

GOSH 2019



36th biennial

Oregon Governor's Occupational Safety & Health Conference

Registration Program



March 4-7, 2019

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.



The **Largest Safety & Health Event** in the Northwest

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

BasicSafe • JE Dunn • Junk Car Medics • Pacific Marketing • Redfin • Walsh Construction

COLUMBIA FORKLIFT CHALLENGE

Sit down, propane forklift competition

Driver Entry Form

Oregon Convention Center – Portland ► Wednesday, March 6, 2019

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 two teams 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 8, 2019 – Event limited to 35 drivers

Once registered, you will receive the **Driver Application Packet** via e-mail (beginning January 16, 2019). 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 19, 2019

Entry fee is \$75 per person

(lunch and Wednesday sessions included)

Payment must accompany registration form. Make check payable to:

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

Check-in on March 6, 2019, begins at 8 a.m. and closes at 8:45 a.m. in Exhibit Hall C at the Oregon Convention Center. All drivers must attend the driver's orientation at 9 a.m. Starting times will be chosen by drawing numbers and assigned to each driver after check-in.

Questions? Contact Craig Hamelund at **971-673-2875** or email Craig.Hamelund@oregon.gov

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

Charge \$ _____ my: 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.

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Special Events

Keynote

Tuesday, March 5 at 8:30 a.m.

“Safe 4 the Right Reasons” – The Ticket to Employee Safety Engagement

This presentation reveals why the conventional approach (rules, regulations, policies, and procedures) to employee safety misses the mark, thus delivering frustrating and meager results. “Safe 4 the Right Reasons” explains our human nature, why we do some of the things we do, and why we don’t do some of the things we should.

The “Safe 4” message appeals to the critical aspects that drive behavior change and motivates employees to be safe, not just for themselves, but for others that count on them. It also delivers a respectful way every employee can watch out for one another so when they see something, they can say something without offending others or being offended.



Dale Lesinski

DiVal Safety Equipment, Inc., Buffalo, New York

Dale Lesinski is the Vice President of Sales & Training for DiVal Safety Equipment in Buffalo, New York. DiVal Safety is an international leader in safety supplies and training.

He has been a Keynote and featured speaker at the National Safety Council and VPPPA National and Regional Conferences as well as several local and regional Safety Associations. He also is a frequent guest lecturer for the Undergraduate and MBA programs at several Western New York colleges and universities. Dale has earned the distinction of a master communicator through his ability to incorporate his areas of expertise in sales, marketing, communication, presentation skills, public speaking, athletic coaching, and adult learning.

Dale is also a QSSP (Qualified Safety Sales Representative). Throughout his 25 years of safety sales experience, he has visited and toured over 500 manufacturing plants and job sites that include virtually every aspect of industry, construction, municipality, and utility. He is a Member of National Safety Council’s Executive Board and active member of American Society of Safety Professionals.

Awards Ceremony & Luncheon

Wednesday, March 6

Honoring Great Achievement

(Noon-1:30 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 6

Exhibit Hall C at the Oregon Convention Center

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

Conference Information & Services

Registration Information and Fees

**Deadline for pre-registration by mail is
Tuesday, February 26, 2019.**

After this date, please register online
or by fax until **Friday, March 1 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 4 – Pre-Conference Workshops and Thursday, March 7 – 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 \$130 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@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 26, 2019.

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 2019 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 5	7:30 a.m.-3:30 p.m.
Wednesday, March 6	7:30 a.m.-3:30 p.m.
Thursday, March 7	7:30-10:30 a.m.

Lodging

Attendees are responsible for making arrangements and paying for their own lodging. If you need lodging, **see page 48 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, **800-962-3700**, 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.

400 topics: Monday, March 4 **600 topics:** Wednesday, March 6

500 topics: Tuesday, March 5 **700 topics:** Thursday, March 7

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.

Communication/Training

- 408:** Become a Health & Safety Communications Superhero!
- 411:** Effective Safety Training
- 562:** Leveraging Training Trends to Engage Your Learners
- 608:** Become a Health & Safety Communications Superhero!
- 609:** Computer Based Onboarding – Cost Effective Training and Hiring
- 622:** Communicating with Success
- 754:** Safety Training and Your Multicultural Workforce

Construction

- 406:** What Do You Mean...Tower Crane?!
- 407:** Excavation Safety and the Role of the Competent Person
- 518:** "Hope You Don't Fall"
- 519:** Lean Safety in the Construction Industry
- 520:** Effective Pre-Task Planning
- 565:** Fall Protection for Residential and Light Commercial Companies
- 566:** Current Topics in Drug Testing: Marijuana Testing and Post-Accident Testing Under OSHA Guidelines
- 567:** Design with Emergencies in Mind
- 568:** Silica: What You Need to Know About Equipment, Research, and Resources
- 585:** Fall Protection Awareness Program
- 586:** Ergonomics Solutions Construction
- 587:** Prevention through Design (PtD) in Construction
- 615:** Strategies to Reduce Theft and Vandalism in Construction
- 616:** Lessons Learned for Construction EHS Management
- 637:** Scaffolding – Risk and Reward
- 663:** Addressing Mental Health and Suicide Prevention in the Workplace
- 664:** Personal Protective Equipment in the Construction Trades
- 665:** The Challenges and Best Practices of Using a Temporary Workforce – Panel
- 710:** MEWP Safety – Safe Use of Working Platforms
- 711:** Work Zone Safety

- 712:** Practical Understanding of Electrical Safety
- 722:** Electrical Arc Flash Safety and Media Response
- 723:** Emerging Technologies in Construction
- 724:** Changing One's Perspective through Innovation and Smarts
- 754:** Safety Training and Your Multicultural Workforce
- 755:** In Memory of...

Craft Brewing

- 573:** I'll Drink to That...and Eat!: Foodservice Operations in Craft Breweries and Brewpubs
- 603:** Robotics Safety in the Craft Beverage Industry
- 620:** Sustainability Resources for Brewers
- 653:** Distilled Spirits Industry Operational Safety
- 713:** Assessing Risks in Wineries and Breweries

Emergency Preparedness and Response

- 555:** Effective Continuity Planning – When Your Emergency Operations Plan Has Flown the COOP
- 575:** Emergency Preparedness at Work, at Home, and at Play
- 576:** The ABCs of Effective Media Relations
- 625:** Planning for Cascadia: Earthquake and Tsunami Hazards in the Pacific Northwest
- 654:** Pursuing Community Resilience: Challenges and Opportunities

Emerging Industry: Cannabis

- 514:** Cannabis, Pesticides, and Worker Protection; Pesticides on Your Marijuana? MCAP to the Rescue!
- 553:** Cannabis Extractions and Concentrations: Hazards and Critical Equipment
- 579:** Growing Workplace Policies and a Safety Culture and Developing Integrated Programs in the Cannabis Industry; Which Codes Apply and When?

Emerging Issues

- 512:** Corporate Social Responsibility
- 561:** Resilience in the Face of Climate Change

- 656:** Sustainability
- 705:** Collaborative Robots: Readiness, Risk Assessment, Real World

Environmental and Hazardous Waste

- 614:** Environmental Regulation Basics for Safety Managers
- 716:** Annual Hazwoper Refresher (8-hour)

Ergonomics

- 510:** Should We Stand or Should We Sit?
- 559:** Ergonomics and Return on Investment
- 578:** Exoskeletons: They're Cool and Cutting Edge, but Do They Belong In Your Workplace?
- 618:** Ergonomics for Mobile Workers
- 629:** Ergonomics and Wellness: Can One Succeed Without the Other?
- 706:** The Practical Application of Ergonomics Evaluation Tools

Fleet/Motor Vehicle Safety

- 410:** Drive Focused-Stay Safe: Defensive Driving
- 617:** Driven to Distraction – A Safe Driver Program
- 657:** Drive Focused-Stay Safe: CDL Truck Drivers Defensive Driving

Food Industry

- 508:** Safety Accountability
- 557:** Ace Your Food Safety and Sanitation Training
- 577:** Effective Metrics to Advance Your Food Safety Training

General Industry

- 402:** You've Found the Hazards – Now What?
- 403:** Building a Safety Culture PNW Style
- 405:** Foundation Drilling Safety
- 409:** Controlling Hazardous Energy – The Basics
- 502:** The Top 10 Mistakes Supervisors Make
- 503:** Practical Strategies for Preventing Slips, Trips, and Falls
- 507:** OSHA, CDLs, and Drug Testing (Oh My!)
- 551:** Risk Communication for Safety Professionals
- 556:** Fitness-for-Duty: Do You Have the Right Tools in Your Toolbox?
- 558:** Best Practices for Managing Warehouse Exposures
- 572:** Environmental, Health, and Safety – Are These Really Different Silos
- 601:** Why is Everyone Not Like Me? Managing Today's Multigenerational Workforce
- 605:** Hazard Communication
- 607:** Process Safety Management – The Basic Foundation for a Health and Safety Management System
- 621:** Starting and Sustaining an Effective Safety Program – Part 1

- 623:** Managing Safety in a Diverse Population
- 630:** Cool Tools: Making Work Easier
- 650:** Starting and Sustaining an Effective Safety Program – Part 2
- 652:** Keep Your Head in the Game – The Role of Mindfulness in Safety
- 655:** Fire and Life Safety Inspections – How to Be Ready
- 662:** Tools and Techniques for Conducting an Effective Accident Investigation
- 665:** The Challenges and Best Practices of Using a Temporary Workforce – Panel
- 666:** Oregon's Fall Protection Options for General Industry
- 701:** Personal Protective Equipment in the Workplace
- 709:** Safe Forklift Operations – A User's Guide
- 718:** Implementing Successful Change
- 719:** General Overview of Chemistry for Safety and Health Professionals
- 720:** Managing Multiple Locations Remotely
- 752:** Confined Space Safety
- 756:** Machine Guarding, Amputations, and OSHA Special Emphasis Programs
- 757:** Occupational Dog Bite Safety/Prevention

Healthcare

- 401:** Cannabis Regulation in Oregon
- 511:** Infectious Disease Prevention and Control in the Workplace
- 560:** Cool Tools in Healthcare Ergonomics
- 570:** Safe Patient Handling: New Tools, New Evidence
- 619:** Common Workplace Injuries
- 627:** Concussions and Brain Injury: What You Need to Know
- 658:** Reducing Stress and Preventing Burnout – Evidence-Based Practices that Work
- 668:** The Role of Occupational and Non-Occupational Risk Factors Associated with the Development of Lumbar Disc Herniations
- 714:** More Than Just a Headache; Anatomy of mTBI
- 717:** Safety on the Brain
- 750:** The Drug Epidemic

Industrial Hygiene

- 404:** Industrial Hygiene for the Non-IH
- 509:** Effective Noise Reduction
- 513:** Essentials for Mastering the New Silica Rules
- 516:** A SHARP/VPP Quality Industrial Hygiene Program: How to Develop, Implement, and Maintain
- 563:** The Dirty Dozen: Hazard Recognition of Chemical Exposures
- 568:** Silica: What You Need to Know About Equipment, Research, and Resources

Interest Tracks

See pages 11-44 for program descriptions

- 581:** How to Conduct Defensible Mold and Moisture Assessments
- 584:** Ventilation: How to Use Air to Effectively Control Hazards
- 610:** Lab Safety: Developing and Implementing a Chemical Hygiene Plan
- 613:** Is That Welding Fume Toxic? The Risk of Manganese Exposure to Oregon and Washington Workers
- 628:** IAQ: It's Not Rocket Science
- 632:** Oregon OSHA's Future Lead Rules
- 635:** Got Respirators?
- 659:** Hands-on Equipment! For the Non-Industrial Hygienist
- 661:** The ABCs of Respiratory Fit-Testing
- 702:** Welding Health & Safety: Exposures and Controls
- 708:** Hearing Loss Prevention: Beyond the Basics
- 719:** General Overview of Chemistry for Safety and Health Professionals

Occupational Health/Medicine

- 401:** Cannabis Regulation in Oregon
- 511:** Infectious Disease Prevention and Control in the Workplace
- 517:** Changing the Conversation About Pain by Addressing the 5 Domains of Best Practice Pain Care
- 560:** Cool Tools in Healthcare Ergonomics
- 564:** Understanding Pain for Personal and Professional Health
- 582:** Workplace Violence: The Evolution and Preparation
- 619:** Common Workplace Injuries
- 627:** Concussions and Brain Injury: What You Need to Know
- 636:** Legal Updates in Workers' Compensation
- 658:** Reducing Stress and Preventing Burnout – Evidence-Based Practices that Work
- 668:** The Role of Occupational and Non-Occupational Risk Factors Associated with the Development of Lumbar Disc Herniations
- 707:** Corporate Impact of Occupational Health Solutions
- 714:** More Than Just a Headache; Anatomy of mTBI
- 717:** Safety on the Brain
- 750:** The Drug Epidemic

Regulatory/Legal Issues

- 504:** Recordable, Reportable, or Both?
- 606:** Regulatory Update
- 626:** Employment Law Update

Risk Management

- 506:** Rebuilding Trust: From Chaos to Order...Long-Term Communications in an Evolving Crisis
- 552:** Quake and Flood: Reducing the Risk
- 571:** Property Loss Prevention
- 611:** Enterprise Risk Management and Beyond

- 633:** Developing a Positive and Empowering Office Safety Plan
- 651:** #culturalchange – Leading the Conversation
- 704:** Improving Interaction: Experiencing Homeless or Mental Health Crisis

Safety Committees

- 621:** Starting and Sustaining an Effective Safety Program – Part 1
- 650:** Starting and Sustaining an Effective Safety Program – Part 2
- 660:** Safety Committees 101
- 662:** Tools and Techniques for Conducting an Effective Accident Investigation

Safety and Health Management/Leadership

- 501:** Safe 4 Culture Changer Program
- 580:** Six Ways to Improve Your Safety Management Efficiency with Emerging Computer Technology
- 600:** Safety Leadership on the Frontlines
- 721:** Leading Indicators – A Tool to Help Find the Pathways to Safety and Operational Excellence
- 753:** Safety and the Learning Organization

Total Worker Health

- 505:** Becoming Assets for Diversity: Implications for Workforce Diversity and Inclusion
- 554:** Boosting the Success of Your Workplace Wellness Program
- 574:** The Science of Sleep: How Sleep Habits Affect Your Daily Life and Wellbeing
- 604:** Cool Tools for Total Worker Health
- 624:** Total Worker Health Solutions for Chronic Pain
- 638:** The Subtle Art of Being Mindful in a World Filled with Causal Chaos
- 703:** Total Worker Health 101
- 751:** Total Worker Health Worksite Solutions

Utility

- 631:** Electric Utility Emergency Management and Resiliency

Workers' Compensation

- 515:** WC101: From Injury to Closure
- 583:** Common Pitfalls and Emerging Workers' Compensation Trends for Oregon Employers
- 612:** Oregon's Return-to-Work Programs: Not Too Good to Be True
- 634:** Return-to-Work Success Stories

Workplace Violence

- 602:** Dealing with the Here and Now
- 667:** Violence in the Workplace

Visit the Exhibits

Exhibit Hours

Tuesday & Wednesday, 7:30 a.m.-3:30 p.m. • Thursday, 7:30-10:30 a.m.

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

Abbottsfield Industrial Training, Inc.	Industrial Scientific	Pacific Marketing
Airflow Systems Northwest, Inc.	Integrity Safety	ProtectEar USA
Airgas	Intrepid Industries, Inc.	Protective Industrial Products
American Medical Response	Liberty Mutual	Providence Workplace Health Services
ASSP - Columbia Willamette Chapter	Life Safety Corporation	Red Hills Group
Blackline Safety	LifeTek EMTA	Ritz Safety
Bob Dale Gloves US/Fastenal	Majestic Glove	Safe-T-Nose
Bulwark Safety Systems, LLC	Mallory Safety and Supply	Safetycal
Butterfield Onsite Drug Testing	Martor USA	SAIF
Cestus Armored Gloves	Moldex-Metric, Inc.	SawStop LLC
Columbia Southern University	Mt. Hood Community College	ScreenAmerica Wellness Systems
Commercial Business Furniture	Munnell & Sherrill, division of BDI-USA	Seattle Glove
DCBS-Ombudsman's Office	National Safety, Inc.	Showa Group
Department of Consumer & Business Services, Division of Financial Regulation	Northcoast Sales Agency	SphereMD
Draeger, Inc.	OHD	Steel Grip, Inc.
Edge Construction Supply	OraSure Technologies, Inc.	Superior Glove Works Ltd
Ergodyne	Oregon Institute of Occupational Health Sciences, OHSU	TSI, Inc.
Ergogenesis	Oregon OSHA	Tucker-Weitzel and Tsundstrom
Essilor Prescription Safety Eyewear	Oregon Young Employee Safety, O[yes]	University of Washington Environmental and Occupational Health Sciences Continuing Education Program
Favor Your Feet	OregonSaves	US Dept. of Labor - OSHA
Graphic Products	OSAOHN	Washington Audiology Services, Inc.
HAIX North America, Inc.	OUNC	Workers Compensation Division/ Preferred Worker Program
HexArmor	Overton Safety Training, Inc.	

Schedule-at-a-Glance

Monday, March 4

12:15 p.m. Registration desk opens

1-4 p.m.

- 401:** Cannabis Regulation in Oregon
- 402:** You've Found the Hazards – Now What?
- 403:** Building a Safety Culture PNW Style
- 404:** Industrial Hygiene for the Non-IH
- 405:** Foundation Drilling Safety
- 406:** What Do You Mean...Tower Crane?!
- 407:** Excavation Safety and the Role of the Competent Person
- 408:** Become a Health & Safety Communications Superhero!
- 409:** Controlling Hazardous Energy – The Basics
- 410:** Drive Focused-Stay Safe: Defensive Driving
- 411:** Effective Safety Training

Tuesday, March 5

7 a.m. Registration opens

8:30-9:45 a.m.

- 500:** Opening and Keynote: Safe 4 the Right Reasons – The Ticket to Employee Safety Engagement

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

10:30 a.m.-noon

- 501:** Safe 4 Culture Changer Program
- 502:** The Top 10 Mistakes Supervisors Make
- 503:** Practical Strategies for Preventing Slips, Trips, and Falls
- 504:** Recordable, Reportable, or Both?
- 505:** Becoming Assets for Diversity: Implications for Workforce Diversity and Inclusion
- 506:** Rebuilding Trust: From Chaos to Order...Long-Term Communications in an Evolving Crisis
- 507:** OSHA, CDLs, and Drug Testing (Oh My!)
- 508:** Safety Accountability
- 509:** Effective Noise Reduction
- 510:** Should We Stand or Should We Sit?
- 511:** Infectious Disease Prevention and Control in the Workplace
- 512:** Corporate Social Responsibility
- 513:** Essentials for Mastering the New Silica Rules
- 514:** Cannabis, Pesticides, and Worker Protection; Pesticides on Your Marijuana? MCAP to the Rescue!
- 515:** WC101: From Injury to Closure (10:30 a.m.-3 p.m.)
- 516:** A SHARP/VPP Quality Industrial Hygiene Program: How to Develop, Implement, and Maintain
- 517:** Changing the Conversation About Pain by Addressing the 5 Domains of Best Practice Pain Care
- 518:** "Hope You Don't Fall"

519: Lean Safety in the Construction Industry

520: Effective Pre-Task Planning

Noon-1:30 p.m. Lunch *(included with Tuesday registration fee)*

1:30-3 p.m.

Continued from 10:30 a.m. – 515

- 551:** Risk Communication for Safety Professionals
- 552:** Quake and Flood: Reducing the Risk
- 553:** Cannabis Extractions and Concentrations: Hazards and Critical Equipment
- 554:** Boosting the Success of Your Workplace Wellness Program
- 555:** Effective Continuity Planning – When Your Emergency Operations Plan Has Flown the COOP
- 556:** Fitness-for-Duty: Do You Have the Right Tools in Your Toolbox?
- 557:** Ace Your Food Safety and Sanitation Training
- 558:** Best Practices for Managing Warehouse Exposures
- 559:** Ergonomics and Return on Investment
- 560:** Cool Tools in Healthcare Ergonomics
- 561:** Resilience in the Face of Climate Change
- 562:** Leveraging Training Trends to Engage Your Learners
- 563:** The Dirty Dozen: Hazard Recognition of Chemical Exposures
- 564:** Understanding Pain for Personal and Professional Health
- 565:** Fall Protection for Residential and Light Commercial Companies
- 566:** Current Topics in Drug Testing: Marijuana Testing and Post-Accident Testing Under OSHA Guidelines
- 567:** Design with Emergencies in Mind
- 568:** Silica: What You Need to Know About Equipment, Research, and Resources

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

3:30-5 p.m.

- 570:** Safe Patient Handling: New Tools, New Evidence
- 571:** Property Loss Prevention
- 572:** Environmental, Health, and Safety – Are These Really Different Silos
- 573:** I'll Drink to That...and Eat!: Foodservice Operations in Craft Breweries and Brewpubs
- 574:** The Science of Sleep: How Sleep Habits Affect Your Daily Life and Wellbeing
- 575:** Emergency Preparedness at Work, at Home, and at Play
- 576:** The ABCs of Effective Media Relations
- 577:** Effective Metrics to Advance Your Food Safety Training
- 578:** Exoskeletons: They're Cool and Cutting Edge, but Do They Belong In Your Workplace?

Schedule-at-a-Glance

- 579:** Growing Workplace Policies and a Safety Culture and Developing Integrated Programs in the Cannabis Industry; Which Codes Apply and When?
- 580:** Six Ways to Improve Your Safety Management Efficiency with Emerging Computer Technology
- 581:** How to Conduct Defensible Mold and Moisture Assessments
- 582:** Workplace Violence: The Evolution and Preparation
- 583:** Common Pitfalls and Emerging Workers' Compensation Trends for Oregon Employers
- 584:** Ventilation: How to Use Air to Effectively Control Hazards
- 585:** Fall Protection Awareness Program
- 586:** Ergonomics Solutions Construction
- 587:** Prevention through Design (PtD) in Construction

Wednesday, March 6

7 a.m. Registration opens

8 a.m. Columbia Forklift Challenge Driver Check-in

8:30-10 a.m.

- 600:** Safety Leadership on the Frontlines
- 601:** Why is Everyone Not Like Me? Managing Today's Multigenerational Workforce
- 602:** Dealing with the Here and Now
- 603:** Robotics Safety in the Craft Beverage Industry
- 604:** Cool Tools for Total Worker Health
- 605:** Hazard Communication
- 606:** Regulatory Update
- 607:** Process Safety Management – The Basic Foundation for a Health and Safety Management System
- 608:** Become a Health & Safety Communications Superhero!
- 609:** Computer Based Onboarding – Cost Effective Training and Hiring
- 610:** Lab Safety: Developing and Implementing a Chemical Hygiene Plan
- 611:** Enterprise Risk Management and Beyond
- 612:** Oregon's Return-to-Work Programs: Not Too Good to Be True
- 613:** Is That Welding Fume Toxic? The Risk of Manganese Exposure to Oregon and Washington Workers
- 614:** Environmental Regulation Basics for Safety Managers
- 615:** Strategies to Reduce Theft and Vandalism in Construction
- 616:** Lessons Learned for Construction EHS Management
- 617:** Driven to Distraction – A Safe Driver Program
- 618:** Ergonomics for Mobile Workers
- 619:** Common Workplace Injuries

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

10:30 a.m.-noon

- 620:** Sustainability Resources for Brewers
- 621:** Starting and Sustaining an Effective Safety Program – Part 1
- 622:** Communicating with Success
- 623:** Managing Safety in a Diverse Population
- 624:** Total Worker Health Solutions for Chronic Pain
- 625:** Planning for Cascadia: Earthquake and Tsunami Hazards in the Pacific Northwest
- 626:** Employment Law Update
- 627:** Concussions and Brain Injury: What You Need to Know
- 628:** IAQ: It's Not Rocket Science
- 629:** Ergonomics and Wellness: Can One Succeed Without the Other?
- 630:** Cool Tools: Making Work Easier
- 631:** Electric Utility Emergency Management and Resiliency
- 632:** Oregon OSHA's Future Lead Rules
- 633:** Developing a Positive and Empowering Office Safety Plan
- 634:** Return-to-Work Success Stories
- 635:** Got Respirators?
- 636:** Legal Updates in Workers' Compensation
- 637:** Scaffolding – Risk and Reward
- 638:** The Subtle Art of Being Mindful in a World Filled with Causal Chaos

Noon-1:30 p.m. Awards Ceremony and Luncheon
(included with Wednesday registration fee)

1:30-2:30 p.m. Designated Exhibit Time

2:30-5 p.m.

- 650:** Starting and Sustaining an Effective Safety Program – Part 2
- 651:** #culturalchange – Leading the Conversation
- 652:** Keep Your Head in the Game – The Role of Mindfulness in Safety
- 653:** Distilled Spirits Industry Operational Safety
- 654:** Pursuing Community Resilience: Challenges and Opportunities
- 655:** Fire and Life Safety Inspections – How to Be Ready
- 656:** Sustainability
- 657:** Drive Focused-Stay Safe: CDL Truck Drivers Defensive Driving
- 658:** Reducing Stress and Preventing Burnout – Evidence-Based Practices that Work
- 659:** Hands-on Equipment! For the Non-Industrial Hygienist
- 660:** Safety Committees 101
- 661:** The ABCs of Respiratory Fit-Testing
- 662:** Tools and Techniques for Conducting an Effective Accident Investigation
- 663:** Addressing Mental Health and Suicide Prevention in the Workplace

Schedule-at-a-Glance

- 664:** Personal Protective Equipment in the Construction Trades
- 665:** The Challenges and Best Practices of Using a Temporary Workforce – Panel
- 666:** Oregon’s Fall Protection Options for General Industry
- 667:** Violence in the Workplace
- 668:** The Role of Occupational and Non-Occupational Risk Factors Associated with the Development of Lumbar Disc Herniations

Thursday, March 7

7 a.m. Registration opens

8-9:30 a.m.

- 701:** Personal Protective Equipment in the Workplace
- 702:** Welding Health & Safety: Exposures and Controls (8 a.m.-4 p.m.)
- 703:** Total Worker Health 101 (8 a.m.-noon)
- 704:** Improving Interaction: Experiencing Homeless or Mental Health Crisis (8 a.m.-noon)
- 705:** Collaborative Robots: Readiness, Risk Assessment, Real World
- 706:** The Practical Application of Ergonomics Evaluation Tools (8 a.m.-4 p.m.)
- 707:** Corporate Impact of Occupational Health Solutions
- 708:** Hearing Loss Prevention: Beyond the Basics (8 a.m.-4 p.m.)
- 709:** Safe Forklift Operations – A User’s Guide (8 a.m.-4 p.m.)
- 710:** MEWP Safety – Safe Use of Working Platforms
- 711:** Work Zone Safety
- 712:** Practical Understanding of Electrical Safety
- 713:** Assessing Risks in Wineries and Breweries
- 714:** More Than Just a Headache; Anatomy of mTBI
- 716:** Annual Hazwoper Refresher (8-hour) (8 a.m.-4 p.m.)

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

10:30 a.m.-noon

Continued from 8 a.m. – 702, 703, 704, 706, 708, 709, and 716

- 717:** Safety on the Brain
- 718:** Implementing Successful Change
- 719:** General Overview of Chemistry for Safety and Health Professionals
- 720:** Managing Multiple Locations Remotely
- 721:** Leading Indicators – A Tool to Help Find the Pathway to Safety and Operational Excellence
- 722:** Electrical Arc Flash Safety and Media Response
- 723:** Emerging Technologies in Construction
- 724:** Changing One’s Perspective through Innovation and Smarts

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

1-4 p.m.

Continued from 10:30 a.m. – 702, 706, 708, 709, and 716

- 750:** The Drug Epidemic
- 751:** Total Worker Health Worksite Solutions (Total Worker Health 101 is a pre-requisite)
- 752:** Confined Space Safety
- 753:** Safety and the Learning Organization
- 754:** Safety Training and Your Multicultural Workforce
- 755:** In Memory of...
- 756:** Machine Guarding, Amputations, and OSHA Special Emphasis Programs
- 757:** Occupational Dog Bite Safety/Prevention

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 4

12:15 p.m.

Registration desk opens

Packet pick-up ONLY

Workshops are pre-registration only

1-4 p.m.

401 Cannabis Regulation in Oregon I

Since the legalization of adult-use cannabis in Oregon, state regulators have been tasked with crafting and implementing a framework for regulation. These efforts have been complicated by ongoing federal prohibition and the lack of important foundations that exist in analog agricultural sectors. This program examines Oregon's cannabis regulatory scheme, both in the context of medical and adult-use. The past, present, and future of cannabis in Oregon is covered, with an emphasis on both the challenges we have overcome and the challenges we face in the future.

- ▶ **Jeffrey R. Rhoades, JD**
Senior Policy Advisor to Governor Kate Brown
Office of the Governor, Salem

402 You've Found the Hazards – Now What? I

Your company's safety committee has completed its quarterly walkthrough and has found a number of new health and safety hazards. What's next? What should you now do to control, or even better, eliminate these hazards?

This workshop begins with a brief overview of effective inspection procedures and then moves on to not only identifying hazards, but, also seeking to determine why the hazards were present in the first place. Similar to an accident investigation, identifying hazards should also address finding the "cause of the cause". Findings are then recorded in such a way the hazards are documented and accountabilities are established to ensure effective corrections are made – in accordance with the Hierarchy of Hazard Controls.

This is a highly interactive workshop, featuring several hands-on problem-solving activities.

- ▶ **Timothy J. McDonald, CSP**
Senior Safety Management Consultant
SAIF Corporation, Salem

403 Building a Safety Culture PNW Style I/A

Pacific Northwesterners who love to garden, assess soil conditions, plan, then plant crops, and lastly reap a garden's harvest. Cultivating a safety culture requires similar evaluation, planning, and ongoing efforts before the results are fruitful. This interactive session walks participants through developing a culture improvement/development plan utilizing data collection, problem solving, and remembering your "why".

- ▶ **Aubrey Sakaguchi, ASP, MEHS**
Senior Safety Management Consultant
SAIF Corporation, Portland

404 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 OSHA substance-specific standards. Chemical, physical, and biological hazards are described, along with the hierarchy of controls. Types of sampling and analysis used for characterizing IH exposures and their units of measurement are addressed. This class does not include hands-on IH instrumentation.

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

Register online at oregongosh.com



Basic



Intermediate



Advanced



All

405 Foundation Drilling Safety

I/A

Modern piling equipment is becoming increasingly larger and heavier to cater to the demand for deeper and larger diameter foundations required to take higher load capacities. Unfortunately, every year, piling rigs fall over or are subject to near misses due to inadequately prepared or maintained site surfaces. Every single one is preventable through better planning, a thorough understanding of the ground bearing pressures which a deep foundation piling rig will exert, and how to manage these pressures through the construction of a properly designed, installed, and maintained working platform. Join this session to better understand ground bearing pressures, identify stability issues with foundation drilling equipment, and recognize the need for the project constructor to design, construct, and maintain safe working platforms for foundation drilling equipment.

Designing for construction safety is also covered in this session as well as discussion on fundamental differences between a foundation drill rig and a mobile crane, the process of creating a foundation drill rig operator certification program, and working with NCCCO (National Commission for the Certification of Crane Operators).

- ▶ **Richard Marshall, CHST**
Director of Safety
ADSC: The International Association of Foundation Drilling, Irving, Texas

406 What Do You Mean...Tower Crane?!

I

Think of this as Tower Cranes for Dummies. While operators, riggers, and signalers get plenty of specialized training opportunities, there isn't much out there for others involved or responsible for tower cranes to gain some knowledge about the piece of equipment used on their site. This is an overview in inspection, installation, and signaling of tower cranes. While you may not be the one out there doing it, you still need to know what is required of those that do.

- ▶ **Ian Chase, CHST, CET**
Field Safety Manager
LCG Pence Construction, Salem

Register online at
oregongosh.com

407 Excavation Safety and the Role of the Competent Person

All

Recent trench collapses illustrate the importance of the proper use of protective systems. This class focuses on OSHA's Excavation Standard including proper safe work practices while working in and around excavations, proper soils analysis and classifications, and protective systems with added emphasis on the role and responsibilities of the Competent Person requirements.

- ▶ **Eric Fullan**
Safety Officer
City of Hillsboro, Hillsboro

408 Become a Health & Safety Communications Superhero!

All

This interactive, hands-on workshop focuses on your path toward superhero status—as a communications superhero, that is! We talk about meaningful ways to connect with your stakeholders and add practical tools to your Health and Safety superhero utility belt.

Practical EHS case examples are discussed and you are encouraged to bring your own stories and experiences so we can all learn from each other's triumphs and tribulations. This session is focused on practical, nuts-and-bolts tools you can use immediately. Superheroes don't have time to worry—they take action!

- ▶ **MacKenna Perry, PhD**
President
Clarity Scientific, Beaverton
- ▶ **Steven Perry, MA**
Principal Scientist
Clarity Scientific, Beaverton

409 Controlling Hazardous Energy – The Basics

B/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 Field Manager
Oregon OSHA, Portland

410 Drive Focused-Stay Safe: Defensive Driving

All

“Drive Focused-Stay Safe” defensive driver training has been rated as exemplary by numerous agencies, private sector employers, and especially by participants.

The content and method of delivery provided is unique to this subject and engages the audience in a fast paced program that challenges participants. The program is divided into two sections; Section 1 contains changes to Oregon laws enacted by the Oregon legislature in recent years and Section 2 contains defensive driving recommendations provided to specific high risk driving activities and crashes common in Oregon; 35% of crashes occur at intersections, 28% of crashes are backing incidents. The technology in vehicles today has changed significantly and so have effective safety training techniques and methods concerning vehicles. Information new to many drivers include vehicle reference points, driving and preparation for weather extremes, and managing road rage and aggressive drivers.

- ▶ **Gene Rushing, ASC**
*Fleet Safety Instructor and Safety Training Consultant
City of Portland and Mt. Hood Safety Training and Consulting, Portland*

411 Effective Safety Training

All

A hands-on workshop on the fundamental of effective safety training based on the ANSI/ASSP Z490.1 national standard on EHS Training. The workshop includes a large amount of discussions, question-and-answer sessions, short written assignments, and peer review. Also included is a focus on four key aspects presented in Z490.1 (learning objectives, blended learning, credible information sources and sound instructional design, and training evaluation and continual improvement) as well as additional evidence-based training practices drawn from industry experts and best practices. Attendees receive access to additional materials to review after the session, including lists of recommended reading, a free on-demand webinar, and a 60-page guide to effective safety training, and have the ability to opt-in to a series of follow-up refresher emails.

- ▶ **Jeff Dalto**
*General Industry Safety and Health Specialist
Senior Learning and Development Specialist
Convergence Training, Camas, Washington*

Sessions

Tuesday, March 5

7 a.m.

Registration opens

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

Exhibits open

8:30-9:45 a.m.

500 Opening

- ▶ **Corinna Kupelwieser**
*Conference Chair
President, ASSP Columbia-Willamette Chapter*
- ▶ **Michael Wood, CSP**
Administrator, Oregon OSHA

Keynote: Safe 4 the Right Reasons – The Ticket to Employee Safety Engagement

This presentation reveals why the conventional approach (rules, regulations, policies, and procedures) to employee safety misses the mark, thus delivering frustrating and meager results. “Safe 4 the Right Reasons” explains our human nature, why we do some of the things we do, and why we don’t do some of the things we should.

The “Safe 4” message appeals to the critical aspects that drive behavior change and motivates employees to be safe, not just for themselves, but for others that count on them. It also delivers a respectful way that every employee can watch out for one another so when they see something, they can say something without offending others or being offended.

- ▶ **Dale Lesinski**
DiVal Safety Equipment, Inc., Buffalo, New York

9:45-10:30 a.m.

Break and Visit Exhibits

10:30 a.m.-noon

501 Safe 4 Culture Changer Program All

Improving your Safety Culture is not as tough as you think! Especially if you know what to do and how to do it!

Employers want their employees to be safe. They are OSHA compliant and have dedicated significant resources to employee safety but results still fall short. The "Safe 4 Culture Changer Program" delivers the necessary practices for an effective safety culture, driving your safety performance and continuous improvement by creating a sustainable guide that becomes the cornerstone of your safety program.

This session covers several key components necessary for positive culture change. It also identifies the most common mistakes that many companies make resulting in shortfalls, lackluster results, and the same old "flavor of the day" mentality from their employees. Attendees walk away with fresh ideas, new approaches, and real world tools to improve their safety culture and implement them immediately.

- ▶ **Dale Lesinski**
DiVal Safety Equipment, Inc., Buffalo, New York

502 The Top 10 Mistakes Supervisors Make All

Employment mistakes are easy to make, hard to correct, and impossible to undo. But, we all can learn from the mistakes of others. In this training, Sharon reviews real scenarios demonstrating the "Top 10" mistakes supervisors make. In addition, Sharon 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.

- ▶ **Steve Norman, JD, SHRM-SCP, SPHR**
Administrative Officer
Citycounty Insurance Services, Salem

503 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. Examples of employers' successful prevention initiatives are highlighted. Participants leave with resources, including a hazard assessment checklist, informational brochures, and posters.

- ▶ **Jim Nusser**
Senior Safety Management Consultant
SAIF Corporation, Eugene

504 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**
Safety Training Specialist
Oregon OSHA, Portland
- ▶ **Bob Hamre**
Field Investigator
Department of Consumer and Business Services, Workers' Compensation Division, Salem

505 Becoming Assets for Diversity: Implications for Workforce Diversity and Inclusion All

As Oregon grows, we are more likely to see greater diversity in our work environments. This includes serving a more diverse group of clients and communities. If a group or segment of our society is or feels excluded, we are all likely to pay a price. For our work forces and environments therein to excel, each of us has to become a diversity asset. That means being able to (1) promote a welcoming environment, (2) become aware of our biases and ways to overcome them, (3) develop skills for graciously intervening or preventing discrimination, and (4) identify human, bibliographic, electronic, and other resources for ongoing development. This presentation is aimed at helping us all work more effectively within increasingly diverse work forces and consumer populations.

- ▶ **James L. Mason, PhD**
President and CEO
Organizational Cultural Competence Assessment and Training - OCCAT, Portland

506 Rebuilding Trust: From Chaos to Order...Long-Term Communications in an Evolving Crisis A

Starting in May of 2016 and continuing to present, Portland Public Schools faced an intense environmental crisis around lead content in drinking water. Issues expanded and the crisis evolved; communicating challenges were constant. Hear first-hand from school district EHS and Risk Management staff who were fully engaged in the saga. This program is the story of that crisis and lessons learned in communications, including:

- Chaos, when only drastic actions begin to work
- Who's in charge when leaders are gone?
- When credentials count...and yours are not enough
- Defining "order" and which way to the finish line?

▶ **John Burnham, PhD**
*Senior Director, Environmental Health and Safety
Portland Public Schools, Portland*

▶ **Joe Crelier, ARM**
*Director of Risk Management
Portland Public Schools, Portland*

507 OSHA, CDLs, and Drug Testing (Oh My!) All

This interactive session briefly discusses the legal requirements behind drug testing in Oregon, the federal requirements for drug testing programs for Commercial Drivers' License (CDL) holders, and the federal OSHA mandates for post-accident drug testing. There are practical and jurisdictional guidelines as well as confusion over best practices when a candidate or employee tests positive. This is made more difficult due to Oregon and Washington having legalized recreational use of marijuana. Attendees have an opportunity to gain useful insight and practical ideas for reviewing and updating their current practices in this area. Audience members get an opportunity to discuss their current drug testing, reporting, and return-to-work practices and interact with subject matter experts regarding this important issue.

▶ **Kurt Chapman, SPHR, SHRM-SCP**
*Public Safety Senior HR Consultant
Citycounty Insurance Services, Salem*

508 Safety Accountability I

Does it seem like your safety program should be producing better results? If so, accountability, or lack of, may be the culprit. This class is designed to help you evaluate and establish accountability methods to ensure effective administration of policies, procedures, and accident prevention processes.

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

509 Effective Noise Reduction All

Clang! Bang! Grrrrriiiiiinnnnndddd...rattle-rattle, hissssssssss...squawk!

Workplace sounds are never more obvious than at an industrial facility. Noise levels routinely exceed safety regulations, requiring hearing protection or even double hearing protection. What can you do to protect yourself, your co-workers, and your company? A professional engineer in acoustics explains the types of sound and the metrics used to measure them and most importantly, what you can do about it.

▶ **Melinda Miller, PE**
*Principal Engineer
ABD Engineering & Design, Portland*

510 Should We Stand or Should We Sit? All

All you ever wanted to know about the ergonomics of sit-stand stations, new trends in computer ergonomics, and more.

Sit-stand workstations and other non-traditional computer workstation designs such as treadmill stations, are gaining popularity. This session discusses the pros and cons of a wide variety of computer workstation's designs and how to choose the best design for the work being performed.

- ▶ **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*

511 Infectious Disease Prevention and Control in the Workplace

All

This presentation is designed to update the attendee with current information about the risks of acquiring and developing an infectious disease in the workplace. National infection control resources and guidelines are identified, adult immunizations are reviewed, disinfection of workplace surfaces and hand hygiene standards of practice are discussed, and principles of work restrictions when an employee has a workplace-transmissible communicable disease are presented.

- ▶ **Pat Preston, MS**
Executive Director
Center for Geriatric Infection Control, Bend

512 Corporate Social Responsibility

All

A number of organizations are moving beyond OSHA and DEQ/EPA compliance with management systems that include corporate social responsibility (CSR) initiatives such as sustainability, community involvement, ethical supply chain sourcing, and stakeholder health, wellness, and safety. CSR typically includes significant outreach both directly to communities and online with annual reporting of progress. Panelists in this session share experiences and best practices in CSR from their organizations.

- ▶ **Elena G. Capsuto, CHMM**
Senior Environmental Health and Safety Manager
New Seasons Market, Portland
- ▶ **Mary Moerlins, MPA**
Community Affairs and Environmental Programs Manager
NW Natural, Portland
- ▶ **Chenoa Philabaum**
Senior Community Relations Manager
New Seasons Market, Portland

513 Essentials for Mastering the New Silica Rules

B

Workplace health and safety regulations for silica have changed from a known hazard and a published occupational exposure limit, to a 50% reduction in the exposure limit and a new substance-specific standard. Why? Because workers are still developing silicosis and other illnesses from exposures. Are you where you need to be with your silica exposure control plans, training, and controls to better protect your employees? We discuss Oregon OSHA's new silica rules, medical surveillance, the famous Table 1 and other controls, and other nuances within the rules. We review resources to help you develop your silica exposure control plans and discuss some of the new controls available. Come and learn to master the new silica rules to better protect your employees.

- ▶ **Kim Henry, CIH**
Industrial Hygienist
SAIF Corporation, Salem

514 Cannabis, Pesticides, and Worker Protection; Pesticides on Your Marijuana? MCAP to the Rescue!

All

Are you new to the regulatory world of Worker Protection when using pesticides in your Cannabis grow operation? This course takes you from the shadows into the light!

- ▶ **Garnet R. Cooke**
Pesticide Coordinator
Oregon OSHA, Salem
- ▶ **Michael Odenthal**
Pesticide Enforcement Program Lead Investigator
Oregon Department of Agriculture, Salem

515 WC101: From Injury to Closure

B

(10:30 a.m.-3 p.m.)

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.

- ▶ **Jennifer Flood**
Ombudsman for Injured Workers
Department of Consumer and Business Services, Salem
- ▶ **Dan Schmelling**
Claims Supervisor
SAIF Corporation, Salem

Register online at
oregongosh.com

516 A SHARP/VPP Quality Industrial Hygiene Program: How to Develop, Implement, and Maintain

B/I

This session is designed to help companies better understand what kind of performance is expected of an industrial hygiene program operating at a SHARP or even VPP level. The class covers the required activities that pertain to various workplaces, but also shares industry best practices.

- ▶ **Mark E. Hurliman, CSHM**
SHARP/VPP Program Manager
Oregon OSHA, Medford
- ▶ **Trena VanDeHey**
Technical, Standards, and Appeals Manager
Oregon OSHA, Salem

517 Changing the Conversation About Pain by Addressing the 5 Domains of Best Practice Pain Care

All

This presentation reviews the five key domains of best practice pain care outlined in the new edition of the Oregon Pain Management Commission's online module. Threaded throughout this session is a case to illuminate how to work with a complex patient using a shared decision making tool to address the five domains of best practice pain care.

- ▶ **Catriona Buist, Psy.D., Licensed Psychologist**
Assistant Professor of Anesthesia and Perioperative Medicine and Psychiatry
Oregon Health and Science University, Portland
- ▶ **Nora Stern, MSPT**
Clinical Program Manager, Comprehensive Pain Services
Providence St. Joseph Health and Services, Portland

518 "Hope You Don't Fall"

All

"Hope You Don't Fall" is a unique fall protection session addressing the mindset of workers at height and the cultural acceptance to fall hazard exposure. It is very curious given all the fall protection laws, standards, safety professionals, and equipment dedicated to protect workers at height, there is still a steady stream of falls and fall-related fatalities. This presentation looks at fall hazards through the lens of a common person and points out several factors as to why fall related accidents continue to happen. The presenter discusses the culture surrounding exposure to falls to help participants identify the key factor in educating and training workers on fall protection. Attendees are able to examine fall hazards differently and create or enhance their fall protection program with a fresh perspective.

- ▶ **James Costello, MBA**
Director of Sales
Gravitec Systems, Inc., Poulsbo, Washington

519 Lean Safety in the Construction Industry

All

It is recognized by the construction industry and safety professionals that an opportunity exists to reduce injuries to trade workers while becoming more efficient through applying LEAN principles to existing work practices. Many contractors have implemented successful, safe work practices, unique to their discipline, which has helped them improve worker safety and health performance, but unfortunately that information is not passed on to other practices or projects.

- ▶ **Jim Smoltz, CSP**
Global Construction EHS Manager
Google, Portland

520 Effective Pre-Task Planning

B

Every day in construction, the work force faces hazards inherent to construction. An effective Pre-Task Planning process not only helps identify and mitigate hazards during the work, but also utilizes planning and forethought helping work go right the first time, making it not only safer, but also more efficient.

Through real life examples, Ms. Conner guides the participants through a hands-on exercise explaining key components of a Pre-Task Plan.

- ▶ **Ashlee R. Conner, CSP, CHST**
Associate Consultant
BSI EHS Services and Solutions, Hillsboro

Noon-1:30 p.m.

Lunch (included with Tuesday registration fee)

1:30-3 p.m.

Continued from 10:30 a.m.

515 - WC101: From Injury to Closure

551 Risk Communication for Safety Professionals

B

Safety professionals must communicate risk to stakeholders such as employees and employers. Risk communication is tightly coupled with assessment of issues such as mechanism of injury and most reasonably foreseeable injury. Clear risk assessment and communication can promote agreement and prioritization. Unclear risk assessment and communication can allow hazards to remain misunderstood, ineffectively controlled, or unresolved.

- ▶ **Scott Gunderson, CSP**
Senior Safety Compliance Officer
Oregon OSHA, Portland

552 Quake and Flood: Reducing the Risk

All

This session explores two of the most destructive natural hazards that threaten much of Oregon: earthquake and flood. Discussions include actions you can take before, during, and after a natural disaster to reduce property damage and operational downtime.

- ▶ **Peter Goddyn**
Senior Engineering Specialist
FM Global, Portland

553 Cannabis Extractions and Concentrations: Hazards and Critical Equipment

All

This presentation focuses on safety and hazards in Supercritical Fluid Extraction (SFE) as well as personal observations of hazards and safety in Supercritical Fluid Operations within the Cannabis industry. Topics include mechanical, thermodynamic, chemical, biological, and "other" hazards. Additional topics are improper assembly and installation of SFE systems and auxiliary equipment, improper system integration, improper training of operators, absence or lack of paperwork, and automated vs. manual SFE systems and hazards.

- ▶ **Ryan Maher**
Equipment Manager
Greenpoint Oregon/Golden Leaf Holdings, Portland

554 Boosting the Success of Your Workplace Wellness Program

All

As premiums continue to rise, employers are increasingly looking to workplace wellness programs as an 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 the well-being of your employees improve or lowers your healthcare costs. Workers must be aware the program exists and be inspired to use it. This is where things get tricky as the vast array of solutions can be daunting to navigate for most employers. From risk assessments, incentives, and newsletters to gamification, social media, and mobile technology, how does the average employer decide what approach is most effective among their employees? In this session we discuss current industry trends and best practices as well as walk you through successes and challenges from one of Oregon's healthiest employers.

- ▶ **Laura Mather**
Administrative Assistant to the President's Office
Bob's Red Mill Natural Foods, Milwaukie
- ▶ **Michael Severson**
Senior Health Management Consultant
Providence Health & Services, Beaverton

555 Effective Continuity Planning – When Your Emergency Operations Plan Has Flown the COOP

B/I

What would you do if an earthquake, fire, server malfunction, or health pandemic occurred at your organization? You have very little time to evacuate. Do you know where you're supposed to go and what you should take with you? Do you know how to resume operations once the initial crisis has ended? This session provides straight-forward action steps to help you assess your risks, identify critical business functions, back up your data, and create a crisis communication plan.

- ▶ **Steve Norman, JD, SHRM-SCP, SPHR**
Administrative Officer
Citycounty Insurance Services, Salem

556 Fitness-for-Duty: Do You Have the Right Tools in Your Toolbox?

All

Not only do fitness-for-duty issues carry internal risks such as reduced productivity, they can mean lawsuits against employers when the employer uses the wrong tool at the wrong time. Learning about a few fitness-for-duty tools can keep employers from unintentionally violating the law.

- ▶ **Laura Cook**
*Account Manager for Occupational Medicine
Providence Occupational Medicine, Portland*
- ▶ **Janie McCollister, SHRM-SCP, SPHR, IPMA-SCP, CPDM, CLMS, AWI-CH**
*HR Risk Management Consultant
Citycounty Insurance Services, Salem*
- ▶ **Moira Przybylowski, MRC**
*Return-to-Work Specialist
Citycounty Insurance Services, Salem*
- ▶ **Trevor Tash, OTR**
*Occupational Therapist
Providence Health and Services, Salem*

557 Ace Your Food Safety and Sanitation Training

All

When the basic elements of good sanitation practices in food manufacturing become routine behaviors, a company's food safety culture grows. Studies show inspection score improvements as high as 26%. While most managers are well versed in food safety, it is sometimes a challenge to convey critical hygiene and sanitation concepts to the frontline. That means food companies must focus on creating an effective, targeted training strategy.

Join this session to learn more about how to assess your facility's design, processes, and procedures, and current approach to hazard control – the first steps in developing sound sanitation training. Then, discover how to effectively train the frontline on their role in maintaining sanitary conditions throughout the operation, and learn best practices for reinforcing behaviors on the plant floor.

- ▶ **Holly Mockus**
*Senior Product Manager
Alchemy Systems, Austin, Texas*

558 Best Practices for Managing Warehouse Exposures

B

With the continued rise in consumerism, fueled in part by the convenience and ease of online shopping, modern warehouses and distribution centers have grown and evolved into 'round the clock hubs of time-sensitive activity. Recognizing and managing the breadth of exposures present in these organizations can often mean the difference between efficient operations or excessive waste.

- ▶ **LettaJoe Gallup, ARM**
*Risk Control Consultant
Liberty Mutual Insurance, Portland*
- ▶ **Mark Goldberg, CPCU, ARM**
*Senior Risk Control Consultant
Liberty Mutual Insurance, Portland*

559 Ergonomics and Return on Investment

All

Building a successful ergonomics process can be very daunting; maintaining that success even more so. The key to having a robust process is tracking and maintaining the metrics within the process. Understanding important indicators as well as developing processes that engage employees to get involved are keys to that success. Having a good understanding of the organizations mission and goals help provide the groundwork for this data.

- ▶ **Keith Osborne, CEAS, Six Sigma Greenbelt, Certified Wellness Specialist, Master Fitness Trainer**
*Ergonomist
Seattle City Light, Seattle, Washington*

560 Cool Tools in Healthcare Ergonomics

I

Modern healthcare environments encompass a variety of dynamic professions and unique work spaces that feature significant Ergonomic risks. "Cool Tools in Healthcare Ergonomics" examines common musculoskeletal risk factors among clinical and non-clinical hospital/healthcare professions and recommended evidence-based solutions.

- ▶ **Candace Shorack, MA**
*Occupational Therapist
Peacehealth, Oregon West Network, Springfield*
- ▶ **Colin Westerfield, OTD, OTR/L**
*Injury Prevention Program Specialist
Providence St. Joseph Health, Portland*

561 Resilience in the Face of Climate Change B

Projections for climate change include increased frequency and severity of extreme weather including heat waves, drought, wildfires, and smoke from wildfires. Safety professionals need to include these issues into both their operational and emergency response plans, preparing for issues ranging from when to schedule work outdoors, to reviewing dry vegetation close to buildings, and processes as a potential fire hazard. Panelists in this session discuss climate change projections and strategies for resilience in the coming years with an emphasis on health impacts.

- ▶ **Brendon Haggerty, MURP**
Senior Program Specialist
Multnomah County Health Department, Portland
- ▶ **Crystal Weston, MPA**
Occupational Public Health Program
Oregon Public Health Division, Portland
- ▶ **Emily York, MPH**
Oregon Climate and Health Program Lead
Oregon Public Health Division, Portland

562 Leveraging Training Trends to Engage Your Learners I

The foundation of learning is the learner, who is the learner, and what they want. In this session we discuss the current state of the world of learning and dig into trends occurring around us. Then we lead into training resources and styles to meet the needs of the learner.

- ▶ **Adam Nelson**
Training Supervisor
SAIF Corporation, Salem

563 The Dirty Dozen: Hazard Recognition of Chemical Exposures B

The national burden of occupational disease in the US is staggering. The National Institute for Occupational Safety and Health (NIOSH) estimates there are 70,000 annual deaths due to occupational disease, many of which are from cancer-causing agents. Annual non-fatal illness estimates approach or exceed 500,000. For safety professionals, prevention of disease begins with recognizing and identifying these major occupational hazards.

- ▶ **Laurence Rosen, CIH**
Consulting Industrial Hygienist
Liberty Mutual Insurance, Portland

564 Understanding Pain for Personal and Professional Health All

Modern neuroscience shows that the words we use to describe pain, actions taken when in pain, and what others tell us to expect about pain, can have significant impact on how much, and even how long, we experience pain. The goal of this presentation is to bridge the gap between current pain science and clinical application to promote better overall pain outcomes in occupational health.

- ▶ **Kevin Cuccaro, D.O.**
Consultant and Specialist on Pain
Straight Shot Health, Philomath

565 Fall Protection for Residential and Light Commercial Companies All

This class discusses how to have an effective Fall Protection Program while utilizing equipment that speeds up production and increases coverage. A review of proper installation and inspection with a focus on compliance is covered. The class concludes with an audience question and answer session.

- ▶ **Josh Meuler, Firefighter 1, Paramedic, MSHA Instructor, OSHA 500**
President/Owner
Simple Safety Solutions, Portland

566 Current Topics in Drug Testing: Marijuana Testing and Post-Accident Testing Under OSHA Guidelines I

In this session we briefly describe how testing for marijuana differs from testing for alcohol, the basic process of lab-based oral fluid testing for marijuana, and some benefits and drawbacks for lab-based oral fluid testing. Also included is a brief description of blanket drug/alcohol testing as defined by OSHA in the context of post-accident testing and a summary of the difference between reasonable suspicion drug/alcohol testing and post-accident drug/alcohol testing in the context of OSHA guidelines.

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

567 Design with Emergencies in Mind All

Can we plan for the unexpected? Effective emergency management systems allow any business to rapidly deploy response resources and return to normal operations after an emergency. Join an emergency management professional for an exciting review of the 4 key principles of preparedness, mitigation, response, and recovery. This interactive workshop uses case studies to illustrate how strengthening an operation starts with identifying vulnerabilities.

- ▶ **Tripp Robinson, MBA**
Oregon Site Emergency Manager
Intel Corporation, Hillsboro

568 Silica: What You Need to Know About Equipment, Research, and Resources All

The new silica standard will prevent hundreds of deaths and many more illnesses each year. The specified exposure control option, or Table 1, in the standard includes engineering controls, work practices, and as needed, respiratory protection for common construction tasks. In addition, new controls continue to be identified and resources developed to help with compliance. Hear from representatives from OSHA and construction research about equipment and control options and resources to help with compliance.

- ▶ **MK Fletcher, MSPH**
Research Analyst
CPWR-The Center for Construction Research and Training
Silver Spring, Maryland
- ▶ **Joe Coble, Sc.D., CIH**
Director, Office of Technological Feasibility
Occupational Safety and Health Administration
Washington D.C.
- ▶ **David Rempel, MD, MPH, CPE**
Professor
University of California San Francisco
San Francisco, California

3-3:30 p.m.

Break and Visit Exhibits

3:30-5 p.m.

570 Safe Patient Handling: New Tools, New Evidence All

Over the past 15 years the use of Safe Patient Handling and Mobility (SPHM) technology and programs to reduce the risk of injury to healthcare staff from manual patient handling has increased in the Northwest. This session explores new approaches and technology that can increase effectiveness of SPHM activities and programs. Topics include practical tips for using SPHM technology to provide safer care for Bariatric patients and to support early mobility programs; safe mixing and matching of slings and lifts; and evidence linking SPHM to improved patient outcomes.

- ▶ **Lynda Enos, RN, MS, COHN-S, CPE**
Ergonomist/Human Factors Specialist
HumanFit, LLC, Boring

571 Property Loss Prevention All

Have you ever been asked to do a property inspection—yet did not know quite where to start? This talk gives you the tools to develop a very easy to use property inspection to help your overall loss control program be more rounded—without being more difficult.

- ▶ **Mark L. Runyon, CSP, CFPS**
Senior Managing Consultant
Marsh USA, Inc., Portland

572 Environmental, Health, and Safety – Are These Really Different Silos

All

Safety managers are increasingly asked to wear multiple hats. Although there may be differences between environmental, health, and safety issues, this session is designed to show how these seemingly different worlds overlap. Understanding the relationships between these “different” silos can help safety managers to resolve real-world, complex problems, such as hazardous materials management, vapor intrusion, and neighborhood complaints. At the end of this session, participants are able to:

- Recognize common scenarios requiring an integrated approach to environmental, health and safety management
- Identify strategies to address environmental, health and safety concerns
- Participate in interdisciplinary teams to help resolve complex problems

▶ **Bill Beadie, CIH**

*Principal Industrial Hygienist
Maul Foster & Alongi, Inc., Portland*

▶ **Amy Peccia**

*Senior Environmental Scientist
Maul Foster & Alongi, Inc., Portland*

573 I’ll Drink to That...and Eat!: Foodservice Operations in Craft Breweries and Brewpubs

I

Come join us for this TED talk style class as we dive into three large topics in the brewery industry:

Managing Contractor Liability Exposure:

Contractors are a great way to get work done, but they do open up a liability exposure for your company. This session provides an overview of the proper steps you need to take when hiring a contractor and how to properly protect your company and interests.

Confined Space Management:

This presentation covers an overview of the types of confined spaces and arms participants with the knowledge needed to manage a confined space program in a brewery.

Foodservice Operations in a Brewery:

Whether your operation includes snacks and nuts or world-class gourmet gastronomy, preparing and serving food to your customers introduces a host of new exposures to your organization. If you currently have food operations in your craft brewery, or you’re considering developing a food program, this session provides an overview of the major exposure areas of foodservice in breweries.

▶ **Phillip A. Combest, CSP, ARM, ALCM**

*Loss Prevention Consultant
Great American Insurance Group, Orange, California*

▶ **Shane Goldsby, CSP, ARM**

*Loss Prevention Director
Great American Insurance Group
Oklahoma City, Oklahoma*

▶ **David Super, CRIS**

*Loss Prevention Associate
Great American Insurance Group, Orange, California*

574 The Science of Sleep: How Sleep Habits Affect Your Daily Life and Wellbeing 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 both your personal and professional life when you don't get enough sleep. We examine the impact of the specific clinical entities of obstructive sleep apnea syndrome and shift-work sleep disorder on health and productivity.

- ▶ **Jeffrey Bluhm, MD, FCCP, FAASM, D-ABSM**
Medical Director
Sleep Disorders Center at Providence St. Vincent Medical Center, Portland
- ▶ **Andrew McHill, PhD**
Research Assistant Professor
Oregon Institute of Occupational Health Sciences at Oregon Health & Science University, Portland

575 Emergency Preparedness at Work, at Home, and at Play B

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**
Program Manager, Occupational Health, Safety, and Emergency Services Program
Oregon Department of Human Services, Bend

576 The ABCs of Effective Media Relations All

A crisis can come in many shapes and sizes. No matter what the issue, the basics of good PR and crisis communications can make the difference in how well your agency is perceived. Is your response coordinated or disjointed? Join Bill and his panel of media-relations experts to learn more about what you should do when a long line of reporters call — or camp out at your front door.

- ▶ **Bill LaMarche, Communications and Technical Journalism**
Member Relations Manager
Citycounty Insurance Services, Salem

577 Effective Metrics to Advance Your Food Safety Training All

The food industry has made great strides to improve training and learning systems across its various sectors, but often training is done without any structure evaluation. In fact, according to an article from Food Manufacturing, 97% of food borne illnesses are attributed to either a process breakdown or employee training.

A lack of training and education can lead to food safety management failures, representing a risk to consumer health and brand protection.

- ▶ **Kristi Reynolds**
Area Sales Manager
Alchemy Systems, Austin, Texas

Register online at oregongosh.com

578 Exoskeletons: They're Cool and Cutting Edge, but Do They Belong In Your Workplace?

All

Sprains and strains (musculoskeletal disorders) are still the most common type of serious workplace injury. One reason may be that traditional ergonomics methods of redesigning jobs, tools, and equipment are difficult to implement in some types of work. Consider the challenges of automotive mechanics working overhead, or agricultural workers bending down to harvest row crops. Industrial exoskeletons are an emerging technology that might help reduce the risk of injury in these challenging jobs; but, are current exoskeletons up to the task? Join us for an interactive presentation and live demonstration of these promising new devices.

- ▶ **Rick Goggins, MS, CPE**
Ergonomist
Washington State Department of Labor & Industries
Olympia, Washington
- ▶ **Matthew Marino, PT, MSPT, CPE, CWcHP, CSCS, TSAC-F, CPT, FMS**
Lead Ergonomist, PT
Briotix Health, Portland

579 Growing Workplace Policies and a Safety Culture and Developing Integrated Programs in the Cannabis Industry; Which Codes Apply and When?

All

What are the different divisions in Oregon OSHA regulation? When do they apply to me? Whether it is agriculture activities, general industry activities, or construction activities, we help you decode the division, apply the best rule, and discuss best practices.

Also covered are services the Workers' Compensation Division offers to employers in the cannabis industry, return-to-work opportunities (including modified work or light duty), and workers' compensation coverage and issues employers may face. Work on developing robust job descriptions, policies and procedures, disciplinary action plans, ergonomics, and stretching programs.

- ▶ **Khadija Mostafa**
Health Compliance Officer
Oregon OSHA, Eugene
- ▶ **Kara Null**
Conference and Training Coordinator
Oregon Workers' Compensation Division, Department of Consumer and Business Services, Salem

580 Six Ways to Improve Your Safety Management Efficiency with Emerging Computer Technology

B/I

Whether you are a "computer nerd" or "computer illiterate" you learn how everyday safety practitioners can take advantage of tech tools to make the complex job of safety management much more streamlined, fun, and productive. Kevin Shoemaker presents a different approach to safety management and how you can take advantage of all six benefits of computer technology. Also shared are some simple tricks and programs most people already have or can download inexpensively on their PC. Information is included about many powerful tools for your smart phone or tablet, and Kevin explains the benefits of a total safety management system (SMS).

- ▶ **Kevin Shoemaker, P.E.**
Founder, Principal Partner
BASICSOFT, Inc., Fruitland, Idaho

581 How to Conduct Defensible Mold and Moisture Assessments

All

The course describes defensible approaches to conducting mold and moisture assessments and includes:

- How to avoid common pitfalls related to mold sampling and assumptions;
- How to identify building assemblies that don't dry well and are at-risk for mold growth;
- Tips and tricks for effectively using moisture meters and IR cameras; and
- Methods for documenting your findings so you can communicate effectively with clients and contractors.

- ▶ **Michelle David, MS**
Senior Industrial Hygienist
Wood Environment & Infrastructure Solutions, Inc.
Seattle, Washington

Register online at
oregongosh.com

582 Workplace Violence: The Evolution and Preparation

All

On any given day, any of us can find ourselves in the middle of a workplace violence situation. As we have sadly seen, anywhere can become the scene of workplace violence. This presentation offers the participant the opportunity to understand the history of workplace violence and help mitigate, prepare, respond, and report.

- ▶ **Joe Hutchinson, Corrections, Public Safety, and Security**
Director of Safety, Security, and Emergency Management
Samaritan Health Services, Corvallis

583 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.

- ▶ **David Waki**
Small Business Ombudsman
Department of Consumer and Business Services, Portland

584 Ventilation: How to Use Air to Effectively Control Hazards

I

Review design concepts of local exhaust and general (dilution) exhaust systems used to control workplace hazards including principles of airflow, pressure drops through ductwork and hood design, and examples of using ventilation as an effective engineering control in this session.

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

585 Fall Protection Awareness Program

I

This presentation covers the ABC's of personal fall arrest systems: Anchorage, Body wear, and Connectors, and how all three components are vital for worker protection. Plans and procedures for safe rescue after a fall arrest event are also discussed.

- ▶ **Jeff Johnson, Competent Fall Protection Trainer**
Safety Specialist
Acme/Portland Fasteners, Portland

586 Ergonomics Solutions Construction

I

This course reviews the science of ergonomics. We examine risk factors that cause musculoskeletal disorders and discuss solutions to help minimize and control the hazards. Some of the solutions are simple and quick and others take more time and expense. Finally, we have questions and answers for your workplace issues, solutions, and best practices.

- ▶ **Chris Miller, CSP, ASP**
Safety Management Consultant
Associated General Contractors - Oregon Columbia Chapter, Wilsonville

587 Prevention through Design (PtD) in Construction

I

Prevention through Design (PtD) is an occupational safety and health intervention founded on the hierarchy of controls that aims to engage all participants involved in project planning and design in the effort to improve worker safety. For the construction industry, PtD has gained significant interest and research has been devoted to expanding PtD implementation to improve the industry's safety performance. Studies reveal how design organizations, working collaboratively with owners and contractors, can positively influence project safety through PtD. The presentation provides descriptions of the findings of research on PtD found to promote and enhance PtD on construction projects. The presentation also describes the PtD concept and the related barriers and enablers associated with its implementation. Steps a company can follow to successfully implement PtD within its organization and on its project are presented. The presentation provides attendees with information needed to create and implement a PtD program within their organizations and on their projects.

- ▶ **John Gambatese, PhD, PE(CA)**
Professor
Oregon State University, Corvallis

Wednesday, March 6

7 a.m.

Registration opens

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

Exhibits open

8:30-10 a.m.

600 Safety Leadership on the Frontlines B

A “normal” day in the course of being a supervisor includes production demands, training, coordinating resources, scheduling, hiring, resolving workplace issues, and completing daily reports. That’s what a leader on the front-line does and it’s what you do every day managing the unpredictable. But, what about all this extra safety stuff? In this course, we identify opportunities and resources to help front-line leaders take their safety game to the next level and turn their teams into safety juggernauts.

- ▶ **Luke Betts, ARM**
Senior Safety Management Consultant
SAIF Corporation, Bend
- ▶ **Scott Brown, ARM**
Senior Safety Management Consultant
SAIF Corporation, Bend

601 Why is Everyone Not Like Me? All Managing Today’s Multigenerational Workforce

In today’s workforce, employees have many ways of looking at their jobs, their co-workers, and the working world in general. Understanding why we are all different is critical to a successful working relationship. This session identifies some of the microaggressions, unconscious biases, similarities, and differences of the generations in the workplace today. In addition, participants get tips to train their own staff in understanding and identifying these different characteristics and perspectives of their employees so they can foster an ongoing positive working relationship.

- ▶ **Sharon Harris, IPMA-SCP, SHRM-SCP**
Senior Consultant - Human Resources and
Organizational Development
Citycounty Insurance Services, Salem

602 Dealing with the Here and Now B

In today’s heated political climate, workplace violence and active shooter situations have become more prevalent. Whether it has to do with social media or the amount of coverage given, we see and hear about workplace violence situations including active shootings more and more.

With an understanding that the body cannot go where the mind hasn’t gone, participants in this workshop learn:

- Where workplace violence can hide
- What an active shooter situation might look like
- Use a table top exercise to prepare for such a situation (or any type situation)
- What to do should the actual event happen

- ▶ **Ed Hoeffliger, CSP, JD, MBA**
Senior Safety Management Consultant
SAIF Corporation, Portland

603 Robotics Safety in the Craft Beverage Industry B

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, CSP**
Associate Consultant
BSI EHS Services and Solutions, Hillsboro

604 Cool Tools for Total Worker Health B/I

Looking for great ways to engage employees in safety and health efforts? This session shares the latest and greatest ideas and tools for sustaining and creating a healthier workforce.

- ▶ **Liz Hill, MPH, CIH, CSP**
Total Worker Health Adviser
SAIF Corporation, Salem
- ▶ **Leigh Manning, MPH**
Senior Safety Management Consultant
SAIF Corporation, Eugene

605 Hazard Communication B

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 Hygiene Consultant
Oregon OSHA, Portland

606 Regulatory Update 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.

- ▶ **Lou Savage**
Administrator
Department of Consumer and Business Services, Workers' Compensation Division, Salem
- ▶ **Renee Stapleton**
Policy Manager
Oregon OSHA, Salem
- ▶ **Michael Wood, CSP**
Administrator
Oregon OSHA, Salem
- ▶ **Deputy Labor Commissioner**
Bureau of Labor and Industries

607 Process Safety Management – The Basic Foundation for a Health and Safety Management System B

The presentation introduces attendees to the 13 principles of Process Safety Management.

- ▶ **Brandi S. Davis, MS, CIH, CSP**
Senior Health Compliance Officer
Oregon OSHA, Portland

608 Become a Health & Safety Communications Superhero! All

This interactive, hands-on workshop focuses on your path toward superhero status—as a communications superhero, that is! We talk about meaningful ways to connect with your stakeholders and add practical tools to your Health and Safety superhero utility belt.

Practical EHS case examples are discussed and you are encouraged to bring your own stories and experiences so we can all learn from each other's triumphs and tribulations. This session is focused on practical, nuts-and-bolts tools you can use immediately. Superheroes don't have time to worry—they take action!

- ▶ **MacKenna Perry, PhD**
President
Clarity Scientific, Beaverton
- ▶ **Steven Perry, MA**
Principal Scientist
Clarity Scientific, Beaverton

609 Computer Based Onboarding – Cost Effective Training and Hiring

All

No matter the industry or location, the hiring of employees is an investment of time and resources. Onboarding can be a large part of this. In the process, an employer learns very little about their new hire. Using Computer Based Training (CBT) to conduct onboarding provides many benefits. The need for additional personnel to physically be present for the training is eliminated. Nearly everything can be presented onscreen. These are not just slideshows, but programs that engage the users and require them to interact with the training materials in a variety of ways, including tasks, quizzes, and more. The training can be broken up into segments over a period of time.

A case study is presented where this combination of technology and individual instruction was effectively used in a natural gas processing corporation during onboarding. We use this sample program to demonstrate the ways that CBT can save employers time and money and create an effective safety culture among newly hired employees.

- ▶ **Christopher Brown, CIH, CSP, REM, CET, CHMM, CEA**
Senior Trainer
Wood Environment & Infrastructure Solutions, Inc., Portland
- ▶ **Sari Peterson, STS**
Training Coordinator and Project Manager
Wood Environment & Infrastructure Solutions, Inc., Portland

610 Lab Safety: Developing and Implementing a Chemical Hygiene Plan

I

OSHA's Occupational Exposure to Hazardous Chemicals in Laboratories (Lab Standard) mandates the need for a Chemical Hygiene Plan (CHP) 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, CCHO**
Director of Risk Management and EHS
Reed College, Portland

611 Enterprise Risk Management and Beyond

B

Implementing and managing the effective tools of Enterprise Risk Management, recognizing its strengths, and overcoming its weaknesses with high reliability organization strategies is the focus of this session.

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

612 Oregon's Return-to-Work Programs: Not Too Good to Be True

B

This presentation describes the legislative 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.

- ▶ **Tim Kessel**
Worksite Modification Consultant
Department of Consumer and Business Services, Workers' Compensation Division, Salem

613 Is That Welding Fume Toxic? The Risk of Manganese Exposure to Oregon and Washington Workers

I/A

This session discusses the history of manganese manufacturing and potential history with risk of employee exposure above the ACGIH TLV. We review a variety of toxicology studies regarding the health effects of manganese and why Oregon OSHA wants to lower the permissible exposure limit. We review the results of a detailed statistical evaluation of over 5000 welding fumes samples collected by the Oregon and Washington state OSHA programs. Also reviewed are best practices for use of respiratory protection for welding processes based on this statistical analysis, appropriate engineering controls, and work practices to keep employees healthy.

- ▶ **Jeff Jackson**
Senior Industrial Hygiene Consultant
Oregon OSHA, Portland

614 Environmental Regulation Basics for Safety Managers

B

Unsure about the “E” in EH&S? 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**
Senior Compliance Specialist
Farallon Consulting, Portland

615 Strategies to Reduce Theft and Vandalism in Construction

All

Theft of tools and equipment from construction projects costs millions of dollars each year. Contractors, owners, subcontractors, vendors, and employees are all potential victims. JR Baker, with the National Insurance Crime Bureau (NICB), Sgt. Matt Swanson of the Clackamas County Sheriff’s Office, and Mary Tompkins with the Office of Neighborhood Involvement join Karen to assist attendees in identifying theft/vandalism risks on construction sites; review cases and lessons learned to recognize existing risks; and develop strategic actions to prevent thefts and vandalism on construction sites.

- ▶ **JR Baker, CFE, FCLS**
Special Agent
National Insurance Crime Bureau, McMinnville
- ▶ **Karen Blythe, ARM**
Executive Director
Construction Industry Crime Prevention Program
Gresham
- ▶ **Sergeant Matt Swanson**
Patrol Supervisor
Clackamas County Sheriff’s Office, Clackamas
- ▶ **Mary Tompkins**
Crime Prevention Coordinator
Office of Community and Civic Life, Portland

Register online at
oregongosh.com

616 Lessons Learned for Construction EHS Management

I

This course provides a communication framework to enhance supplier-owner partnerships; cultivating relationships to bridge gaps that proactively align Environmental, Health, and Safety goals with shared success criteria. A focus is placed on skill-building for communicating to stakeholders at multiple levels including owners, employees, GCs, and sub-contractors. The course includes sharing best practices and examples.

- ▶ **Patrick Gottsacker, MBA**
Environmental Engineer
Intel Corporation, Hillsboro
- ▶ **Kenny Herrera, CSP, MBA**
Global Construction EHS Manager
Intel Corporation, Hillsboro
- ▶ **Valerie McNulty, CHST**
Senior EHS Manager
Skanska USA Building, Hillsboro

617 Driven to Distraction – A Safe Driver Program

B/I

Motor vehicle collisions are the number one cause of work-related fatalities — and distractions are the leading cause of motor vehicle accidents. These accidents can cause significant costs for employers in lost wages, employee absenteeism, low morale, property damages and more. Join your CIS Risk Management Consultant to review safe driving skills, while learning techniques for how to avoid collisions.

- ▶ **John Zakariassen**
Senior Risk Management Consultant
Citycounty Insurance Services, Salem

618 Ergonomics for Mobile Workers

B/I

Do any of the employees at your company work from home or use a mobile device as part of their job? This presentation focuses on using ergonomic principles for mobile workers using laptops, tablets, and mobile phones in all environments in a way that has the least amount of stress and strain on the body. Some examples are the coffee shop, the couch, the airport, the car, and in doctor and industrial settings. Working in a mobile situation can increase stress and strain to one’s body. By preventing awkward postures, injuries can be minimized.

- ▶ **Serafine Lilien, MS**
Ergonomist
ErgoArts, Portland

619 Common Workplace Injuries All

Dr. Braddock discusses the most frequently diagnosed workplace injuries and the use of Occupational Medicine when treating these injuries. Throughout his extensive career in Occupational Health, Dr. Braddock has treated thousands of injuries ranging from head to toe. He shares his personal thoughts on a robust workup of an injury and what you can do as a company to assist your workers in mitigating injuries and having the best recovery should they sustain one. Also, he includes his thoughts on early return-to-work strategies.

- ▶ **John Braddock, MD**
Occupational Health Physician
Salem Occupational Health Clinic, Salem

10-10:30 a.m.

Break and Visit Exhibits

10:30 a.m.-noon

620 Sustainability Resources for Brewers All

What's stopping you from gaining a deeper understanding of your brewery, better controlling your operational costs, and further supporting our community of brewers? Here's how to smash through those barriers using the Brewers Association Sustainability Toolkit, also known as the #BASustySledge!

- ▶ **Ian Hughes, MS**
Brewery Sustainability Professional
Verde Energy Efficiency Experts and the Brewers Association, Chicago, Illinois

621 Starting and Sustaining an Effective Safety Program – Part 1 B/I

We discuss the role of a Safety Manager within an organization, including setting up and administering a safety program. We also discuss how to effectively utilize organic talents in supporting your organization's safety mission as well as what organizations and agencies are available to assist and support your safety mission.

- ▶ **Randall Jones, Captain, US Navy (Ret)**
Safety Director
Olsson Industrial Electric, Springfield
- ▶ **Jake Teeter**
Senior Safety Management Consultant
SAIF Corporation, Portland

622 Communicating with Success All

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; and
- Develop an action plan for communication success.

- ▶ **Jennifer Webster, PhD, MBA**
VP of Human Resources and Diversity and Inclusion
SAIF Corporation, Salem

623 Managing Safety in a Diverse Population All

While the terms diversity and inclusion may be familiar to many safety and risk professionals, it may not be as easy to make the connection between safety, loss prevention, risk, and diversity and inclusion. This session provides an informative dialogue on how diversity and inclusion is intertwined with all aspects of the organization including safety and risk. This session also provides practical tools for preparing your organization to navigate the safety and risk issues that can be associated with a diverse employee population.

- ▶ **Victoria Nolan, CSP, ARM**
President/Owner
Victoria Nolan Enterprises, LLC, Yamhill

624 Total Worker Health Solutions for Chronic Pain B/I

Employees with chronic pain contribute to higher risks of injury, decreased production, and increased absenteeism. This presentation discusses contributing factors and provides ideas for changes to management systems, the environment, and individual behaviors based on the Total Worker Health® model of worker safety and health.

- ▶ **Sabrina Freewynn, MPH**
Safety Advancement and Innovation Manager
SAIF Corporation, Salem
- ▶ **Leigh Manning, MPH**
Senior Safety Management Consultant
SAIF Corporation, Eugene

625 Planning for Cascadia: Earthquake and Tsunami Hazards in the Pacific Northwest

All

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. Attendees of this session recognize the range of earthquake and tsunami threats in the region and utilize 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 Wood, PhD**
Research Geographer
U.S. Geological Survey, Portland

626 Employment Law Update

B

In this session, the speaker provides a review of the most important employment and labor law decisions of the year with an emphasis on Oregon and Ninth Circuit cases. Perhaps more importantly, Andrew helps attendees understand how each ruling impacts employer responsibilities and obligations, and provides practical advice for implementing the new laws and policies.

- ▶ **Andrew Schpak**
Co-Managing Partner
Barran Liebman LLP, Portland

627 Concussions and Brain Injury: What You Need to Know

All

Nationally, brain injury continues to be the leading cause of death and disability. However, brain injuries can be prevented through safety measures and preparation. Concussions are the most common brain injury which often have life changing ramifications for the injured. Join our expert to learn how brain injuries and concussions occur, signs and symptoms, recovery, and how to prevent brain injuries in the workplace.

- ▶ **Kayt Zundel, MPA, MS**
Program Director, OHSU ThinkFirst Oregon
Oregon Health and Science University, Portland

628 IAQ: It's Not Rocket Science

All

Most indoor air quality (IAQ) problems are relatively easy to determine the source and remediate if you know how and where to look and have a few basic tools. We look at several common (and some not-so-common) sources including lots of gee-whiz photos of HVAC issues, water damage, mold, particulates, odors, and self-inflicted sources. We discuss how important it is to respond to every complaint and communicate to staff what you find...and don't find.

- ▶ **Eric Dickson, CIEC**
Industrial Hygienist
NEWESD 101, Spokane, Washington

629 Ergonomics and Wellness: Can One Succeed Without the Other?

I

This session discusses how ergonomics risk and personal health risk are inter-connected and how the solutions for both areas are intrinsically inter-related.

- ▶ **Jeremy Wilzbacher, MS, CPE**
Senior Consultant
Aon, Lander, Wyoming

630 Cool Tools: Making Work Easier

All

A hands-on preview of innovative safety tools designed to make work easier and safer is provided. Crossing multiple industries, it is designed to stimulate creative thinking so attendees leave with great ideas to improve their workplaces.

- ▶ **Paula Jones**
Safety and Health Services Adviser
SAIF Corporation, Portland
- ▶ **Angie Wisher**
Senior Safety Management Consultant
SAIF Corporation, Portland

631 Electric Utility Emergency Management and Resiliency

B

This presentation outlines the basics of outage restoration for a utility, outage restoration priorities, use of incident command system (ICS), coordination of mutual assistance, building resiliency within our utility and community, and field operations safety during outage response and complex incidents.

- ▶ **Daren Beede**
Journeyman Lineman, Senior Technical Trainer
Portland General Electric, Wilsonville
- ▶ **Jay Jewess**
Director of Business Continuity and Emergency Management
Portland General Electric, Portland

632 Oregon OSHA's Future Lead Rules All

Oregon's current occupational standards for lead are based on scientific knowledge about lead toxicity in the 1970s and do not reflect current understanding of the health effects of lead. There is broad scientific consensus on the effects of low-level lead exposure that demonstrates worker blood-lead levels (BLLs) should be reduced below current Oregon OSHA criteria to reduce the potential neurological, neurobehavioral, and reproductive effects. Recognizing the health consequences associated with low-lead exposure, Oregon OSHA is undertaking an effort to revise its General Industry Lead Standard and Lead in Construction standard. This session explores and explains those efforts and provides an update on what is being considered.

- ▶ **Dave McLaughlin**
Industrial Hygienist, Technical Specialist
Oregon OSHA, Salem

633 Developing a Positive and Empowering Office Safety Plan B

We spend nearly 1/3 of our time at work and yet often the majority of our thoughts around Emergency Preparedness center around our home environments. The speaker shares planning strategies to address catastrophic events at your office, including how to prepare for and react to an active shooter emergency. Brad's plan builds around a positive and empowered group energy to engage your team in ways that improves overall communication and cohesion.

- ▶ **Brad Taylor**
Owner
Brad Taylor Group, Portland

634 Return-to-Work Success Stories B

Worksite modification provides tools, equipment, and worksite redesign to allow the Preferred Worker to overcome injury caused limitations while performing their work duties. Learn about worksite modification, the unique situations, and successes with which the Preferred Worker Program has assisted.

- ▶ **Brian Nease**
Worksite Modification Consultant
Department of Consumer and Business Services
Workers' Compensation Division, Salem

635 Got Respirators? B

All too often people think respiratory protection is a simple thing. A chemical exposure concern – here is your respirator – nothing more is needed. This approach to respiratory protection can get someone injured or killed. Attendees are provided with the requirements of 1910.134 – respiratory protection. In addition, the class discusses common citations issued to employers who have respirators in the workplace and how to avoid these types of citations in your workplace. Attendees are provided an example of a good written respiratory protection program and are able to ask questions during the session.

- ▶ **Brandi S. Davis, MS, CIH, CSP**
Senior Health Compliance Officer
Oregon OSHA, Portland

636 Legal Updates in Workers' Compensation All

In this session, a legal update covering topical issues in the Oregon Workers' Compensation system is presented including recent developments in course and scope, medical causation case law, and statutory and regulatory changes.

- ▶ **Darren W. Lee, JD**
Trial Attorney
SAIF Corporation, Eugene

Register online at
oregongosh.com

637 Scaffolding—Risk and Reward A

This presentation covers key elements of safe use of scaffolding, including:

- Different types of scaffolding;
- What should be in your contract for a scaffolding erector and supplier;
- What endorsements or inclusions should your scaffolding contractor have specific to scaffolding;
- What 10 questions you should ask your scaffolding erector during: pre-award, pre-construction, pre-mobilization;
- What training should you expect for the erecting and dismantling crews;
- What training is required for the crews working on the scaffolding;
- Who is responsible when multi employers are using the same scaffolding (repairs, inspections, modifications, etc.);
- Top 10 OSHA violations in scaffolding industry (who can be held accountable ie erector, GC, specialty subs, all the above...); and
- Scaffolding in high hazard areas: working over public, working over operating systems, swing stages, working near power lines.

▶ **Brian Clarke, CSP**
Managing Partner
G.E.W., LLC, and HELL Safety Solutions
Battle Ground, Washington

638 The Subtle Art of Being Mindful in a World Filled with Causal Chaos B

We live in a world filled with overwhelming distractions and these distractions have the power to negatively impact our health and well-being. Learn how individually and collectively we can use simple mindfulness practices to find peace amongst the chaos.

▶ **Susanna Reiner, RN, CDE**
Wellness Program Advisor
Certified Diabetes Nurse Educator
Susanna Reiner Wellness Consulting, Portland



Wednesday, March 6 • 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.

Noon-1:30 p.m.

Awards Ceremony and Luncheon
(included with Wednesday registration fee)

1:30-2:30 p.m.

Designated Exhibit Time

2:30-5 p.m.

650 Starting and Sustaining an Effective Safety Program – Part 2 B/I

This session on safety management best practices covers topics such as writing programs that really work, running engaging meetings, building relationships, and working with your internal and external contacts.

- ▶ **Randall Jones, Captain, US Navy (Ret)**
Safety Director
Olsson Industrial Electric, Springfield
- ▶ **Jake Teeter**
Senior Safety Management Consultant
SAIF Corporation, Portland

651 #culturalchange – Leading the Conversation

All

It is hard to miss the headlines in the news feeds lately. From the Harvey Weinstein's scandal to Matt Lauer, Bill Crosby, CBS Corp.'s chairman and CEO Leslie Moonves, it seems like these types of news are almost an everyday event. Closer to home, our news headlines are pretty similar to the national ones: Nike Executives were terminated or left the company amid inquiries into sexual harassment allegations, Intel's CEO Brian Krzanich resigned over an office romance, and Portland Public Schools botched investigation into sexual harassment allegations. Where do we even begin the conversation of creating a harassment-free workplace for every employee?

- ▶ **Krishna Balasubramani, JD**
Attorney
Sather, Byerly & Holloway, Portland
- ▶ **SueLing Gandee, ARM**
Risk Manager
City of Hillsboro, Hillsboro
- ▶ **John Stott, CIC, CRM**
Executive Vice President
Brown & Brown Northwest, Portland

652 Keep Your Head in the Game – The Role of Mindfulness in Safety

B

What is mindfulness? What does it have to do with safety? This interactive session addresses the role of mindfulness in improving safety performance, unconscious perceptions, and social interactions. We discuss practical strategies for engaging employees to increase mindfulness and improve safety.

- ▶ **Eric Connelly, CSP**
Senior Safety Management Consultant
SAIF Corporation, Portland
- ▶ **Ben McCormack, CSP**
Senior Safety Management Consultant
SAIF Corporation, Portland

653 Distilled Spirits Industry Operational Safety

B

Focus is on key process controls that reduce the risk of severe workplace injuries. Key topics include fire and explosion controls (grain dust, flammable liquids processing, and flammable liquids storage and aging), special events and tasting festivals, and employees drinking at work (salespeople, tasting panels, post-shift drinks).

- ▶ **Donald Seitz, CPCU**
National Program Director
The Cincinnati Insurance Companies, Fairfield, Ohio

654 Pursuing Community Resilience: Challenges and Opportunities

All

Resilience is about adaptation, capacity, redundancy, and vitality. In the context of disasters, communities can improve their resilience in a number of ways that reduce impacts and potential setbacks, but, also can improve lives and livelihoods every day. Disasters can become opportunities for improvement not just challenges to be survived.

- ▶ **Jay Wilson, MA**
Resilience Coordinator
Clackamas County Disaster Management

655 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 he might find or what he is actually looking for? This presentation is here to help you get the information you need to get ready for an inspection. Learn all the information needed on how to prepare your facility and collect all required documentation to be ready; but, most important, how to keep your facility safe from fire all the time.

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

656 Sustainability All

A number of organizations are developing management systems with sustainability initiatives moving significantly beyond DEQ/EPA compliance and environmental permits. Sustainability initiatives can range from energy efficiency and clean energy purchasing, to property design, such as living roofs to support local wildlife and pollinators. Some organizations are looking beyond their own property lines and working both locally and internationally to address issues such as climate change. Panelists in this session share experiences and best practices in sustainability from their organizations.

- ▶ **David Harvey**
*Director of Environment, Health, and Safety
Greenbrier, Portland*
- ▶ **Briar Schoon, MA**
*Sustainability Manager
Portland Community College, Portland*
- ▶ **Shannon Tocchini, CSP, MBA, LEED AP**
*Environmental Management System Manager
Port of Portland, Portland*

657 Drive Focused-Stay Safe: CDL Truck Drivers Defensive Driving I

The approach, content, and method of delivery for this training is specific for drivers operating vehicles with a GVWR greater than 26,000 pounds. Driving to protect lives and property in spite of conditions and in spite of the actions of other drivers in a defensive posture is provided. The majority of drivers of conventional vehicles have little understanding about skill required to safely operate a large truck. A defensive driver mindset/ approach is critical for the professional driver today. Four critical types of vehicle crashes involving trucks have been identified as causing the most fatalities and serious injuries. These and others including intersections (35%), backing (28%), and use of vehicle reference points are discussed.

- ▶ **Gene Rushing, ASC**
*Fleet Safety Instructor and Safety Training Consultant
City of Portland and Mt. Hood Safety Training and Consulting, Portland*

658 Reducing Stress and Preventing Burnout – Evidence-Based Practices that Work All

In our ever changing, and often stress filled lives, skills to sustain one's personal resilience and prevent the burnout constant stress can cause, are critical. Not only to maintain personal and career satisfaction, clear thinking, and heart-felt connections, but also to sustain one's health and a sense of humor, on the job and elsewhere.

In this talk, Robin tackles the important subject of stress in your life: what it is, how it impacts your physical and mental health as well as your work and relationships. Learn how to reduce it, manage it and increase your resistance to it and build your personal reserves. Get key skills to sustain yourself year around. Learn to stop a stress reaction in seconds, regardless of what is going on around you. Gain skills to release accumulated stress negatively impacting your attitude and your health. Learn how self-care benefits you at all levels (mentally, emotionally, physically, and spiritually). Learn how to leave work at work, home at home, and how to debrief, change your 'state' and more.

- ▶ **Robin Rose, MA**
*President
Robin Rose Training and Consulting, Inc., Salem*

659 Hands-on Equipment! For the Non-Industrial Hygienist B/I

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

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

660 Safety Committees 101 B

Safety committee? Safety meeting? Know you need it, but not sure where to start? Learn the basics of safety committees and safety meetings for workplaces in the general and construction industry.

- ▶ **Ivory Iheanacho, MSPH-IH**
Industrial Hygienist Consultant
Wood Environment & Infrastructure Solutions, Inc.
Portland

661 The ABCs of Respiratory Fit-Testing B/I

Qualitative or quantitative? Irritant smoke or banana oil? What do you do? How do you choose?

This session includes a discussion of fit test requirements and methods. Opportunities to observe the administration of several different types of qualitative and quantitative fit tests and ask questions increase attendee confidence and knowledge about their respirator fit test programs.

- ▶ **Paul Equall**
Account Representative
Life Safety Corporation, Hillsboro
- ▶ **Siobhan Murphy, CIH, CSP**
Senior Safety Management Consultant
SAIF Corporation, Portland
- ▶ **Joshua Pilgreen, MBA, CAOHC**
Western Regional Sales Manager
OHD, Hoover, Alabama
- ▶ **Long Yang**
Regional Sales Manager
TSI, Inc., Shoreview, Minnesota

662 Tools and Techniques for Conducting an Effective Accident Investigation B

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 simplifying the analysis process. Developing and implementing an effective process helps you to prevent recurrence of injuries and enhance workplace safety.

- ▶ **Soren Bjerregaard, CSP, ASP, MBA**
Senior Safety Management Consultant
SAIF Corporation, Portland
- ▶ **Krista Manson, ASP, CSP**
Senior Safety Management Consultant
SAIF Corporation, Portland

663 Addressing Mental Health and Suicide Prevention in the Workplace I

Learn why suicide prevention is a workplace issue in this multi-disciplinary workshop. There were approximately 46,000 suicides in 2017. The rate of suicide in the US has grown by 31% since 1999. Increasingly, companies are learning how to incorporate mental health and suicide prevention into safety, health, and wellness programs. Progressive companies are successfully addressing mental health and suicide prevention and delivering positive outcomes for employees and the business. This session includes interactive hands-on exercises and case studies to apply new techniques and tools.

- ▶ **Calvin Beyer, MPA**
Director of Risk Management
Lakeside Industries, Inc., Issaquah, Washington
- ▶ **Jenny Haykin, MA, CRC**
Integrated Leaves and Accommodations Program Manager
Puget Sound Energy, Bellevue, Washington

664 Personal Protective Equipment in the Construction Trades All

When do you decide what level of protection you need? How do you decide what is best? Decisions on Personal Protective Equipment (PPE) affect all involved from senior management to the new apprentice. PPE affects the cost of a project; how to make decisions early in the Request of Proposals (RFP) to determine what costs are needed to protect the workers on the project. This course goes through the construction trades' needs and wants for the protection of employees.

- ▶ **Pat Brunson, CSP**
Safety Director
Coffman Excavation, Portland
- ▶ **Dan Gardner**
Outside Safety Sales - Construction
Mallory Safety & Supply, Portland
- ▶ **Clark Vermillion, CHST**
Corporate Safety Director
Arctic Sheet Metal, Inc., Portland

665 The Challenges and Best Practices of Using a Temporary Workforce – Panel

All

Many employers use staffing agencies to increase their flexibility in the face of workforce changes and uncertainty in production. Yet, questions remain on how to ensure the safety of this temporary workforce. This session provides attendees a unique glimpse from multiple perspectives on using temporary employees. The session covers the reasonability of the staffing agency and the host employer in ensuring proper training, use of PPE, and worksite hazard recognition. The expert panel also discusses both the limitations and the benefits of using the temporary workforce and provides best practices to ensure all workers have safe and healthy workplaces.

- ▶ **John A. Burton, CPC, CHP**
President
Emerald Staffing, Inc., Lake Oswego
- ▶ **David Douglas, CHST**
Safety Consultant
BSI EHS Services and Solutions, Beaverton
- ▶ **Nathan Ely, CPC, CTS, OSHA 30**
Vice President, Safety and Compliance
Opti Staffing Group, Portland
- ▶ **Amanda Hollis**
Claims and Safety Manager
Columbia Distributing, Portland
- ▶ **Michelle Muresan**
Senior Safety Management Consultant
SAIF Corporation, Portland
- ▶ **Scott Pierson**
Chief Operations Officer
Wood Castle Manufacturing, Albany
- ▶ **Renee Stapleton**
Policy Manager
Oregon OSHA, Salem

666 Oregon's Fall Protection Options for General Industry

I

On November 1, 2017, Oregon OSHA's revised Walking-Working Surface and Personal Protective Equipment (Fall Protection Systems) rules became effective for employers regulated by the Division 2 (general industry) regulations. With these new rules, employers have a duty to provide fall protection in certain workplace situations.

- ▶ **Bryon Snapp, CSP, ASP**
Statewide Safety Enforcement Manager
Oregon OSHA, Salem

667 Violence in the Workplace

All

This training examines how workplace violence is defined, risk factors pointing to possible workplace violence, spotting and reporting warning signs, who workplace violence affects, four types of workplace violence, building a commitment to safety - including techniques to deal with difficult people and avoid possible violent scenarios, and personal safety and de-escalation.

- ▶ **Kurt Chapman, SPHR, SHRM-SCP**
Public Safety Senior HR Consultant
Citycounty Insurance Services, Salem
- ▶ **David Nelson, MBA**
Public Safety and Risk Management Officer
Citycounty Insurance Services, Salem

668 The Role of Occupational and Non-Occupational Risk Factors Associated with the Development of Lumbar Disc Herniations

All

Dr. Cunningham discusses the risk factors associated with the development of lumbar disc herniations in both the Occupational and Non-Occupational medical conditions involving the spine. She shares some ideas on how to best prepare your workers for various positions and how to prevent injuries.

- ▶ **Mary Cunningham, MD**
Orthopedic Surgeon
Natural Order Medicine, Portland

Register online at
oregongosh.com

Thursday, March 7

7 a.m.

Registration opens

7:30-10:30 a.m.

Exhibits open

8-9:30 a.m.

701 Personal Protective Equipment in the Workplace I

This program is designed to illustrate how and when Personal Protective Equipment (PPE) is determined within the workplace. Content includes a systematic method to determine and document when PPE is called for. Priorities and hierarchy of control for PPE is discussed: a comprehensive program requiring commitment, active participation at the planning, development, and implementation stages.

- ▶ **Gene Rushing, ASC**
*Fleet Safety Instructor and Safety Training Consultant
City of Portland and Mt. Hood Safety Training and Consulting, Portland*

702 Welding Health and Safety: Exposures and Controls (8 a.m.-4 p.m.) All

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 overexposures 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 SEGs are provided to participants.

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

703 Total Worker Health 101 (8 a.m.-noon) B

This class is the prerequisite course within the newly created Oregon Total Worker Health 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 Oregon Total Worker Health Alliance 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*
- ▶ **Dede Montgomery, MS, CIH**
*Senior Research Associate
Oregon Institute of Occupational Health Sciences at
Oregon Health & Science University, Portland*

704 Improving Interaction: Experiencing Homeless or Mental Health Crisis (8 a.m.-noon) B

This session helps to build an awareness of factors contributing to homelessness in our communities as well as describe some of the day-to-day challenges facing individuals who are experiencing homelessness. We also explore some of the common symptoms of mental health issues and discuss ways to improve communication with individuals who are in distress or are experiencing a mental health crisis.

- ▶ **Brad Taylor**
*Owner
Brad Taylor Group, Portland*

705 Collaborative Robots: Readiness, Risk Assessment, Real World I

Collaborative robots are rapidly and continuing to emerge as the next generation of robotic manipulators in the same environment as humans. Collaborative robots offer tremendous potential - improve workplace safety and safe system integration - while also increasing R&D testing and high-volume manufacturing viability for product reliability, manufacturability, and quality.

- ▶ **Mollie Anderson, MSSM**
*Principal Consultant
BSI EHS Services and Solutions, Hillsboro*
- ▶ **Nathan Scott, CSP**
*Associate Consultant
BSI EHS Services and Solutions, Hillsboro*

706 The Practical Application of Ergonomics Evaluation Tools All (8 a.m.-4 p.m.)

A little bending, twisting, grasping, reaching, pushing, and pulling is generally good for us. But, when do these activities become too much? This session is an interactive workshop whose objective is to further develop the participants' ability to utilize ergonomics evaluation tools to measure risk levels and determine when exposure to these activities become risk factors for injury. A variety of available ergonomics assessment tools are shared and a basic level of instruction is provided for their respective use. The interactive discussion covers the selection of the appropriate tool for different situations. The tools are applied to prepared case study task examples. Participants are asked to share videos of actual tasks from their organization to be analyzed with the appropriate evaluation tool.

- ▶ **Rick Goggins, MS, CPE**
Ergonomist
Washington State Department of Labor & Industries
Olympia, Washington
- ▶ **Jeremy Wilzbacher, MS, CPE**
Senior Consultant
Aon, Lander, Wyoming

707 Corporate Impact of Occupational Health Solutions All

This session addresses what to say to employees, how you say it, and why it matters. Saying the right thing in the right way at the right time is how to achieve lasting healing success for injured employees. We in the Occupational Health Medical field treat employees with expertise and care while they are at work; but, what happens to them when they get home? They forget everything. Like all of us when injured or sore, we don't listen as well. We then get home to a questioning spouse/family and have no answers. Learn how to communicate your care in different ways—verbal, written, and employee-driven for amazing results and continued follow-through at home.

- ▶ **Meg Gustafson, RN**
Certified Occupational Health Nurse
Boise Cascade Western and Northeast Region via Asante Health Systems; Work Health, Medford
- ▶ **Marlin Kendall, RN**
Occupational Health Nurse Manager
Sysco, Wilsonville
- ▶ **Chad Porch, RN, COHN-S**
Industrial Occupational Health Nurse
Gunderson, LLC, Portland

708 Hearing Loss Prevention: Beyond the Basics I (8 a.m.-4 p.m.)

This intermediate course addresses efforts to reduce the risk of occupational noise-induced hearing loss through implementing a comprehensive hearing loss prevention program. Instructors lead students through the key elements of a hearing conservation program to discover specific best practice opportunities for improving prevention outcomes. Real-world examples are used to highlight everyday issues as well as more difficult challenges confronted in going beyond the basics of hearing conservation. Specific solutions are addressed for hearing protection fitting, communication in noise, audiometric testing, and training. This course implements interactive demonstrations and teaching techniques.

- ▶ **Ted Madison, CCC-A**
Senior Regulatory Affairs Specialist
3M Personal Safety Division, St. Paul, Minnesota
- ▶ **Laurie Wells, AuD**
Senior Regulatory Affairs Specialist
3M Personal Safety Division, St. Paul, Minnesota

709 Safe Forklift Operations – A User's Guide All (8 a.m.-4 p.m.)

If you work with forklifts, you may or may not be aware of the many rules or operational procedures and theory governing their safe operation. Attendees learn everything they need to know to effectively manage and/or supervise safe forklift operations at the worksite.

- ▶ **Craig Hamelund**
Safety Training Specialist
Oregon OSHA, Portland
- ▶ **Rob Vetter**
Director of Training
Ives Training Group, Blaine, Washington

710 MEWP Safety – Safe Use of Working Platforms B

Alex covers changes to A92 and CSA B354 standards (Mobile Elevating Work Platform, MEWP) formerly referred to as the Aerial Work Platform (AWP). After the session, attendees are able to:

- Identify the changes to the following standards-A92.20 Design, A92.22 Safe Use, and A92.24 Training
 - Identify ten things an AWP (or MEWP) operator should know
 - List the five most common accidents with MEWP
- ▶ **Alex Staffon**
District Safety Manager
Sunbelt Rentals, Portland

711 Work Zone Safety

All

In this session, attendees learn to recognize elements of a good work zone, identify current issues that could affect work zones, and develop a Traffic Control Plan.

▶ **Don Smith**

*Safety Consultant/Instructor
Saghanni Consultants, Baker City*

712 Practical Understanding of Electrical Safety

All

This class begins with an introduction into what is electricity and how it is produced, followed by a presentation of the basics of electricity safety, and closes with the basic application of Lockout/Tagout and its importance to electrical safety. The subject matter is presented on a lay person level that provides easy understanding of electricity and safety. Upon completion of the presentation each attendee has an in-depth understanding of how electricity is produced and is delivered for use, basic electrical safety, and the importance of lockout/tagout when working with electricity.

▶ **Dave Jacobsen, IBEW Master Safety Instructor, OSHA Authorized Safety Trainer**

*Project Safety Administrator
Dynalectric, Portland*

713 Assessing Risks in Wineries and Breweries

I/A

Food and beverage operations, wineries, and breweries have many tasks and hidden hazards that can present serious risk to the operation. Risk assessment is the process of identifying hazards, analyzing and evaluating risk, and treating risk to an acceptable level. It is a critical skill for the OSH professional and organizations in managing their risk. As a result of this presentation, participants are able to apply the three primary steps of risk assessment, are introduced to a new risk reduction strategies hierarchy model incorporating inherently safer design concepts, and be able to apply several risk assessment methods and tools that can be successfully used in wineries, breweries, and other food and beverage operations.

▶ **Bruce Lyon, CSP, P.E., ARM, CHMM, MS**

*Vice President, Director of Risk Management Services
Hays Companies, Kansas City, Missouri*

714 More Than Just a Headache; Anatomy of mTBI

All

In this session the speakers review anatomy of the head/brain, what happens during a concussion, new imaging that can assist with diagnosis, latest research in the field, and two case studies.

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

*Disability and Catastrophic Nurse Case Manager/Legal Nurse Consultant
Willamette Nurse Consultant Group, Portland*

▶ **Robyn Weiss, PT, M.Ed, CCM**

*Community Relations Manager
Rehab Without Walls NeuroSolutions, Seattle, Washington*

716 Annual Hazwoper Refresher (8-hour)

I

(8 a.m.-4 p.m.)

This course meets the OSHA requirement for annual refresher training for those who have taken the following classes:

- 40-Hour Hazardous Materials Incident Response Operations
- 40-Hour Emergency Response to Hazardous Materials Incidents
- 24-Hour Hazardous Materials Emergency Response
- First Responder Awareness and Operations

Designed for emergency responders as well as hazardous waste staff, heavy equipment operators, hydrogeologists, engineers, safety officers, and others involved in cleanup of hazardous waste sites, this course reviews:

- Site hazard recognition and identification
- Levels of protection
- Site safety plan evaluation
- Site characterization
- Air monitoring techniques
- Health hazard monitoring
- Regulatory agency updates
- ER plans and team responsibilities
- Incident and response critique
- Debriefing techniques
- Site control
- Decontamination

Annual refresher training is required to maintain certification.

▶ **Christopher Brown, CIH, CSP, REM, CET, CHMM, CEA**

*Senior Trainer
Wood Environment & Infrastructure Solutions, Inc.
Portland*

9:30-10:30 a.m.

Break and Visit Exhibits

10:30 a.m.-noon

Continued from 8 a.m.*702: Welding Health & Safety: Exposures and Controls**703: Total Worker Health 101**704: Improving Interaction: Experiencing Homeless or Mental Health Crisis**706: The Practical Application of Ergonomics Evaluation Tools**708: Hearing Loss Prevention: Beyond the Basics**709: Safe Forklift Operations – A User's Guide**716: Annual HAZWOPER Refresher (8 Hour)***717 Safety on the Brain**

All

In this session Robin uses neuroscience to help people understand what our brains need to maintain accurate discernment, both in the routine of day to day work, as well as when under pressure or in emergency moments needed for safety.

▶ **Robin Rose, MA***President**Robin Rose Training and Consulting, Inc., Salem***718 Implementing Successful Change**

All

Why do some safety changes fail while others succeed? Whether it's a simple policy change or a complex cultural shift, change management is necessary. This session introduces you to change management and how to effectively implement change at your company.

▶ **Michelle Muresan***Senior Safety Management Consultant**SAIF Corporation, Portland***719 General Overview of Chemistry for Safety and Health Professionals**

B

This presentation is an overview of major chemistry concepts designed for safety and health professionals who are not chemists, but are required to have an understanding of chemistry for their workplace. Topics covered:

- Physical and chemical properties of chemicals
- Chemical reactions
- Oxidation/reduction reactions
- Calculation of concentration and pressure
- Acid/base system
- Functional groups for organic compounds
- Polymer/polymerization

▶ **Javid Mohtasham, PhD***Director/Advisor of Sustainability, Safety, and Health Program**Mt. Hood Community College, Gresham***720 Managing Multiple Locations Remotely**

I

With the help of technology, more companies are moving towards remote management. This is often paired with managing multiple locations. Join Chris Ginther, as he explores what it is like to manage over 50 locations, and how you can make it work for you.

▶ **Chris Ginther***Safety Compliance Specialist**Reliance Steel & Aluminum, Los Angeles, California***721 Leading Indicators – A Tool to Help Find the Pathway to Safety and Operational Excellence**

A

This session explores methods to assist with the integration of both lagging and leading indicators as tools leading to organizational success. The presenter shares examples of leading indicators western USA and Canadian utilities are currently using and how they are utilized to measure performance. Sharing results of common Leading Indicators with peer groups is an effective method of measuring effectiveness in influence of positive organizational culture and financial performance.

▶ **Mark Maguire, CSP***Safety Program Administrator**Eugene Water & Electric Board, Eugene*

722 Electrical Arc Flash Safety and Media Response

All

This class starts with viewing a catastrophic Electrical Arc Flash incident and moves into how this incident could have been prevented or the effects mitigated using the latest electrical safety standards found in NFPA 70E "Standard for Electrical Safety in the Workplace". The class then progresses into how to deal with the media following an incident of this magnitude. At the completion of the class, the attendee has a basic understanding of electrical arc flash safety and how to deal with the media should any catastrophic accident occur.

- ▶ **Dave Jacobsen, IBEW Master Safety Instructor, OSHA Authorized Safety Trainer**
Project Safety Administrator
Dynalectric, Portland
- ▶ **CJ Shipley, AINS**
Risk Management Consultant
PayneWest Insurance, Bend

723 Emerging Technologies in Construction

All

Provided in this session is an overview of emerging technologies in the construction industry, an examination of how emerging technologies can impact the industry related to occupational health and safety, evaluation of barriers and tools to implementation, examples of emerging technologies in practice, and references and resources for implementing new tools.

- ▶ **Aaron Branum**
General Superintendent/Operations Manager
Skanska USA Building, Portland
- ▶ **Brooke Gemmell**
Innovative Development Engineer
Skanska USA Building, Portland

724 Changing One's Perspective through Innovation and Smarts

All

Ergonomics is common language across the professional services industry; but, what about in construction? By changing one's perspective, you can lead others to innovative thinking to reduce injury in the workplace while also being productive and efficient.

- ▶ **Connie L. Gilfillan**
Business Development Manager
Snyder of Oregon, Tigard
- ▶ **Russel Nicolai, Journeyman, Foreman, Construction Outreach Trainer, Safety Manager**
EHS Director
Snyder of Oregon, Tigard

Noon-1 p.m.

Lunch (included with Thursday registration fee)

1-4 p.m.

Continued from 8 a.m.

- 702: *Welding Health & Safety: Exposures and Controls*
- 706: *The Practical Application of Ergonomics Evaluation Tools*
- 708: *Hearing Loss Prevention: Beyond the Basics*
- 709: *Safe Forklift Operations – A User's Guide*
- 716: *Annual HAZWOPER Refresher (8 Hour)*

750 The Drug Epidemic

B

In this presentation we describe the origin of the prescribed and illicit opioid epidemic and how it is changing over time. We also present solutions to mitigate the harms associated with opioid use.

- ▶ **Paul Coelho, MD**
Pain Clinic Medical Director
Salem Health, Salem
- ▶ **Dwight Holton, JD**
Chief Executive Officer
Lines for Life, Portland
- ▶ **Steven Madey, MD**
Orthopedic Surgeon
Go To Ortho Immediate Injury Care, Lake Oswego

Register online at
oregongosh.com

751 Total Worker Health Worksite Solutions I *(Total Worker Health 101 is a pre-requisite)*

This class is the first module to be presented within the newly created Oregon Total Worker Health Alliance curriculum, designed by the Oregon Total Worker Health Alliance. Prerequisite: Total Worker Health 101. The purpose of the Oregon Total Worker Health Alliance curriculum is to create and provide consistent and reproducible training that is research-based and supports current practice.

- ▶ **Nichole Guilfooy**
*Outreach Specialist
 Oregon Institute of Occupational Health Sciences at
 Oregon Health & Science University, Portland*
- ▶ **Leslie Hammer**
*Professor
 Oregon Institute of Occupational Health Sciences at
 Oregon Health & Science University, Portland*
- ▶ **Liz Hill, MPH, CIH, CSP**
*Total Worker Health Adviser
 SAIF Corporation, Salem*
- ▶ **Dede Montgomery, MS, CIH**
*Senior Research Associate
 Oregon Institute of Occupational Health Sciences at
 Oregon Health & Science University, Portland*

752 Confined Space Safety B

Confined spaces in the workplace present serious hazards with potential for multiple fatalities. The OSHA confined space rule and a written program required under this rule can provide a foundation for safe work around and inside confined spaces.

- ▶ **Dave McLaughlin**
*Industrial Hygienist, Technical Specialist
 Oregon OSHA, Salem*

753 Safety and the Learning Organization B

This presentation introduces a number of somewhat-new-yet-important theories in organization and safety theory. The presentation begins by introducing the concept of a Learning Organization, from the origins in the work of Senge to more modern versions, and explains why being a learning organization is important now and more important in the future. From there, the focus turns to safety, looking at how safety departments are sometimes viewed within their own organizations and some traditional safety methods that may be at least in part outdated or inadequate. Then, by introducing theories from various “new” theories of safety (alternately known as New Safety, Safety II, Safety Differently, and/or HOP) as well as other concepts from Lean Manufacturing, Risk Management, and Systems Thinking, the presentation ends by presenting 22 concrete ways for safety departments to begin contributing to the development of learning organizations at their work. Attendees receive extensive additional materials for review after the presentation, including a survey to benchmark their own organization against other organizations on a “learning organization” spectrum and a related reading list for further study.

- ▶ **Jeff Dalto**
*General Industry Safety and Health Specialist
 Senior Learning and Development Specialist
 Convergence Training, Camas, Washington*

754 Safety Training and Your Multicultural Workforce

All

Attendees learn how to develop a safety culture with a multi-lingual and multicultural workforce and overcome language and cultural barriers to form an effective training team to achieve safe work-practices. Also shared is the best way to use interpreters to effectively to discuss and correct occupational hazards and information about OSHA's Training Standards Policy on "Training Workers in a Manner They Understand."

- ▶ **Tomás Schwabe**
*Occupational Safety Instructor and Consultant
Oregon OSHA, Bend*

755 In Memory of...

All

Mike has created physical models of equipment and structures to simulate how work fatalities occurred. These models are based on his experience as an accident investigator. Mike demonstrates the sequence of events using his models so attendees can visually imagine the incident.

- ▶ **Mike Riffe, CUSP**
*Safety Specialist
Portland General Electric, Portland*

756 Machine Guarding, Amputations, and OSHA Special Emphasis Programs

All

This presentation provides an overview of machine hazards and corrective solutions as well as a review of applicable OSHA and Industry Standards. We also review current OSHA special emphasis programs for amputations.

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

757 Occupational Dog Bite Safety/Prevention

All

In a controlled environment, this training gives employees the opportunity to gain practical experience in dealing with dog attacks. Employees have the opportunity to experience training sessions featuring real dogs in live presentations that teach you and your employees how to prevent dangerous situations, as well as how to respond when it is not avoidable.

There is no replacement for the practical learning experience. While in the class, attendees are taught a full spectrum of dog bite safety, from the psychology of the dog, how to avoid attacks, self-defense methods, and how to use effective self-protection devices.

These interactive classes demonstrate frequently encountered situations in which employees are likely to find themselves. This involves participation from the attendees which enhances the learning experience.

- ▶ **Cynthia Ballenger**
*Business Manager/Operations/Partner
Bulli Ray Enterprises, Lowell Florida*

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 11-44). Symbols identify each workshop or session as basic, intermediate, advanced, or all. See the definitions below.
2. Use the Schedule-at-a-Glance (Pages 8-10) 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.cvent.com/gosh19.
7. Deadline for pre-registration by mail is **Tuesday, February 26, 2019**. 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 1, 6 p.m.** For on-site registration, refer to the times on the front of the Registration Form or on Page 2 under **On-site Registration**.

Register online at oregongosh.com

See the “Schedule-at-a-Glance” on pages 8-10 for titles and code numbers.

See pages 11-44 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 26, 2019

- 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 1 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@oregon.gov

Register online at oregongosh.com

Attendee name _____

Workshop & Session Schedule

Choose first and second choice

Example:

- ① 2 101
- 1 2 102
- 1 ② 103

Legend

- * 8:30a.m.-noon
- ** 10:30 a.m.-3 p.m.
- *** 8 a.m.-4 p.m.

Monday, March 4

1-4 p.m.

- 1 2 401
- 1 2 402
- 1 2 403
- 1 2 404
- 1 2 405
- 1 2 406
- 1 2 407
- 1 2 408
- 1 2 409
- 1 2 410
- 1 2 411

Tuesday, March 5

8:30-9:45 a.m.

500

9:45-10:30 a.m.

Visit Exhibits

10:30 a.m.-noon

- 1 2 501
- 1 2 502
- 1 2 503
- 1 2 504
- 1 2 505
- 1 2 506
- 1 2 507
- 1 2 508
- 1 2 509
- 1 2 510
- 1 2 511
- 1 2 512
- 1 2 513
- 1 2 514
- 1 2 515**
- 1 2 516
- 1 2 517
- 1 2 518
- 1 2 519
- 1 2 520

3:30-5 p.m.

- 1 2 570
- 1 2 571
- 1 2 572
- 1 2 573
- 1 2 574
- 1 2 575
- 1 2 576
- 1 2 577
- 1 2 578
- 1 2 579
- 1 2 580
- 1 2 581
- 1 2 582
- 1 2 583
- 1 2 584
- 1 2 585
- 1 2 586
- 1 2 587

Wednesday, March 6

8:30-10 a.m.

- 1 2 600
- 1 2 601
- 1 2 602
- 1 2 603
- 1 2 604
- 1 2 605
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- 1 2 608
- 1 2 609
- 1 2 610
- 1 2 611
- 1 2 612
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- 1 2 615
- 1 2 616
- 1 2 617
- 1 2 618
- 1 2 619

10:30 a.m.-noon

- 1 2 620
- 1 2 621
- 1 2 622
- 1 2 623
- 1 2 624
- 1 2 625
- 1 2 626
- 1 2 627
- 1 2 628
- 1 2 629
- 1 2 630
- 1 2 631
- 1 2 632
- 1 2 633
- 1 2 634
- 1 2 635
- 1 2 636
- 1 2 637
- 1 2 638

1:30-2:30 p.m.

Visit Exhibits

2:30-5 p.m.

- 1 2 650
- 1 2 651
- 1 2 652
- 1 2 653
- 1 2 654
- 1 2 655
- 1 2 656
- 1 2 657
- 1 2 658
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- 1 2 660
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- 1 2 662
- 1 2 663
- 1 2 664
- 1 2 665
- 1 2 666
- 1 2 667
- 1 2 668

Thursday, March 7

8-9:30 a.m.

- 1 2 701
- 1 2 702***
- 1 2 703*
- 1 2 704*
- 1 2 705
- 1 2 706***
- 1 2 707
- 1 2 708***
- 1 2 709***
- 1 2 710
- 1 2 711
- 1 2 712
- 1 2 713
- 1 2 714
- 1 2 716***

9:30-10:30 a.m.

Visit Exhibits

10:30 a.m.-noon

- 1 2 717
- 1 2 718
- 1 2 719
- 1 2 720
- 1 2 721
- 1 2 722
- 1 2 723
- 1 2 724

1-4 p.m.

- 1 2 750
- 1 2 751
- 1 2 752
- 1 2 753
- 1 2 754
- 1 2 755
- 1 2 756
- 1 2 757

Conference Registration Fees

Workshop and Session Registration (check all that apply)

- Monday (March 4).....\$75
- Tuesday (March 5) includes lunch.....\$130

- Wednesday (March 6) includes lunch.....\$130
- Thursday (March 7) includes lunch\$130

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 \$150 plus tax per night, single occupancy. To get this rate, mention the group code (GSH) 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: GSH

Cut-off date: February 11, 2019

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