

Pre-Conference Workshops

Monday, March 9

8 a.m.

Registration desk opens

Packet pick-up ONLY.

Workshops are pre-registration only

Noon-1 p.m.

Lunch

(Included with Monday workshop registration.)

9 a.m.-4:30 p.m. (all workshops)

901

B/I

An Update on Industrial Hygiene Issues in Construction

This two-part workshop enables attendees to better recognize construction-related health hazards and apply appropriate standards and controls.

Facilitator:

Brandi S. Davis, ASP, OHST

Senior Health Compliance Officer
Oregon OSHA, Portland

Part 1: This is an asbestos, lead, and silica primer for construction supervisors and building owners. Topics covered include:

Asbestos

- The basics
- Surveys (good, bad, and the ugly)
- Engineering controls/work practices
- Personal protective equipment/respirators
- Compliance programs (overview)
- General recordkeeping

Lead

- OSHA regulations 1926.62
- Medical surveillance
- Engineering controls/work practices
- Compliance programs (*overview*)
- General recordkeeping

Silica

- The basics/old regulations
- New calculations
- Activities that require air monitoring
- Air monitoring
- General recordkeeping

Brad Kelsay

Project Manager/Environmental Professional
Apex Environmental, Portland

Part 2: Provides information for construction workers and supervisory personnel and includes explanations of exposure limits (PELs, TLVs, and RELs) and typical exposure routes for construction health hazards. Legal standards and appropriate controls for hazards are covered, which include:

- Welding fume/gases
- Corrosives – acids and bases
- Dusts (*wood dust, paint dust, concrete dust*)
- Heavy metals
(*cadmium, chromium, mercury, arsenic*)
- Solvents, paints, adhesives, isocyanates

Troy Corbin, CIH/CSP/NFPA Marine Chemist

Senior Associate
AMEC Earth & Environmental, Portland

B

Basic

I

Intermediate

A

Advanced

All

Applicable for all levels

Monday, March 9, continued

902 HCE

I

Implementing Sustainable Ergonomics and Safe Patient Handling (SPH) Programs

In this workshop, participants learn a systematic method of planning, implementing, and evaluating effective and sustainable ergonomics and SPH programs in health care. Participants must have basic knowledge ergonomic risk factors and causes of work related musculoskeletal disorders.

Throughout this workshop participants conduct a Gap analysis or audit of current ergonomics and SPH activities at their facility to identify program elements that need to be implemented or enhanced to ensure a successful program.

Participants are encouraged to bring ergonomics and /or SPH challenges to this workshop so that approaches to address specific concerns can be discussed.

Topics include:

- Identifying and addressing barriers to successful implementation of programs
- Building a program foundation: Developing a business plan and identifying measurable program goals from the employee and patient safety perspective
- Identifying and addressing ergonomics-related hazards to achieve the greatest return on investment
- Methods to obtain management and employee buy in
- Integrating ergonomics and SPH into organizational and unit based cultures

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

Ergonomist, Nursing Practice Consultant
Oregon Nurses Association, Tualatin

Theresa Kramer, MS, PT

Injury Prevention Program Coordinator
Cascade Healthcare Community, Bend

Vickie Horneck, BSN, RN

Nurse Manager
Good Shepherd Health Care System, Hermiston

903 HCE

I/A

Tips and Tricks to Incorporate Safety and Efficiency into the Design of Healthcare Facilities

In the past, accountability for the design and construction of new or renovated healthcare spaces was based on the project being on time and on budget. Evaluation of the design from a functional or safety perspective or correction of design error after implementation was rarely conducted. This is changing with onset of pre/post occupancy facility design evaluations.

With the new emphasis on evidence-based design principles and the shared use of results from post occupancy evaluation, ergonomic and clinical input into all stages of the design process is becoming more essential.

Attendees learn how to incorporate use of simple tools such as scale rulers and duct tape to evaluate architectural plans and then to relay this information to front line staff. They also gain an understanding of what information they must ask for prior to assisting in any design recommendations.

The morning is focused more on acute care facility design. Attendees gain a better understanding of:

- Door specification guidelines to evaluate every door in a design to ensure each is accurately specified to allow optimal functionality
- Nursing station guidelines including typical layouts often presented and why these need to be challenged
- Specialized room design guidelines to ensure the specified needs are incorporated into the design. The design of a seclusion/secure room will be used as the example in this case

The afternoon is focused more on long term care facility design. Attendees gain a better understanding of:

- Space requirements required to fully implement a "no lift" or "minimal lift" policy
- Resident bedroom and adjoining washroom design considerations including incorporation of ceiling track lifts and why disability design guidelines are not always appropriate for use in assisted care spaces

Leslie Gamble, BScOT, CCPE

Violence Intervention Program Coordinator
Interior Health, Kelowna, BC

Dave Dery, PT

Employee Health and Fitness Manager
Salem Hospital, Salem

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

All Applicable for all levels

904

A

Advanced Fall Protection for Construction

Workshop covers:

- Standards update - ANSI Z359 (2007)
- New developments in fall protection
- Vehicle fall protection
- Rescue
- Testing of fall protection equipment
- Passive fall protection and debris containment
- Horizontal lifeline

Brad Foster

Capital Safety

Director of Field Services, Western USA

905

B

Environmental Update for Safety Professionals

This session covers the planned and potential trends in environmental policies and regulations during the next year from the new administration to the impact economy. Examines regulatory trends, organizational trends, service needs, and sector trends. Looks at federal and state (Oregon and Washington) priorities, the need for greater EHS risk management in companies, and the need for specific EHS skills and needs by industry.

John Kinsella

Managing Partner

*Environmental Resources Management
Bellevue, Washington*

906

B

Building Blocks of Safety and Health Management

Workplace health and safety does not need to be a mysterious activity, possible only for professionals. In fact, the best workplace health and safety efforts come from within an organization, using safety and health professionals as resources to the employees and managers who best understand the job, its needs, and (often) its hazards. But that doesn't mean that employers can simply rely on the approaches that they have always used. This workshop helps you understand the basic building blocks needed to effectively manage safety and health on your jobsite, not simply for regulatory compliance, but to successfully reduce the risk of worker injury.

Mark E. Hurliman, CSHM

VPP/SHARP Program Manager

Oregon OSHA, Medford

Michael Wood, CSP

Administrator

Oregon OSHA, Salem

907

All

Workplace Wellness: Motivating Employees to Participate

After you've started a wellness program, how do you encourage high-risk employees to take part in it? Learn how to help people make smart choices about health behaviors through education, motivation and reinforcement of healthy options. Learn how to maximize participation, use incentives, handle confidentiality, conduct biometric screenings, and evaluate your program. Testimonials are given from companies that have established successful wellness programs.

Bud Harris, PhD, cWC, CPT

Wellness Coach and Personal Trainer

FitnessWork, LLC, Hillsboro

Wende McClay Knabe, MS

Account Manager

WebMD Health Services, Portland

Heidi Pierce

Wellness Program Coordinator

Stimson Lumber Company, Forest Grove

Representative from City County Insurance Services TBD

Monday, March 9, continued

908

I/A

The Organizational Scorecard and Performance Management

Traditionally business was managed by financial results. By the mid-eighties this was deemed insufficient to meet the challenges of globalization. By the mid-nineties organizational scorecards were being utilized as a means of performance management, strategy deployment, and business metrics. This workshop discusses this powerful tool and its application to managing safety as it applies to the firm, departments and individual employees.

Objectives:

- Apply a powerful technique to the management of organizational performance
- Align internal processes with the business objectives
- Create an upstream strategy deployment and measurement system

Peter G. Furst, MBA, Registered Architect, CSP, ARA, REA, CSI

Director of Contracting
Liberty Mutual Group, Pleasanton, California

909

I

Combining Project Management and Participatory Ergonomics to Increase Project Effectiveness

This workshop provides a simple straightforward methodology to help you manage your projects and achieve business objectives. By answering a series of key project management questions you learn to clarify your project goals and identify milestones and tasks that need to be completed. The participatory ergonomics questions help you identify key individuals or areas of expertise needed to maximize your project's results. This dual process builds collaborative, cross-functional partnerships, reduces unintended consequences, and increases project success.

The combination of these two processes helps you include the right people — those with the needed expertise and knowledge and responsibility — in answering the right questions to make sure your project is focused on the most effective outcomes and has the highest probability of success.

By the end of the workshop, through use of a case study activity, attendees practice and gain sufficient knowledge to apply the methodology independently to your own work projects. Each attendee should come prepared to engage in the example small group case study or bring a current work project to share with their group.

These two processes can be applied easily to any project large or small. Additionally, the methodology can be adapted and included as part of any formal business process your company may utilize such as LEAN, Six Sigma, or TQM.

Nancy Larson, MS, CPE

Ergonomics Manager, Corporate Safety & Industrial Hygiene
3M, St. Paul, Minnesota

910

A

HAZWOPER 8-Hour Refresher

Prerequisite: 24- or 40-hour initial HAZWOPER

Designed to provide participants with general information in relation to the OSHA requirements for those who work at hazardous waste operations. This course meets the training requirements specified in 29 CFR 1910.120 for workers who need the annual 8-hour refresher training. The course content emphasizes the health and safety requirements and procedures for those who work cleaning up waste sites, handling hazardous waste at treatment, storage or disposal facilities or responding to major spills or releases of hazardous substances, as well as a review of any changes to the standard.

Troy Corbin, CIH/CSP/NFPA Marine Chemist

Senior Associate
AMEC Earth & Environmental, Portland

Randy Knight

Senior Trainer, Environmental Scientist
AMEC Earth and Environmental, Portland

B

Basic

I

Intermediate

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Applicable for all levels

911

B/I

Emergency Preparedness/Emergency Response

Part 1: NIOSH Health Hazard Evaluation Program Overview and Case Study

The National Institute for Occupational Safety and Health (NIOSH) conducts worksite evaluations through its Health Hazard Evaluation (HHE) Program. A multidisciplinary team responds to requests from employees, employers, and unions and carries out health and exposure assessments to determine if hazardous conditions exist. Examples of evaluations are presented that include a discussion of the findings, conclusions, and recommendations given to improve working conditions. An in-depth discussion on two of the evaluations, which sought to determine both the physical and mental health impact of the response to Hurricane Katrina in the New Orleans Police Department, is offered.

Christine A. West, RN, MSN/MPH

*Nurse Epidemiologist, Hazard Evaluations and Technical Assistance
CDC/NIOSH, Cincinnati, Ohio*

Part 2: Taking Care of Business – Emergency Management Teams

Provides a real-world look at emergencies that have occurred in a variety of workplaces and shows you how to develop an Incident Management System to effectively handle life-threatening emergencies. For those new to the Incident Management System (IMS) concept, a basic overview of IMS is presented complete with handouts that you can take back to the job and put to work. For those business and public agencies with emergency response plans already in place, this presentation offers value in taking a closer look at the role of leadership and shows how you can get more leadership support and participation for your programs.

Don Fleck

*Chief
Mt. Angel Fire District, Mt. Angel*

Terrence McCarthy

*Safety/Risk Manager
Oregon Employment Department, Salem*

Patrick Sangster

*Safety Specialist II
Oregon Employment Department, Salem*

Part 3: Pandemic Flu - Beyond the Basics

Provides an opportunity to help strengthen public-private partnerships, share best practices and resources, identify and discuss hot topics, clarify roles in emergency situations, and prepare an Oregon crisis communication model for a pandemic event. Time is spent discussing tools available that employers can use to develop a plan for a Pandemic Influenza. The tools are useful in guiding an employer's decisions to assess the level of risk associated with employee tasks and the precautions that are necessary to reduce employee influenza exposure risk.

Michael Kubler, MS

*Planner
Oregon Public Health Division, Portland*

Kyle Walker

*Strategic Planning Business Manager Continuity and Emergency Management
Portland General Electric, Portland*

Russ Reasoner

*Consultant
Oregon OSHA, Portland*

Part 4: Oregon WARN - Public Utilities

(Description not available at time of printing.)

Speaker TBD

Monday, March 9, continued

912

All

EverSafe Driving Program

Motor vehicle collisions are the number one cause of work-related fatalities. The loss of a valued employee in a collision is a serious concern whether the collision occurs on the job or off the job. The financial, emotional and family impact is serious to the organization as well as the individual. All organizations have employees who drive to and from work with their privately owned vehicle or during the work shift in a company or privately owned vehicle. This means virtually every employee and their families can benefit by participation in this safe driving training. This program respects the fact you have basic driving skills and ability. Its curriculum focuses drivers to consider what can be done to become an even better, safer driver. Participants learn through class discussion and analyzing various crash exercises how proper crash reporting, investigation and review committees can work to prevent future incidents.

Gene Rushing

Safety Training Consultant
Evergreen Safety Council, Sandy

John Zakariassen

Risk Management Consultant
City County Insurance Services, Salem

913

All

Managing Change and Transition and Tools for Conscious Leadership

Part 1: Managing Change and Transition

People struggle with change because frequently there is little or no attention given to the emotional and psychological impacts associated with change events.

This session provides strategies to manage the physical components of change and at the same time support individuals, groups and entire organizations as they move through the transition process.

Content:

- Master the ability to navigate change
- Learn the three phases of transition
- Develop a specific change-and-transition management plan tailored to your needs
- Identify action steps to implement this management plan

Part 2: Tools for Conscious Leadership

Safety leadership is a 24-hr-a-day, 7-day-a-week opportunity. The choices we make each moment have a powerful impact on ourselves and on those around us. This program invites every person to take full ownership for the choices they make to support and promote safe work practices both on and off the job. The way we show up as safety-change agents influences others decisions. No matter what his or her position in the company or role in life, each person contributes to the safety transformation process one choice at a time.

Content:

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

Dan Miller

President
Dan Miller & Associates, Portland

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

All Applicable for all levels

914

B/I

Excavation and Confined Space Safety

Part 1: Excavation Safety for the “Competent Person”

Trenching and excavation work is ranked high on OSHA injury and death list. Learn what it takes to become the “Competent Person” on a digging job. This workshop raises your level of awareness to existing hazards and shows you how to identify soils and select the correct protective system for your job. Gain the skills and knowledge to allow you to be the “Competent Person” on your job.

Part 2: Confined Space and Permit-Required Confined Space Safety

Learn how to identify a confined space and recognize the hazards that require a confined space to be entered using a permit. Attendees test atmospheres for common hazards and specify equipment that makes their job safer and easier to complete. This workshop covers a wide variety OSHA standards and ventilation control methods.

Clint Van Arsdall

*Consultant and Trainer
Portland*

915

B

Safety Committee and Safety Meeting Basics

Learn about:

- 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*

(Session repeated on Thursday – #1211)