem Hospital, Salem*

Dan Donahue, M. Ed.

*Director Employee Health and Wellness
Providence St. Peter Hospital, Olympia, Washington*

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Theresa Kramer, MS, PT

*Injury Prevention Program Coordinator
Cascade Healthcare Community, Bend*

Maureen Murphy, BS, RN

*Assistant Department Manager, Medical Surgical Units
Good Samaritan Regional Medical Center, Corvallis*

1207

B

A Practical Overview of Industrial Hygiene for Non-IHs

Part 1: Overview of Industrial Hygiene

The class starts with a discussion of the fundamentals of the industrial hygiene field. This portion of the class includes: the history of the industrial hygiene profession, how industrial hygiene and OSHA are related, performing worksite evaluations, and the fundamentals of toxicology.

Part 2: Industrial Hygiene Workshop

In a series of industrial hygiene exercises, 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 and gas overexposures. 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).

LaRee A. Gashwiler, MS

*Scientific Instrument Technician
Oregon OSHA, Portland*

Brian Hauck, CIH

*Industrial Hygienist
Oregon OSHA, Portland*

1208

B/I

Workplace Violence: What Employers and Supervisors Need to Know, and Street Smarts: Surviving the Unthinkable

Part 1: Workplace Violence

This program is designed to provide 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. The session includes case studies and practical demonstrations of what works, what does not and why, as well as what to do and not to do when workplace violence issues arise.

Part 2: Street Smarts & Surviving The Unthinkable

This program is designed to level the playing field between criminals and potential victims as well as increasing the probability of surviving life threatening incidents, whether the risk is an active shooter, terrorism incident, street crime, or a natural disaster. This program addresses "real world" personal safety risks and countermeasures of living in the U.S. in 2009 and beyond.

This session includes details on the latest techniques, countermeasures, and case studies and practical demonstrations of what works, what does not, and why. This program is designed to provide techniques and detailed information about surviving life-threatening incidents that can be immediately implemented to increase the odds for survival. The session goal is that audience members walk away with the ability to recognize potentially violent situations and usable ideas for making their workplace and communities safer environments.

John J. Posey, CPP, PSP

President

Corporate Security Services, Inc., Battle Ground, Washington

1209

I

Systematic Slip, Trip, and Fall Prevention

Slips, trips, and falls have been a major incident cause across industries for as long as causes have been tracked. Unfortunately, even though new technologies are available, accident rates remain high. This session approaches the issue from the perspective that a relatively straightforward set of factors need to be carefully and consistently managed to reduce risks in this area, and that going beyond a superficial treatment of seemingly obvious measures is essential for real progress in this area. This session covers the key things that must be understood, considered, and implemented for the prevention of slips, trips, and falls. focuses on the key areas of floor-related issues and footwear, as well

as the often-overlooked area of walking style. Each participant leaves with practical measures they can implement at their facility immediately. Though this session is focused on same-level falls and does not cover elevated location fall protection, many of the points covered will be useful for those seeking to prevent falls from heights as well.

David Natalizia

Founder and Principal

Dynamic Safety Inc., Costa Mesa, California

1210

All

Proven Strategies for Improving Safety Committee Effectiveness

Organizations that focus on developing and maintaining safe work practices prevent accidents. This session presents a variety of approaches to help participants address the human-performance aspect of the safety process. Participants learn how to identify the key elements of an effective safety committee and improve interactions with others using specific communication techniques.

Dan Miller

President

Dan Miller & Associates, Portland

1211

B

Safety Committee and Safety Meeting Basics (Repeat from Monday)

Learn:

- Oregon OSHA's new Safety Committee and Safety Meetings Rule
- Membership requirements
- Training requirements
- Hazard identification, accident investigation, and inspection requirements
- Centralized safety committees
- Effective safety meetings
- Recordkeeping

Al Freau

Public Education Trainer

Oregon OSHA, Portland

Linda S. Pressnell

Public Education Trainer

Oregon OSHA, Portland