The Oregon Coalition for HealthCare Ergonomics, the University of Washington Northwest Center for Occupational Health and Safety, and the Washington Safe Patient Handling Steering Committee present the

3rd National

Health Care

Ergonomics

Conference

Shared Challenges
Real Strategies
Practical Solutions

Registration Program

In Partnership with the



MARCH 9-12, 2009

OREGON CONVENTION CENTER PORTLAND, OREGON

Sponsors — Thank you!

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Register online www.oregongosh.com

Special Events

Breakfast with Exhibitors

Tuesday, March 10 Wednesday, March 11

7-8:30 a.m.

Enjoy a continental breakfast while visiting with exhibitors!

The GOSH exhibits, designed with the safety professional in mind, feature more than 150 suppliers and distributors who will show you the newest products, equipment, services, software, and training to increase productivity and profits, minimize worker accidents, and keep your workplace safe and healthy.

Awards Ceremony & 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.



Steve Donahue

Steve is a professional speaker, best-selling author, and documentary filmmaker. He has been inspiring audiences around the world for almost two decades with his speeches. As a former stand-up comedian, Steve's presentations are famous for their humor and pacing. His first book, Shifting Sands; A Guidebook for Crossing the Deserts of Change, is an international bestseller with editions translated into Korean, Russian, Turkish and Greek.

Keynote: A Journey on Shifting Sands

Tuesday, March 10 9:15-10:15 a.m.

As a young man Steve Donahue crossed the Sahara Desert overland from north to south. Braving relentless sandstorms, blistering heat, mysterious nomads and the endless dunes, Steve learned what it takes to travel safely in a dangerous environment. He will share the gripping tale of his desert adventure while revealing his Rules for Desert Travel, practical tips for finding your way and leading others in a time of change.

Breakout Session: Follow a Compass, Not a Map

Tuesday, March 10 10:30 a.m.-Noon (See page 20)

www.followacompass.com

HealthCare Ergonomics

Conference

Keynote Speaker: William S. Marras, Ph.D., CPE

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

Sponsored by SAIF Corporation

A national leader in the study of low back pain, William S. Marras, Ph.D., CPE, is a professor at the Ohio State University and holds the Honda Endowed Chair in the Department of Integrated Systems Engineering. He also is the director of the Biodynamics Laboratory and the Center for Occupational Health in Automobile Manufacturing and Executive Director of the Institute for Ergonomics.

Marras presents "What We Know About Risk to the Low Back Due to Occupational Exposure and Patient Handling in Particular," which covers the current thinking about pathways to low back pain, specifically occupational-related low back pain.



Marras's findings have been published in over 185 peer-reviewed journal articles and numerous books and book chapters. He is a two-time winner (1993 and 2002) of the prestigious Swedish Volvo Award for Low Back Pain. He is also a fellow in numerous professional societies and currently serves as the Chair of the Committee on Human Systems Integration at the National Research Council (National Academy of Sciences).

HealthCare Ergonomics Conference

Conference Information & Services

Registration Information and Fees for GOSH and HealthCare Ergonomics

Deadline for pre-registration by mail is February 27, 2009.

After this date, please register online or by fax until March 4, 6 p.m.

Go to www.oregongosh.com to register online for the Oregon GOSH Conference and the HealthCare Ergonomics Conference.

For attendees who prefer paper and pen or who do not have access to the Internet, the registration form is at the back of this booklet on tear-out pages.

Monday, March 9 - Pre-Conference Workshops

Thursday, March 12 - *Post-Conference Workshops*

Advance registration is required for the pre- and post-conference all-day workshops. Workshops fill quickly and space is limited. Confirmed registration in Monday and Thursday workshops guarantees you a seat in the workshop, so registrater early. The fee for each all-day workshop is \$125, which includes lunch and handout materials.

Tuesday & Wednesday, March 10 & 11

The fee for the conference sessions (Tuesday-Wednesday, March 10 and 11) is \$150. The fee for attending one day (Tuesday or Wednesday) is \$100.

Sessions offer open seating on Tuesday and Wednesday until classrooms reach capacity.

Checks, purchase orders, and most major credit cards are accepted for payment. The registration fee covers conference sessions, handout materials, and admittance to the exhibit hall.

Meals

Lunch on Monday, Tuesday, and Thursday is included with conference registration fee.

Lunch on Wednesday is not included in the conference registration fee. Cost is as follows:

Awards Luncheon, Wednesday\$15

Register by mail or fax

Please complete the enclosed registration form and send it with your check, purchase order, or credit card information; make payable and mail or fax to:

> **Oregon Governor's Conference** PO Box 1110 Boring, OR 97009-1110

Fax: (503) 961-1341

Questions about registration?

Call the Conference Section at (503) 378-3272 or toll-free (888) 292-5247, option 1.

A separate registration form must be completed for each person registering. If more than one person from your company will attend, a copy of the registration form must be made for each person. A single check, purchase order, or credit card debit may be issued for the total amount.

All parts of the registration form must be completed. If not, forms will be returned for you to complete before we can process your registration.

Onsite registration

You may register for Tuesday, Wednesday, and Thursday sessions, meals, and special events at the conference. Pre-registration is encouraged, however. Onsite registration begins:

Tuesday and Wednesday – 7 a.m. Thursday - 8 a.m.

Registration confirmation

Confirmation will be sent for registrations received before February 27, 2009. Pick up your conference materials and name badge at the pre-registration area upon arrival at the Oregon Convention Center. Your conference materials will have all the information you need to find sessions, exhibits, and other conference activities.

If you did not receive a confirmation letter, you may not be registered. Call (503) 378-3272.

Our special full-conference fee of \$285 covers your registration Monday through Thursday (including lunch on Monday, Tuesday, and Thursday).

Conference Information & Services



Lodging

Attendees are responsible for making arrangements and paying for their own lodging. If you need lodging, see page 22 for hotels offering special conference rates.

Refunds

No refunds will be granted after March 4, 2009.

If you need to cancel your registration before this date, please submit your request in writing. Substitution of attendees is allowed. "No-shows" will not receive a refund.

Accreditation

Oregon State Association of Occupational Health Nurses

Continuing education credits will be offered for nurses through the California Board of Registered Nurses, BRN Provider No. CEP8300. For more information, please contact Shelley L. Jones at 503-494-3804 (FAX #: 503-494-4678). Completely fill out the other side of this form and turn it in at the registration desk. A representative from OSAOHN will be available to collect the forms and answer questions each conference day between 4:00 and 5:30 PM. Your official CE Certificate will be mailed to you.

Evaluations

A speaker evaluation form will be provided for each session of the conference. Please leave your completed forms with the program facilitator before leaving the session. We also ask that you complete the conference evaluation form. Evaluation drop boxes will be located throughout the conference center.

Accommodations for Disabilities

The Oregon Convention Center and all sessions are wheelchair accessible. If you need special accommodations to attend conference sessions, be sure to check the "Special Accommodations" box of the enclosed registration form and include a written description of your needs on a separate sheet. Please check in at the Conference Information/ Services Desk. If you need help before the conference, call Marilyn Dye, (503) 947-7441.

Exhibit Hall

More than 150 companies will display the latest in occupational safety and health products, equipment, and services on Tuesday and Wednesday. Company representatives will be available to answer your questions and take your orders.

Hours:

Tuesday, March 10 7 a.m.-3:30 p.m. Wednesday, March 11 7 a.m-3 p.m.

Don't miss Breakfast with the Exhibitors in the Exhibit Hall on Tuesday and Wednesday, 7-8:30 a.m.

Portland Information

Portland is an exciting, culturally diverse city with museums, parks, shopping, college and professional athletics, and fine dining. Call Travel Portland, (800) 962-3700, for more information or visit www.travelportland.com.



Schedule worksheet



Monday Workshop (Lunch provided) • 9 a.m4:30 p.m.	
Thursday Workshop (Lunch provided) • 9 a.m4:30 p.m.	

Time	Tuesday	Wednesday
7:00 _		
_ _ _ _	7-8:30 a.m. Breakfast with the Exhibitors Visit Exhibits	7-8:30 a.m. Breakfast with the Exhibitors Visit Exhibits
8:30	8:30-10:15 a.m. Opening & Keynote	8:30-10 a.m. Keynote for HCE 8:30-10 a.m. CHOOSE BREAKOUT SESSION
10:15 _ 10:30 _ - -	10:30 a.mnoon CHOOSE BREAKOUT SESSION	10:30 a.mnoon CHOOSE BREAKOUT SESSION
Noon	Noon-1:30 p.m. Lunch (provided)	Noon-1:30 p.m. Awards Ceremony & Luncheon (Tickets, \$15 each)
2:30	1:30-3 p.m. CHOOSE BREAKOUT SESSION	1:30-2:30 p.m. (choose one) • Designated Exhibit Time • Executive Summit • Safe Patient Handling — The Patient Perspective
3:00		2:30-5 p.m.
3:30	3:30-5 p.m. CHOOSE BREAKOUT SESSION	CHOOSE BREAKOUT SESSION
5:00		

Registration Instructions



How to use the Registration Program and Schedule-at-a-Glance to register for GOSH and HealthCare Ergonomics Conference

- 1. Read through the program descriptions in the registration booklet to select the workshops and sessions you wish to attend (refer to Pages 10 and 11 for Pre-Conference Workshops, Pages 12-18 for Tuesday and Wednesday sessions, and Page 19 for Post-Conference Workshops). Symbols identify each workshop or session as basic, intermediate, or advanced. See the definitions below.
- 2. Use the Schedule Worksheet (Page 6) and Schedule-at-a-Glance (Pages 8 and 9) to determine your schedule. The Schedule-at-a-Glance lists the **Session Code** and **Program Title** under the day and time.
- 3. After you have chosen the workshops and sessions you want to attend, turn to the Registration Form, Part III (Pages 20 and 21) and complete your schedule.
- 4. For the Pre- and Post-Conference Workshops on Monday and Thursday, circle your first and second choices. Those workshops have a separate registration fee of \$125 (or are included in the \$285 registration fee). You must preregister for these workshops. Your confirmation letter will indicate the workshop you are scheduled to attend.

- For Tuesday and Wednesday sessions, indicate your interest by marking (X) the box next to the sessions you wish to attend. This helps us determine room size; it does not guarantee you a seat. Seating for each session on Tuesday and Wednesday is on a first-come first-served basis.
- 5. Go to Part II, Conference Registration and Fees. Based on how many and which days, meals, and special events you are attending, complete Part II.
- 6. Complete Part I, the Attendee Contact Information on the front of the Registration Form, and Part IV, Attendee Information, if you haven't already done so.
- 7. When you have completed all parts of the Registration Form, fax or mail it with payment (check, purchase order, or credit card information) to the fax number or mailing address on the front of the Registration Form.
- 8. Deadline for preregistration by mail is **February 27, 2009**. After this date, bring your completed registration form to the conference or register by fax or online at **www.oregongosh.com**, using a credit card (until March 4, 6 p.m.). Refer to the times on the front of the Registration Form or on Page 4 for onsite registration.

Experience/knowledge levels

B Basic

Basic topics are applicable to everyone interested in occupational safety and health and don't require special technical training or experience.

Intermediate

Intermediate topics address safety issues important to those responsible for development or implementation of safety programs: mid- and upper-management, safety professionals, and safety-committee members.

Advanced

Advanced topics are of interest to individuals who have substantial experience with day-to-day safety program issues.

Applicable for all levels.

Schedule-at-a-Glance



Monday, March 9

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

901: An Update on Industrial Hygiene Issues in Construction 902 HCE: Implementing Sustainable Ergonomics and SPH Programs

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

904 Advanced Fall Protection for Construction

905: Environmental Update for Safety Professionals

906: Building Blocks of Safety and Health Management

907: Workplace Wellness: Motivating Employees to Participate

908: The Organizational Scorecard and Performance Management

909: Combining Project Management and Participatory Ergonomics

910: HAZWOPER 8-Hour Refresher

911: Emergency Preparedness/Emergency Response

912: EverSafe Driving Program

913: Managing Change and Transition and Tools for Conscious Leadership

914: Excavation and Confined Space Safety

915: Safety Committee and Safety Meeting Basics

Tuesday, March 10

8:30-10:15 a.m.

1000: Opening and Keynote: A Journey on Shifting Sands

10:30 a.m.-noon

1001: Follow a Compass, Not a Map

1002: Health Issues in the Construction Industry

1003 HCE: Making the Business Case for Ergonomics and SPH Programs

1004 HCE: Understanding and Managing Ergonomic Risk in Hospital Support Services

1005: Legal Liability for the Construction Safety Professional

1006: Ergonomic Solutions in Construction

1007: Respirator Primer: Tools for Successful Program Management

1008: Selling Wellness to Management

1009: Reducing Injury Rates Through Hiring Practices and New Employee Orientation

1010: Techniques for Hazard Recognition for Construction, General Industry, and Office Workplaces

1011: Material Safety Data Sheet (MSDS)

1012: Managing Safety for an Aging Workforce: Hope, Tactics, and Strategies

1013: Keeping Your Playground Safe

1015: The Training Process

1016: What to Expect From an Oregon OSHA Inspection **1017:** How to Create a Quality Workplace Drug Program

1018: Situational Leadership for Improved Safety and Production

1019: ESH Cost Modeling

HealthCare Ergonomics *Conference

1:30-3 p.m.

1051: What You Do Now Can Hurt You Later

1052: Safety and the Bottom Line: A Public Entity Perspective

1053: Risk Management and Safety: Partners in Prevention

1054: Inspiring Safety Culture for High-Level Performance

1055: Track Safety: An Introduction to Working Safety on or Near Rail Systems

1056: Hearing and Noise — The Basics

1057: The Workplace and Aging: How to Consider and Maintain the Health of Workers as they Age Toward Retirement and Beyond

1058: Safety Committee/Safety Committee Meeting Adopted Rule Review: Everyone Must Do Something

1059: Prevention of Slips, Trips and Falls: A Systems Approach

1060: Doing Business in Oregon Under the Oregon Consumer Identity Theft Protection Act and Related Privacy Risks

1061: Preventing Sprains and Strains: Best Practices at Work

1062: OSSOA Roundtable

1063: Nurturing Effective Employer-Physician Partnerships (1:30-5 p.m.)

1064: Bridging the Generation Gap

1065: Regulatory Update

1066: Introduction to General and Hazardous Waste

1067 HCE: How Did They Do That? SPH Success Stories

1068: Collaborative Construction Planning: A Convergence of Sustainability, Lean Construction, and Safety in Design (1:30-5 p.m.)

3:30-5 p.m.

1063: Nurturing Effective Employer-Physician Partnerships (continued from 1:30 p.m.)

1068: Collaborative Construction Planning: A Convergence of Sustainability, Lean Construction, and Safety in Design *(continued from 1:30 p.m.)*

1069: Critical Issues Facing the Construction Safety Professional

1070 HCE: Therapists, Rehabilitation, and Safe Patient Handling

1071 HCE: Pilot Projects: Oregon's SPH Facility of Choice Program

1072: Safety Committees: Beyond the Basics

1073: Ladder Safety

1074: Hearing Conservation Program Management

1075: PPE Necessities

1076: Wellness Committees: Get it Going! Worksite Wellness Ways to Just Get Started!

1077: Back to Basics — Effective Hazard Recognition and Analysis for a Safe Workplace

1078: Employment Law Update: Managing the Workforce in Challenging Times

1079: A Manager's Perspective on Implementing Ergonomics Programs

1080: Dodging the Bugs: Infection Control at Work

1081: Podcasting for Workplace Safety

1082: Share the Road: Not Just a Bumper Sticker

1083: Environmental Issues Related to Property Development of Redevelopment

1084: Lead with Leading Indicators: Establishing a Culture of Safety Excellence

Wednesday, March 11

8:30-10 a.m.

1101: Safe Use of Mast Climbers

1102: Careers in Safety

1103: Machine Guarding — Amputations and OSHA's Special Emphasis Program

1104: What I Wish I Would Have Known Before the Deposition and Courtroom Presentations

1105: Use of Project Charters to Identify and Control Construction Hazards

1106: Occupational Fatality Assessment and Prevention

1107: "Got Change?" Practical Approaches for Dealing with Stress in the Ever-changing Workplace

1108: High-Voltage Safety for the Non-Electrical Worker

1109: Improving Safety Programs Through Hazard Assessment and Safety Orientation Training (8:30 a.m.- Noon)

1110: Share the Road

1111: What it Takes to Earn SHARP or VPP

1112: Basic School Safety Inspections

1113: Workers Compensation Live! (8:30 a.m.-Noon)

1114: Safety Training and Your Multicultural Workplace

1115: Taking Care of Business: Handling Life-threatening Emergencies in Your Business (8:30 a.m.- Noon)

1116: Building an Effective Safety Program

1117: Confined Space

1118: Going Beyond Injury Free!

1119 HCE: Keynote: What We Know About Risk to the Low Back Due to Occupational Exposure and Patient Handling

10:30 a.m.-Noon

1109: Improving Safety Programs Through Hazard Assessment and Safety Orientation Training (continued from 8:30 a.m.)

1113: Workers' Compensation Live! (continued from 8:30 a.m.)

1115: Taking Care of Business: Handling Life-threatening Emergencies in Your Business (continued from 8:30 a.m.)

1120: Washington State's New Crane Safety Rules

1121 HCE: Development and Evaluation of a Provincial Ceiling Lift Program in Home and Community Care

1122 HCE: Implementing Washington State's Safe Patient Handling Legislation

1123: Protection of the Public — ANSI A10.34

1124: Working at Heights: How to Survive While on Scaffolding

1125: What You Need To Know About Occupational Medicine

1126: Lockout/Tagout: Controlling Hazardous Energy

1127: Surviving Shift Work Safely

1128: Managing Your Fleet

1129: Maximizing Soft-Tissue Injury Repair: From Science to Yoga

1130: Safety and Security Issues for Schools

1131: Reducing on the Job Injuries and Illnesses for Young Workers

1132: Occupational Health Psychology

1133: General Overview of Chemistry for Safety and Health Professionals

1134: Developing and Managing the Risk Management Corrective Action Plan Process

1135: Ergonomics for Safety Committees

1:30-2:30 p.m.

Designated Exhibit time

1150: Executive Summit

1:30-2:20 p.m.

1151 HCE: Safe Patient Handling — The Patient Perspective

Panel Discussion

2:30-5 p.m.

1152: Mobile Safe Crane Operation

1153: The What, Why, and How of Hazard Communication

1154 HCE: Ergonomics and Safe Patient Handling for Diagnostic Imaging Services

1155: Sharing the Road and Safe Driving Techniques

1156: Construction Foremen: Rights and Responsibilities for Those Working on the Front Lines

1157: Conducting an Accident Investigation

1158: Introduction to Indoor Air Quality

1160 HCE: Choosing and Safely Installing Safe Patient Handling Equipment

1161: Driven to Distractions

1162: Computer Ergonomics and Workstation Design

1163: Return-to-Work Success Stories **1164:** Pandemic Flu — Beyond the Basics

1166: Workplace Violence Prevention

1167: Early Reporting for Injuries ... Making it Easy!

1168: Five Pillars of a Highly Effective Safety Management Process

1169: Storage and Handling of Flammable Liquids

and Fire Prevention

Thursday, March 12

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

1201: Electrical Safety

1202: Managing Catastrophic Workplace Accidents

1203: Taking the Mystery Out of Metrics

1204: Sprains/Strains and Things That Go Numb in the Night!

1205: Safe Forklift Operations — A User's Guide **1206 HCE:** Caring for the Bariatric Population

1207: A Practical Overview of Industrial Hygiene for Non IHs

1208: Workplace Violence: What Employers and Supervisors Need to Know; *and* Street Smarts: Surviving the Unthinkable

1209: Systematic Slip, Trip, and Fall Prevention

1210: Proven Strategies for Improving Safety Committee Effectiveness

1211: Safety Committee and Safety Meeting Basics (*Repeat from Monday*)

For all workshop and session descriptions go to www.oregongosh.com



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)

902 HCE



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





All Applicable for all levels

For all workshop and session descriptions go to www.oregongosh.com



903 HCE



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

For all workshop and session descriptions go to www.oregongosh.com



Tuesday, March 10

7 a.m.

Registration begins

7-8:30 a.m.

Breakfast with Exhibitors

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

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

Exhibits open

8:30-10:15 a.m.

Opening and Keynote

Opening (8:30-9:15 a.m.)

Clark Vermillion

Conference Chair President, ASSE Columbia-Willamette Chapter

Michael Wood, CSP

Administrator Oregon OSHA, Salem

10:30 a.m.-noon

1003 HCE



Making the Business Case for Ergonomics and SPH Programs

Understanding and documenting the costs and benefits within the context of a business model is critical for selling, justifying and evaluating successful ergonomics and safe patient handling (SPH) programs and solutions. This session provides participants with a method of defining the cost benefits and economic impact of their ergonomics and SPH activities. Principles can also be applied to cost justification of occupational safety and health programs

Topics discussed include:

- Identifying and measuring the cost of poor workplace design and occupational musculoskeletal disorders to health care facilities
- Defining how ergonomics and SPH programs positively impact health care business goals and profit margin: integrating employee and patient safety
- Economics analysis methods to demonstrate the financial benefits of ergonomics and Safe Patient Handling activities

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

Ergonomist, Nursing Practice Consultant Oregon Nurses Association, Tualatin

1004 HCE



Understanding and Managing Ergonomic Risk in Hospital Support Services

For many healthcare organizations, musculoskeletal disorders (MSDs) or ergonomic injuries account for approximately 40-60% of their claims and incurred costs. Though reducing patient handling injuries is a priority, managing the ergonomic risk in support services (i.e., laboratory, environmental, dietary, and facilities services) is also important to a comprehensive risk control plan. After this presentation attendees understand the key ergonomic risk factors and root causes in hospital support services, and common solutions for improvement.

Woody Dwyer, MS, CPE, CIE

Ergonomics Specialist Travelers Insurance, Orange, California

Dora Shaieb, PT

Ergonomics Coordinator Citrus Valley Health Partners, West Covina, California





All Applicable for all levels



1012

Managing Safety for an Aging Workforce: Hope, Tactics, and Strategies

The aging workforce is a well-known reality. Americans are living longer and staying in the workforce longer. The United States General Accounting Office estimates that by the year 2015 the proportion of workers over age 55 will have nearly doubled since 1990. The percentage of Americans over age 65 is expected to grow in the next 20 years. Unfortunately, myths have propagated about the value of older workers and their impact on safety. This session describes who older workers are, replaces myths with research-based reality about older workers and offers practical steps for managing the safety of an aging workforce.

Wayne S. Maynard, CSP, CPE, ALCM

Product Director-Ergonomics & Tribology Liberty Mutual Research Institute for Safety Hopkinton, Massachusetts

Noon-1:30 p.m.

Lunch — Sponsored by SAIF Corporation (Included with Tuesday registration fee.)

1:30-3 p.m.

1059



Prevention of Slips, Trips and Falls: A Systems Approach

Slips, trips and falls represent more than a trivial problem. The 2007 Liberty Mutual's Workplace Safety Index ranking of the ten leading causes of workplace accidents, and a 2001 CFO Survey of Workplace Safety revealed some interesting statistics about the direct and indirect costs of workers compensation from same level slips and falls. The direct cost of falls on the same level represents \$6.6 billion, or 13.6 percent of the total \$48.3 billion, second behind overexertion. Less than 9 percent of the CFOs surveyed rank slips and falls as a top cause of workers' comp loss -- fourth overall.

Why the difference in perception versus reality? The reason might be in lack of understanding about causes of slips and falls and implementation of a proactive process for managing prevention. This presentation explains causes of slips, trips and falls including Tribology, explains slip resistance and facility design standards for same level falls including stairways, and explains how an effective slip and fall prevention process can save an organization potentially millions of dollars in reduced injuries and facility design costs over time.

Wayne S. Maynard, CSP, CPE, ALCM

Product Director-Ergonomics & Tribology Liberty Mutual Research Institute for Safety Hopkinton, Massachusetts

1067 HCE



How Did They Do That? Case Studies in Healthcare Ergonomics

Panelists describe the ergonomics and safe patient programs that have been successfully implemented at their acute care and outpatient clinic facilities in Washington and Oregon. Practical approaches that facilitate the implementation of sustainable programs are discussed.

Theresa Kramer, MS, PT

Injury Prevention Program Coordinator Cascade Healthcare Community, Bend

Jacqueline A. Feaver, CRC/R, HEM, CSHE, CHSP, CHCM

Ergonomics Manager, Oregon Region Providence Health and Services, Portland

Tim Donohue

Quality Assurance Program Manager Multnomah County Health Dept., Integrated Clinical Services, Portland

Leslie Pickett, PT

Ergonomics & Injury Prevention Specialist Swedish Medical Center, Seattle, Washington

3-3:30 p.m.

Break



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

1070 HCE



Therapists, Rehabilitation, and Safe Patient Handling

Physical therapists are not immune to work-related musculoskeletal disorders or injuries. There is a long-standing belief, however, that adherence to "good body mechanics" will protect us from injury over the course of a working career. The nursing profession has already begun a paradigm shift away from manual patient handling to integrating new technology with hands-on patient care. There is an increasing body of evidence that multi-faceted safe patient handling programs are effective in decreasing injuries and improving safety for both caregivers and patients. In addition, the goals of patient safety and the goals of rehabilitation are not necessarily mutually exclusive. This program reviews the evidence, discusses some of the myths about safe patient handling and rehabilitation, describes current trends of safe patient handling, and discusses the impact on the physical therapy profession.

Leslie Pickett, PT

Ergonomics & Injury Prevention Specialist Swedish Medical Center, Seattle, Washington

Kathleen Rockefeller, ScD, MPH, PT

Associate Professor School of Physical Therapy & Rehabilitation Sciences, Univ. of Florida, Tampa, Florida

1071 HCE



Pilot Projects: Oregon's Safe Patient Handling Facility of Choice Program

Injury data has demonstrated that musculoskeletal injuries to nurses and CNAs are a serious problem in Oregon, resulting in costly and disabling injuries to workers and to the patients and residents being handled. In order to promote safe patient handling Oregon OSHA, with input from the Oregon Coalition for Healthcare Ergonomics (OCHE), is piloting a Facility of Choice (FOC) program for long-term care facilities and critical access rural hospitals in Oregon.

Dallas Retirement Village in Dallas and Good Shepherd Hospital in Hermiston were chosen to pilot the FOC program, which is currently underway.

In this session management and staff from each pilot facility discuss the development, successes, and pitfalls of their programs including:

- Securing upper management buy-in by showing return on investment
- Keys to employee participation
- Considerations for equipment purchase
- How to strategically roll out facility wide training
- How to involve your patients and their families

Yutonah Bowes

Ergonomics Outreach Coordinator Oregon OSHA, Salem

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

Ergonomist, Nursing Practice, Consultant Oregon Nurses Association, Tualatin

Jennifer Hess, DC, MPH, PhD

Research Associate and Ergonomist *University of Oregon, Labor Education and Research Center* (LERC), Eugene

Vickie Horneck, BSN, RN

Nurse Manager Good Shepherd Health Care System, Hermiston

Cory J. Oace, NHA

Health Care Administrator Dallas Retirement Village, Dallas







For all workshop and session descriptions go to www.oregongosh.com

Wednesday, March 11

7 a.m.

Registration begins

7-8:30 a.m.

Breakfast with the Exhibitors

Sponsored by Associated General Contractors, Oregon Columbia Chapter

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

7 a.m.-3 p.m.

Exhibits open

8:30-10 a.m.

1119 HCE



Keynote: What We Know About Risk to the Low Back Due to Occupational Exposure and Patient Handling

This keynote describes the current thinking about pathways to low back pain with emphasis on occupationally related low back pain. In the past several years it has become well accepted that physical work factors, individual factors, and psychosocial factors are all associated with low back pain risk. How these various categories of risk factors interact to increase spine tissue loads and how these loads can increase the risk of low back pain are discussed. The session pays particular attention to work performed in a biodynamics laboratory that assess how patient handling tasks can lead to spine loads and how these risks can be effectively mediated.

William S. Marras, Ph.D., CPE

Honda Chair Professor and Director Department of Integrated Systems Engineering, Columbus, Ohio

Sponsored by SAIF Corporation

HealthCare
Ergonomics
*Conference

Keynote: by William S. Marras, PhD, CPE
Wednesday, March 11, 8:30-10 a.m.

10-10:30 a.m.

Break

For all workshop and session descriptions go to www.oregongosh.com



Wednesday, March 11, continued

10:30 a.m.-noon

1121 HCE

В

Development and Evaluation of a Provincial Ceiling Lift Program in Home and Community Care

This session outlines:

- The challenges and barriers in home and community care (HCC)
- A description of past unsuccessful ceiling lift initiatives
- The importance of key stakeholder involvement in program development
- An outline of the issues associated with implementing ceiling lifts in HCC
- A determination of which issues are drivers and which are outcomes
- Program goals and objectives
- An outline of the necessary ceiling lift program components for HCC
- Potential funding sources
- Results of the evaluation
- Key messages from the program
- Next steps

Participants should be able to use the information from the session to consider the necessary components for an integrated ceiling lift program for HCC.

Chris Back, BSc, CCPE

Director, Injury Prevention Occupational Health and Safety Agency for Healthcare (OHSAH), Vancouver, BC, Canada

For all workshop and session descriptions go to www.oregongosh.com





Intermediate A Advanced



All Applicable for all levels

1122 HCE



Implementing Washington State's Safe Patient Handling Legislation

Discusses the:

- Washington State legislation including timelines for implementation
- Role of the Washington State Safe Patient Handling Steering Committee in assisting hospitals in successful implementation
- Successes and overcoming roadblocks in implementing safe patient handling programs with examples from four Washington hospitals

Nick Baisch

Lift Team

Valley Medical Center, Seattle, Washington

Ninica Howard, MS, CPE

Senior Ergonomist, SHARP Program Washington Dept of Labor & Industries Olympia, Washington

Donovan Knight

Director, Clinical Support Services and Safety Regional Hospital, Seattle, Washington

Sharon Ness, RN

UFCW Local 141 Nurses, Seattle, Washington

Barbara Silverstein, MSN, PhD, MPH, CPE

Research Director, SHARP Program Washington Dept of Labor & Industries, Olympia, Washington

1127

All

Surviving Shift Work Safely

The American workweek has evolved into a medley of extended shifts, rotating shifts, and flexible schedules. Workers may experience physical, social and psychological stresses with shift work, and fatigue may contribute to increased injury rates in all types of industries. This presentation begins with an overview of the science behind sleep, the nature of shift work, and the effects of sleep deprivation and worker fatigue on performance. The presenter helps attendees understand and recognize the risks associated with shift work in any industry and discusses specific measures to help employers and employees prevent or reduce fatigue and its potentially serious consequences.

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

Loss Control Program Advisor SAIF Corporation, Salem



Noon-1:30 p.m.

Awards Ceremony and Luncheon (Tickets are \$15 each)

GOSH CONFERENCE

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.

For all workshop and session descriptions go to www.oregongosh.com

1:30-2:20 p.m.

All

1151 HCE

Safe Patient Handling — The Patient Perspective Panel Discussion

What do patients and their families think about the use of Safe Patient Handling (SPH) equipment in hospitals and other health care environments? Do patients feel safer when being lifted and moved by equipment? This panel session explores SPH from the patient perspective. Several people who have been patients in primarily acute care facilities talk about their SPH experience.

Facilitator:

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

Loss Control Program Advisor SAIF Corporation, Salem

Deborah D. Bernard

Administrative Assistant, Regional Health and Safety Department Kaiser Permanente, Portland

2:30-5 p.m.

1154 HCE

Ergonomics and Safe Patient Handling for Diagnostic Imaging Services

Panelists explore ways to address ergonomics and safe patient handling issues faced by staff in a variety of diagnostic imaging services including MRI; sonography; radiology, and nuclear medicine.

Woody Dwyer, MS, CPE, CIE

Ergonomics Specialist Travelers Insurance, Orange, California

Marlene Kendrick

Sonographer

Kaiser Permanente, Vancouver, Washington

Doug Roberts, RDMS, RDCS

Ultrasound and Nuclear Medicine Manager Kaiser Permanente, Portland

Robert Rose, RT

Diagnostic Imaging Director Good Shepherd Medical Center, Hermiston



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

1160 HCE

AII

Choosing and Safely Installing Safe Patient Handling Equipment

One of the key components to successful safe patient handling (SPH) programs in any healthcare environment is knowing how to choose the right equipment to match the care task, patient characteristics and design of the facility. Participants are provided with information on how to choose patient handling equipment and slings that meets this goal.

Topics include:

- Safety and ergonomics design considerations for powered SPH equipment
- Safe installation of ceiling lifts for new building and renovation projects
- Sling choice and management
- Federal and state regulatory requirements for installation and use of SPH devices
- Infection control and maintenance considerations
- Vendor partnerships

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

Ergonomist/Nursing Practice Consultant Oregon Nurses Association, Tualatin

Tim Kuzma

Principle Alpha Modalities, Seattle, Washington

1162 HCE



Computer Ergonomics and Workstation Design

Objectives:

- To educate attendees regarding basic anatomy and physiology, biomechanics, and ergonomic risk factors present in computer workstation environments with special focus on electronic charting and portable workstations
- To provide the attendees with the ability to effectively reduce ergonomic risk factors and prevent work-related musculoskeletal disorders by offering realistic workable solutions

 To provide an overview and key information regarding the new computer workstation standards (ANSI/HFES 100-2007) developed by the Human Factors Ergonomics Society

Janet DeLapp, MS, CDMS, CPE

Occupational Ergonomist
Solutions Northwest, Inc., Olympia, Washington

Celeste McLaughlin, BA, CPT

Ergonomic Consultant Solutions Northwest, Inc., Olympia, Washington

From Hostile to Healthy: Creating a Culture of Safety in Nursing

Thursday, March 12, 2009

8 a.m.-4:45 p.m.

Oregon Convention Center — Portland, Oregon

The incidence of injury to healthcare workers from violent acts in the workplace is more than twice the incidence of workers in other settings (Bureau of Labor 2005.) For decades a culture of "shame and blame" rather than safety has been pervasive in healthcare settings. Creating a culture of safety in healthcare is essential to building the healthy, functional healthcare team necessary to deliver quality healthcare to the American public. This important conference will examine many of the issues related to violence in the healthcare setting. Highlights of the conference include a keynote presentation by a nationally recognized nursing leader addressing the chronic problem of lateral violence, an update on Oregon's Workplace Violence Law, HB 2022, and a look at an innovative approach to preventing workplace violence in healthcare settings.

Cost to attend is \$95 for ONA members and nonmembers are \$130. There are discounts for full-time nursing student and retired members. Late registration (postmarked after March 6, 2009, add \$25).

To register, go to www.oregonrn.org

Co-sponsored by the Oregon Nurses Association, Oregon Association of Hospitals and Health Systems, and the Oregon Center for Nursing.



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.

1206 HCE



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

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

For all workshop and session descriptions go to www.oregongosh.com











Registration Form

March 9-12, 2009

Oregon Convention Center • Portland

HealthCare Ergonomics Conference

Part I...Attendee Contact Information

Please print		J		e registration form must be processs your registration.
Name:				
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Company:		Title:		
Business address:				
City:		_ State:	ZIP:	
Phone:()_	Ext.:_	Fax:	()_	
E-mail address:				
(For	confirmation and conference updates)			
If you don't rec	eive a confirmation e-mail or let			
	Do you want to stay on the mail	ing list for this conference?	☐ Yes ☐	No
Part II(Conference Regis	tration & Fee	S	
Questio	Refer to pages 2, 3, 11, and 58 for ns? Call the Conference Section at (5			option 1.
Deadline for p	re-registration by mail		# 93-6098153	
-	uary 27, 2009	American Society of Safety Not tax dea	Engineers, Colu ductible as a cor	•
	ed for Monday and Thursday work-			
	please register by fax or online (until onsite, except for pre-conference	Payment must acc or online registrat		egistiation form
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Wednesday, and at 8 a	ins at 7 a.m. on Tuesday and a.m. on Thursday.	Oregon Governor's	Conference	
•	ession Registration	PO Box 1110 Boring, OR 97009-11	10	
Monday through Th includes lunch Mon	nursday (March 9-12) .,Tues., and Thurs\$285		x form with punformation to (urchase order (503) 961-1341.
Tuesday and Wedn	esday (March 10 and 11) \$150	Charge \$		to my:
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Tuesday (March 10) includes lunch			
☐ Wednesday (March	11)\$100	Credit card #		
Thursday (March 1	2) includes lunch\$125	Exact name on credit card:		
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HealthCare Conference

Ergonomics Part III...Workshop & Session Schedule



For Tuesday and Wednesday sessions, please indicate your interest by marking (X) by the session numbers you wish to attend. This is to aid in determining room size only and does **not guarantee a seat**. Confirmed registration for Monday and Thursday guarantees a seat.

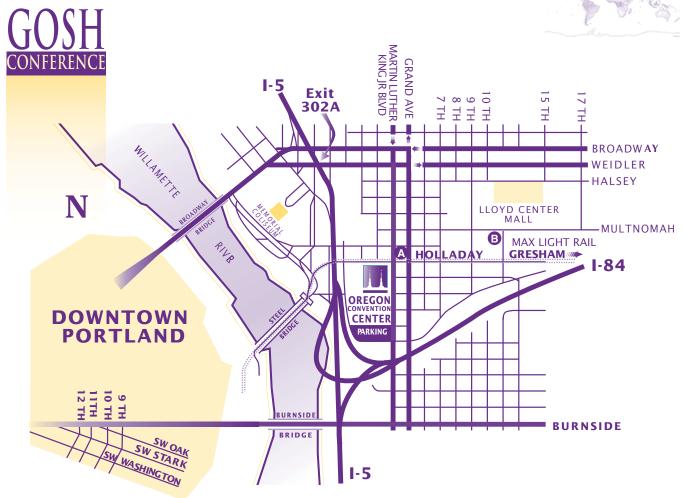
Monday, March 9	Tuesday, March 10	Wednesday, March 11	Thursday, March 12
Monday, March 9 9 a.m4:30 p.m. (all-day workshops) Choose first and second choice EXAMPLE: 1	Tuesday, March 10 8:30-10:15 a.m.	Wednesday, March 11 8:30-10 a.m. □ 1101 □ 1128 □ 1102 □ 1129 □ 1103 □ 1130 □ 1104 □ 1131 □ 1105 □ 1132 □ 1106 □ 1133 □ 1107 □ 1134 □ 1108 □ 1135 □ 1109* 1:30-2:30 p.m. □ 1110 □ 1150 □ 1111 □ 1151 HCE □ 1112 ■ Exhibit time □ 1113* 2:30-5 p.m. □ 1114 □ 1152 □ 1115* □ 1153 □ 1116 □ 1154 HCE □ 1117 □ 1155 □ 1118 □ 1154 □ 1119 HCE □ 1157 (*8:30 a.mNoon) □ 1158 10:30 a.mNoon □ 1160 □ 1121 HCE □ 1162 HCE □ 1122 HCE □ 1163 □ 1124 □ 1166	Thursday, March 12 9 a.m4:30 p.m. (all-day workshops) Choose first and second choice EXAMPLE: 1
HCE = HealthCare Ergonomics Conference sessions	1054 1079	☐ 1123 ☐ 1164 ☐ 1124 ☐ 1166 ☐ 1125 ☐ 1167 ☐ 1126 ☐ 1168 ☐ 1169 ☐	and pages 10-19 for titles, code numbers,

Part IV... Attendee Information

How did you learn about this conference? (Check only one)	Indicate which industry you represent (Check only one)
☐ Direct mail ☐ Newspaper ☐ Newsletter ☐ ASSE ☐ Oregon OSHA ☐ Management ☐ Web/Internet ☐ Labor association ☐ Insurance carrier ☐ Other	☐ Agriculture ☐ Healthcare ☐ Construction ☐ Lumber/Wood products ☐ Government ☐ Other ☐ Government
Attendee Profile (Check only one) Employee	Special accommodations Check if you require special services. Attach a written description of your needs.

Lodging Information & Map





A block of rooms is reserved at the following hotels at a room rate of \$116 plus tax per night, single occupancy. To get this rate, please mention the room block name when making your reservations. If cut-off date has passed, please call hotel and ask for room rate availability.

A Red Lion, Convention Center

1021 NE Grand Avenue, Portland, OR 97232

(across the street from the convention center)

503-235-2100

Room block name: GOSH Cut-off date: February 8, 2009



B DoubleTree Hotel, Lloyd Center

1000 NE Multnomah Street, Portland, OR 97232

(walk four blocks or take MAX light rail to and from the hotel)

503-281-6111

Room block name: SSE

Cut-off date: February 6, 2009