

GOSH 2023



37th biennial

OREGON GOVERNOR'S OCCUPATIONAL SAFETY & HEALTH CONFERENCE

The largest health and safety conference in the Northwest

REGISTRATION PROGRAM

March 6-9, 2023

Oregon Convention Center
Portland

*Register online at **oregongosh.com***



The GOSH Conference is a joint effort of the American Society of Safety Professionals (ASSP) Columbia-Willamette Chapter and Oregon OSHA, a division of the Department of Consumer and Business Services.

Thank you, Sponsors!

The following businesses and organizations have generously donated funds or services so we can continue to make the Oregon Governor's Occupational Safety and Health Conference as affordable as possible.

Platinum



Gold



Silver



Supporters

Anadyne • Commercial Business Furniture • Eurofins Built Environment Testing
Ladder-Guard • Life Safety Corporation • Oregon SHARP Alliance • Pacific Marketing
Waste Management • Work Right NW

COLUMBIA FORKLIFT CHALLENGE

Sit down, propane forklift competition

Driver Entry Form

Oregon Convention Center – Portland ► Wednesday, March 8, 2023

Driver Contact Information

Please print

Name: _____

Company: _____

Address: _____

City: _____ State: _____ ZIP: _____

Phone: _____ E-mail: _____



Team Entry: Are you also a member of a three-driver team? ☐ Yes ☐ No

List other team members: _____

Teams of three must be determined prior to the event with a limit of one team from a location.
Driver changes are allowed prior to check-in. Team score is derived from the three individual scores.

More CFC information or to register online visit oregongosh.com

Entry deadline February 10, 2023 – Event limited to 30 drivers

Once registered, you will receive the **Driver Application Packet** via e-mail (beginning January 16, 2023). Packet includes:

- Driver biography form
- Waiver
- Proof of operator training from your employer
- 20-question "Safe Forklift Operation" quiz

The quiz is **not a pass-fail exam**; however, participants will receive a one-point demerit for each incorrect answer.

NOTE: Forklift operators must be competent to operate the truck safely (as determined by their employer). The proof of operator training should be a photocopy of the employer's documentation showing the operator was trained and evaluated to operate the forklift safely.

Completed Driver Packet due February 21, 2023

Entry fee is \$125 per person

(lunch included)

Payment must accompany registration form.
Make check payable to:

Oregon Governor's Conference
PO Box 5640
Salem, OR 97304-0640

– OR – Fax form with credit card information to 503-947-7019

Check-in on March 8, 2023, begins at 7:30 a.m. and closes at 8:15 a.m. in Exhibit Hall C at the Oregon Convention Center. All drivers must attend the driver's orientation at 8:30 a.m. or as soon as all drivers have checked in. Starting times will be chosen by drawing numbers and assigned to each driver after check-in.

Questions? Contact Craig Hamelund at 971-375-7156 or email Craig.Hamelund@dcbs.oregon.gov

Charge \$ _____ my: ☐ MasterCard ☐ VISA ☐ American Express ☐ Discover

Name on card (print): _____ Phone: _____

Billing address: _____

Billing city: _____ Billing Zip Code: _____

Exp. date: _____ Security code: _____ { 3 digits on back of MasterCard or VISA
4 digits on front of American Express

Signature: _____

Office use only

Date Rec. _____

Amt. Rec. _____

Check # _____

PO # _____

Last 4 _____

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Special Events

Keynote

Tuesday, March 7 at 8:30 a.m.

The Pursuit of a New Normal

Studies have shown that people are not even minimally prepared for disasters in an increasingly disaster-prone world. In an unsparing examination of its own efforts, FEMA concluded that the development of "individual cultures of preparedness from the bottom up could eventually lead to a more resilient nation." Your workplace is potentially such a culture. With your leadership, your employees are 75 percent more likely to prepare. Where do you start? This presentation attempts to answer two fundamental questions about workplace disaster preparedness: 1) Why do people not prepare for disasters? 2) How do we create cultures of preparedness?



Steven Eberlein

Ethos Preparedness, Portland

The Cascadia Subduction Zone (CSZ) earthquake is arguably the greatest natural disaster threat facing the United States, and inarguably the greatest risk facing the Pacific Northwest. Steven is a native Oregonian who has experienced both the terror of a local earthquake – the 1993 earthquakes in Klamath Falls – and the unparalleled destruction of a subduction zone event. In 2016, his career's focus turned to PNW earthquake preparedness. In that time, he has delivered more than 200 CSZ preparedness presentations at conferences, top workplaces, and private living rooms alike. In 2018, he was chosen from 250 applicants by TEDx Portland to explain his theory on disaster preparedness culture. Less publicly, Steven works to bring top companies comprehensive earthquake preparedness solutions so their employees and enterprise might survive the aftermath of a large earthquake event.

Awards Ceremony & Luncheon

Wednesday, March 8

Honoring Great Achievement

(11:45 a.m.-1:15 p.m.) Open to all

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.



Columbia Forklift Challenge

Wednesday, March 8

Exhibit Hall C at the Oregon Convention Center

Cash prizes range
from \$200 to \$500!

Special Events



WISE

Women in Safety Excellence

Self-care is a WISE thing

WISE Event - 2023

Planners are working on a fifth Women in Safety Excellence (WISE) networking event during the Governor's Occupational Safety and Health Conference (GOSH) in 2023 at the Oregon Convention Center in Portland. The event will be held from 4:30-6:30 PM on Tuesday, March 7th, and will include light refreshments, awards, and networking opportunities.

RSVP to event:

If you plan to attend the event, please RSVP to Sarah Cipriano, sarcip@saif.com to get an accurate count for the refreshments.

Call for awards.

This year, each Oregon ASSP chapter (Columbia-Willamette, Broken Top, Cascade, and Southern Oregon) will select individuals from their chapter who has been an ally for WISE and WISE members. For the first time, the award requirements do not specify the gender of the award recipient as we strive to be more inclusive of all the contributions of our members.

The requirements:

- ASSP member
- Encouragement of and/or participation in WISE events
- Welcoming partner who helps with connections, resources, and mentorship

Each chapter should select its nominees and submit the names and biographies to Paula Jones, paujon@saif.com no later than **January 24, 2023**.

WISE Keynote

Looking Back, Planning Forward: Growth, Satisfaction, and Well-being

As we move through our career, what is it that guides our journey? How do we craft growth, find satisfaction, and honor our individual well-being? During this talk, Dede shares stories and lessons she has learned during her 35+ years safety and health career about how we can honor our individual strengths and passions and collective need for connection, while feeding our bodies, minds, and spirits. Come to listen, dream, share with a trusted friend, and imagine ways to enhance your journey.

► Dede Montgomery, MS, CIH

Program Manager, Our Good Health & Well-Being, Legacy Health

Conference Information & Services

Registration Information and Fees

Deadline for pre-registration by mail is Tuesday, February 28, 2023.

After this date, please register online or by fax until **Friday, March 3 at 6 p.m.**

Go to oregongosh.com to register online for the Oregon GOSH Conference.

For attendees who prefer paper and pen or who do not have access to the Internet, the registration form is at the end of this program.

Monday, March 6 – Pre-Conference Workshops and Thursday, March 9 – Full-Day Workshops

Advance registration is required for Monday pre-conference and Thursday full-day workshops. Workshops fill quickly and space is limited. Confirmed registration in Monday and Thursday full-day workshops guarantees you a seat in the workshop, so register early.

The fee for Monday is \$75. Fees for Tuesday, Wednesday, and Thursday is \$175 per day. Lunch is included except Monday. Session handout materials are included when available.

Sessions offer open seating on Tuesday, Wednesday, and Thursday until classrooms reach capacity (except Thursday full-day workshops).

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

Meals

Lunch on Tuesday, Wednesday, and Thursday are included with conference registration fee.

Register by scan/email, 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 5640
Salem, OR 97304-0640

Fax: 503-947-7019

Scan/Email: oregon.GOSH@dcbs.oregon.gov

Questions about registration?

Call the Conference Section at 503-947-7411 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 attends, 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. Emails are required and no duplicate emails.

On-site registration

You may register for Tuesday, Wednesday, and Thursday sessions at the conference. Pre-registration is encouraged, however. On-site registration begins:

Monday (packet pickup only): 12:15 p.m.
Tuesday, Wednesday, and Thursday: 7 a.m.

Registration confirmation

A confirmation email is sent for completed registrations. A valid email is required for confirmation. Pick up conference materials and a name badge at the pre-registration area upon arrival at the Oregon Convention Center. Your conference materials have all the information you need to find sessions, exhibits, and other conference activities.

If you did not receive a confirmation via email, you may not be registered. Call toll-free, 888-292-5247, option 1; or 503-947-7411.

Refunds

No refunds are granted after February 28, 2023.

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



Conference Information & Services

Accreditation

The 2023 GOSH Conference is seeking approval for Continuing Education Units (CEU), Continuance of Certification (COC), Certification Maintenance (CM), and other requirements applicable to a variety of professional designations, including the CSP and CIH. Consult the conference program you receive at check-in for listed accreditations, certifications, and available points, or check with your accrediting organizations for their specific requirements. The conference provides each attendee with a verification of attendance form to fill out as proof of attendance to sessions and workshops. This form, along with session descriptions and speaker information, can be submitted directly to your accrediting organization as appropriate.

Evaluations

A speaker evaluation form is provided for each session of the conference. Please leave your completed forms with the program facilitator before leaving the session. Also, please complete the conference evaluation form. Evaluation drop boxes are located throughout the conference center.

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.

I**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.

A**Advanced**

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

ALL**All**

Applicable for all levels.

Accommodations for Disabilities

The Oregon Convention Center and all sessions are wheelchair accessible. If you need special accommodations to attend conference sessions, check the "Special Accommodations" box of the enclosed registration form and include a written description of your needs on a separate sheet. If registering online, include a description in the "Special Accommodations" section. Please check in at the Conference Information/Services Desk. If you need help before the conference, call **503-947-7411**.

Exhibit Hall

More than 120 organizations display the latest in occupational safety and health products, equipment, and services on Tuesday, Wednesday, and Thursday morning. Company representatives are available to answer your questions and take your orders.

Exhibit Hall Hours:

Tuesday, March 7	7:30 a.m.-3 p.m.
Wednesday, March 8	7:30 a.m.-3 p.m.
Thursday, March 9	7:30-10:45 a.m.

Lodging

Attendees are responsible for making arrangements and paying for their own lodging. If you need lodging, **see page 52 for a nearby hotel offering a special conference rate.**

Portland Information

Portland is an exciting, culturally diverse city with museums, parks, shopping, college and professional athletics, and fine dining. Call Travel Portland, **888-503-3291**, for more information or visit www.travelportland.com.

Daily registration

**You choose the
schedule that works
best for you!**

Co-sponsorship of this conference by Oregon OSHA and the Columbia-Willamette Chapter of American Society of Safety Professionals does not necessarily constitute endorsement or approval of the content of programs. Employers and employees should review applicable rules and regulations to ensure that the information they have received is appropriate to their specific worksite and work situation. ASSP, Columbia-Willamette Chapter is financially responsible for conference arrangements and commitments.

Session numbers refer to day of the week they occur.

600 topics: Monday, March 6 **800 topics:** Wednesday, March 8

700 topics: Tuesday, March 7 **900 topics:** Thursday, March 9

Sessions are organized into interest tracks to make it easy to find the topics that interest you most. You can pick and choose from sessions in multiple tracks or use the recommended learning paths to focus on specific areas.

Agriculture/Pesticides/Cannabis

- 716:** The Cannabis Boom – Cannabis Processing, Fires, and Explosions Oh My!
- 765:** A Common Assassin: Disinfectants
- 785:** Pesticide Case Findings: An OHA and Oregon OSHA Perspective

Communication/Training

- 603:** Effective Safety Training
- 710:** Safety Training Tactics: What Works, What Doesn't, and How To Create Effective Training That Sticks
- 780:** Shazzam! Make Presentations Like a Superhero
- 832:** Engaging the Workforce Through Interactive Learning
- 909:** The Power of Questions
- 957:** The Power of Questions

Construction

- 607:** Construction Silica Competent Person Course
- 608:** Rigging: Do's and Don'ts – Roles and Responsibilities
- 612:** Competent Person Training – Excavation Safety
- 707:** Joint Utility Panel
- 709:** Lead Awareness and Other Health Hazards in Construction
- 720:** Dealing with Media in the Face of a Crisis

- 755:** Electrical Safety for the Non-electrician
- 756:** Suicide Prevention Awareness in the Construction Industry
- 758:** Scaffold Hazard Awareness
- 776:** Diversity Equity and Inclusion in Construction
- 778:** Heat Stress: Layering and High Performance FR
- 805:** Lockout/Tagout Basics
- 809:** Marijuana and the Construction Industry: An Update
- 833:** Construction Claims: What to Expect from Start to Finish
- 835:** Injury and Illness Prevention in Construction through Safety Committees and Meetings
- 860:** Taking Fall Protection to a Higher Level
- 908:** Ergonomics Is Not Just for the Desk Athlete (Desk-lete), but for the Construction Environment Too
- 911:** Safety Innovations
- 924:** What To Expect During an Oregon OSHA Inspection
- 926:** Athletes of the Construction Industry
- 955:** Simplified Industrial Rescue

Emergency Preparedness and Response

- 609:** Stop the Bleed
- 703:** Cascadia Science Update and Community Readiness
- 752:** How ShakeAlert® Will Save Lives Before Cascadia Strikes
- 772:** The Importance of Volunteer Disaster Responders

Interest Tracks

See pages 14-48 for program descriptions

Emergency Preparedness and Response

- 801:** Firewise: Home Protection Against Wildfire
- 827:** Climate Change Impacts to Work: Experiences, Perspectives, and New Rules Relating to Wildfire Smoke and Heat Illness
- 852:** Beyond the Seismic Code
- 861:** Disaster Safety 101
- 901:** Emergency Preparedness at Work, at Home, and at Play
- 920:** Firewise: Home Protection Against Wildfire
- 958:** Continuity of Operations: Theory and Practice

Environmental and Hazardous Waste

- 611:** Managing Hazardous Waste – RCRA Basics
- 715:** Environmental Basics for Health and Safety Managers
- 818:** Air Basics for the EHS Professional
- 841:** PFAS and the Future Workplace
- 912:** HAZWOPER Refresher Training

Ergonomics

- 604:** Using Simple Analysis Tools and Employee Involvement to Boost Your Ergonomics Program
- 702:** The Ergonomics Solutions Phase: How to Effectively Solve Musculoskeletal Disorder Problems
- 751:** Basic Ergonomic Fundamentals: Learning How To Do Evaluations in Person and Virtual
- 771:** Human Error and Accident Causation
- 826:** Ergonomics in the Evolving Office Environment
- 850:** The Past, Present, and Future of Occupational Exoskeletons
- 908:** Ergonomics Is Not Just for the Desk Athlete (Desk-lete), but for the Construction Environment Too

General Industry

- 705:** PPE and PPE Assessments in General Industry
- 754:** Hazard Communication
- 755:** Electrical Safety for the Non-electrician
- 766:** Professional Certifications for the Safety, Health, and Environmental Professionals
- 775:** Confined Space and Industrial Rescue: How Much and How?
- 803:** Ladder Safety

- 851:** Controlling Hazardous Energy – Getting Through the Weeds
- 857:** First Aid Training Program – Overview, Planning, and Implementation
- 858:** Fire and Life Safety Inspections: How To be Ready
- 903:** Practical Strategies for Preventing Slips, Trips, and Falls
- 910:** Safe Forklift Operations
- 914:** Oregon OSHA's Fall Protection Options for General Industry
- 955:** Simplified Industrial Rescue
- 956:** Machine Guarding: Hazards, Guards, Devices, Location, and Work Practices

Healthcare

- 610:** Lessons Learned From the COVID-19 Pandemic To Keep Workers Safe and Businesses Open
- 708:** Safety and Health of the Traveling Employee
- 767:** Health Care Workplace Violence Prevention
- 777:** Work-related Injuries of the Upper Extremity
- 806:** Migraine Headache – Is Work a Trigger?
- 844:** Health Care Ergonomics: Common Issues and Solutions
- 928:** Understanding Workplace Risks and Hazards and the Art of Treating Minor Workplace Injuries

Industrial Hygiene

- 602:** Industrial Hygiene for the Non-IH
- 712:** Disinfection Hazards: Focus on Peracetic Acid and Hydrogen Peroxide
- 713:** Indoor Environmental Quality and Your Health
- 714:** Manganese Rule Update
- 762:** Water Risk Management and the Use of DNA-based Testing for Monitoring of Legionella
- 763:** Oregon OSHA's New Manganese PEL: Pros and Cons of the Safe Harbor Table Concept for Manganese and Silica
- 764:** Introduction to Audible Sound
- 781:** Let Me Introduce You to Process Safety: It Will Blow Your Mind
- 782:** The Unified Combustible Dust Standard and Dust Hazards Analysis

Interest Tracks

See pages 14-48 for program descriptions

Industrial Hygiene

- 784:** Ventilation: How to Use Air To Effectively Control Hazards
- 812:** Lab Safety: Developing and Implementing a Chemical Hygiene Plan
- 814:** Hearing Loss: Not Just Noise
- 837:** Got Respirators?
- 838:** Hearing Loss Prevention: Programs and Controls
- 862:** Hands-on Equipment for the Non-Industrial Hygienist
- 864:** Respiratory Protection: Fit Testing in the New Normal of COVID-19, Wildfire Smoke, and More
- 865:** But Is It Working? Hearing Protection Fit Testing Case Study
- 904:** Dealing With a Carcinogen: Welding Fume Exposures and Controls

Motor Vehicle Safety

- 605:** Preparing for Your DOT Safety Audit
- 854:** Basics of Navigating Roads Safely
- 953:** Eye-opening Considerations for CDL Drivers

Occupational Health/Medicine

- 610:** Lessons Learned From the COVID-19 Pandemic To Keep Workers Safe and Businesses Open
- 708:** Safety and Health of the Traveling Employee
- 711:** Becoming Trauma Informed in the Workplace
- 767:** Health Care Workplace Violence Prevention
- 777:** Work-related Injuries of the Upper Extremity
- 783:** Reducing Stress and Preventing Burnout
- 806:** Migraine Headache – Is Work a Trigger?
- 817:** Key Benefits of Case Management for the Employer and the Injured Worker
- 831:** Preventing Tomorrow's Injuries Today
- 844:** Health Care Ergonomics: Common Issues and Solutions
- 859:** Back to the Future: Insights to Combat Conditions Caused by COVID-19
- 902:** Safety and Occupational Health Superpowers During the COVID-19 Pandemic

- 907:** Hearing Loss: The Injury You're Not Likely To Hear About
- 925:** Rehabilitation of Common Knee and Back Injuries
- 928:** Understanding Workplace Risks and Hazards and the Art of Treating Minor Workplace Injuries
- 954:** Emotional First Aid – What To Do and How To Help With Grief and Loss in the Workplace

Organizational Development/Culture

- 766:** Professional Certifications for the Safety, Health, and Environmental Professionals
- 788:** Positive Jobsite Culture (PJC) Training
- 811:** Tracking Your Way Toward a Stronger Safety Culture
- 834:** Leadership Drives Safety Culture
- 905:** Discussing Our Culture: The Intersection Between Physical and Psychological Safety
- 923:** Emerging Safety Technologies: The Future of Injury Prevention is Here

Regulatory/Legal Issues

- 706:** Recordable, Reportable, or Both?
- 714:** Manganese Rule Update
- 760:** Employment Law Update
- 807:** Regulatory Agencies Update (OSHA, WCD, BOLI)
- 829:** Oregon OSHA Accident Case Studies
- 867:** Oregon OSHA Regulatory Update

Risk Management

- 603:** Effective Safety Training
- 701:** Managing Change: Tools To Make Enterprise Risk Management (ERM) a Reality
- 779:** Resiliency Against Flooding in a Changing Climate
- 808:** Planning for Resilience: Wildland Fire in the Pacific Northwest
- 825:** Driving Safety Through Your Organization's Culture
- 861:** Disaster Safety 101
- 921:** Principles and Practices of Error Reduction Tools
- 950:** Supporting Learning With the Mind in Mind

Interest Tracks

See pages 14-48 for program descriptions

Safety Committees

- 704:** Accident Investigations
- 753:** The Importance of Hazard Identification and Effectively Communicating What We See
- 773:** Safety Committee Bootcamp
- 802:** The Importance of Hazard Identification and Effectively Communicating What We See
- 810:** The Hazard Risk Assessment Process: Prioritize for Measurable Risk Reduction
- 830:** Tools and Techniques for Conducting an Effective Accident Investigation
- 835:** Injury and Illness Prevention in Construction through Safety Committees and Meetings
- 853:** Safety Committees – Fizzle Factor to Fresh Thinking
- 906:** Energize Your Safety Committee: Zap It with Creativity
- 922:** You Think You're Good at Identifying Hazards? ... Let's Play!

Safety and Health Management/Leadership

- 601:** Training the Next Generation of Safety Leaders
- 750:** Safety for Supervisors
- 770:** Intentional Safety Leadership: Moving from Minimum Compliance to Safety Excellence
- 828:** New Hire Safety Leadership
- 927:** Handling Change in Your Business – Learning How To Help Your Team Better Adapt To Change
- 960:** Basics in Starting a Safety Program

Total Worker Health

- 606:** Question, Persuade, Refer (QPR) Gatekeeper Training
- 717:** Mental Wellness, Well-being, and Suicide Prevention
- 786:** Why We Sleep and the Consequences of When We Don't
- 815:** Mental Well-being and Suicide Prevention Awareness
- 839:** Safety Supportive Supervisor Training To Reduce Psychosocial Stressors at Work

- 855:** QPR: Question, Persuade, Refer
- 856:** No One Size Fits All – Implementing TWH
- 913:** Total Worker Health 101
- 952:** Question, Persuade, Refer (QPR) Gatekeeper Training
- 959:** Total Worker Health: Workplace Solutions

Utilities

- 761:** Electromagnetic Fields in the Electric Utility Industry
- 813:** Going Beyond Compliance: Protecting Employees From Wildfire Smoke Contaminants
- 827:** Climate Change Impacts to Work: Experiences, Perspectives, and New Rules Relating to Wildfire Smoke and Heat Illness
- 832:** Engaging the Workforce Through Interactive Learning

Workers' Compensation

- 757:** Common Pitfalls and Emerging Workers' Compensation Trends for Oregon Employers
- 774:** Oregon's Return to Work Programs: Not Too Good To Be True
- 836:** Workers' Compensation Division Regulatory Update
- 863:** Workers' Comp 101: From Injury to Closure

Workplace Violence

- 718:** Taking Violence Out Of The Workplace: Reaction and Prevention
- 767:** Health Care Workplace Violence Prevention
- 816:** Workplace Violence Prevention – Case Studies
- 840:** Crime Prevention Through Environmental Design (CPTED): The Basics
- 866:** Personal Safety 101
- 951:** Violence in the Workplace: Prepare, Respond, Recover

Visit the Exhibits

Exhibit Hours

Tuesday & Wednesday, 7:30 a.m.-3 p.m.

Thursday, 7:30-10:45 a.m.

More than 120 organizations feature the latest technology in equipment, demonstrate their products, and introduce their services and programs.

- 3M Personal Safety Division
- A-SAFE Inc
- Access Technologies, Inc.
- AccuformNMC
- ADAPT Training
- Airflow Systems Northwest, Inc.
- Airgas, Inc.
- Anadyne
- Armor Guys
- ASSP Columbia-Willamette Chapter
- Brady Corporation
- Bulwark Safety Systems
- Butterfield Onsite Drug Testing
- Canopy
- Cestusline, Inc.
- CITE - Columbia Industrial Training and Education, LLC
- Citizen Fire Academy
- Columbia Southern University
- Columbia Willamette Chapter of ASSP
- Commercial Business Furniture
- Construction Safety Summit
- DCBS - Ombuds Office for Oregon Workers
- Deployed Logix
- Diversified Fall Protection
- Division of Financial Regulation
- Draeger, Inc.
- Edge Construction Supply
- Eurofins Built Environment Testing
- Evergreen Safety Council
- Fastenal
- Favor Your Feet
- Fire Facilities
- Future Industrial Technologies
- G2 Consultants
- Global Glove & Safety
- GoHealth Urgent Care
- Grainger
- Graphic Products
- Guardian Fall Protection
- Harris WorkSystems
- HexArmor
- Honeywell
- INTREPID INDUSTRIES INC.
- Impacto Protective Products
- Industrial Scientific Corporation
- Integrity Safety
- Ironclad Performance Wear
- Jammie's Environmental
- Kasama Safety Solutions
- KPA
- Ladder-Guard
- Lakeland Industries
- Larson Davis
- Life Safety Corporation
- Lighthouse Worldwide Solutions
- Lines For Life/Construction Suicide Prevention Partnership
- Majestic Glove
- Mallory Safety and Supply
- Moldex
- Mountain Pacific Sales
- Naked Prosthetics
- National Safety Apparel
- National Safety Incorporated
- North American Rescue
- NorthCoast Sales
- OSAOHN
- O[yes]
- On Site Health and Safety
- OraSure Technologies
- Oregon Bureau of Labor and Industries and Oregon Department of Revenue
- Oregon Department of Human Services
- Oregon Institute of Occupational Health Sciences
- Oregon OSHA
- Oregon Poison Center at OHSU
- Oregon SHARP Alliance
- Overton Safety Training, Inc.
- Pacific Breeze
- PDS
- P2R Consortium
- Paid Leave Oregon, Oregon Employment Department
- Preferred Worker Program
- ProtectEar USA, LLC
- Providence Medical Group
- Radians Inc
- ReadyMax, Inc
- Ready America
- Region X VPPPA
- Ritz Safety
- Safe Surface Northwest LLC
- SAIF Corporation
- SawStop
- Serenity Lane
- SHOWA Glove
- SKC West, Inc.
- Small Business Ombuds - DCBS
- Smart Labs Now
- State of Oregon Construction Contractors Board
- Studson
- The Street Trust
- Summit Safety Shoes
- TSI, Inc.
- Tucker-Weitzel
- University of Washington (ShakeAlert)
- University of Washington DEOHS Continuing Education
- U.S. Department of Labor | OSHA
- WA State Department of Labor & Industries
- Washington Audiology Services, Inc.
- Wells Lamont Industrial
- Werner
- Willscot Mobile Mini
- Westex: A Milliken Brand
- Work-at-Height
- Work Right NW
- Working Concepts, Inc
- Workers' Compensation Division
- WorkSource Oregon
- Workwear Outfitters

(Exhibitors as of 2/27/23)

Schedule-at-a-Glance

Monday, March 6

12:15 p.m. Registration desk opens

1-4 p.m.

- 601:** Training the Next Generation of Safety Leaders
- 602:** Industrial Hygiene for the Non-IH
- 603:** Effective Safety Training
- 604:** Using Simple Analysis Tools and Employee Involvement to Boost Your Ergonomics Program
- 605:** Preparing for Your DOT Safety Audit
- 606:** Question, Persuade, Refer (QPR) Gatekeeper Training (repeat on Thursday at 1 p.m.)
- 607:** Construction Silica Competent Person Course (1- 5 p.m.)
- 608:** Rigging: Do's and Don'ts – Roles and Responsibilities
- 609:** Stop the Bleed
- 610:** Lessons Learned From the COVID-19 Pandemic To Keep Workers Safe and Businesses Open
- 611:** Managing Hazardous Waste – RCRA Basics
- 612:** Competent Person Training – Excavation Safety

Tuesday, March 7

7 a.m. Registration opens

8:30-9:45 a.m.

- 700:** Opening and Keynote: The Pursuit of a New Normal

9:45-10:30 a.m. Break and Visit Exhibits

10:30-11:45 a.m.

- 701:** Managing Change: Tools To Make Enterprise Risk Management (ERM) a Reality
- 702:** The Ergonomics Solutions Phase: How to Effectively Solve Musculoskeletal Disorder Problems
- 703:** Cascadia Science Update and Community Readiness
- 704:** Accident Investigations
- 705:** PPE and PPE Assessments in General Industry
- 706:** Recordable, Reportable, or Both?
- 707:** Joint Utility Panel
- 708:** Safety and Health of the Traveling Employee
- 709:** Lead Awareness and Other Health Hazards in Construction

- 710:** Safety Training Tactics: What Works, What Doesn't, and How To Create Effective Training That Sticks
- 711:** Becoming Trauma Informed in the Workplace
- 712:** Disinfection Hazards: Focus on Peracetic Acid and Hydrogen Peroxide
- 713:** Indoor Environmental Quality and Your Health
- 714:** Manganese Rule Update
- 715:** Environmental Basics for Health and Safety Managers
- 716:** The Cannabis Boom – Cannabis Processing, Fires, and Explosions Oh My!
- 717:** Mental Wellness, Well-being, and Suicide Prevention
- 718:** Taking Violence Out Of The Workplace: Reaction and Prevention
- 720:** Dealing with Media in the Face of a Crisis

Noon-1:15 p.m. Lunch (included with Tuesday registration fee)

1:15-2:30 p.m.

- 750:** Safety for Supervisors
- 751:** Basic Ergonomic Fundamentals: Learning How To Do Evaluations in Person and Virtual
- 752:** How ShakeAlert® Will Save Lives Before Cascadia Strikes
- 753:** The Importance of Hazard Identification and Effectively Communicating What We See (repeat on Wednesday at 8:30 a.m.)
- 754:** Hazard Communication
- 755:** Electrical Safety for the Non-electrician
- 756:** Suicide Prevention Awareness in the Construction Industry
- 757:** Common Pitfalls and Emerging Workers' Compensation Trends for Oregon Employers
- 758:** Scaffold Hazard Awareness
- 760:** Employment Law Update
- 761:** Electromagnetic Fields in the Electric Utility Industry
- 762:** Water Risk Management and the Use of DNA-based Testing for Monitoring of Legionella

Schedule-at-a-Glance

763: Oregon OSHA's New Manganese PEL: Pros and Cons of the Safe Harbor Table Concept for Manganese and Silica

764: Introduction to Audible Sound

765: A Common Assassin: Disinfectants

766: Professional Certifications for the Safety, Health, and Environmental Professionals

767: Health Care Workplace Violence Prevention

2:30-3 p.m. Break and Visit Exhibits

3-4:30 p.m.

770: Intentional Safety Leadership: Moving from Minimum Compliance to Safety Excellence

771: Human Error and Accident Causation

772: The Importance of Volunteer Disaster Responders

773: Safety Committee Bootcamp

774: Oregon's Return to Work Programs: Not Too Good To Be True

775: Confined Space and Industrial Rescue: How Much and How?

776: Diversity Equity and Inclusion in Construction

777: Work-related Injuries of the Upper Extremity

778: Heat Stress: Layering and High Performance FR

779: Resiliency Against Flooding in a Changing Climate

780: Shazzam! Make Presentations Like a Superhero

781: Let Me Introduce You to Process Safety: It Will Blow Your Mind

782: The Unified Combustible Dust Standard and Dust Hazards Analysis

783: Reducing Stress and Preventing Burnout

784: Ventilation: How to Use Air To Effectively Control Hazards

785: Pesticide Case Findings: An OHA and Oregon OSHA Perspective

786: Why We Sleep and the Consequences of When We Don't

788: Positive Jobsite Culture (PJC) Training

Wednesday, March 8

7 a.m. Registration opens

7:30 a.m. Columbia Forklift Challenge Driver Check-in

8:30-9:45 a.m.

801: Firewise: Home Protection Against Wildfire (repeat on Thursday at 10:45 a.m.)

802: The Importance of Hazard Identification and Effectively Communicating What We See (repeat from Tuesday at 1:15 p.m.)

803: Ladder Safety

805: Lockout/Tagout Basics

806: Migraine Headache – Is Work a Trigger?

807: Regulatory Agencies Update (OSHA, WCD, BOLI)

808: Planning for Resilience: Wildland Fire in the Pacific Northwest

809: Marijuana and the Construction Industry: An Update

810: The Hazard Risk Assessment Process: Prioritize for Measurable Risk Reduction

811: Tracking Your Way Toward a Stronger Safety Culture

812: Lab Safety: Developing and Implementing a Chemical Hygiene Plan

813: Going Beyond Compliance: Protecting Employees From Wildfire Smoke Contaminants

814: Hearing Loss: Not Just Noise

815: Mental Well-being and Suicide Prevention Awareness

816: Workplace Violence Prevention – Case Studies

817: Key Benefits of Case Management for the Employer and the Injured Worker

818: Air Basics for the EHS Professional

9:45-10:30 a.m. Break and Visit Exhibits

Schedule-at-a-Glance

10:30-11:45 a.m.

- 825:** Driving Safety Through Your Organization's Culture
- 826:** Ergonomics in the Evolving Office Environment
- 827:** Climate Change Impacts to Work: Experiences, Perspectives, and New Rules Relating to Wildfire Smoke and Heat Illness
- 828:** New Hire Safety Leadership
- 829:** Oregon OSHA Accident Case Studies
- 830:** Tools and Techniques for Conducting an Effective Accident Investigation
- 831:** Preventing Tomorrow's Injuries Today
- 832:** Engaging the Workforce Through Interactive Learning
- 833:** Construction Claims: What to Expect from Start to Finish
- 834:** Leadership Drives Safety Culture
- 835:** Injury and Illness Prevention in Construction through Safety Committees and Meetings
- 836:** Workers' Compensation Division Regulatory Update
- 837:** Got Respirators?
- 838:** Hearing Loss Prevention: Programs and Controls
- 839:** Safety Supportive Supervisor Training To Reduce Psychosocial Stressors at Work
- 840:** Crime Prevention Through Environmental Design (CPTED): The Basics
- 841:** PFAS and the Future Workplace
- 844:** Health Care Ergonomics: Common Issues and Solutions

11:45 a.m.-1:15 p.m. Awards Ceremony and Luncheon
(included with Wednesday registration fee)

1:15-2:15 p.m. Designated Exhibit Time

2:15-4:30 p.m.

- 850:** The Past, Present, and Future of Occupational Exoskeletons
- 851:** Controlling Hazardous Energy – Getting Through the Weeds
- 852:** Beyond the Seismic Code
- 853:** Safety Committees – Fizzle Factor to Fresh Thinking
- 854:** Basics of Navigating Roads Safely
- 855:** QPR: Question, Persuade, Refer
- 856:** No One Size Fits All – Implementing TWH
- 857:** First Aid Training Program – Overview, Planning, and Implementation
- 858:** Fire and Life Safety Inspections: How To be Ready
- 859:** Back to the Future: Insights to Combat Conditions Caused by COVID-19
- 860:** Taking Fall Protection to a Higher Level
- 861:** Disaster Safety 101
- 862:** Hands-on Equipment for the Non-Industrial Hygienist
- 863:** Workers' Comp 101: From Injury to Closure
- 864:** Respiratory Protection: Fit Testing in the New Normal of COVID-19, Wildfire Smoke, and More
- 865:** But Is It Working? Hearing Protection Fit Testing Case Study
- 866:** Personal Safety 101
- 867:** Oregon OSHA Regulatory Update

Schedule-at-a-Glance

Thursday, March 9

7 a.m. Registration opens

8:30-9:45 a.m.

- 901:** Emergency Preparedness at Work, at Home, and at Play
- 902:** Safety and Occupational Health Superpowers During the COVID-19 Pandemic
- 903:** Practical Strategies for Preventing Slips, Trips, and Falls
- 904:** Dealing With a Carcinogen: Welding Fume Exposures and Controls (8:30 a.m.-3:30 p.m.)
- 905:** Discussing Our Culture: The Intersection Between Physical and Psychological Safety
- 906:** Energize Your Safety Committee: Zap It with Creativity
- 907:** Hearing Loss: The Injury You're Not Likely To Hear About
- 908:** Ergonomics Is Not Just for the Desk Athlete (Desk-lete), but for the Construction Environment Too
- 909:** The Power of Questions (repeated at 1 p.m.)
- 910:** Safe Forklift Operations (8:30 a.m.-3:30 p.m.)
- 911:** Safety Innovations
- 912:** HAZWOPER Refresher Training (7:30-4:30 p.m.)
- 913:** Total Worker Health 101 (8:30 a.m.-noon)
- 914:** Oregon OSHA's Fall Protection Options for General Industry (8:30 a.m.-noon)

9:45-10:45 a.m. Break and Visit Exhibits

10:45 a.m.-noon

Continued from 8:30 a.m. – 904, 910, 912, 913, 914

- 920:** Firewise: Home Protection Against Wildfire
- 921:** Principles and Practices of Error Reduction Tools
- 922:** You Think You're Good at Identifying Hazards? ... Let's Play!

- 923:** Emerging Safety Technologies: The Future of Injury Prevention is Here
- 924:** What To Expect During an Oregon OSHA Inspection
- 925:** Rehabilitation of Common Knee and Back Injuries
- 926:** Athletes of the Construction Industry
- 927:** Handling Change in Your Business – Learning How To Help Your Team Better Adapt To Change
- 928:** Understanding Workplace Risks and Hazards and the Art of Treating Minor Workplace Injuries

Noon-1 p.m. Lunch (included with Thursday registration fee)

1-3:30 p.m.

Continued from 8:30 a.m. – 904, 910, 912

- 950:** Supporting Learning With the Mind in Mind
- 951:** Violence in the Workplace: Prepare, Respond, Recover
- 952:** Question, Persuade, Refer (QPR) Gatekeeper Training (repeat from Monday at 1 p.m.)
- 953:** Eye-opening Considerations for CDL Drivers
- 954:** Emotional First Aid – What To Do and How To Help With Grief and Loss in the Workplace
- 955:** Simplified Industrial Rescue
- 956:** Machine Guarding: Hazards, Guards, Devices, Location, and Work Practices
- 957:** The Power of Questions (Repeat from 8:30 a.m.)
- 958:** Continuity of Operations: Theory and Practice
- 959:** Total Worker Health: Workplace Solutions
- 960:** Basics in Starting a Safety Program

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

Pre-Conference Workshops

Monday, March 6
1-4 p.m.

Monday, March 6

12:15 p.m.

Registration desk opens

Packet pick-up ONLY

Workshops are pre-registration only

1-4 p.m.

601 Training the Next Generation of Safety Leaders

ALL

The world is constantly changing, creating unique challenges for upcoming safety leaders. This interactive workshop provides an overview of good safety leadership, training using the cafeteria style of learning, and strategies for how to conduct leadership training at your organization. The workshop includes tools and resources participants can use at their organizations to train leaders.

- ▶ **Leigh Manning, MPH, CSP, ARM**
Senior Safety Management Consultant
SAIF Corporation, Eugene
- ▶ **Jim Nusser, CSP**
Safety and Health Division Adviser
SAIF Corporation, Eugene

602 Industrial Hygiene for the Non-IH

B/I

This class is an overview of industrial hygiene and is designed for safety and environmental professionals who have secondary or incidental oversight for IH. Topics covered include exposure routes, states of matter (particulate, gas, vapor, fume), occupational exposure limits and their units of measurement, and OSHA substance-specific standards. Chemical, physical, and biological hazards are described along with the hierarchy of controls. Types of sampling and analytical methods used for characterizing IH exposures are addressed.

- ▶ **Troy Corbin, CIH, CSP, CMC**
Owner
NW Environmental Health & Safety, Happy Valley

603 Effective Safety Training

ALL

Learn to create "better," more effective safety training in this presentation. We begin by discussing the purpose of safety training, why human behavior can sometimes be seen as "irrational" or "unsafe," and when safety training can (and cannot) help. We then turn our attention to the ADDIE instructional design model on which ANSI/ASSP Z490.1 is based, learn how to write learning objectives for safety training, and discuss how to create assessments and training content/activities to match those objectives. Finally, we discuss the importance of training evaluation and provide several models for evaluation.

- ▶ **Sarah Cipriano, ARM, SPHR**
Senior Safety Management Consultant
SAIF Corporation, Bend

604 Using Simple Analysis Tools and Employee Involvement to Boost Your Ergonomics Program

ALL

Active employee involvement is a key factor in the success of any workplace ergonomics program. Simple (and free) analysis tools can help you find and fix the most important hazards, while allowing employees who aren't safety professionals to participate in the evaluation. Whether you're looking to reinvigorate your existing program, or get one up and running, you find something in this session to help. Participants are encouraged to bring examples from their own workplaces to use in the activities.

- ▶ **Rick Goggins, MS, CPE**
Ergonomist
Washington State Department of Labor & Industries
Olympia, Washington

605 Preparing for Your DOT Safety Audit

B

This interactive session provides an overview of the six major compliance factors covered during an official DOT safety audit. Topics include required company policies, maintenance files, driver qualification files, hours of service monitoring, drug and alcohol testing, hazardous materials, and accident ratio. Join us to learn more about how your company can prepare for the audit process.

- ▶ **Adam Williamson**
Director of Training and Development
Oregon Trucking Association, Portland

Register online at oregongosh.com

B

Basic

I

Intermediate

A

Advanced

ALL

All

606 Question, Persuade, Refer (QPR) Gatekeeper Training (repeat on Thursday at 1 p.m.)

ALL

QPR stands for Question, Persuade, and Refer – three simple steps all of us can learn to help save a life from suicide. Just as people trained in CPR help save thousands of lives each year, those trained in QPR learn how to recognize the warning signs of a suicide crisis. QPR gatekeepers can be anyone, but include those individuals most present in one's life, such as parents, friends, neighbors, doctors, supervisors, superintendents, police officers, therapists, firefighters, and many others who are well-positioned to recognize and refer someone at risk of suicide.

- ▶ **Steven Frost, LEED AP BD = C, CHST, ASP, CSP**
QPR Liaison
Construction Suicide Prevention Partnership, Portland

607 Construction Silica Competent Person Course (1-5 p.m.)

B

This interactive four-hour course provides initial training for persons designated by their construction management to act as the Silica Competent Person for their site(s) or for those who want to learn more about the role of the competent person under the federal OSHA Construction Regulation (29 CFR 1926.1153) for Respirable Crystalline Silica. Participants acquire knowledge through lecture, real-world interactive examples, and an American Industrial Hygiene Association white paper to help prepare them for compliance with the silica standard and enforcement guidance.

- ▶ **Shari Franklin Smith, CIH, CSP, M. ENG**
Lead Application Engineering Specialist
3M, Maplewood, Minnesota

608 Rigging: Do's and Don'ts – Roles and Responsibilities

ALL

In this session you learn the how-tos of proper rigging selection and the application of rigging; what a lift director is and their responsibilities; the responsibilities of a rigger and signalman; and the responsibilities of an operator or crane owner.

- ▶ **Trevor Broten**
Training Director
NessCampbell Crane + Rigging, Portland
- ▶ **Steve Spurlock, LSP**
Corporate Safety Director
NessCampbell Crane + Rigging, Portland

609 Stop the Bleed

B

Bleeding injuries can happen anywhere. Life-threatening bleeding can happen in people injured in motor vehicle crashes, disasters, or sports activities. Stop the Bleed teaches bystanders how to be an immediate responder and control bleeding until first responders arrive. This presentation also includes an overview and planning for a first-aid training program.

- ▶ **Carol Stahlke, Instructor – HSI Medic First, First Aid, CPR, and AED, Wilderness First Aid**
Safety and Training Program Manager
Portland Water Bureau, Portland
- ▶ **Heather Wong, MHS, RN, TCRN**
Trauma Program Director
Oregon Health & Science University, Portland

610 Lessons Learned From the COVID-19 Pandemic To Keep Workers Safe and Businesses Open

ALL

What made the COVID-19 pandemic a different sort of natural disaster? Should we expect another pandemic in our lifetimes? How has the COVID-19 experience changed practice and policy in occupational health, public health, and business continuity/readiness? Will the newly formed working relationship between these specialties continue? What do the panel experts advise for ongoing policy, protocols and practices to prepare workplaces for other emerging infectious diseases? What type of data, data collection, analysis, and reporting can occupational, safety, and health pros rely on? What changes do the panelists recommend to improve trusted messaging to businesses and workers? Each panel member is highly regarded within their respective specialties and were on the front line during the pandemic. Each shares lessons and advice from their various areas of expertise in a fast-paced, 30-minute presentation. It is followed by an open question-and-answer period allowing the audience to participate with questions and observations.

- ▶ **Gale Baird, MBA, SHRM-SCP, SPHR**
Human Resources Director
The Neil Jones Food Company
Vancouver, Washington
- ▶ **Georgia Latham, MS, RN, CCM, CLNC, COHN-S**
Occupational Health Nurse Manager
Sysco AZ, Tolleson, Arizona
- ▶ **Jonna Papaefthimiou**
Chief Resilience Officer
City of Portland, Portland

Pre-Conference Workshops

Monday, March 6
1-4 p.m. (continued)

- ▶ **Rebecca Pierce, PhD, MS**
Healthcare-Associated Infections Program Manager
Oregon Health Authority, Portland
- ▶ **Kate Wood, MN, RN, ARM**
Member, Board of Directors
Oregon State Association of Occupational Health Nurses, Portland

611 Managing Hazardous Waste - RCRA Basics

B

This course covers the basics of the Resource Conservation and Recovery Act (RCRA) and other hazardous waste rules. Topics covered by this training are:

- Background of RCRA
- RCRA definition of solid waste
- RCRA definition of hazardous waste
- RCRA excluded and exempted wastes
- The hazardous waste determination process
- Hazardous waste recycling, treatment, and disposal
- Management requirements (storage, transport, disposal)

- Emergency preparedness, spills, and record-keeping requirements
- Basics of toxic-use reduction
- ▶ **Alex Bertolucci**
Hazardous Waste & Toxic Reduction Technical Assistance
Oregon Department of Environmental Quality, Portland

612 Competent Person Training - Excavation Safety

ALL

Every excavation requires a "Competent Person." In this informative and engaging class, the participant learns how to meet the requirements of being a competent person and, upon successful completion, receives a certificate of training card on the subject. The class covers the excavation standard rules, the hazards on excavation jobsites, and solutions to those hazards.

- ▶ **Bret Taylor**
President
Falcon Shoring Co., LLC, Tualatin

Sessions

Tuesday, March 7

7 a.m.

Registration opens

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

Exhibits open

8:30-9:45 a.m.

700 Opening

- ▶ **Mark Frisco and Jimmy Gibbons**
Conference Co-chairs
ASSP Columbia-Willamette Chapter
- ▶ **Renée Stapleton**
Administrator
Oregon OSHA

Keynote: The Pursuit of a New Normal

Studies have shown that people are not even minimally prepared for disasters in an increasingly disaster-prone world. In an unsparing examination of its own efforts, FEMA concluded that the development of "individual cultures of preparedness from the bottom up could eventually lead to a more resilient nation." Your workplace is potentially such a culture. With your leadership, your employees are 75 percent more likely to prepare. Where do you start? This presentation attempts to answer two fundamental questions about workplace disaster preparedness: 1) Why do people not prepare for disasters? 2) How do we create cultures of preparedness?

- ▶ **Steven Eberlein**
Resilience Director
Ethos Preparedness, Portland

9:45-10:30 a.m.

Break and Visit Exhibits

10:30-11:45 a.m.

701 Managing Change: Tools To Make Enterprise Risk Management (ERM) a Reality

ALL

Implementing Enterprise Risk Management (ERM) can be a daunting task for many organizations. This class gives you the tools to begin using an ERM approach to strengthen your organization to be more resilient to market, industry, and environmental forces. This is a holistic risk model that aligns your efforts with your strategic plan to minimize risks and maximize opportunities.

- ▶ **Jeffrey Griffin**
CEO
WHA Insurance, Eugene

702 The Ergonomics Solutions Phase: How to Effectively Solve Musculoskeletal Disorder Problems

ALL

After you have determined and prioritized tasks with high musculoskeletal risk, the hard part of finding and implementing solutions begins. Navigating the solutions phase can be fraught with unforeseen problems leading to frustration, wasted resources, and failure. Many companies spend significant amounts of time and money to improve ergonomics and reduce injury risk only to find out the solution does not work and/or creates more problems. This class provides participants with strategies and methods for developing engineering and administrative controls in a cost effective, timely manner with confidence the solution will work.

- ▶ **Tony Brace, MS, CPE, CIH**
Ergonomist
SAIF Corporation, Salem

703 Cascadia Science Update and Community Readiness

ALL

The 2011 Tohoku disaster demonstrated the significant loss of life that can occur from earthquakes and tsunamis. Although the U.S. has not experienced a disaster of this size in recent history, the U.S. Pacific Northwest is threatened by similar earthquake and tsunami hazards related to the Cascadia subduction zone. This session's attendees are able to understand the range of earthquake and tsunami threats in the region, appreciate ongoing research to better understand community vulnerability to these threats, recognize the

systems in place for earthquake and tsunami warning, and understand the range of actions individuals and organizations can take to increase their resilience.

- ▶ **Nathan Wood, PhD**
Supervisory Research Geographer
U.S. Geological Survey, Portland

704 Accident Investigations

I

Incidents are rarely the result of a single root cause. Whether it's a near miss, property damage, first aid, or a recordable injury, incidents are most often the result of a number of factors coming together at an inopportune time. This class takes a fun and interactive approach to investigation highlighting management systems, operational conditions, and other factors playing a significant role in the cause and effect of incidents.

- ▶ **Joe Sypal**
EHS Manager
Sherwin-Williams Purdy Facility, Portland

705 PPE and PPE Assessments in General Industry

B

During this training session, attendees focus on the process of conducting workplace hazard assessments to determine if, and to what degree, hazards are present in the workplace requiring the use of personal protective equipment (PPE). Under 437-002-0134, employers must verify that the required workplace hazard assessment has been performed through a written certification identifying the workplace evaluated, the person certifying that the evaluation has been performed, and the date(s) of the assessment.

- ▶ **Barry Moreland, CSP, CESCO, CHST, CIT**
Safety Director
NECA-IBEW Electrical Training Center, Portland

706 Recordable, Reportable, or Both?

B

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

- ▶ **Craig Hamelund**
Education Specialist
Department of Consumer and Business Services
Oregon OSHA, Tigard
- ▶ **Bob Hamre**
Senior Field Investigator
Department of Consumer and Business Services
Workers' Compensation Division, Salem

707 Joint Utility Panel

ALL

Unsure of when to engage local utilities to ensure the smooth and safe operations of your construction project? This session hosts a panel of representatives from the utility industry and Oregon 811. Knowing who to contact, what information is needed, and when to engage local utilities and Oregon 811 helps keep staff on your construction projects safe, minimize delays and shut downs, and ensure efficient interactions with local utilities. This session is open to anyone who wants to better understand the process and ask utilities experts and Oregon 811 questions.

- ▶ **Joe Cissna, MHS, CIH, CSP**
Manager, Corporate Health & Safety
PacifiCorp, Portland
- ▶ **Zech Noel, Licensed Electrician – Oregon and Washington, OSHA 10**
Manager of Field Operations
Portland Operations Center
Portland General Electric, Portland
- ▶ **Joshua Thomas, MPA**
Executive Director
Oregon Utility Notification Center, Portland

708 Safety and Health of the Traveling Employee

ALL

As countries reopen borders, requirements ease, and travel activities resume following a global pandemic, this session reviews key points to consider (or perhaps were not considered) when your employees began to travel again.

- ▶ **Andrea Dayot, BSN, RN, CTH™**
Director, Occupational Health
Oregon Health and Science University, Portland
- ▶ **Paul Bollinger, MPH**
Program Manager
Oregon Health and Science University, Portland

709 Lead Awareness and Other Health Hazards in Construction

B

Lead exposure hazards continue to be a concern in construction, not only in commercial and residential building construction and renovation, but also in heavy civil, excavation, and other similar work. This session provides important information and resources about the hazards and risks of exposure to lead and other heavy metals such as

cadmium and chromium, what can be done to prevent or minimize those hazards, and a review of the Oregon OSHA Lead Rule for construction. The second part of this session broadens the topic and discusses the American Industrial Hygiene Association's guidance publication, "Focus Four for Health," which was written to raise awareness about four key health hazards in construction. This free, downloadable resource was modeled after the long-running OSHA Focus Four safety program and contains practical recommendations and solutions to address those health hazards and reduce the adverse effects of occupational illnesses and chronic health disorders.

- ▶ **Barb Epstien, MPH, CIH, FAIHA**
Industrial Hygienist
Retired from AGC, Hillsboro
- ▶ **Andrew Haymart, CHST**
Industrial Hygiene Technician
Associated General Contractors Oregon-Columbia Chapter, Wilsonville

710 Safety Training Tactics: What Works, What Doesn't, and How To Create Effective Training That Sticks

B

Safety training has evolved significantly since its inception in the 1970s – from trainers in a classroom to the emergence of online and just-in-time training. What can we learn from these changes? Which methods were the most effective for reducing incidents, keeping employees engaged, increasing overall efficiency, and what should we be doing right now? We explore how adults learn best and how to create training that sticks. Also, learn how you can quickly implement solutions into your current training program to be more effective while focusing on increasing the comprehension and retention of your employees.

- ▶ **Tila Maceira-Klever**
Learning and Development Manager
CIS, Lake Oswego

711 Becoming Trauma Informed in the Workplace B

Based on available evidence from the Centers of Disease Control and other sources, the audience learns to identify the prevalence of trauma throughout society and its effects on mental and physical health and how to successfully implement a trauma informed approach to avoid retriggering previous trauma and why this is important. Learn how past and present trauma may affect work performance and the evolution of a work injury.

- ▶ **Dee Heinz, RN**
Medical Programs Manager
SAIF Corporation, Salem

712 Disinfection Hazards: Focus On Peracetic Acid and Hydrogen Peroxide B/I

This presentation starts with an overview of disinfectants and their associated hazards. Disinfectant selection factors are reviewed along with regulatory agency requirements. Case studies related to worker exposures while using select disinfectants are covered.

- ▶ **Kim Henry, CIH, CHMM, MS**
Industrial Hygienist
SAIF Corporation, Salem
- ▶ **Kathy Thompson, CIH, MS, MPH**
Technical Specialist
3M, St. Paul, Minnesota

713 Indoor Environmental Quality and Your Health B/I

During this presentation, the major factors that can affect a building's overall indoor environmental quality are discussed, from building ventilation and water intrusion issues to chemical products, lighting, and odors. The building ventilation portion of this presentation covers HVAC management for better indoor environmental quality, action steps for workers and employers, thermal conditions for human occupancy, and ventilation challenges related to COVID-19 and wildfire smoke.

- ▶ **Matt Harper, CIH, CSP**
Director
G2 Consultants, Lake Oswego

714 Manganese Rule Update B

This class dives into the airborne exposure limit for manganese and how to protect welders, grinders, and cutters. Do you have questions about the airborne limit for manganese compounds and fumes? Would you like

to learn more about how to protect workers exposed to manganese? Would you like to learn more about the personal protective equipment needed for welding, cutting, or grinding? Then this class may be for you!

- ▶ **Dave McLaughlin**
Standards and Technical Manager
Department of Consumer and Business Services
Oregon OSHA, Salem

715 Environmental Basics for Health and Safety Managers ALL

Unsure about the "E" in Environmental Health and Safety? 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 response, oil storage, air regulations, and more. Topics covered include basic environmental regulatory structure, potentially applicable regulations, common compliance struggles, and additional resources for further assistance.

- ▶ **Sarah Glathar, CHMM**
Principal Compliance Specialist
Farallon Consulting, Portland

716 The Cannabis Boom - Cannabis Processing, Fires, and Explosions Oh My! I

This session covers the various different processes utilized for cannabis extraction and purification and the hazards associated with each process. We analyze the requirements for safe processing and building planning for the prevention of fires and explosions. Explore the findings of Oregon OSHA accident investigations enabling attendees to learn from the experiences gained from these tragedies.

- ▶ **Kristina Deschaine**
Deputy State Fire Marshal
Oregon Office of State Fire Marshal, Eugene
- ▶ **Brian Hauck, CIH**
Industrial Hygiene Consultant
Department of Consumer and Business Services
Oregon OSHA, Portland
- ▶ **Nathan Sweet, MS**
Senior Industrial Hygiene and Ergonomics Consultant
Department of Consumer and Business Services
Oregon OSHA, Portland
- ▶ **Ron Parvin**
Deputy State Fire Marshal
Oregon Office of State Fire Marshal, Salem

717 Mental Wellness, Well-being, and Suicide Prevention

ALL

The topic of self-care and mental wellness has taken center stage during the recent pandemic. This continues to be a focus topic because of the importance of taking care of ourselves so we can be there for others. With this panel, we take a closer look at resources that can be used to go from surviving to thriving and how the resources are applied in the workplace. We explore the resources linking physical and mental health, benefit programs that employees can leverage confidentially, state initiatives addressing suicide prevention, a local grassroots effort, as well as insight into how these programs can be applied and adopted by organizations.

- ▶ **Nick Brodnicki**
Executive Director, SW Washington and Oregon American Heart Association, Portland
- ▶ **Debra Darmata, MS**
Adult Suicide Prevention Coordinator Health Systems Division – Adult Mental Health Oregon Health Authority, Portland, Oregon
- ▶ **Steven Frost, LEED AP BD+C, CHST, ASP, CSP**
QPR Liaison Construction Suicide Prevention Partnership, Portland
- ▶ **Max Margolis**
Construction Suicide Prevention Partnership Project Coordinator Lines For Life, Portland
- ▶ **Anna Meiners, MA**
Vice President, Customer Success Canopy, Portland
- ▶ **Facilitator: Nichole Guilfoxy**
Health Management Consultant Providence Health and Services, Portland

718 Taking Violence Out Of The Workplace: Reaction and Prevention

ALL

Whether it be the political climate, a health crisis, a financial crisis, or a crisis in the home, we all experience stress in the workplace. This stress can become a grievance that can lead to workplace violence. Just simply working for a company or entity can make you a target for workplace violence based on a non-employed individual's grievance. This training provides those in the workplace a plan to respond to violence and a model to help prevent targeted violence in the workplace.

- ▶ **Robert Mannenbach, BS, ALICE Instructor**
Major Crimes Detective Central Point Police Department, Central Point

720 Dealing With Media in the Face of a Crisis

ALL

This session enables individuals and companies to create an effective media response program (MRP) through the following learning objectives:

- Proper formation of a diverse MRP committee
 - Acute understanding of the critical components for an effective MRP
 - Creation of an MRP specific to your company
 - Ability to immediately and properly respond and roll out the MRP at the moment a crisis garners media attention
- ▶ **CJ Shipley, AINS**
Commercial Insurance Broker PayneWest Insurance, Medford

Register online at
oregongosh.com

Noon-1:15 p.m.

Lunch (included with Tuesday registration fee)

1:15-2:30 p.m.

750 Safety for Supervisors I

While safety professionals know they need buy-in from upper management and support from line employees, without ownership at the supervisory level, safety initiatives inevitably fail. Supervisors are the keystone to ongoing success of your program and day-to-day adherence to policies. Learn how to support supervisor production goals while accomplishing safety initiatives.

- ▶ **Jake Teeter, CSP**
Senior Safety Management Consultant
SAIF Corporation, Portland

751 Basic Ergonomic Fundamentals: Learning How To Do Evaluations in Person and Virtual B

In this session, we review the basics of ergonomics and why it is important that every company, no matter how large or small, has an ergonomic program. Ergonomics is a preventative tool, to keep your healthy employees healthy by understanding, teaching, training, employees to work in a physically safe manner, in every role from office work to construction and everyone in between.

- ▶ **Serafine Lilien, MS**
Ergonomist, Consultant
Ergoarts, Portland

752 How ShakeAlert® Will Save Lives Before Cascadia Strikes ALL

ShakeAlert® is to earthquakes what Doppler radar is to hurricanes. While we may never have days or even hours to anticipate an earthquake, the tactical deployment of ShakeAlert® technology can slow speeding trains, prevent people from being trapped in elevators, safeguard critical assets, and reduce injuries by 50 percent in the event of a major earthquake. A new era of earthquake preparedness has dawned. This session gives you an opportunity to engage with one of the nation's foremost experts in ShakeAlert® workplace deployments. By the conclusion of the presentation, the audience understands the difference between earthquake prediction, earthquake forecasting, and earthquake early warning; what a ShakeAlert® is and how it's produced; and ShakeAlert® applications for personal safety, automated capabilities, and the workplace.

- ▶ **Josh Bashioum**
CEO, Founder
Early Warning Labs, Santa Monica, California
- ▶ **Steven Eberlein**
Resilience Director
Ethos Preparedness, Portland

753 The Importance of Hazard Identification and Effectively Communicating What We See ALL (repeat on Wednesday at 8:30 a.m.)

Many of the workplace hazards we encounter have existed for a long time and we work around them every day. We become so used to them we no longer see them – until an incident occurs. How can our risk management processes be effective if our hazard identification capabilities are compromised by our inability to see the hazards around us and communicate effectively about what we see? This session focuses on why we don't see the hazards around us, how we can change that, and how we can communicate more effectively about what we see.

- ▶ **Pete Batrowny**
Advisory Board Member
Environmental, Safety, and Health Consultant
COVE: Center of Visual Expertise, Toledo, Ohio

754 Hazard Communication

ALL

Chemical hazards in the workplace require identification and communication of hazards for their safe use by employees. The OSHA hazard communication rule and a written program required under this rule can provide a foundation for chemical safety and exposure prevention.

- ▶ **Randy Westmoreland, CSP, CET**
Senior Industrial Hygienist Consultant
Department of Consumer and Business Services
Oregon OSHA, Portland

755 Electrical Safety for the Non-electrician

ALL

Did you ever wonder how you can safely do minor electrical repairs or installations in your home? Attendees learn how electricity is produced, and how it arrives for the end user. Attendees also learn how to safely work around electricity and be able to safely perform minor electrical repairs up to 240 volts.

- ▶ **Dave Jacobsen, OSHA Authorized Trainer**
IBEW Master Instructor
Senior Safety Consultant
Colas Construction, Portland

756 Suicide Prevention Awareness in the Construction Industry

ALL

Construction is a complex industry that can be high stress and physically demanding. It is also known for being "tough." The speaker discusses a program that can be used as a building block for organizations looking to start a suicide prevention culture in their organization. The "We Are Here for You" module can be shared as a tool to help build awareness, resiliency, and to start the conversations for suicide prevention where stigma and silence are perceived as common. Moreover, the material can be a good stepping stone for establishing framework and application of suicide prevention in the construction industry.

- ▶ **Steven Frost, LEED AP BD+C, CHST, ASP, CSP**
QPR Liaison
Construction Suicide Prevention Partnership, Portland

757 Common Pitfalls and Emerging Workers' Compensation Trends for Oregon Employers

B

This presentation offers perspectives on employer coverage issues. Each presenter shares services available to employers, as well as addresses the emerging workers' compensation issues employers face. Speakers also answer audience questions and address tips to avoid common mistakes. Both employers and insurance professionals find information to assist them in their work during this interactive session.

- ▶ **Caitlin Breitbach**
Assistant Small Business Ombudsman
Re-employment Specialist
Department of Consumer and Business Services
Workers' Compensation Division, Salem, Oregon
- ▶ **Bob Hamre**
Senior Field Investigator
Department of Consumer and Business Services
Workers' Compensation Division, Salem
- ▶ **David Waki**
Small Business Ombudsman
Department of Consumer and Business Services
Portland

758 Scaffold Hazard Awareness

ALL

Falls are still one of the leading causes of death and serious injury in the construction industry. While working on scaffolds, falls from heights are a serious concern. It is important for all individuals working on and around scaffolds to know what potential hazards exist, and how to deal with these hazards, including falls and fall protection.

- ▶ **Chris Williams, Certified STSC**
Certified SAIA and MSA Instructor
Safety Manager
NW Scaffold, Portland

760 Employment Law Update

B/I

In this session, the speaker discusses key employment laws and considerations for employers of all sizes and industries in 2023. Topics include employee safety, risk management, new laws, and policy considerations. The speaker helps employers understand how each of these items affects employer responsibilities and obligations, and provides practical advice for implementing new policies in a changing legal and regulatory landscape.

- ▶ **Chris Morgan**
Attorney, Partner
Barran Liebman LLP, Portland

761 Electromagnetic Fields in the Electric Utility Industry

B

Electromagnetic fields (EMF) are common in the electric utility industry. This presentation discusses the basics of EMF, its regulations and guidelines, the latest science on its health effects, and what elements may be necessary to manage an occupational EMF program. Join our expert to learn more about EMF, the processes to educate and protect members of the public, and how to set up and create an EMF program at your workplace.

- ▶ **Robert Roloson**
Industrial Hygienist
Portland General Electric, Portland

762 Water Risk Management and the Use of DNA-based Testing for Monitoring of Legionella

ALL

Legionella bacteria are commonly found in fresh water systems and pose a significant threat to human health, particularly for individuals with a weakened immune system, advanced age, or other medical predispositions. New guidelines and regulations put more emphasis on water management plans, water treatment, and testing protocols to reduce or eliminate exposure to Legionella bacteria.

- ▶ **Michael Berg, PhD**
Technical Director
Eurofins Built Environment Testing
Broken Arrow, Oklahoma

763 Oregon OSHA's New Manganese PEL: Pros and Cons of the Safe Harbor Table Concept for Manganese and Silica

I

The new manganese rule is analyzed. The process Oregon OSHA embarked on to create the new manganese rule is chronicled, including the challenges associated with this rulemaking. The extensive data set from Oregon and Washington used to justify the rule and set the parameters in the safe harbor table are outlined and interpreted. The new rule is not arranged in the traditional "vertical code" format, but instead places new requirements inside already existing codes, such as welding and confined spaces. The effect of this new rule on fabrication companies, confined space workers, etc. is analyzed. The philosophy of using safe harbor tables to dictate personal protective equipment and controls is discussed and examined. The new safe harbor tables for manganese and silica are outlined and explained. A series of new state-of-the-art controls (ventilation and wet methods) is also examined.

- ▶ **Brian Hauck, CIH**
Industrial Hygiene Consultant
Department of Consumer and Business Services
Oregon OSHA, Portland
- ▶ **Jeff Jackson**
Retired Oregon OSHA Senior Industrial Hygiene Consultant, Portland

764 Introduction to Audible Sound

ALL

In 2018 the American Conference of Governmental Industrial Hygienists® (ACGIH®) renamed their Threshold Limit Value® (TLV®) for workplace noise from "Noise" to "Audible Sound." This session explores the reasons for this change and provides an overview of the Audible Sound TLV®. A special emphasis is placed on the changes introduced in 2018, including notes addressing non-auditory health effects that may result from workplace audible sound exposure. Note that the opinions and information expressed in this session are the speaker's own and do not necessarily reflect the official views of ACGIH®.

- ▶ **Richard Neitzel, PhD, CIH, FAIHA**
Professor of Environmental Health Sciences and Global Public Health
University of Michigan School of Public Health
Ann Arbor, Michigan

765 A Common Assassin: Disinfectants

ALL

What?!? Disinfectants are PESTICIDES?!? Oh yes, they are, and they can kill. This class covers the types of poisonings Oregon is experiencing from a regulatory and poison control perspective. Come learn about exposure monitoring, hazards of excessive disinfectant use, and ways to maintain safety while using these necessary pesticides.

- ▶ **Matthew Bucy**
Pesticide Product Registration Specialist
Oregon Department of Agriculture, Salem
- ▶ **Kaci Buhl, MS**
Associate Professor of Practice and Statewide PSEP Coordinator
Oregon State University, Department of Environmental and Molecular Toxicology, Corvallis
- ▶ **Anne Duncan, RN, BSN, CEN, CSPI**
Certified Specialist in Poison Information
Oregon Poison Center, Portland
- ▶ **Mallory Sokol, MN, RN, CSPI**
Certified Specialist in Poison Information
Oregon Poison Center, Portland

766 Professional Certifications for the Safety, Health, and Environmental Professionals

ALL

This session covers some of the more than 300 certifications, designations, and certificates available to safety, health, and environmental professionals including obtaining your Occupational Health Nursing certification. The distinction between certified, certificate, and designation is addressed as well as accredited versus nonaccredited. It helps you determine which ones you are most qualified for and which ones are right for you. We cover the benefits of obtaining and maintaining such credentials.

- ▶ **Jean Drevdahl Orchard, Ph.D., RN-BC, COHN-S/CM, CCM, CIH, CSP, CHMM**
President
Oregon State Association of Occupational Health Nurses, Beaverton
- ▶ **Bruce Hollcroft, CSP, ARM, CHMM**
Senior Risk Control Consultant
PayneWest Insurance, A Marsh & McLennan Agency Company, LLC, Spokane, Washington

767 Health Care Workplace Violence Prevention

ALL

This program explores the current state of health care violence, breaks down current metrics and categories within Legacy Health, summarizes the structure of our workplace violence prevention program, and identifies key risk factors and strategies to mitigate them at the organizational and personal practice level. Our focus for this time together moves us from the theoretical discussion of a well-documented problem and closer to safer practical solutions.

- ▶ **Mark Sohm**
Workplace Violence Prevention Program Manager
Legacy Health, Portland

2:30-3 p.m.

Break and Visit Exhibits

3-4:30 p.m.

770 Intentional Safety Leadership: Moving from Minimum Compliance to Safety Excellence

ALL

What is the secret of leaders who achieve extraordinary success in safety and health? What are the levels of the safety culture maturity curve? Why do some organizations seemingly “get it,” while others struggle under constant injuries, OSHA citations, legal challenges, and high employee turnover? Is safety really more about values than it is about good luck, capital investment, or return on investment?

This session delves into some of the answers to these questions, sharing case studies ranging from the industrial revolution through current times, and explains how “the safest organizations also happen to be the most successful!”

- ▶ **Michael Hill, CSP**
Senior Safety Management Consultant
SAIF Corporation, Medford

771 Human Error and Accident Causation

ALL

Understanding the role of human error in accident causation is important to preventing future workplace injury. This session teaches methods for identifying areas in the workplace that may influence employees to commit errors leading to injury and discuss solutions to counteract human error.

- ▶ **Tony Brace, MS, CPE, CIH**
Ergonomist
SAIF Corporation, Salem

772 The Importance of Volunteer Disaster Responders

ALL

An April 2022 United Nations report concluded that climate change and other human activities are leading to an increasing number of disasters, with 350 to 500 medium sized or large disasters each year around the world. Emergency management agencies and professionals do not have the resources to respond to the growing threat of disasters without the help of community volunteers. Using Portland CERT as a case study, this presentation

demonstrates appropriate uses for disaster response volunteers and how they act as a critical force multiplier for the work of emergency management professionals.

- ▶ **Jeremy Van Keuren**
Community Resilience Manager
Portland Bureau of Emergency Management, Portland

773 Safety Committee Bootcamp

ALL

Have you been facilitating a safety committee or meetings for a while? New to the world of safety committees and meetings? Safety Committee Bootcamp is just the class for you! Spend some time with us, and you learn to identify the various Oregon OSHA rules and division differences for safety committees, utilize practical exercises to learn and employ new tools for building engagement within your committee, examine your new or existing safety committee, and identify ways to increase effectiveness.

- ▶ **Ron Haverkost**
Safety and Health Enforcement Manager
Department of Consumer and Business Services
Oregon OSHA, Salem
- ▶ **Michael Townsley**
Health Compliance Officer
Department of Consumer and Business Services,
Oregon OSHA, Salem

774 Oregon's Return to Work Programs: Not Too Good To Be True

B

This presentation describes the purpose and program benefits of Oregon's Employer-At-Injury and Preferred Worker programs. Participants review case studies that provide real examples of the programs in action. This training also helps participants determine how the programs can assist their organization.

- ▶ **Christy Johnson**
Re-employment Specialist
Department of Consumer and Business Services
Workers' Compensation Division, Salem
- ▶ **Charity Steffen**
Re-employment Specialist, Lead Worker
Department of Consumer and Business Services
Workers' Compensation Division, Salem

775 Confined Space and Industrial Rescue: How Much and How? ALL

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 and types of emergency response needed. In this session, participants learn how to assess their facilities and operations. 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, Inc., Eugene

776 Diversity, Equity, and Inclusion in Construction B

Why does the construction industry have one of the highest suicide rates? Why do women and people of color complete construction apprenticeships at rates lower than white males? Can a lack of diversity, equity, and inclusion be a factor? What about workplace safety? Can creating a diverse and inclusive workplace with psychological safety play a role in making the workplace safer and better for everyone? The presenters highlight what we have learned these past two years in our drive to make the construction industry safe from hate.

- ▶ **Kimberly Gamble, CHST, ASP**
Corporate I.D.E.A.L. Director
Andersen Construction Company, Portland
- ▶ **Amy James Neel**
Workforce and Contracting Equity Manager
Portland Community College's Planning & Capital Construction Office, Portland

777 Work-related Injuries of the Upper Extremity I

Workplace injuries of the upper extremity are costly and disruptive. This program reviews the most common injuries, their causes, treatments, and outcomes.

- ▶ **Joseph Schenck, MD**
Board Certified Orthopedic Surgeon, Owner
Founding Member of Oregon Surgical Institute
Occupational Orthopedics, LLC, Tualatin

778 Heat Stress: Layering and High Performance FR I/A

Heat stress is the leading cause of incidents as reported to OSHA every year. We take a look into heat stress, break down its cause and affects, and how your FR/AR (Flame-Resistant/Arc-Rated) interacts with thermos-regulation.

- ▶ **Brad Sipe**
Director, Business Development
Lakeland Industries, Deerfield, Illinois

779 Resiliency Against Flooding in a Changing Climate I

Every year, rising floodwaters cause extensive damage and business interruption to unprepared businesses. Fortunately, actions can be taken to improve an organization's resiliency against flooding. This presentation aims to expand the knowledge of flood hazards, the tools available to protect businesses, and help reduce downtime from flooding. The speaker discusses the following:

- Case study: How Coca-Cola held back historic flooding at their plant in Nashville, Tennessee
 - New flood-fighting products and their rigorous testing process
 - Creating layers of protection to keep key equipment dry
 - Choosing the right tools for the job.
- ▶ **Jeff Angell**
Senior Engineering Specialist
FM Global, Bellevue, Washington

Register online at oregongosh.com

780 Shazzam! Make Presentations Like a Superhero

ALL

You, too, can be a member of the super squad! Together we assemble and learn how to defeat pesky presentation villains by leveraging learning styles, leveling up knowledge retention, and saving your learners from boredom.

- ▶ **Jennifer Boyce**
Corporate Trainer
SAIF Corporation, Salem
- ▶ **Leigh Manning, MPH, CSP, ARM**
Senior Safety Management Consultant
SAIF Corporation, Eugene
- ▶ **Mary Ann Potter, MS**
Corporate Trainer
SAIF Corporation, Salem

781 Let Me Introduce You to Process Safety: It Will Blow Your Mind

ALL

This class introduces attendees to the concept of Process Safety Management (PSM). It demonstrates that the principles of PSM are not just for those operations that legally have to implement PSM programs. The attendees are introduced to the 13 elements of a PSM program and then discuss some case studies where PSM programs could have prevented the event. This class also benefits those who are responsible for PSM programs at their workplace. The class covers the elements that often fail a PSM audit.

- ▶ **Brandi Davis, MS, CSP, CIH**
Health Enforcement Manager, Industrial Hygienist
Department of Consumer and Business Services
Oregon OSHA, Portland

Register online at
oregongosh.com

782 The Unified Combustible Dust Standard and Dust Hazards Analysis

I/A

The forthcoming National Fire Prevention Association (NFPA) 660 Standard for Combustible Dusts consolidates several previous dust standards into a single unified document. The document consists of several chapters on the fundamentals of combustible dust, followed by a set of industry-specific chapters. This course describes the development process of NFPA 660, and the requirements for Dust Hazards Analyses (DHAs).

- ▶ **James Karnesky, PhD, PE**
Managing Engineer
Exponent, Menlo Park, California
- ▶ **Ali Reza, PE**
Principal Engineer and Director
Exponent, Los Angeles, California

783 Reducing Stress and Preventing Burnout

ALL

Many individuals identify feeling stressed and/or burned out all or most of the time. This can lead to mental, emotional, and interpersonal issues if not adequately addressed. This training provides skills on how to mitigate stress and burnout.

- ▶ **Caitlin Plato, MA, CADC I, CIRP**
Senior Training and Organizational Specialist
Canopy, Portland

784 Ventilation: How To Use Air to Effectively Control Hazards

I

This session reviews design concepts of local exhaust and general (dilution) exhaust systems used to control workplace hazards. Principles of airflow, pressure drops through ductwork and hood design, and examples of using ventilation as an effective engineering control are included.

- ▶ **Lauren Geddes, CIH, MSPH**
EHS Engineer
Intel Technology Development, Environmental Health, and Safety, Hillsboro
- ▶ **Scott Swanson, CIH, CCPSC, CSP**
EHS Engineer
Intel Technology Development, Environmental Health, and Safety, Hillsboro

785 Pesticide Case Findings: An OHA and Oregon OSHA Perspective

B/I

Do you use pesticides? Manage people who do? Live near agricultural land? Curious about what happens when pesticides are misused? Then this class is for you! We review pesticide exposure incidences, provide information on populations who are at greater risks (children, workers, elderly, etc.), discuss prevention guidance and education to communities, and understand the importance of surveillance and incident reporting. Providing our families, employers, workers, health care providers with the training and/or knowledge to protect their communities can make a difference in reducing hazards and exposures to pesticides. The more we know, the better we can advocate for the proper use of pesticides.

- ▶ **Sarah Graser**
Health Compliance Officer
Department of Consumer and Business Services
Oregon OSHA, Portland
- ▶ **Alan Martinez**
Occupational Health and Pesticide Exposure Safety
Tracking Program Coordinator
Oregon Health Authority, Portland
- ▶ **Khadija Mostafa**
Health Compliance Officer
Department of Consumer and Business Services
Oregon OSHA, Eugene

786 Why We Sleep and the Consequences of When We Don't

B

Humans spend over a third of their lives asleep, yet millions of individuals obtain an insufficient amount of sleep on a daily basis. We are just now beginning to understand reasons why we need to sleep and both the long- and short-term consequences of not getting enough sleep. This talk focuses on several reasons why we need to sleep, common daily activities that unknowingly (or knowingly) disrupt our sleep, and the consequences to your personal and professional life of when you don't get enough sleep.

- ▶ **Andrew McHill, PhD**
Assistant Professor, Director of Sleep, Chronobiology
and Health Laboratory
Oregon Health & Science University, Portland

788 Positive Jobsite Culture (PJC) Training

ALL

PJC training was developed by Pacific Northwest Carpenters Institute and its partners as a tool for apprentices, journey-level workers, forepersons, and superintendents. In this session, you learn about unconscious bias, and how this can affect relationships with co-workers, the effects bullying and hazing can have on a person, and also learn some necessary tools to know how to react in these situations.

- ▶ **Mike Hawes**
Executive Director
Pacific Northwest Carpenters Institute, Portland

Wednesday, March 8

7 a.m.

Registration opens

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

Exhibits open

8:30-9:45 a.m.

801 Firewise: Home Protection Against Wildfire *(repeat on Thursday at 10:45 a.m.)*

ALL

The loss and devastation wildfire brings to doorsteps all over America continues to increase with the seasons. Fire can take whole communities, and there may not be resources to protect your home and property. After the fires of 2020, Oregon has taken notice, and already made immediate changes to the tactics and strategies of response and/or protection of our homes, communities and forest resources. The risk is real, but fear not. There are resources, concepts and strategies available to the individual homeowner to act, increasing the probability of surviving a wildfire interaction. The national Firewise recognition program provides a collaborative framework to help get organized, find direction, act to increase the ignition resistance of homes and communities, and to reduce wildfire risks locally.

- ▶ **Brandon Kirk, EMTB**
Occupational Safety Professional Consultant
Saws & Sprocket Safety LLC, Lyons

802 The Importance of Hazard Identification and Effectively Communicating What We See

A

(repeat from Tuesday at 1:15 p.m.)

Many of the workplace hazards we encounter have existed for a long time and we work around them every day. We become so used to them we no longer see them – until an incident occurs. How can our risk management processes be effective if our hazard identification capabilities are compromised by our inability to see the hazards around us and communicate effectively about what we see? This session focuses on why we don't see the hazards around us, how we can change that, and how we can communicate more effectively about what we see.

- ▶ **Pete Batrowny**
Advisory Board Member
Environmental, Safety, and Health Consultant
COVE: Center of Visual Expertise, Toledo, Ohio

803 Ladder Safety

ALL

This presentation focuses on how the ladder industry has changed over the past five to 10 years, why ladders are safer to climb today when used properly, and what ladder manufacturers have changed to make them safer. Many companies lately have implemented a ladders last program or eliminated ladders all together from their businesses and jobsites. Eliminating ladders all together is not a good common practice because workers that need to work at heights find a way to get the job done using other means that bring more risks than using the proper ladder. A better approach would be to learn what is the right ladder for the job, and then train, train, train on how to use that ladder.

- ▶ **Jeff Van Winkle, CPMR**
Owner/VP
Little Giant Ladders/Northcoast Sales Agency
Clackamas

805 Lockout/Tagout Basics

B

Attendees learn the importance of properly locking out potentially dangerous processes for their trade and others as construction job sites consist of many different trades working at the same time.

- ▶ **Dave Jacobsen, OSHA Authorized Trainer, IBEW**
Master Instructor
Senior Safety Consultant
Colas Construction, Portland

806 Migraine Headache – Is Work a Trigger?

ALL

A migraine headache is a common, debilitating condition affecting both individuals and businesses as employees miss work or suffer in silence while trying not to use sick days despite their misery. Successfully managing and preventing a migraine can result in better quality of life and a more productive, healthier workforce if the employer knows how to support their staff who get migraine headaches.

- ▶ **Joel Michels, MSN, FNP-BC**
*Occupational Health and Well-being Program Manager
City of Portland, Portland*

807 Regulatory Agencies Update (OSHA, WCD, BOLI)

B

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.

- ▶ **Sally Coen**
*Administrator
Department of Consumer and Business Services
Workers' Compensation Division, Salem*
- ▶ **Dylan Morgan**
*Employer Assistance Manager
Oregon Bureau of Labor and Industries, Salem*
- ▶ **Renée Stapleton**
*Administrator
Department of Consumer and Business Services
Oregon OSHA, Salem*

808 Planning for Resilience: Wildland Fire in the Pacific Northwest

I

The path to a resilient future requires intentional action now. In this presentation, we discuss some of the ways in which wildland fires expose the Pacific Northwest region along with what can be done before, during, and after to help mitigate damage and disruption.

- ▶ **Andrew Foote**
*Senior Consultant
Paragon Risk Engineering, Issaquah, Washington*

809 Marijuana and the Construction Industry: An Update

I

Testing for marijuana is undergoing a sea change with the advent of lab-based oral fluid testing. Construction companies are struggling with the need to protect safety in the face of widespread use of marijuana and marijuana products and the difficulty of finding employees. How will your company address this subject?

- ▶ **Jana Wolfgang, MS, CSAPA**
*Consultant
Northwest Drug-Safe, Hillsboro*

810 The Hazard Risk Assessment Process: Prioritize for Measurable Risk Reduction

I/A

With many competing demands, safety practitioners can be left feeling overwhelmed and frustrated. This session helps those responsible for improving the safety of their co-workers find and fix hazards based on a proven risk-based approach.

- ▶ **Michael Hill, CSP**
*Senior Safety Management Consultant
SAIF Corporation, Medford*

811 Tracking Your Way Toward a Stronger Safety Culture

B/I

Do you want a safety culture where risks are managed and injuries and illnesses are prevented? Turn your focus to proactive or "leading indicators". Leading indicators measure events preceding injuries or illnesses and can help to reveal potential problems in your safety and health program before system failures occur. In short, they help you to focus on activities that can make a difference.

- ▶ **Soren Bjerregaard, MBA, CSP**
*Senior Safety Management Consultant
SAIF Corporation, Portland*
- ▶ **Braxton Chambers**
*Senior Safety Management Consultant
SAIF Corporation, Portland*

812 Lab Safety: Developing and Implementing a Chemical Hygiene Plan I

OSHA's Occupational Exposure to Hazardous Chemicals in Laboratories (laboratory standard) mandates the need for a chemical hygiene plan to protect laboratory workers from harm due to hazardous chemicals. Research laboratories in colleges and universities often contain unique hazards not common to production or industry. In this session, you assess when the laboratory standard is applicable and learn about tools to help you develop a chemical hygiene plan specific to your needs.

- ▶ **April Sams, Certified Chemical Hygiene Officer**
Director of Risk Management and EHS
Reed College, Portland

813 Going Beyond Compliance: Protecting Employees From Wildfire Smoke Contaminants ALL

With the number of wildfires increasing and moving into populated areas, our employees were exposed to both smoke and the soot and ash left behind once the fires were out. Exposure monitoring confirmed what had been found in other wildfires that impacted homes and other structures. We also found additional contaminants that had not been reported elsewhere. The results are discussed to ensure other employees can be protected from all the expected contaminants in addition to wildfire smoke particulates.

- ▶ **Steve Eversmeyer, CIH, CSP**
Safety Consultant 3/CIH
NW Natural, Portland

814 Hearing Loss: Not Just Noise ALL

Work-related hearing loss is one of the most common occupational diseases in the United States and around the world. You are probably already aware that many cases of hearing loss are attributable to high levels of workplace noise, but did you know there are other causes of work-related hearing loss, including certain chemicals and other physical hazards? This session introduces these risk factors and recommends ways they can be minimized.

- ▶ **Richard Neitzel, PhD, CIH, FAIHA**
Professor of Environmental Health Sciences and Global Public Health
University of Michigan School of Public Health
Ann Arbor, Michigan

815 Mental Well-being and Suicide Prevention Awareness ALL

Construction is a complex industry that can be highly stressful and physically demanding. It is also known for being "tough." The speaker discusses an approach to this industry that may be duplicated and tailored to other industries. The module can be shared as a tool to help build awareness, resiliency, and to start the conversations for suicide prevention where stigma and silence are perceived as common.

- ▶ **Steven Frost, LEED AP BD+C, CHST, ASP, CSP**
QPR Liaison
Construction Suicide Prevention Partnership
Portland

816 Workplace Violence Prevention – Case Studies B/I

Creating a safe workplace is more complicated than we think – especially in these times. We review workplace violence prevention standards and identify resources and tools with Oregon OSHA compliance officers. We also breakdown the requirement and discuss ways to achieve the goal – a workplace with a plan to prevent and respond to violence.

- ▶ **Khadija Mostafa**
Health Compliance Officer
Department of Consumer and Business Services
Oregon OSHA, Eugene

817 Key Benefits of Case Management for the Employer and the Injured Worker I

This session covers the key benefits of having a nurse case manager involved in any safety program as well as specific case studies. An interactive session, the speaker asks attendees to share different examples of work injury cases they have worked on with or without a nurse and hear about their successes/opportunities for improvement.

- ▶ **Lauren Danahy, RN, BS, MBA, CCM, LNCC, CCHP**
Principal
Willamette Nurse Consultant Group, Portland

818 Air Basics for the EHS Professional

B

The regulatory structure for air is largely considered one of the most complex areas for environmental compliance. Environmental, health, and safety (EHS) professionals are often understaffed and responsible for a wide array of compliance requirements. Depending on the nature of the business, these requirements can be very difficult to manage all at once and often lead to noncompliance, notices of violation, and costly penalties. This presentation is geared toward helping EHS professionals identify some basic requirements and things to consider in their role relating to compliance with air regulations and permits.

- ▶ **Rob Ralstin**
Project Compliance Specialist
Farallon Consulting, Issaquah, Washington
- ▶ **Naomi Goff, CSP**
Principal Compliance Specialist
Farallon Consulting, Oakland, California

9:45-10:30 a.m.

Break and Visit Exhibits

10:30-11:45 a.m.

825 Driving Safety Through Your Organization's Culture

ALL

Organizational culture plays a major role in the effectiveness of safety programs. This class focuses on how to develop a positive approach to safety and productivity. A "just culture" emphasizes a value-supportive model of shared accountability and focuses on fixing systems rather than assigning blame. This model has been successfully implemented in the health care and aviation industries.

- ▶ **Jeffrey Griffin**
CEO
WHA Insurance, Eugene

826 Ergonomics in the Evolving Office Environment I

This presentation provides attendees with insight into managing an organization's office ergonomics process, including how to apply office ergonomics solutions for nontraditional workstations and work settings. Challenges and opportunities with workstation configuration, home assessments, equipment solutions, technological issues, engagement, and management of remote workers are explored.

- ▶ **Jon Sebree, CPE, CSP**
Senior Safety Management Consultant
SAIF Corporation, Portland

827 Climate Change Impacts to Work: Experiences, Perspectives, and New Rules Relating to Wildfire Smoke and Heat Illness ALL

This session is a facilitated panel discussion about the recognized hazards of wildfire smoke and heat illness on Oregon's workforce. We brief on the new Oregon OSHA rules relating to wildfire smoke and workplace heat exposure and discuss implementation, challenges, and successes. A representative from Oregon OSHA provides a brief overview of the circumstances leading to the development of the new rules and the key requirements for each. Representatives from various industries describe the hazards their workers face and what steps they have taken to protect worker health and safety and ensure OSHA compliance.

- ▶ **Katie J. Baker**
Hydrologic Technician, CPFO Safety Officer
U.S. Geological Survey, Oregon Water Science Center
Central Point
- ▶ **Dave McLaughlin**
Standards and Technical Manager
Department of Consumer and Business Services
Oregon OSHA, Salem
- ▶ **Brian Williams**
Senior Industrial Hygienist
Portland General Electric, Portland
- ▶ **Moderator: Kim Henry, CIH, CHMM, MS**
Industrial Hygienist
SAIF Corporation, Salem

828 All-New Hire Safety Leadership ALL

New hires need to feel trusted and know they are in a safe work environment. Frontline leaders need to know their role in new-hire safety and be accountable for their employees' knowledge of safe behaviors.

Operations' leads, supervisors, and managers must create an environment for open dialogue and two-way communication, so safety concerns are discussed more frequently and effectively.

- ▶ **Manish Gooneratne**
Safety Professional, Manager
Vigilant, Tigard

829 Oregon OSHA Accident Case Studies B

During this class, Oregon OSHA discusses several workplace accidents over the past few years and the findings regarding these workplace investigations, how to better understand the complex issues involved, and safety and health topics in real life context.

- ▶ **Jarrodd Bohn**
Senior Safety Compliance Officer
Department of Consumer and Business Services
Oregon OSHA, Bend
- ▶ **Sean Rutledge**
Senior Health Compliance Officer
Department of Consumer and Business Services
Oregon OSHA, Tigard
- ▶ **Ross Smith**
Senior Safety Compliance Officer
Department of Consumer and Business Services
Oregon OSHA, Bend
- ▶ **Renée Stapleton**
Administrator
Department of Consumer and Business Services
Oregon OSHA, Salem

830 Tools and Techniques for Conducting an Effective Accident Investigation

B/I

Accident investigation procedures are not only required, but also beneficial to your organization. This workshop outlines Oregon OSHA requirements, best practices, and walks you through a step-by-step approach that simplifies the analysis process. Developing and implementing an effective process helps you to prevent recurrence of injuries and enhance workplace safety. This session is based on SAIF's ACTION Form, which is shared along with other analysis forms.

- ▶ **Soren Bjerregaard, MBA, CSP**
Senior Safety Management Consultant
SAIF Corporation, Portland
- ▶ **Braxton Chambers**
Senior Safety Management Consultant
SAIF Corporation, Portland

831 Preventing Tomorrow's Injuries Today

ALL

Although data regarding nurses is shared during the presentation, the information regarding effective stretches to minimize trauma is applicable to all industries. According to the Bureau of Labor Statistics (BLS), nurses suffer a significantly higher number of injuries than the average occupation. In 2016, the BLS found nurses received injuries requiring at least one day away from work. On any given day, nurses are 9 percent more likely to be injured than the average worker. Most of these injuries are repetitive microtrauma over the years, leading to degenerative disc disease, strains, sprains, and other significant back or musculoskeletal injuries.

- ▶ **Annette Stevko, DC, CCSP, FIT**
Doctor
The DOT Exam Center, Portland

832 Engaging the Workforce Through Interactive Learning

ALL

Looking for ways to engage frontline employees? This session provides hands-on learning techniques that have been practically applied to engaging the workforce in the utility industry. Topics provide attendees with skills to facilitate with their workforce and apply to a host of topics ranging from procedure comprehension to human performance techniques.

- ▶ **Jessika Killgore, CUSP**
Senior Safety Coordinator
Portland General Electric, Boardman

833 Construction Claims: What to Expect from Start to Finish

ALL

As an employer, you work hard to keep your employees safe, but sometimes injuries and occupational diseases may occur. It is important you are aware of the responsibilities you have when reporting a claim, as well as understanding what to expect through the process to help your employee recover and return to work. Being aware of benefits available to you and your injured employee can make a difference in not only the cost of a claim, but also the experience you both have through the process.

- ▶ **Jen Ragan, Certified Oregon Claims Examiner**
Customer Experience (CX) Director of Workers
SAIF Corporation, Salem

834 Leadership Drives Safety Culture

I

Leadership is a key leading indicator for the safety culture of any organization. A world class safety culture depends on strong leadership. Many organizations today are looking for safety leadership and new leaders are stepping in. This session can help leaders understand comprehensive safety culture attributes to improve safety performance.

- ▶ **David Hanson, CSP**
Senior Safety Management Consultant
SAIF Corporation, Medford
- ▶ **Naomi Hernandez, ASP**
Senior Safety Management Consultant
SAIF Corporation, Salem

Register online at
oregongosh.com

835 Injury and Illness Prevention in Construction Through Safety Committees and Meetings

ALL

Attendees learn the Oregon OSHA rules for Safety Committees and Safety Meetings, the duties and functions of committees and committee members, as well as best practices for construction safety meetings. Also covered are tips and tricks for safety meeting effectiveness and injury and illness prevention.

- ▶ **Dianna Gray, MSHS**
Senior Safety Consultant
Department of Consumer and Business Services
Oregon OSHA, Portland

836 Workers' Compensation Division Regulatory Update

B

Do you want to learn more about the Oregon Workers' Compensation Division? Do you want to learn more about which regulations or requirements are changing, and what to expect in the next few years? Attendees learn about WCD regulatory changes and have a chance to ask questions pertaining to workers' compensation.

- ▶ **Sally Coen**
Administrator
Department of Consumer and Business Services
Workers' Compensation Division, Salem
- ▶ **Matt West**
Deputy Administrator
Department of Consumer and Business Services
Workers' Compensation Division, Salem

837 Got Respirators?

B/I

This class walks participants through the 1910.134 respiratory protection standard in great detail. The class discusses the most cited violations of the respiratory protection standard. Participants are provided examples of great written respiratory protection programs and a study of a recent case involving a significant citation for a respiratory program.

- ▶ **Brandi Davis, MS, CSP, CIH**
Health Enforcement Manager, Industrial Hygienist
Department of Consumer and Business Services
Oregon OSHA, Portland

838 Hearing Loss Prevention: Programs and Controls

ALL

Hearing loss prevention programs represent a critical opportunity to protect workers against noise-induced hearing loss. While the basic elements of such programs are relatively straightforward, they are often inadequately or incorrectly implemented, putting workers at risk needlessly. This session introduces the elements of effective hearing loss prevention programs, and highlights best practices to consider, as well as pitfalls to avoid.

- ▶ **Richard Neitzel, PhD, CIH, FAIHA**
Professor of Environmental Health Sciences and Global Public Health
University of Michigan School of Public Health
Ann Arbor, Michigan

839 Safety Supportive Supervisor Training To Reduce Psychosocial Stressors at Work

ALL

Job stress and other psychosocial factors such as work-life conflict and poor workplace cultures serve as negative occupational exposures affecting worker safety, health, and well-being. Dr. Hammer shares findings from a study that evaluated the development of the Safety and Health Improvement Program's Safety Supervisor Supportive Training, as well as looked at how workplace culture affects the training's effectiveness. Taking a total worker health approach, she discusses the role of occupational stress and other psychosocial stressors on workers' safety, health, and well-being, as well as the role of the supervisor/manager in reducing worker stress.

- ▶ **Leslie Hammer, PhD**
Associate Director of Research, Oregon Institute of Occupational Health Sciences, Co-director Oregon Healthy Workforce Center
Oregon Health & Science University, Portland

840 Crime Prevention Through Environmental Design (CPTED): The Basics

ALL

Interested in learning how you can reduce vulnerabilities to crime and unwanted activity on your property or targeted at your employees? Learn how to assess the built and natural environment of a property and implement solutions based on the concept of crime prevention through environmental design (CPTED), so you can improve safety. Gain an understanding of the concept of placemaking and the positive effects it can have on property and community safety. This holistic approach to property and employee safety is effective and easy.

- ▶ **Sarah Berkemeier, MA**
Community Safety Coordinator
City of Portland, Office of Management & Finance
Community Safety Division, Portland

841 PFAS and the Future Workplace

ALL

This session covers the emerging issues around perfluoroalkyl and polyfluoroalkyl substances, PFAS for short. You learn what these chemicals are, their health risks, and what safety professionals should know about the upcoming regulatory landscape.

- ▶ **David Farrer, PhD**
Public Health Toxicologist
Oregon Health Authority, Portland
- ▶ **Chris Moody, R.G.**
Principal Geologist
Farallon Consulting, Portland

844 Health Care Ergonomics: Common Issues and Solutions

I

This session explores the common causes of occupational musculoskeletal disorder (MSD) injuries due to nonpatient handling activities that occur in a wide variety of health care departments and services. Solutions will address materials handling and poor workstation design challenges. Topics include:

- The true effects of MSDs for health care workers, organizations, and patients
- Common risk factors that contribute to MSDs – worker error and inefficiency
- Applying ergonomics to the design of:
 - Environmental service tasks
 - Materials handling tasks performed by patient care and support workers
 - Computer and lab workstations
 - Work organization
- Tips for choosing and implementing solutions
- Resources for health care ergonomics information and solutions

Attendees are encouraged to share ergonomics solutions and best work practices they have observed in their health care environment. Attendees should have a basic understanding of how occupational MSDs occur.

- ▶ **Theresa Kramer, MS, PT**
Injury Prevention Program Coordinator
St. Charles Health System, Bend

11:45 a.m.-1:15 p.m.

Awards Ceremony and Luncheon
(included with Wednesday registration fee)



Wednesday, March 8 ▪ 11:45 a.m.-1:15 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.

1:15-2:15 p.m.

Designated Exhibit Time

2:15-4:30 p.m.

850 The Past, Present, and Future of Occupational Exoskeletons

ALL

This presentation describes why, when, and how occupational exoskeletons went from concept devices to real equipment used by people in workplaces around the globe. The types of occupational exoskeletons, their history, and some of the science behind them is summarized. Real world experiences are shared, and finally, there is a live demonstration of a variety of occupational exoskeletons.

- ▶ **Sarah Ballini-Ross**
Safety Advancement and Innovation Project Coordinator
SAIF Corporation, Salem
- ▶ **Matthew Marino, PT, MSPT, CPE, CSCS, TSAC-F, CPT**
Co-owner
Prime Performance, LLC, Portland

851 Controlling Hazardous Energy - Getting Through the Weeds

I

The control of hazardous energy (i.e., lockout/tagout) is a safeguarding method used throughout general industry. There are 12 pages of rules in 1910.147, and 109 pages of enforcement policy and inspection procedures in Oregon OSHA's Lockout/Tagout Program Directive A-156. The goal of this class is to identify sources of hazardous energy and review how to use the rules and program directive as a guide on how to control them.

- ▶ **Holt Andron, CSP, CHST**
Consultation Program Manager
Department of Consumer and Business Services
Oregon OSHA, Portland

852 Beyond the Seismic Code

ALL

Many people think modern building codes are sufficient to keep the doors open following an earthquake. People who experienced any large earthquakes striking the west coast in the last 40 years feel those events represent the worst damage an earthquake can do. The result of both lines of reasoning yields a mixture of apathy (no worries - we've survived the worst) and ignorance (building codes will keep us open). This session is a lively, humorous, and interactive presentation (utilizing PowerPoint) that attacks these misguided notions head-on.

- ▶ **Glen Granholm**
Vice President
Safe-T-Proof, Burbank, California

853 Safety Committees - Fizzle Factor to Fresh Thinking

B

Safety committees have been mandatory in Oregon since 1982, yet many companies still struggle with meeting the intent of the safety committee requirements. This session covers the expectations of a safety committee, how to improve your committee's performance, and how to establish a culture of continuous improvement.

- ▶ **Mark Hurliman, CSHM**
VPP/SHARP Program Coordinator
Department of Consumer and Business Services
Oregon OSHA, Medford
- ▶ **Liwana Ottis**
Safety Manager
Cardinal IG, Hood River

854 Basics of Navigating Roads Safely B

The Oregon Friendly Driver program is an interactive class teaching vehicle drivers how to drive safely around people who walk and ride bicycles. The course covers the rules of the road, infrastructure, and common mistakes all street users make while out and about. This class is appropriate for drivers of all skill levels including professional drivers and anyone who drives for business or to and from work.

- ▶ **Whitney Bennett**
Education Program Manager
Commute Options, Bend
- ▶ **Lindsay Huber**
Education Director
The Street Trust, Portland

855 QPR: Question, Persuade, Refer ALL

Question, persuade, refer (QPR) is an evidence-based model designed to help attendees recognize the early warning signs of suicide and assist a person at risk in getting the help they need. It is an action plan that can result in lives saved.

- ▶ **Andy Cartmill, CPS**
Senior Program Communication and Education Specialist
Washington County Addiction Services, Hillsboro

856 No One Size Fits All – Implementing TWH ALL

Advancing worker well-being through Total Worker Health (TWH) sounds great in theory, but how are organizations implementing TWH principles and practices? It can be a challenge moving from thinking about to operationalizing TWH. Join us for a facilitated panel discussion with several organizations at various stages of implementation. Bring questions.

- ▶ **Joaquin Diaz, CIH, CSP, QEP, CHST, OHST, MiM**
Environmental, Health, and Safety Director
Skanska USA Building, Portland
- ▶ **Kristian Knudsen**
Safety Analyst
Eugene Water & Electric Board, Eugene
- ▶ **Shamai Larsen, MEd, NCC**
Program Manager, Our Good Health & Well-being Legacy Health, Portland
- ▶ **Elizabeth McMahan, LCSW**
Training and Safety Director
Trillium Family Services

- ▶ **Facilitator: Liz Hill, MPH, CIH, CSP**
Total Worker Health Adviser
SAIF Corporation, Salem

857 First Aid Training Program – Overview, Planning, and Implementation B

This session is meant to give employees the tools and confidence needed to assist a person until help arrives. It includes:

- Program description of first aid CPR and AED training
- DVD scenarios and re-enactments
- Overview of the program and instructor development
- Planning, training, and options for hybrid and in-person
- Equipment and technology workshop with mannequins and AED trainers

- ▶ **Carol Stahlke, Instructor – HSI Medic First, First Aid, CPR, and AED, Wilderness First Aid**
Safety and Training Program Manager
Portland Water Bureau, Portland

858 Fire and Life Safety Inspections: How To be Ready ALL

Have you had the privilege of a visit from the fire marshal for a fire and life safety inspection? Have you been nervous of what they might find or what they are actually looking for? This presentation is here to help you get the information you need to get ready for an inspection. Learn how to prepare your facility, collect all required documentation, and, most importantly, how to keep your facility safe from fire all the time.

- ▶ **Gert Zoutendijk**
Fire Marshal
Lake Oswego Fire Department, Lake Oswego

859 Back to the Future: Insights to Combat Conditions Caused by COVID-19 ALL

The COVID-19 pandemic has had an immense impact on all aspects of American society, and its effects will likely be felt for decades to come. One way in workplaces continue to be affected is through workers with long-term conditions caused by COVID-19 infection. Initially called “long COVID,” these issues have now been formalized under the diagnosis of post-acute sequelae of COVID-19 (PASC). People with

PASC demonstrate a wide variety of symptoms that are often subjective, such as fatigue, cognitive impairment ("brain fog"), and anxiety. Since these issues cannot be identified through objective tests, they present difficulties for employers, including questions from managers about the validity of the complaints, problems identifying reasonable accommodations to assist workers to complete their essential job duties, and potential risks related to the Americans with Disabilities Act (ADA) / ADA "Amendments Act" of 2008 issues. Although PASC is a new condition that is still being researched, it's possible to address limitations and restrictions identified by treating providers for PASC patients by applying lessons learned from managing other chronic conditions. Examples of this approach are provided to help employers and others identify options for workers struggling with conditions caused by COVID-19.

- ▶ **Daniel Jolivet, PhD, Licensed Clinical Psychologist**
Workplace Possibilities Practice Consultant
Standard Insurance Company, Portland

860 Taking Fall Protection to a Higher Level I/A

People who manage fall protection programs or supervise people working at heights need to understand how their systems function in a variety of situations. We need to go beyond the basic instructions provided by manufacturers and understand how all the components function together as a system. Fall clearance, device performance, and proper use are more complex than we think. To protect our workers, our company, and our industries we must take our programs to a higher level. We discuss the three levels of responsibility in fall protection, the blurred lines between a competent person and qualified person in modern fall protection, what a fall protection qualified person should know and do, and advanced fall clearance theory and system use.

- ▶ **Dustin Schneider, CHST, QSSP**
Sales Director
Diversified Fall Protection, Vancouver, Washington

861 Disaster Safety 101 B/I

Safety shouldn't stop when disaster strikes, but how can you be an effective safety leader during emergency incidents? Learn about the roles and responsibilities of emergency incident safety officers, how they differ from day-to-day safety duties, and work through some scenario-based examples derived from the presenters' real-world experiences during multiple disaster responses. This program is tailored for individuals with incident response and emergency management roles, in particular those who may serve as ICS safety officers, assistant safety officers,

and other general and command staff positions. Note: This course is not a substitute for the FEMA E/L-954 or similar training courses.

- ▶ **David Gardner, ASP, U.S. Coast Guard Type 2 Safety Officer (Retired)**
Safety Officer
City of Hillsboro, Hillsboro
- ▶ **Christopher Woo, MIPM, PMP**
Risk and Safety Officer
City of Portland, Bureau of Development Services
Portland

862 Hands-on Equipment for the Non-Industrial Hygienist I

This session allows the nonindustrial hygienist to learn about industrial hygiene monitoring equipment and have the opportunity during hands-on exercises to use equipment, including noise dosimeters, air sampling pumps, and gas detection equipment.

- ▶ **Brenda Pittman, CIH, CSP**
Industrial Hygienist
SAIF Corporation, Salem
- ▶ **Dan Stuckrath, CIH, CSP**
Industrial Hygienist
SAIF Corporation, Salem

863 Workers' Comp 101: From Injury to Closure B

Tune in to this class and learn how to successfully navigate the workers' compensation process. This interactive session takes participants on a journey from filing a claim to acceptance and beyond.

- ▶ **Jaylee Hlad-Mosgrove**
Chief Assistant Ombuds
Ombuds for Oregon Workers, Salem
- ▶ **Dan Schmelling**
Claims Supervisor
SAIF Corporation, Salem
- ▶ **Julie Stratton**
Benefit Consultant
Department of Consumer and Business Services
Workers' Compensation Division, Salem
- ▶ **Malinda Polk**
Assistant Ombuds
Ombuds for Oregon Workers, Salem

864 Respiratory Protection: Fit Testing in the New Normal of COVID-19, Wildfire Smoke, and More

B/I

When respirators are required to protect against airborne hazards, employees must be fit-tested to ensure that they offer adequate protection. Employers would normally plan and prepare to achieve this goal, but with COVID-19, wildfire smoke, plus supply chain disruption, the situation has been more complicated. This session reviews the regulatory requirements for fit testing and provides information and examples of qualitative and quantitative fit testing from several vendors.

- ▶ **Debra Corbin, CIH**
Industrial Hygienist
NW Environmental Health & Safety Association
Happy Valley
- ▶ **Dru Silva, MS**
Senior Technical Representative
Life Safety Corporation, Hillsboro
- ▶ **Conor O'Donnell**
General Manager/Co-founder
AccuTec-IHS, Inc., Tulsa, Oklahoma

865 But Is It Working? Hearing Protection Fit Testing Case Study

B/I

Hearing conservation is an important element of your worker health and safety program. Accordingly, hearing protection may be one of the pieces of personal protective equipment (PPE) often provided to workers to address noise hazards. But how do you know if the PPE provided is offering adequate protection? This session covers the best practice of including hearing protection fit testing in your hearing conservation program.

- ▶ **Ron Tubby, MS, MBA, CIH, CSP**
Senior Global Environmental Health and Safety
Program Manager
Intel Corporation, Hillsboro

866 Personal Safety 101

ALL

Looking for introductory information about how to feel empowered and equipped to deal with acute personal safety situations? This training includes information about intuition, assertiveness, de-escalation, escape options, and bystander intervention. From the beginning, the training is tailored to the needs and concerns of the group of participants and engages with participants to create a set of solutions for personal safety issues.

- ▶ **Sarah Berkemeier, MA**
Community Safety Coordinator
City of Portland, Office of Management and Finance
Community Safety Division, Portland

867 Oregon OSHA Regulatory Update

B

Do you want to learn more about Oregon OSHA? Do you want to learn more about which regulations or requirements are changing and what to expect in the next few years? Attendees learn about Oregon OSHA regulatory changes and have a chance to ask questions pertaining to workplace safety.

- ▶ **Dave McLaughlin**
Standards and Technical Manager
Department of Consumer and Business Services
Oregon OSHA, Salem
- ▶ **Renée Stapleton**
Administrator
Department of Consumer and Business Services
Oregon OSHA, Salem

Thursday, March 9

7 a.m.

Registration opens

7:30-10:45 a.m.

Exhibits open

8:30-9:45 a.m.

901 Emergency Preparedness at Work, at Home, and at Play

ALL

Participants become familiar with disasters we face here in Oregon and how we can prepare ourselves, our families, and where we work. This presentation moves participants through the disaster preparedness process, beginning with a short review of past disasters in Oregon and assessing potential hazards in your community. Once hazards and threats have been identified, we focus on family preparedness training, building "go kits," and best practices for communicating with loved ones.

- ▶ **Stan Thomas**
Division Director
Oregon Department of Emergency Management
Bend

902 Safety and Occupational Health Superpowers During the COVID-19 Pandemic

B

Learn how safety professionals and occupational health nurses partnered with leadership to enhance the ability of enterprise leadership to respond quickly and efficiently during the COVID-19 pandemic. The pandemic presented workplaces with much chaos and also many opportunities to build relationships, innovate processes, and re-examine the status quo. Safety and occupational health professionals possess a large scope of skills that were utilized throughout the health system to assist leadership to be successful.

- ▶ **Theresa Kramer, MS, PT**
Injury Prevention Program Coordinator
St. Charles Health System, Bend
- ▶ **Lisa Rodriguez, RN, COHN**
Supervisor Caregiver Health
St. Charles Health System, Bend

903 Practical Strategies for Preventing Slips, Trips, and Falls

ALL

This interactive session focuses on practical strategies and tactics for preventing same-level slip, trip, and fall injuries. This session helps participants assess their work areas for hazards, formulate actions to reduce risk, and discuss strategies associated with general housekeeping considerations, use of cords and hoses, parking lots and grounds, footwear selection, flooring options, use of mats and runners, wet floors, and employee training. Examples of employers' successful prevention initiatives are highlighted. Participants leave with resources, including a hazard assessment checklist, informational brochures, and posters.

- ▶ **Jim Nusser, CSP**
Safety and Health Division Adviser
SAIF Corporation, Eugene

904 Dealing With a Carcinogen: Welding Fume Exposures and Controls

ALL

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

The International Agency for Research on Cancer (IARC) has recently categorized welding fumes as a Group I carcinogen. Welding is nearly ubiquitous in industrial environments. This course describes common welding and thermal cutting processes and the health/safety hazards associated with each of these processes. Terminology used in the welding industry is incorporated throughout the course as a means of familiarizing participants with the vocabulary used in the workplace. Materials, thermal processes, and scenarios associated with potential for overexposure 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, along with suggestions for prioritizing exposure assessments. Ventilation techniques and respiratory protection options are also described. An Excel spreadsheet for tracking relevant data for developing welding similar exposure groups is provided to participants.

- ▶ **Mike Harris, PhD, CIH**
President
Hamlin & Harris, Inc., Baton Rouge, Louisiana

905 Discussing Our Culture: The Intersection Between Physical and Psychological Safety

I

Our discussion includes foundational elements of culture and psychological safety. We provide examples of how our leaders' responses to feedback affect our organizational safety and our employees' willingness to participate in those efforts. We provide an introduction to Human and Operational Performance (HOP) and the Ansbro Safety Culture Spectrum.

- ▶ **Toni King-Byous**
Diversity, Equity, and Inclusion Business Partner
SAIF Corporation, Salem
- ▶ **Andrew Rohner, CSP**
Senior Safety Management Consultant
SAIF Corporation, Salem

906 Energize Your Safety Committee: Zap It with Creativity

ALL

Is your safety committee stale or boring? Is it hard to get people to join the committee or come to meetings? If so, this presentation is for you! This interactive course reviews the best practices for engaging employees using safety committees, and you don't even have to buy pizza.

- ▶ **Leigh Manning, MPH, CSP, ARM**
Senior Safety Management Consultant
SAIF Corporation, Eugene
- ▶ **Mary Ann Potter, MS**
Corporate Trainer
SAIF Corporation, Salem

907 Hearing Loss: The Injury You're Not Likely To Hear About

ALL

The fundamental aspects of making a hearing conservation program more than an annual hearing test and STS determination are reviewed in this session. Attendees are presented with ideas and suggestions for how to build a robust program and obtain employee and employer buy-in for preventing hearing loss.

- ▶ **Marilyn Morgan, RN, COHN-S, COHC**
Consultant, Wilsonville

908 Ergonomics Is Not Just for the Desk Athlete (Desk-lete), but for the Construction Environment Too

B

You may not be at the same workstation day in and day out, but ergonomics is as much about understanding how to set yourself up for success in any environment as it is for a static environment. All too often we focus on injuries happening as a result of a hazard, but do not give attention to repetitive, cumulative trauma disorders that actually make up the majority of workplace injuries. Roughly 60 percent of injuries within the workplace setting come from overexertion injuries, such as pushing, pulling, lifting, throwing, or holding, and are rarely due to single events. These injuries are often expensive and career-ending as they are developed over long, hard days of ignoring ergonomics and putting work in for the sake of industrial pride no matter the position or task. Repetitive or overexertion injuries are the most difficult to tackle or see immediate results from. They rely on changing the way we think about tasks, setting ourselves up for success every day with every task, and taking accountability for our own physical condition. Enter prepared. This checklist takes into consideration everything an industrial athlete needs to consider on a daily basis. Each letter covers an aspect of hazard awareness, ergonomics, and wellness to help ensure that we go home in the same condition as we came to work in.

- ▶ **Chantel Gorton, PT, DPT, SCS**
Doctor of Physical Therapy
Work Right NW, Portland

909 The Power of Questions

(repeated at 1 p.m.)

A

While asking questions may seem a simple task, it is perhaps the most powerful tool we possess as presenters. If we ask the right question of the right participant at the right moment, we may inspire them to new heights of vision and insight. A good question can excite, disturb, or comfort, and eventually yield an unexpected bounty of understanding and critical awareness. Good questions can:

- Motivate participant learning and fuel curiosity
- Foster intellectual development and stimulate critical thinking

- Assess participant understanding
- Guide discussion and shape a positive learning environment
- ▶ **Mark Hurliman, CSHM**
VPP/SHARP Program Coordinator
Department of Consumer and Business Services
Oregon OSHA, Medford
- ▶ **Jon Sowers, OHST, CHST, CET, SMS**
Senior Safety Management Consultant
SAIF Corporation, Medford

910 Safe Forklift Operations

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

ALL

Whether you operate forklifts or work around them, safe operations are key to preventing serious injury or death. This session thoroughly reviews accepted best practices along with Oregon OSHA requirements covering forklifts.

- ▶ **Craig Hamelund**
Education Specialist
Department of Consumer and Business Services
Oregon OSHA, Tigard
- ▶ **Chris Vest**
Occupational Safety Consultant
Department of Consumer and Business Services
Oregon OSHA, Eugene

911 Safety Innovations

ALL

Through the Safebuild Alliance's annual innovations meeting, we have collected a few years' worth of safety innovations that contractors and organizations have put into place as best practices. At this session, we discuss the innovations collected over the years.

- ▶ **John Mastromonaco, CSP**
Director of Safety, Northwest Division
Southland Industries and Safebuild Alliance, Portland

912 HAZWOPER Refresher Training

(7:30-4:30 p.m.)

ALL

This eight-hour Hazardous Waste Operations and Emergency Response (HAZWOPER) Refresher course is required each year for those who have taken an initial 24- or 40-hour HAZWOPER certification, but it doesn't have to be boring. We tackle this class from the perspective of being ready to inform and assist responders showing up to a release at your facility. The content covers hazard classes and their identification in real life, as well as the use of the Wireless Information System for Emergency Responders (WISER), the NIOSH Pocket Guide, the 2020

Emergency Response Guidebook, and apps to maximize their effectiveness during day-to-day operations and emergencies. We also review SDS usage by following a water treatment chemical (fluorosilicic acid) in a response to a spill. There are interactive games, exercises, and prizes throughout. Come have fun.

- ▶ **Nick Vent, Jr.**
Instructor, Supervising Environmental Health Specialist (Retired)
Sustainable Workplace Alliance, County of San Diego Environmental Health Department HIRT Team (Retired), Lemon Grove, California

913 Total Worker Health 101

(8:30 a.m.-noon)

B

This class is the prerequisite course within the newly created Oregon Total Worker Health (TWH) Alliance curriculum designed by the Oregon Total Worker Health Alliance. Additional curriculum modules augment and broaden knowledge and skill sets within the TWH discipline and evolve as informed by research and practice. The purpose of the new curriculum is to create and provide consistent and reproducible training that is research-based and supports current practice.

- ▶ **Liz Hill, MPH, CIH, CSP**
Total Worker Health Adviser
SAIF Corporation, Salem
- ▶ **Katia M. Costa-Black, PhD**
Senior Management for Education and Partnerships
Oregon Institute of Occupational Health Sciences
Portland

914 Oregon OSHA's Fall Protection Options for General Industry

(8:30 a.m.-noon)

I

On Nov. 1, 2017, Oregon OSHA's revised Walking-Working Surface and Personal Protective Equipment (Fall Protection Systems) rules became effective for employers regulated by Division 2 (general industry) regulations in Oregon. With these new rules, employers in Oregon have a duty to protect employees from the hazards of falling in a wide range of workplace situations. In this session, we learn to evaluate workplace situations where employees are exposed to the hazards of falling, identify appropriate general industry regulations for protecting employees, and where protection from fall hazards is mandatory.

- ▶ **Bryon Snapp, CSP, ASP**
Statewide Safety Enforcement Manager
Department of Consumer and Business Services
Oregon OSHA, Salem

9:45-10:45 a.m.

Break and Visit Exhibits

10:45 a.m.-noon

Continued from 8:30 a.m.

904: Dealing With a Carcinogen: Welding Fume Exposures and Controls

910: Safe Forklift Operations

912: HAZWOPER Refresher Training

913: Total Worker Health 101

914: Oregon OSHA's Fall Protection Options for General Industry

920 Firewise: Home Protection Against Wildfire *(repeat from Wednesday at 8:30 a.m.)*

ALL

The loss and devastation wildfire brings to doorsteps all over America continues to increase with the seasons. Fire can take whole communities, and there may not be resources to protect your home and property. After the fires of 2020, Oregon has taken notice, and already made immediate changes to the tactics and strategies of response and/or protection of our homes, communities and forest resources. The risk is real, but fear not. There are resources, concepts and strategies available to the individual homeowner to act, increasing the probability of surviving a wildfire interaction. The national Firewise recognition program provides a collaborative framework to help get organized, find direction, act to increase the ignition resistance of homes and communities, and to reduce wildfire risks locally.

- ▶ **Brandon Kirk, EMTB**
Occupational Safety Professional Consultant
Saws & Sprocket Safety LLC, Lyons

921 Principles and Practices of Error Reduction Tools

ALL

In this session, we identify the five key principles of Error Management and Human Performance used to reduce or eliminate incidents and events. You'll learn how to recognize the need to connect principles to practices and

discover the diminished value of requiring practices like peer review and lock-out/tag-out without emphasizing the effect on cognition and mental awareness. We describe cognitive control and its effects on safe task planning and completion and discuss the five common error reduction tools used to increase and sustain cognitive control during work activities.

- ▶ **Joe Estey, Certified Human Performance Practitioner**
Senior Performance Improvement Specialist
Lucas Engineering and Management Services
Richland

922 You Think You're Good at Identifying Hazards? ... Let's Play!

ALL

This class walks participants through a few inspections as seen through the eyes of an Oregon OSHA compliance officer. The class introduces participants to some hazards that are not obvious and others obvious, but hiding in plain sight. The class also discusses the Oregon OSHA regulations covering or addressing the hazards.

- ▶ **Brandi Davis, MS, CSP, CIH**
Health Enforcement Manager, Industrial Hygienist
Department of Consumer and Business Services
Oregon OSHA, Portland

923 Emerging Safety Technologies: The Future of Injury Prevention Is Here

ALL

Recent advancements in technology have opened the door to never before available methods to affect workplace safety and health. This session explores several technologies showing the most promise in not only preventing injury, but establishing a more efficient and productive workplace. You leave with a greater understanding of the benefits of this technology, where you can find more information on safety technology applicable to your workplace, and how to assess operational readiness for safety technology in general.

- ▶ **Sarah Ballini-Ross**
Safety Advancement and Innovation Project Coordinator
SAIF Corporation, Salem

924 What To Expect During an Oregon OSHA Inspection

ALL

This presentation introduces you to Oregon OSHA's regulatory responsibilities and the procedures safety and health compliance officers use to conduct workplace occupational safety and health inspections. This session explains the inspection process from beginning to end, types and scopes of inspections (including falls in construction and excavation), along with other commonly asked questions about Oregon OSHA inspections. The presenter's goal is to work with attendees and answer questions to help them better understand and be more comfortable with the inspection process.

- ▶ **Aaron Colmone**
Safety Consultant
Department of Consumer and Business Services
Oregon OSHA, Salem
- ▶ **Michael Townsley**
Health Compliance Officer
Department of Consumer and Business Services
Oregon OSHA, Salem

925 Rehabilitation of Common Knee and Back Injuries

ALL

This session addresses solutions for the increasing number of individuals suffering with knee and back pain. This growing problem is partially due to the infinite number of treatment options available from medical and ancillary providers. The challenge is to provide rehabilitation solutions offering consistent and effective long-term solutions (two or more years). Musculoskeletal injuries have a reinjury rate of 50 percent the following year. While the financial cost of treatment is high, the cost of human suffering may be even higher. The information and paradigm presented in this session is enlightening and doable. Expect to leave with information that offers solutions easily adapted by most individuals suffering from common knee and back injuries.

- ▶ **Keith Glasser, MSPT, Cert MDT**
CEO and Physical Therapist
Optimal Results Physical Therapy, Portland

926 Athletes of the Construction Industry

ALL

In collaboration with NW College of Construction and Work Right NW, Flynn has integrated the Roofer Athlete program to monitor workers' physical activity and physiological outputs; implemented job rotations for prevention of injuries; designed targeted training and education in an

effort to build self-efficacy in the workforce; and utilized wearable technology to create innovative solutions to the most common factors causing injuries, lost time, and decreased workplace efficiency. Wearable technology is more than identifying if a job task is low, moderate, or high risk; it can be also be utilized as a coaching tool and to create ergonomic playbooks with actionable solutions. Whether an apprentice or a journey person, the Roofer Athlete program recognizes our workforce for their capabilities on the job.

- ▶ **Russell Nicolai**
Safety Specialist
Flynn BEC, Beaverton
- ▶ **Chantel Gorton, PT, DPT, SCS**
Doctor of Physical Therapy
Work Right NW, Portland

927 Handling Change in Your Business - Learning How To Help Your Team Better Adapt To Change

ALL

Has your team had a lot of change in the past few years? Would you like to be able to empower your staff to better flow with changes while staying productive? This class offers some basics on change management, including what change management is, tools and strategies, as well as real life examples. This class discusses how to gather useful feedback from your team and use this vital information to make progress.

- ▶ **Jennifer Hlad**
Conference and Training Coordinator
Department of Consumer and Business Services
Workers' Compensation Division, Salem
- ▶ **Kara Null**
Organizational Culture
and Employee Engagement Director
Department of Consumer and Business Services, Salem

928 Understanding Workplace Risks and Hazards and the Art of Treating Minor Workplace Injuries

ALL

Two certified occupational health nurses, with years of experience between them, discuss how important it is to get out and visit different work areas to view the workers, their work environment, and how the job is performed. Occupational health programs flourish better when health and safety personnel connect with the worker at their workplace. The second part of the presentation discusses how to create a "playbook" of your top workplace minor

injuries to create consistency in care and engage follow-through at home. This discussion is for health and safety personnel who want to build a more robust health and safety program.

- ▶ **Meg Gustafson, RN, COHN**
*Certified Occupational Health Nurse
Independent Contractor, Jacksonville*
- ▶ **Marilyn Morgan, RN, COHN-S, COHC**
Consultant, Wilsonville

Noon-1 p.m.

Lunch (included with Thursday registration fee)

1-3:30 p.m.

Continued from 8:30 a.m.

904: Dealing With a Carcinogen: Welding Fume Exposures and Controls

910: Safe Forklift Operations

912: HAZWOPER Refresher Training

950 Supporting Learning With the Mind in Mind

B

In this presentation, you learn how and when to better support the learning of employees by gaining a better understanding of how and why people learn, make decisions, and perform specific behaviors. The session offers insights from a variety of sources, including neuroscience, cognitive psychology, behavioral economics, and human factors.

- ▶ **Joe Estey, Certified Human Performance Practitioner**
*Senior Performance Improvement Specialist
Lucas Engineering and Management Service
Richland, Washington*

951 Violence in the Workplace: Prepare, Respond, Recover

B

Prepare, respond, and recover to events that occur in the workplace. We share knowledge and tools used to prepare (de-escalate and planning), respond (run/hide/fight), and recover (utilization of tools) and breakdown the violence in the workplace discussion by focusing on how to begin or continue to work on your violence in the workplace plans

and procedures. This is an instructor-led conversation where you walk away with tools to bring your violence in the workplace plan to the next level.

- ▶ **Michelle Patton**
*Administrator of Office of Health, Safety, and Employee Well-being
Oregon Department of Human Services
Oregon Health Authority, Salem*
- ▶ **Stan Thomas**
*Division Director
Oregon Department of Emergency Management
Bend*

952 Question, Persuade, Refer (QPR) Gatekeeper Training (repeat from Monday at 1 p.m.)

ALL

QPR stands for Question, Persuade, and Refer – three simple steps all of us can learn to help save a life from suicide. Just as people trained in CPR help save thousands of lives each year, those trained in QPR learn how to recognize the warning signs of a suicide crisis. QPR gatekeepers can be anyone, but include those individuals most present in one's life such as parents, friends, neighbors, doctors, supervisors, superintendents, police officers, therapists, firefighters, and many others who are well-positioned to recognize and refer someone at risk of suicide.

- ▶ **Steven Frost, LEED AP BD+C, CHST, ASP, CSP**
*QPR Liaison
Construction Suicide Prevention Partnership
Portland*

953 Eye-opening Considerations for CDL Drivers

B/I

This session addresses commercial motor vehicle safety issues, including licensing, fatigue/hours of service regulations, distraction, mechanical defects, drug and alcohol regulations, and more.

- ▶ **Ryan Stone**
*Impaired Driving Program Manager
Transportation Safety Office
Oregon Department of Transportation, Salem*

954 Emotional First Aid – What To Do and How To Help With Grief and Loss in the Workplace

B

Knowing how to lead and support your workplace after a sudden death or crisis is essential for a supervisor. Emotional first aid training gives you the specific skills needed to assist friends, co-workers, peers, and family members immediately following a tragedy. Learn how to be helpful, compassionate, supportive, and keep business going.

- ▶ **June Vining, CVA, Certified in Faith and Family Development**
CEO/Executive Director
TIP NW, Portland

955 Simplified Industrial Rescue

I

Working at heights and within confined spaces can be challenging. Lots of effort is made by safety and health professionals to make this work as safe as possible. Rescue is often overlooked because it is rarely needed or considered too difficult for co-workers to perform so, outside agencies are relied upon. This presentation focuses on requirements and practices associated with getting people down from heights and out of confined spaces safely and with ease. Also covered are some key fundamental principles, best practices, and “industrial” rescue solutions that any worker can use to help get their co-workers out of difficult situations.

- ▶ **Steve Kosch, MS Risk Control**
Global Confined Space and Rescue Specialist
3M, Woodville, Wisconsin

956 Machine Guarding: Hazards, Guards, Devices, Location, and Work Practices

ALL

This presentation provides an overview of machine hazards and corrective solutions, as well as a review of applicable regulatory and industry standards. It also includes a review of the current OSHA special emphasis programs for amputations.

- ▶ **Troy Corbin, CIH, CSP, CMC**
Owner
NW Environmental Health & Safety, Happy Valley

957 The Power of Questions

(repeat from 8:30 a.m.)

A

While asking questions may seem a simple task, it is perhaps the most powerful tool we possess as presenters. If we ask the right question of the right participant at the right moment, we may inspire them to new heights of vision and insight. A good question can excite, disturb, or comfort, and eventually yield an unexpected bounty of understanding and critical awareness. Good questions can:

- Motivate participant learning and fuel curiosity
- Foster intellectual development and stimulate critical thinking
- Assess participant understanding
- Guide discussion and shape a positive learning environment

- ▶ **Mark Hurliman, CSHM**
VPP/SHARP Program Coordinator
Department of Consumer and Business Services
Oregon OSHA, Medford

- ▶ **Jon Sowers, OHST, CHST, CET, SMS**
Senior Safety Management Consultant
SAIF Corporation, Medford

958 Continuity of Operations: Theory and Practice

B/I

Continuity of operations programs are to public safety and emergency management agencies as vegetables are to meal planning: We all know we should have more and better ones, but we often neglect them in favor of more comfortable things. Learn about principles and components of your next continuity of operations program, as well as how to work around some of the common pinch points for established programs. If your organization has – or needs – a continuity of operations program, or if this is an “other duty as assigned” for you, this session will help you chart your course.

- ▶ **Erik Rau, MA in Security Studies, Master Continuity Practitioner**
Emergency Response Planner
Oregon Office of the State Fire Marshal, Salem

959 Total Worker Health: Workplace Solutions

This course can be a follow-up to “Total Worker Health®: The Basics,” or it can be taken as a standalone. Attendees should have a basic knowledge about Total Worker Health concepts. In this session, examples of Total Worker Health policies, practices, and procedures are shared and discussed. Course participants are invited to share their successes and challenges as related to the topic. This course is part of the Oregon Total Worker Health Alliance curriculum.

- ▶ **Liz Hill, MPH, CIH, CSP**
Total Worker Health Adviser
SAIF Corporation, Salem
- ▶ **Katia M. Costa-Black, PhD**
Senior Management for Education and Partnerships
Oregon Institute of Occupational Health Sciences
Portland

960 Basics in Starting a Safety Program

You’ve been assigned to develop your company’s safety program. Nowhere in your accounting degree or software development training was there a section on putting together and organizing a company safety program. Yes, there seems to be many moving parts, but there are some simple steps to help you get your program off on the right foot. This session discusses various points and ideas guiding you on your path. Participants learn to prepare and produce strategies and goals for the establishment of a company safety program. Following the session, attendees will be better able to define what applications best suit their organization, analyze their organization’s current structure, and select tools to meet their needs. They also will be able to recognize, develop, and produce a basic safety program.

- ▶ **Randall Jones**
Safety Director
Olsson Industrial Electric, Springfield



Registration Instructions

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

1. Read through the program descriptions in the registration booklet to select the workshops and sessions you want to attend (Pages 14-48). Symbols identify each workshop or session as basic, intermediate, advanced, or all. See the definitions below.
2. Use the Schedule-at-a-Glance (Pages 10-13) 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, use the Registration Form (on the next page) and complete both sides of the registration form.
4. Circle your first and second choices for each day you are attending. You must pre-register for Monday pre-conference workshops and Thursday full-day workshops. Your confirmation email indicates the workshops you are scheduled to attend.
5. Registering for Tuesday, Wednesday, and Thursday sessions helps us determine room size; **it does not guarantee you a seat. Seating for each session on Tuesday, Wednesday, and Thursday is on a first-come first-served basis (except for Thursday full-day workshops).**
6. 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. You can also register online at oregongosh.com or use the direct link at safetyseries.cventevents.com/gosh23.
7. Deadline for pre-registration by mail is **Tuesday, February 28, 2023**. After this date, bring your completed registration form to the conference or register by fax or online at oregongosh.com, using a credit card. Online registration is available until **Friday, March 3, 6 p.m.** For on-site registration, refer to the times on the front of the Registration Form or on Page 3 under **On-site Registration**.

Register online at oregongosh.com

See the “Schedule-at-a-Glance” on pages 10-13 for titles and code numbers.

See pages 14-48 for program descriptions.

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.

I

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.

A

Advanced

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

ALL

All

Applicable for all levels.

Registration Form

All parts of the registration form must be completed to process your registration.

Attendee Contact Information

Please print

Name: _____

(Print name as you would like it on your name badge)

Company: _____ Job title: _____

Business address: _____

City: _____ State: _____ ZIP: _____

Phone: _____ Ext.: _____ Fax: _____

E-mail address (required): _____ (Must be unique e-mail address; no duplicate e-mails)

Do you want to stay on the mailing list for this conference? ☐ Yes ☐ No

If you don't receive a confirmation email or letter, you may not be registered. Call 503-947-7411 to verify.

Attendee Information

How did you learn about this conference: (check one)

- | | | | |
|--------------------------------------|--------------------------------------|--|--|
| <input type="checkbox"/> Direct mail | <input type="checkbox"/> ASSP | <input type="checkbox"/> Web/Internet | <input type="checkbox"/> Insurance carrier |
| <input type="checkbox"/> Newspaper | <input type="checkbox"/> Oregon OSHA | <input type="checkbox"/> Facebook | <input type="checkbox"/> Other/not listed: _____ |
| <input type="checkbox"/> Newsletter | <input type="checkbox"/> Management | <input type="checkbox"/> Labor association | |

Attendee profile (check one) ☐ Employee ☐ Management ☐ Owner ☐ Consultant ☐ Other/not listed: _____

Are you a safety committee member? ☐ Yes

Please indicate the number of employees at your worksite: ☐ 20 employees or fewer ☐ 21 to 50 employees ☐ 51 or more employees

Indicate which industry you represent: (check one)

- | | | | |
|--|---|---|--|
| <input type="checkbox"/> Agriculture | <input type="checkbox"/> Government/Public Administration | <input type="checkbox"/> Personal Services | <input type="checkbox"/> Waste Collection and Disposal |
| <input type="checkbox"/> Construction | <input type="checkbox"/> Healthcare | <input type="checkbox"/> Product Manufacturing | <input type="checkbox"/> Warehousing |
| <input type="checkbox"/> Education | <input type="checkbox"/> Hospitality | <input type="checkbox"/> Retail/Wholesale Sales | <input type="checkbox"/> Wood Product Manufacturing |
| <input type="checkbox"/> Food Processing | <input type="checkbox"/> Mining | <input type="checkbox"/> Restaurant/Food Services | <input type="checkbox"/> Other/not listed: _____ |
| <input type="checkbox"/> Forest Activities/Logging | <input type="checkbox"/> Oil/Gas | <input type="checkbox"/> Transportation | |
| | | <input type="checkbox"/> Utilities | |

Special accommodations: ☐ Check if you require special services. Provide a written description of your needs.

Conference Registration Information

Deadline for pre-registration by mail:
Tuesday, February 28, 2023

- Pre-registration required for Monday workshops and Thursday full-day workshops. After this date, please register by scan/email, fax, or online (until Friday, March 3 at 6 p.m.) or on-site, except for Monday workshops and Thursday full-day workshops.
- On-site registration begins at 7 a.m. on Tuesday, Wednesday, and Thursday.

Fed Tax ID # 93-6098153 registered to American Society of Safety Professionals, Columbia-Willamette Chapter.

Not tax deductible as a contribution.

Payment must accompany registration form or online registration.

Make checks and purchase orders payable and mail to:

Oregon Governor's Conference
PO Box 5640
Salem, OR 97304-0640

- OR -

Fax form with purchase order or credit card information to:
503-947-7019.

Scan/email to: oregon.GOSH@dcbs.oregon.gov

Register online at oregongosh.com

Workshop & Session Schedule

Attendee name _____

Choose first and second choice

Example:

① 2 101
1 2 102
1 ② 103

Legend

* 8:30a.m.-noon

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

Monday, March 6

1-4 p.m.

1 2 601
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1 2 611
1 2 612

Tuesday, March 7

8:30-9:45 a.m.

□ 700

9:45-10:30 a.m.

■ Visit Exhibits

10:30-11:45 a.m.

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1:15-2:30 p.m.

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3-4:30 p.m.

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Wednesday, March 8

8:30-9:45 a.m.

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10:30 -11:45 a.m.

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1:15-2:15 p.m.

■ Visit Exhibits

2:15-4:30 p.m.

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Thursday, March 9

8:30-9:45 a.m.

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1 2 910**
1 2 911
1 2 912**
1 2 913*
1 2 914*

9:45-10:45 a.m.

■ Visit Exhibits

10:45 a.m.-noon

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1-3:30 p.m.

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Conference Registration Fees

Workshop and Session Registration (check all that apply)

□ Monday (March 6)\$75

□ Tuesday (March 7) includes lunch.....\$175

□ Wednesday (March 8) includes lunch.....\$175

□ Thursday (March 9) includes lunch\$175

TOTAL ENCLOSED \$ _____

Charge \$ _____ □ MasterCard □ VISA □ American Express □ Discover

Name on card (print): _____

Phone number: _____ Billing Zip Code: _____

Exp. date: _____ Security code: _____ { 3 digits on back of MasterCard or VISA
4 digits on front of American Express

Signature: _____

Office use only

Date Rec. _____

Amt. Rec. _____

Check # _____

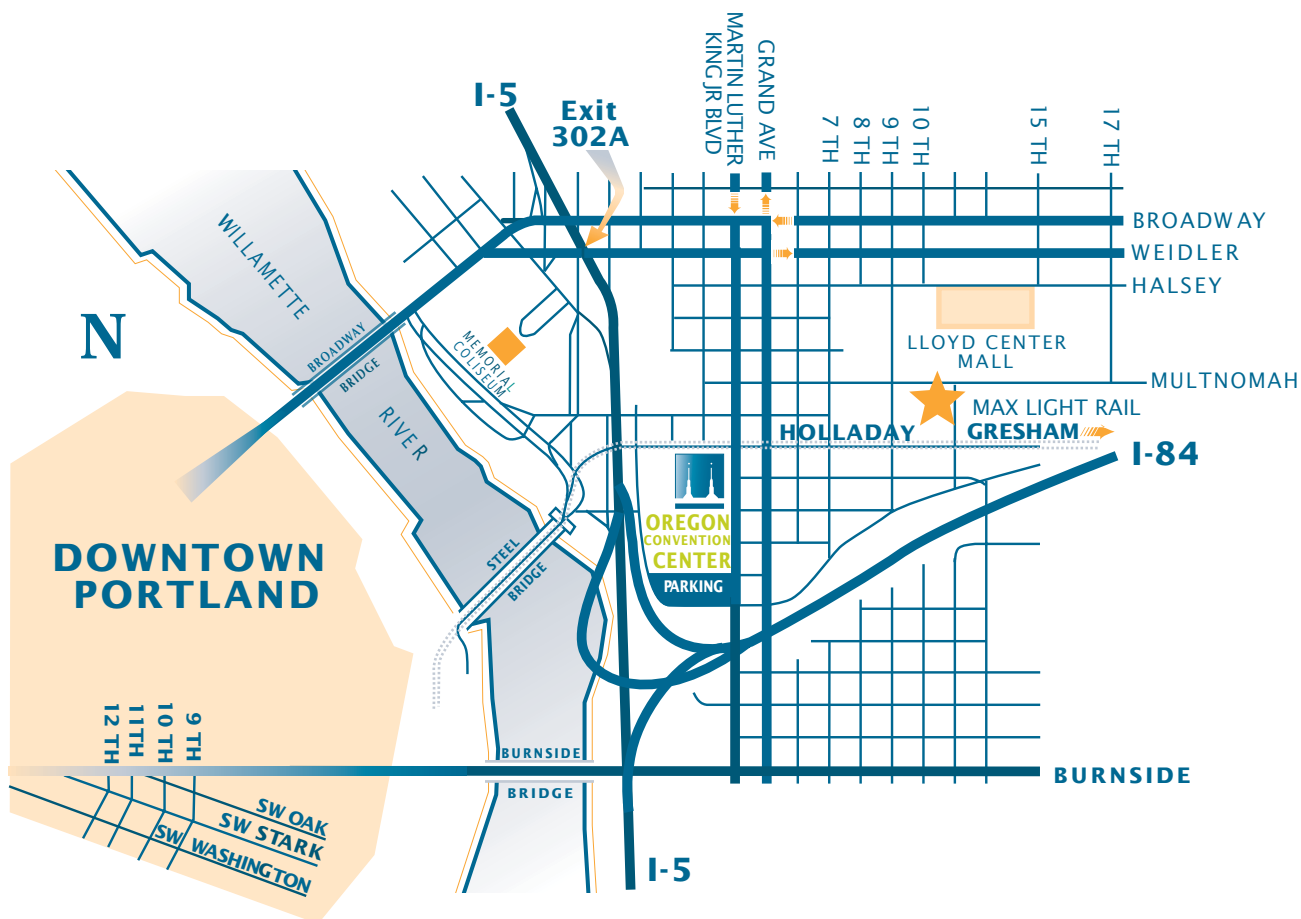
PO # _____

Last 4 _____

Credit Card #:

For your protection, your credit card number will be shredded after processing.

Lodging Information & Map



A block of rooms is reserved at the following hotel at a room rate of \$152 plus tax per night, single occupancy. To get this rate, mention the group code (GOS) when making your reservation.

If the cut-off date has passed, please call the hotel and ask for room rate availability.



DoubleTree by Hilton, Portland

1000 NE Multnomah Street, Portland, OR 97232

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

503-281-6111 or 800-996-0510 (toll-free)

Group name: GOS

Cut-off date: February 13, 2023

To make a room reservation online, go to oregongosh.com and click on attend, then travel.