

WEDNESDAY, MARCH 8

7 a.m.

Registration desk opens

8 a.m.-5 p.m.

Exhibits open

8:30-10 a.m.

800

B

Safety Committee Basics

This is a group discussion on the challenges to having a safety committee and what you can do to make your safety committee effective.

Larry Fipps

*Senior Safety Consultant
Oregon OSHA, Eugene*

801

All

Hook, Book, Look, and Took: A Simple Strategy for Instructional Design That Works!

How ludicrous to fish without a hook?! Or, how futile to spend time casting and trolling, but never actually reel-in the fish? Yet, many trainers are so focused on covering content they forget training is about capturing people's hearts and minds; then closing the deal so behaviors change. This session presents a simple, profound four-step approach to structuring any presentation. You learn why and how this approach works; and then apply it to a training module you deliver.

Dan Vetter, MS, CPLP

*President
VETTER Solutions, Portland*

802

All

Hurt Heroes: Data Mining Police and Fire Work Comp Claims

Injuries to our public safety heroes have a high cost, in both human and financial terms and pose a significant challenge to many public entities. The City of Eugene is no exception. At the request of our Police and Fire departments, we conducted claims analysis projects and identified some interesting results. In this presentation, you learn about unusual hazards, every-day courage, and some claims analysis practices you can apply in your own workplace.

Paul Furnari

*Safety Manager
City of Eugene, Eugene*

803

All

Regulatory Update

Do you find regulatory compliance a challenge? Wouldn't you like a crystal ball to tell you which regulations or requirements were changing and what to expect in the next few years? Attendees receive information from pertinent agency and organization representatives regarding upcoming regulatory changes and emphasis programs. Attendees are encouraged to ask speakers questions pertaining to program content.

Sally Coen

*Deputy Administrator
Workers' Compensation Division, Salem*

Christie Hammond

*Deputy Commissioner
Bureau of Labor & Industries, Portland*

Lou Savage

*Administrator
Workers' Compensation Division, Salem*

Renée Stapleton

*Policy Manager
Oregon OSHA, Salem*

Michael Wood, CSP

*Administrator
Oregon OSHA*

B

Basic

I

Intermediate

A

Advanced

All

Applicable for all levels

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

804

All

Confined Spaces

Confined spaces can be found in many different industries, and knowing how to recognize and evaluate them can literally be the difference between life and death. This presentation reviews the confined space rule, characteristics of confined spaces, permit required spaces, hazard identification and control, duties and responsibilities of entrants, attendants, and entry supervisors, procedures for making safe entries, testing and monitoring atmospheres, and the use, care, and maintenance requirements of equipment.

Greg McDonald

*District Manager/Training Manager
Ritz Safety, Donald*

Dave McLaughlin

*Industrial Hygienist/Technical Specialist
Oregon OSHA, Salem*

805

All

Creating a Culture of Accountability: People Come First

Every year, thousands of employees are hurt on the job in Oregon. Many of these injuries could have been prevented if an effective accountability system had been established. This training focuses on ways to develop an effective accountability approach that positively engages employees and provides appropriate consequences.

Bruce Johnsen, MS, CSP, ARM

*Corporate Strategist
SAIF Corporation, Salem*

Chris Liechty, CSP, ARM

*Senior Safety Management Consultant
SAIF Corporation, Salem*

806

All

Planning for Cascadia – Earthquake and Tsunami Hazards in the Pacific Northwest

The 2011 Tohoku disaster demonstrated the significant life loss that can occur from earthquakes and tsunamis. Although the U.S. 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. Key learning objectives of this session include a description of the range of earthquake and tsunami threats in the region, on-going research to better understand community vulnerability to these threats, the systems in place for warning, and the range of actions individuals and organizations can take to increase their resilience.

Nathan J. Wood, PhD

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

807

B

Certifications and Professional Associations for Safety and Health Professionals

Are you looking for ways to increase your professional knowledge and improve your marketability as a safety and health professional? This session reviews several possible certifications for the safety and health professional. We also discuss professional associations that provide networking and educational opportunities for safety and health professionals.

Don Binzer, CSP, CRM, ARM, CIC

*Senior Safety Management Consultant
SAIF Corporation, Portland*

Bill Kness, PE, CSP

*Principal Consultant
BSI EHS Services and Solutions, Hillsboro*

Jennifer Massey

*Corporate Safety Director/Claims Manager
Harder Mechanical Contractors, Inc., Portland*

Linda Meuleveld, RN, COHN-S, CCM, CPDM, FAAOHN

*Occupational Health & Safety Consultant/Trainer
Med Manage Consulting, LLC, Salem*

B

Basic

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Intermediate

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Advanced

All

Applicable for all levels

808

I

What's in a Number?

Insurance, particularly workers' compensation insurance, is a numbers game. Learn what numbers are important to optimizing safety effectiveness, managing claims effectively, and reducing long term cost of risk.

Shon DeVries, CPCU

*Public Entity and Project Risk Leader
Propel Insurance, Portland*

Jennifer Macdonald

*WC Claims Consultant
Propel Insurance, Portland*

809

I

Active Shooter (ALICE) and Incident Response Protocol (8:30 a.m.-noon)

Information on what options you have during an active shooter/violent intruder incident by changing the mindset from a passive static response to a more proactive option based plan. The concepts taught are not specifically designed for the work place. These are concepts that can be utilized throughout the community and in everyday life. You receive information about the ALICE program and how it can be implemented at the work place.

Brice Estes

*Advanced ALICE Training, Security Patrol Officer
Eugene Water and Electric Board, Eugene*

Lance Hughes

*Safety Consultant
Eugene Water and Electric Board, Eugene*

Mark D. Maguire, CSP

*Safety Manager
Eugene Water and Electric Board, Eugene*

Nathaniel Wahto

*Security Supervisor
Eugene Water and Electric Board, Eugene*

810

B

Dealing with People Who Are Different from Me

Understanding and identifying characteristics of our employees is critical to a successful working relationship. Not only does understanding why we are all different help a supervisor in creating a great place to work, it helps to increase productivity and boost morale. This session identifies some of the similarities and the differences of the generations in the workplace today such as:

- Identify the generations in the work place today
- Identify the social differences that play a role in the workplace
- How to identify and work with the assets and liabilities of the various generations
- How to get the most from a cross generational team
- What responsibilities an employer has for managing employees in today's business culture
- How to create an organizational culture to attract and retain top talent, regardless of employee's generation, a culture where employees want to work for you and your organization

Sharon Harris, IPMA-CP, SHRM-SCP

*Senior Human Resources Consultant
Citycounty Insurance Services, Salem*

811

All

When Tech Meets Safety

We live in a time of constant technological evolution, even in safety. In this session we explore the various smart phone apps and technological advances making it easier for safety professionals and workers to enhance workplace safety. We also explore ways technology has made it harder to provide a safe workplace. Bring your phone or tablet and take a test drive of some technology!

Mandi Kime

*Director of Safety
Associated General Contractors of Washington
Seattle, Washington*

Register online at
www.oregongosh.com

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

812

B/I

Industrial Hygiene in Construction – Emerging Issues

This class is designed for construction managers, superintendents, or safety managers who manage some aspects of health and safety. We cover the major health hazards found in typical construction activities. Occupational exposure levels are briefly discussed, with more time spent on the types of hazards and helpful hints. The primary focus is on the most common exposures and their control methods, tips, and practical solutions. We also discuss emerging issues in construction health and hygiene including green buildings and the new hazards they may present.

Barb Epstien, MPH, CIH

*OR-FACE Fatality Investigator and Outreach Specialist
Oregon Institute of Occupational Health Sciences at OHSU
Portland*

Alden Streatly, MS

*Industrial Hygienist
Associated General Contractors Oregon-Columbia Chapter
Wilsonville*

813

B

Occupational Epidemiology and Health Disparities

How does the workplace affect the health of workers? We explore and attempt to answer this question by examining the demographics of today's workforce, the current models of work organization, and common threats to health found within workplaces. Using research on a variety of small industries, janitorial services, low wage workers, and contingent employment, we consider workplace conditions interact with these other factors to produce health, illness, injury, and health disparities among working populations. Models for improving the health of the workforce through business innovation are suggested.

Noah Seixas, PhD, CIH

*Professor
University of Washington, School of Public Health
Seattle, Washington*

814

B/I

Functional Fitness: Does it Fit in the Workplace?

Many businesses have implemented worksite-stretching programs as a means of decreasing work-related injuries. Yet, recent research suggests that other types of exercise may be more effective for preventing injury and for promoting worker health. This presentation explores a type of strength training, called *functional fitness*. The objectives of this presentation are:

- Explain how muscles asymmetries can lead to injuries and how muscles have to work in synergy
- Present the concept of *functional fitness* as a better strategy for musculoskeletal health
- Discuss components of these programs and ways such a program can fit into a workplace

Jennifer A. Hess, DC, MPH, PhD

*Associate Professor of Research
University of Oregon Labor Education and Research Center, Eugene*

815

B

Robotics Safety in the Craft Beverage Industry

From this presentation attendees learn a brief history of robotics in the workplace and walk away with an understanding of different robot types, regulations put in place to ensure worker safety around robots, and a robotics safety program foundation for implementation in the workplace.

Nathan Scott

*Environmental Health and Safety Manager
Craft Brew Alliance – Widmer Brother's Brewing, Portland*

B

Basic

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Intermediate

A

Advanced

All

Applicable for all levels

816

I

Rebel with a Cause: What Rebels Can Teach You About Organizational Culture and Transparency

We, as a nation, are undergoing unprecedented social upheavals in many different settings. What can the rebels, or the squeaky wheels, within and just outside your organization teach your organization? What happens when sticky issues are raised? How does your organization welcome dissenters? Is there transparency? Dr. Gunn describes her story of requesting institutional change of a major teaching hospital after her sister died from delays in diagnosis of cardiac chest pain. She briefly describes organizational leadership complexity theory – and how it applies to work, and necessary changes for work.

Carol Gunn, MD, CIH

*Physician
Occupational Medicine, Portland*

817

All

Ergonomics: Practical Solutions for Impractical Problems

This session is intended to provide tricks, tips, and solutions for designing effective applied solutions for any sized company. Attendees learn:

- Methods and techniques attendees can use to arrive at solutions
- Engineering and administrative controls that have worked for different environments and risk factors
- Pitfalls for things that look good but were not

Tony Brace, MS, CIH, CPE

*Industrial Hygienist/Ergonomist
Amec Foster Wheeler, Portland*

Jim Nusser

*Senior Safety Management Consultant
SAIF Corporation, Eugene*

818

All

Back to Work: An Overview of Common Work-related Back Injuries and the Rehabilitation of the Injured Worker

Back injuries are one of the most common work injuries. This session provides an overview of back health as well as discusses several types of injuries and treatment modalities including medication, physical therapy, injection therapy, and surgery. Factors complicating returning the injured to the workplace are discussed, as well as measures to help prevent back injuries. Our objectives are to recognize several spinal injuries common to workers, to understand how work injuries can combine with pre-existing conditions to delay return to work, to appreciate the complexity of spinal rehabilitation, to understand the rehabilitation approach used to return injured workers to the job, to review some common barriers preventing return to work, and to understand how back injuries can be prevented.

Dr. Raymond Brumbaugh, MD

*Rehabilitation Physician
Salem Rehabilitation Associates, Keizer*

819

All

Preparing for a Fire Inspection

Learn about Oregon Fire Code requirements and how it applies to your business. Find out what the most common found violations are and how you can help make your business fire safe. Also, learn how to prepare for a fire marshal/fire inspector inspection and make the visit go as smoothly as possible.

Gert Zoutendijk

*Fire Marshal
Lake Oswego Fire Department, Lake Oswego*

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

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

820

B/I

Respirator Protection – From Selection to Program Administration

Providing respiratory protection involves more than just handing a mask to an employee. This session covers regulatory requirements for respiratory protection programs from A to Z. By the end of the session, attendees know about:

- Selecting the proper respirator when it's needed to protect employees from a particular hazard both under routine and emergency conditions
- Required medical evaluations and when they must be performed
- General information about fit testing
- Other procedures for proper use of respirators
- Training on all aspects of respirator use
- Auditing the effectiveness of a respiratory protection program

The session includes a discussion of best practice elements for administration of respirator programs.

Sue N. Maas, CHMM

Training Division Manager
Argus Pacific, Inc., A Terracon Company
Seattle, Washington

10-10:30 a.m.

Break and Visit Exhibits

10:30 a.m.-noon

Continued from 8:30 a.m. – 809

821

B

Hazard Identification for Safety Committees

This hazard identification session is designed to help new and existing safety committee members learn techniques for discerning hazards in the workplace. General human focus allows us to look at work areas and work practices to identify and eliminate obvious hazards. However, techniques and honed skills allow us to look beyond obvious hazards in order to see obscure conditions which may be just as present and just as hazardous as easy to see hazards.

Chris Lawrence

Regional Safety Manager
Boise Cascade, Medford

822

All

The Forecast From Ground Level: An Injured Worker's Perspective

A former injured worker with a catastrophic injury shares his story about having a Nurse Case Manager (NCM) assigned to him during rehabilitation from his injuries. He was able to return to work with modified duty 16 months post-injury and slowly progress back to full duty with his employer of injury via a comprehensive return to work plan that was mutually agreed upon by the injured worker, treating provider, employer, and NCM. Lauren Danahy discusses nurse case management, high risk cases, challenges faced when managing a file, and "stellar" vs. "good" case management. She offers practical advice on how to identify injured workers who would benefit from having a nurse case manager assigned.

Lauren Danahy, RN, MBA, CCM, LNCC, CCHP

Principal
Willamette Nurse Consultant Group, Portland

823

All

Communicating with Success

Do you ever wonder why people don't always readily support your ideas or suggestions? Learning how to effectively influence and express yourself in powerful ways can make the difference. In this course you have the opportunity to:

- Analyze your communication style
- Identify effective methods and strategies for communication
- Learn what filters and barriers impact your communication
- Learn how to influence through effective communication
- Develop an action plan for communication success

Jennifer Webster, PhD

VP of Human Resources
SAIF Corporation, Salem

B

Basic

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Intermediate

A

Advanced

All

Applicable for all levels

824

All

Beyond Carrots and Sticks – Effective Workplace Wellness Engagement Strategies

As premiums continue to rise, employers are increasingly looking to wellness programs as a fundamental avenue to curb costs. Research suggests regular employee engagement is a key contributor to workplace wellness success. However, simply offering a wellness program provides no assurance you will improve the well-being of your employees or lower your healthcare costs. Workers must be aware the program exists and be inspired to use it. This encouragement is where things get tricky. From traditional strategies such as risk assessment, incentives, and newsletters, to more novel approaches such as gamification, social media, and mobile technology, the vast mix of solutions can be daunting for employers. How does the average employer decide what approach will be most effective among their employees? This session outlines industry trends and best practices, as well as the benefits and challenges of the various methods of workplace wellness engagement.

Michael Severson

*Health Management Consultant
Providence Health & Services, Beaverton*

825

B

Employment Lifecycle: Top 10 Supervisor Mistakes

Employment mistakes are easy to make, hard to correct, and impossible to undo. We all can learn from the mistakes of others. This training reviews real scenarios that demonstrate the “Top 10” mistakes supervisors make. In addition, the session provides best practice recommendations for: effectively recruiting the right employees for your organization; establishing an effective onboarding process for your organization; fostering a positive culture and working relationship with employees, including performance evaluations and performance management; and providing consistent communication with co-workers and transfer of knowledge when an employee leaves the organization.

Sharon Harris, IPMA-CP, SHRM-SCP

*Senior Human Resources Consultant
Citycounty Insurance Services, Salem*

826

All

Advanced Injury Prevention by Combining Ergonomics, Physical Medicine, and Wearable Technology

Everyday stress, aches and pains, combined with workplace stressors, can contribute to loss of productivity, low morale, and increased injuries. Integrating ergonomics, physical medicine, and wearable technology offers a well-rounded approach towards addressing these factors, improving workplace wellness, and injury prevention. Striving to empower workers through education, equipment, and resources, we use objective measures to constantly monitor and improve results. Using these methods is a game changer, successful in helping to improve wellness, productivity, and avoiding costly work-related strain and sprain type injuries today and in the future.

Nic Patee, PT, DPT

*President, CEO
Work Right NW, Inc., Woodland, Washington*

827

All

Perilous Icons of the Cascades: Volcano Hazards in the Pacific Northwest

The large picturesque volcanoes at the crest of the Cascade Range are prominent reminders of the powerful forces that give our region much of its physical character. Over the past approximately 4,000 years, eruptions lasting months to years have taken place about twice per century at Cascades volcanoes. Hazards from these volcanoes have the potential to disrupt lives and economies throughout the Pacific Northwest. Owing to their explosive nature, close proximity of large populations, substantial infrastructure, and heavy air traffic, the Cascades are among the most threatening of the Nation's approximately 170 volcanoes. Large areas of permanent snow and ice provide a ready source of water that can be melted and mobilized to form lahars (volcanic debris flows) during eruptions. Past lahars have traveled many tens of miles down valleys into areas now highly developed. Following eruptions, heavily affected drainages require decades to re-equilibrate to new sediment loads. Ash fall from explosive eruptions has disruptive and expensive impacts to communities and infrastructure hundreds of miles downwind, and airborne ash can disrupt aviation a continent away. Numerous challenges to volcanic risk mitigation exist. These include maintaining high-quality real-time monitoring systems, ensuring good communication with stakeholders, and developing warning systems that serve communities at risk.

John Ewert

*Geologist
U.S. Geological Survey, Vancouver, Washington*

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

828

All

Know Your Brew: Diacetyl and 2, 3-pentanedione Exposure in the Coffee and Beer Industries

This program provides a history of diacetyl and 2, 3-pentanedione exposure in a variety of industries. Both chemicals are associated with a non-reversible lung disease called bronchiolitis obliterans. We provide exposure data from published studies and discuss the potential health hazards and provide the results of the Oregon OSHA Consultation assessment of three different coffee roasting facilities. The program discusses the sampling and analytical issues associated with diacetyl sampling and the control methods to reduce exposure. In addition to the results from our monitoring we expect to have more information from NIOSH as they are also studying these exposures. Neither chemical is regulated by OSHA or Oregon OSHA. NIOSH has set recommended exposure limits for both long and short term exposures.

Jeff Jackson

Senior Industrial Hygiene Consultant
Oregon OSHA, Tigard

829

I

Property Insurance/Earthquake Market Update

Property insurers have limited capacity for earthquake coverage in Oregon. As a result, costs are increasing and coverage is increasingly difficult to come by. Learn some strategies to assure you are buying the right amount of coverage with the best coverage structure at the lowest cost. Also hear about some exciting new developments in the insurance industry to fund the costs of earthquake and catastrophic response.

Shon DeVries, CPCU

Public Entity and Project Risk Leader
Propel Insurance, Portland

830

All

Ladder Safety and Innovation

Today, 500 people will go to the hospital with injuries from a ladder-related accident. Most of these injuries will be non-life threatening but costly. Unfortunately, 25 of these people will be permanently disabled. One person will die today because of a ladder accident. Ladders have been around for hundreds, if not thousands of years, and most of us started climbing them as children. Ladders will continue to be a necessity in basically all professions and all walks of life. Attend this session to enhance your ladder safety knowledge.

David Francis

National Safety Director
Little Giant Ladders, Springville, Utah

831

I

Foundation of Trust

Safety leadership begins with trust. As leaders within your organization, you understand the impact trust has on your ability to lead safety effectively. Safety leaders need to know how to build trust and gain buy-in from our peers and the employees we work with every day. At the end of this session, you measure your effectiveness to build trust and walk away with tools and resources to use in your organization.

Manish Gooneratne

Safety Professional
Vigilant, Tigard

832

B/I

The ABCs of Respirator Fit Testing

This program includes a discussion of requirements and methods of fit testing and compares the different methods. Also included are demonstrations/examples of some of the qualitative and quantitative methods. Intended as an informal, interactive, and informational session to increase attendee confidence and knowledge about their respirator fit testing program.

Miller Gunn

Western Regional Sales Manager
OHD, Hoover, Alabama

Siobhan Murphy, MPH

Senior Safety Management Consultant
SAIF Corporation, Portland

Long Yang

Regional Sales Manager
TSI Inc., Shoreview, Minnesota

B

Basic

I

Intermediate

A

Advanced

All

Applicable for all levels

833

All

Occupational Health of Human and Animal Workers: Exploring Research Approaches to Worker Safety and Health in Understudied Worker Populations

Over one billion workers worldwide perform animal care tasks, yet despite high rates of injury and illness, such animal workers remain an understudied occupational group. Such workers can be found in a variety of formal and informal workplace settings including farms, veterinary clinics, slaughterhouses, and laboratories working with an assortment of animal species both wild and domestic. Because the role of the animals is critical to defining the occupational risk of the workers, a novel "One Health" approach to the occupational health of animal workers is needed that simultaneously considers the health of humans, animals, and the workplace environment. Dr. Fowler, a veterinarian and PhD student at the University of Washington will give an overview of the occupational hazards present in animal care work, a review of the literature surrounding this topic, and present a new conceptual One Health model used to identify and address injury and illness risk in the animal worker setting. At least two case examples are provided to illustrate application of this new model in research and prevention. Occupational injury and illness is caused by a multitude of factors existing or occurring in animal worker settings.

Heather Fowler, VMD, MPH, PhDc

Center for One Health Research Associate Director, Animal Health PhD Candidate, University of Washington Dept. of Environmental & Occupational Health Sciences, Seattle, Washington

834

I

Optimizing the Supervisor Response to MSDs: The Key to Reducing Costs

The priority for risk control should be designing work so that injuries and illnesses don't occur in the first place; but, with musculoskeletal disorders, that's only half the story. The relationship a worker has with their supervisor can be a more powerful determinant of whether that wrist or back discomfort becomes a claim or not. It also is the most influential factor on how LONG the worker stays away from work once the claim has been made. By the end of this sessions you understand the key features of musculoskeletal disorders that causes supervisor response to pain more important than the microergonomics of the job, are able to recognize traditions and assumptions within your own organization (or your own thinking) that hinder getting workers back to work, have some practical tools for shifting the mindsets of supervisors and leadership in the right direction, and increase your passion for designing out injury risk in the context of a climate of caring, responsiveness, and empathy.

George Brogmus, BSEE, MS

*Technical Director
Liberty Mutual Insurance, California*

835

All

Growing Pains: Brewery and Winery Safety is No Accident

This session is a virtual brewery walkthrough focused on employee safety with hazard examples and corrective actions. Topics include ergonomics, permit required confined space entry, LOTO, slips and falls, hot surfaces and chemicals, and distracted driving.

Donald Seitz, CPCU

*Craft Beverage National Program Director
The Cincinnati Insurance Companies, Fairfield, Ohio*

836

I

Northwest Advances in Occupational Health: What's Happening in Research?

This session provides attendees with short summaries of the most compelling and relevant research in occupational health and safety occurring in research institutions within Oregon and Washington. Toolkits and available resources useful to the practitioner are shared when available. This research news is provided by representatives from the Oregon Institute of Occupational Health Sciences, Oregon Healthy Workforce Center, Oregon State University, University of Oregon's Labor Education Research Center, and the University of Washington.

Fred Berman, DVM, PhD

*Director, Toxicology Information Center
Oregon Institute of Occupational Health Sciences at OHSU,
Portland*

Laurel Kincl, PhD

*Assistant Professor
Oregon State University, Corvallis*

Noah Seixas, PhD, CIH

*Professor
University of Washington, School of Public Health
Seattle, Washington*

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

837

All

Control of Hazardous Energy: Program Implementation Nuances and Challenges

Implementation of a 'simple' OSHA program like Control of Hazardous Energy (CoHE) at any company involves ongoing work and dedication to understand what is working; field auditing/measuring performance indicators and program improvements the new challenges presented by new technology ranging from smart interlocks to collaborative robotics. Speakers share learnings, observations, and opportunities within semi-conductor operations and ongoing non-greenfield construction. Following their presentations the speakers address questions from a moderator and the audience.

Information the representative's share includes:

- What tools/programs have been most beneficial in implementing a CoHE program
- What to measure to ensure compliance and drive improvements
- How the organizations work through the challenges and benefits of mixed occupancy and overlapping tasks – outsourced facility operations, ongoing construction activities
- Trends in industry and challenges - collaborative robots, smart interlocks on technology driven tools
- Lessons learned - the three biggest 'aha's
- Plans for the future

Mollie Anderson, MSSM

*Principal Consultant, Manager
BSI Services and Solutions, Hillsboro*

Maria LeMay

*TD EHS Engineer
Intel Corporation, Hillsboro*

838

All

How to Pick the Right Type of Online Safety Training for Your Company

An explanation of three types of online safety training, tips for building your team of internal stakeholders and determining your needs, and criteria to use while evaluating online safety training to select the best match(es) for your company's safety training needs. Also covered are information about online safety courses and online safety training management systems.

Jeff Dalto

*Customer Success Specialist
Convergence Training, Vancouver, Washington*

Noon-1:30 p.m.

Awards Ceremony and Luncheon (Award Lunch ticket, \$15)

2017 GOSH
CONFERENCE

AWARDS CEREMONY AND LUNCHEON

Wednesday, March 8

Noon-1:30 p.m.

Honoring Great Achievement

The honors presented this year are for exemplary safety performance by employers, employees, safety committees, and associations throughout the state.

Recipients of these awards represent the diversity of industry in this state and recognize outstanding achievement in workplace safety.

1:30-2:30 p.m.

Designated Exhibit Time

2:30-5 p.m.

850

B

Accident/Incident Investigation

This session covers the basics of accident investigation to help safety committees evaluate whether there is enough information in the investigation to help make recommendations to prevent the same or similar accidents from happening again.

Larry Fipps

*Senior Safety Consultant
Oregon OSHA, Eugene*

851

All

A Busy Leader's Guide to Dealing with Difficult Situations (and People)

In this session, attendees:

- Understand why "good" people act out and how to create safety for yourself and others through "tough-talk" conversations
- Uncover why rapport and "the know, like, and trust factor" rarely work in stressful situations
- Discover how to connect your body language with what your mouth is saying to diffuse conflict and show confidence and competence
- Learn what you need to develop emotional immunity to overcome anxiety, conflict avoidance, or confusion in dealing with difficult situations and people
- Recognize boundaries, the seven archetypes of "Team Terrorists™" and how to hold people accountable

Sharon Saylor, MBA, PCC

Founder and Lead Consultant
Competitive Edge Communications, Portland

852

B/I

Nodding Off: Managing Fatigue (the Whole Picture)

Fatigued employees can take a large toll on business, contributing to higher risks of injury, decreased production, and increased absenteeism. This presentation explores the risk factors at work, such as shift work and environmental contributors, and causal factors at home that can all play a role in overall employee fatigue. We examine strategies both employees and employers can take to reduce risks and serious consequences.

Kim Henry, CIH, CHMM, MS

Industrial Hygienist
SAIF Corporation, Salem

Leigh Manning, MPH

Senior Safety Management Consultant
SAIF Corporation, Eugene

853

All

Getting the Most Out of EAIP

The Employer-at-Injury Program (EAIP) is designed to encourage re-employment of qualified Oregon workers who incur work limitations from an on-the-job injury. We explore rules of the program, how it's funded, what the perks to your business are, and talk with two Oregon employers who have used the program for years to bring in revenue and return injured workers to transitional employment.

Tim Kessel

Worksite Modification Consultant
Workers' Compensation Division, Salem

Amber McMurry, AIC, CPDM

Workers' Compensation Program Manager
Multnomah County, Portland

Kristen Weiler

Workers' Compensation Coordinator
Portland Public Schools, Portland

854

All

Preparing for the Worst: Responding to On-the-Job Fatalities

In July 2014, ODOT lost an employee in a tragic on the job incident. This event was the catalyst for a thorough review of the agency's safety best practices. As a result of this ongoing, multi-year process, some valuable lessons have emerged that could help inform other organizations with similar employee hazard exposures.

Key topics:

- Developing a fatality response plan
- Crucial conversations in the hours and days after a death
- Looking out for employees during the fatality investigation
- Peer support and mental health assistance
- Turning incident analysis into the right corrective actions
- Working with executive management to implement effective action steps
- How to communicate with the workforce about the fatality and its aftermath

Don Smith

Region 5 Safety Manager
Oregon Department of Transportation, La Grande

David Solomon

Employee Safety Manager
Oregon Department of Transportation, Salem

B Basic I Intermediate A Advanced

All Applicable for all levels

Wednesday, March 8, 2:30-5 p.m., continued

855

All

Managing Worker Safety and Workers' Comp in a Joint Employer Relationship

The unprecedented growth of temporary workers since 2000 has picked up speed in recent years and continues to be a major trend in a stutter-step economy. This class examines a variety of issues, including temporary workers' high injury rates, underwriting workers' compensation coverage, and how to be effective in a joint employer arrangement, including tips and tools for getting injured employees back to work.

Ana Pace

*Worker Leasing Compliance Specialist
Workers' Compensation Division, Salem*

856

B

Ergonomics and Safety Voice Training to Reduce Injuries in Bricklayers

Work-related musculoskeletal disorders are excessive in many construction trades and particularly among brick masons. Many construction workers, especially apprentices, have limited training on ergonomic principles and appropriate communication strategies to respond to unsafe work. Safety Voice for Ergonomics (SAVE) apprenticeship training combines ergonomics with soft skill training in speaking out about safety. To learn about current levels of understanding about ergonomics and "safety voice" experiences among masonry apprenticeship instructors and contractors, five focus groups were held at the International Masonry Institute national training center in 2014/15. Instructors reported that young masons feel invincible, do not have control of safety at the worksite, and are trapped by productivity, and that "keeping your mouth shut" is status quo. Contractors felt that the safety voice training was a very important aspect of the program. This feedback along with input from masonry instructor advisors informed the development of SAVE, which was then pilot-tested at two apprenticeship training centers in 2016. This provided key information such as increasing interactive aspects, including more real world examples and testimonials, and that material accuracy was essential for credibility. This talk demonstrates safety research to practice in action in the construction industry and discusses the concept of training young workers to develop a safety voice.

Jennifer A. Hess, DC, MPH, PhD

*Associate Professor of Research
University of Oregon Labor Education and Research Center,
Eugene*

Laurel Kincl, PhD

*Assistant Professor
Oregon State University, Corvallis*

857

I

Emergency Response Teams

Establishing and maintaining an effective on-site emergency response team presents many challenges. This session provides a framework for organizing, training, and equipping effective teams, including best practices, lessons learned, and case studies. Whether you're from a small company with 30 employees, or a large manufacturing facility that works around the clock, attendees take away scalable solutions for effective emergency response readiness.

Torrance Norsworthy

*Senior Environmental Health and Safety Technician
Qorvo Us, Inc., Hillsboro*

Kiley Ross, CIH, CSP, MS

*Environmental Health and Safety Manager
Qorvo US, Inc., Hillsboro*

858

All

Ergonomics in Healthcare

Musculoskeletal disorders (MSDs) such as strains and sprains often account for a majority of claims and associated costs in health care organizations. Although many of these claims are related to patient lifting and moving activities, MSDs are also associated with other tasks performed in work areas such as, housekeeping, laundry, labs, dietary, pharmacy, and offices.

In this workshop, participants learn how to identify risk factors and common root causes of MSDs in health care support services and ergonomics solutions that reduce risk of injury and associated costs, reduce operator error, and improve task and system efficiency; identify and prioritize cost-effective ergonomics solutions utilizing administrative, work practice and engineering controls to address common risk factors and can enhance service delivery; get ergonomic solutions approved by management and used by employees; and find resources for ergonomics information, equipment, and assistance.

Participants are encouraged to bring examples of ergonomics challenges to this workshop so approaches to address specific concerns can be discussed.

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

*Ergonomist/Human Factors Specialist
HumanFit, LLC, Boring*

Theresa Kramer, MS, PT

*Injury Prevention Program Coordinator, Ergonomics Specialist
St. Charles Health System, Bend*

859

All

Personal Protective Equipment in Construction Trades

When do you decide what level of protection you need? How do you decide what is best? This session covers the construction trades' needs and wants for the protection of employees. Decisions on PPE affect all involved from senior management to the new apprentice. PPE affects the cost of a project, learn how to make decisions early in the RFP to determine what costs will be needed to protect the workers on the project.

Pat Brunson

Senior Safety, Health, & Environmental Manager
Howard S. Wright, a Balfour Beatty Company, Portland

Clark Vermillion, CHST

Corporate Safety Director
Arctic Sheet Metal, Inc., Portland

860

All

Implicit Bias and the Unsafe Workplace

Barbara J. Diamond specializes in teaching using documentary films she has produced and directed here in Oregon. Barbara's work engages people to discover the fundamentals of implicit bias, a set of ideas which can empower attendees to think about dynamic social change in every aspect of their work lives.

Using hands-on activities and short films, participants learn how well-meaning people commit "microaggressions" which show their unconscious bias against people different from them. Through facilitated discussion, participants work together to share experiences and brainstorm strategies to address microaggressions and bias at the workplace. Participants explore the relationship between workplace safety and bias and leave with new tools to understand that connection.

Barbara J. Diamond, JD

Attorney
Diamond Law Training, Portland

861

All

Driven to Distractions

Motor vehicle collisions are the number one cause of work-related fatalities. Avoiding collisions avoids the emotional, physical, and financial effects an accident can have on the driver, passengers, and those in their home and work lives. Driven to Distraction helps your employee drivers overcome many of the constant distractions faced while driving. This training respects participants' basic driving skills and abilities and offers ways to consider what can be done to become an even better, safer driver.

We cover the following:

- Statistics on the extent, costs, and causes of motor vehicle crashes and the significance to your organization
- How a vehicle and equipment contribute to crashes or add to the injuries in a crash
- A driver's control over conditions, which include: drowsiness, aggression, stress, speeding, using a cellular phone, stopping distances, impacts of speed, eating while driving, and other distractions

John Zakariassen, MPA

Senior Risk Management Consultant
Citycounty Insurance Services, Salem

862

A

Understanding Low Back Pain and Reducing the Associated Disability

The tradition in occupational safety is to think of back pain as caused by discrete or repetitive manual tasks. This session offers an alternative perspective that views back pain as inevitable for most workers with very little contribution of the likelihood of pain being associated with the manual tasks performed. That does not mean that reducing the difficulty of tasks is unimportant. On the contrary, it is still the first priority and has a significant impact on back pain claims and disability. However, we must do more than just task redesign – we must change perspectives about back pain – from both an individual and corporate viewpoint. After this session participants realize that back pain has a preeminent position in world disability, are able to challenge commonly held myths diagnosis and treatment of back pain, adopt new theories about the causes of back pain, and have the opportunity to apply self-care strategies to their own back pain and intervention strategies within their organization.

George Brogmus, BSEE, MS

Technical Director
Liberty Mutual Insurance, California

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

All Applicable for all levels

Wednesday, March 8, 2:30 -5 p.m., continued

863

B/I

Help! My Computer is Killing Me

Interactions with computers and related technology have become an integral part of our personal and professional lives. Nearly every profession includes some interaction with computers or computerized interface. As a result, our work activities, postures, and resulting exposure to risks for musculoskeletal disorders have changed dramatically. If you work at a computer for four or more hours per day, you may be at risk for developing work-related musculoskeletal disorders (WRMSD). This presentation looks at the most common computer workstation issues related to risk for WRMSD. Attendees learn how to recognize risks and problem solve to address identified concerns for improved comfort and safety.

Susan Murphey, CECD

*President/Ergonomist
Essential WorkWellness, Jacksonville*

864

A

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

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

Brandi S. Davis, CIH, CSP

*Senior Health Compliance Officer/Industrial Hygienist
Oregon OSHA, Tigard*

865

B

Dock Safety and Pallet Rack Safety

Dock Safety (2:30-4 p.m.)

Reviews the most common causes of dock related injuries for both drivers and shipping/receiving. We consider common safety violations and strategies to mitigate the dangers and examine a variety of different dock set ups, hazards within, and as a group exercise, identify potential solutions.

Cindy Johnston

*EHS and Training Manager
Attune Foods, Eugene*

Pallet Rack Safety (4-5 p.m.)

This topic covers:

- Installation
- Anchoring
- Capacity loading
- Inspection
- Preventative care

Jason Ancell

*Customer Representative
Speedrack West, North Plains*

866

B

Combustible Dust Hazards – A Basic Overview

This program covers the hazards created by combustible dust. Topics include:

- Recognizing the hazards and risks associated with combustible dust
- Developing controls and strategies to prevent or mitigate combustible dust fires and explosions
- Assuring employee safety while using or producing materials that generate combustible dust

Brian Hauck, MS, CIH

*Industrial Hygienist
Oregon OSHA, Tigard*

Randy Westmoreland, CSP, CET

*Senior Occupational Health Consultant
Oregon OSHA, Tigard*

867

All

Continuous Improvement Safety – The Crossroads to Accountability and Employee Engagement

What does continuous improvement have to do with safety accountability? And how is safety accountability effectively implemented in the day-to-day routine of safety system performance? The vast majority of safety practitioners agree that accountability is an essential component of a successful safety system. This presentation explains the basics of managing safety activities within a continuous improvement framework. By looking at some of the key milestones — and identifying the crucial steps to safety culture transformation — attendees gain a fresh, new perspective on how and why accountability is the necessary “hinge” to achieve a culture of world-class safety performance.

Alok Maheshwari

*Safety Culture Account Manager
Caterpillar Safety Services, Inc., Portland*

868

B/I

Respiratory Protection Challenges in General Industry, Construction, and Health Care

If you have worked in occupational health and safety for very long, it's likely you have encountered respirator use under conditions that weren't quite right – wrong respirator type; right respirator type, wrong cartridges; no respirator when it's needed. Or encountered fit testing challenges – properly fit-testing thousands of nurses when there's a flu epidemic, fit-testing bearded employees who claim they can pass a fit test. The list goes on and many of these situations can result in regulatory violations. In the meantime, the employee feels safe because they are wearing a respirator. After this session you understand how to recognize and address these and other issues to protect respirator wearers and make your program better.

Jeff Spann

*Industrial Hygienist
Department of Labor & Industries, Tacoma, Washington*

Gabrielle Toutonghi

*Industrial Hygiene Trainer
Department of Labor & Industries, Olympia, Washington*

869

I

Tech Assessment Tools

Do you have an interest in understanding what EHS information, trending data, or analytical software is available on the market? Do you have a knack or interest in smart phone or computer apps? Wouldn't it be great to have these handy for your field site or building walks? Downloadable software and apps are numerous and available from a variety of sources, including OSHA and other regulatory entities, universities, and other for-profit organizations either for free or for a nominal fee.

This presentation focuses on:

- Presentation and audience sharing of a the latest in trending software and smart phone apps
- Must-haves for the EHS professional
- A brief how-to on creating your own app for your specific EHS program

Mollie Anderson, MSSM

*Principal Consultant, Manager
BSI Services and Solutions, Hillsboro*

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

B

Basic

I

Intermediate

A

Advanced

All

Applicable for all levels