

# 2022 Session Descriptions



**Tuesday, October 18, 2022** *(In-person at Ashland Hills Hotel & Suites and Convention Center)*

8-8:15 a.m. Welcome Session

## 8:15-10 A.M. PROFESSIONAL DEVELOPMENT WORKSHOP

**Harnessing Leadership for Business Through Purpose, Direction, and Motivation** *(continues at 10:15 a.m.)*

Harnessing Leadership for Business looks to increase individual effectiveness through the purpose, direction, and motivation of self-leadership. Leadership is the demonstration of character to influence and build trust in those around us. The goal of this program is to create ethical people who practice self-leadership to act with moral courage in their professions, their families, and their communities.

- ▶ *Jeff Crapo, Colonel (Retired)*  
Co-Founder, Instructor, Ethos Academy

10-10:15 a.m. Networking break

## 10:15 A.M.-NOON PROFESSIONAL DEVELOPMENT WORKSHOP (cont)

**Harnessing Leadership for Business Through Purpose, Direction, and Motivation** *(continued from 8:15 a.m.)*

## NOON-1:30 P.M. SPECIAL SESSION AND BANQUET (Lunch included)

**Discover the Importance of Sleep to Maximize Employee Performance and Safety**

Sleep is paramount for worker safety, sound decision-making, and productivity. Yet, more than 40 percent of US employees are sleep deprived, which drastically increases the chance of a workplace injury. In this crucial session, attendees learn the risks and costs of having sleep-deprived employees and strategies to help. Learn which of your employees are at a 70 percent increased risk of a workplace injury and why, and discover what the three key universal strategies are that employers can apply in their workplace to maximize their employees' performance and reduce sleep-related errors.

- ▶ *Dr. Nancy Knechel, PhD, RN, ACNP-BC*  
CEO, eSleepWellness

1:30-2 p.m. Networking break

2-3:30 p.m. ASSP Award ceremony - featuring Craig Hamelund, Emcee

3:30-5 p.m. Networking Mixer Celebration

## SAFETY COMMITTEE SERIES - ONLINE WEDNESDAY & THURSDAY

The safety committee series is designed to provide both required Oregon OSHA training for all safety committees as well as ideas to help stimulate committees to achieve more. This series provides fresh new content for our Safety Committee University. To learn more about the safety committee training requirement [click here](#).

To learn more about Safety Committee University, [visit our website](#).

[sosafety.org](http://sosafety.org) [osha.oregon.gov/conferences](http://osha.oregon.gov/conferences)



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## Wednesday, October 19, 2022 (Day 1 - Conference online event at [sosafety.org](http://sosafety.org))

8-8:15 a.m. Welcome Session

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8:15-9 a.m. **Opening Keynote:** Visualizing Risk Management Through Leadership

Often, it is not enough to identify potential risks and hazards, review safety plans, or communicate safety messages. Leaders must take this a step further and visualize the entire operation, identify the key decision points, and place themselves at the decisive point of the operation to ensure safety and success. This is how leadership manages the delivery of your vision.

- ▶ *Jeff Crapo, Colonel (Retired)*  
Co-Founder, Instructor, Ethos Academy

### 9-10 A.M. SESSION 1 (CHOOSE ONE)

#### S **Emerging Safety Technologies - The Future of Injury Prevention Is Here**

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

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

#### SC **SC 101: Safety Committee Introduction** (part of the Safety Committee Series)

Safety committees are a requirement, but who is it a requirement for and what actions are required to be done? This track covers the necessary requirements set forth by Oregon OSHA for safety committees. This includes topics such as regulatory requirements, safety meetings vs. safety committees, required participants, and what needs to be done on a monthly and quarterly basis. By the end of this track, attendees should have a clear picture of what it takes to fulfill the Oregon OSHA standard.

- ▶ *Jeff Mook*  
Western Region Safety Coordinator, Boise Cascade

#### C **Creating Your Own eToolbox**

Learn how to utilize your smart phone or tablet using apps that make your work life easier! Anyone who carries a smart device can learn something to make their work more fun and productive. Find out how to research apps, carry a library of information in the field, create your own audits and forms, and how some apps might simplify tasks! We spend our time looking at construction and organizational apps. Bring your smart device and use it during class.

- ▶ *Shelley Nasby, MBA, CSP*  
Senior Safety Management Consultant, SAIF Corporation

10-10:15 a.m. Break

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## Wednesday, October 19, 2022 (continued)

### 10:15-11:30 A.M. SESSION 2 (Choose one)

#### S Basic Ergonomics Assessment for Industrial Workplaces

This presentation is designed to support safety committee members who provide ergonomic assessments for employees in industrial workplaces. It includes an overview of the steps for completing a simple ergonomic assessment of a job task and then leads attendees through an exercise of assessing a typical task in an industrial setting.

- ▶ *Nathan Sweet MS*  
*Senior Industrial Hygiene & Ergonomics Consultant, Oregon OSHA*

#### SC The Importance of Hazard Identification and Effectively Communicating What We See

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

- ▶ *Glenn Murray*  
*Managing Director, COVE: Center for Visual Expertise*

#### C Focus Four Health Hazards in Construction

"Focus Four for Health" was written to help raise awareness about four key health hazards in construction and the impact health hazards can have on workers and on businesses. The publication was modeled after the long-running OSHA Focus Four program that focuses on the top four construction safety hazards. This session discusses the four key construction health hazards highlighted in the Focus Four for Health publication, which provides a "one-stop", free, downloadable resource containing practical recommendations and solutions to address those hazards. The ultimate goal is to reduce the risks and adverse impacts of job-related illnesses and chronic health disorders.

- ▶ *Barb Epstien, MPH, CIH, FAIHA*  
*Retired Industrial Hygienist, AGC-Oregon-Columbia Chapter*

11:30 a.m.-12:30 p.m. Lunch Break

### 12:30-1:30 P.M. SESSION 3 (Choose one)

#### S Preventing Serious Injuries and Fatalities in the Workplace

The potential for a serious injury and fatality (SIF) exists in many work environments but simply managing routine safety programs does not necessarily address SIFs. Learn practical steps for identifying SIF potential, best practices for prevention, and resources to engage employees to help prevent a serious injury or fatality from occurring at your business.

- ▶ *Christina Dykes*  
*Senior Safety Management Consultant, SAIF Corporation*
- ▶ *Jon Sowers*  
*Senior Safety Management Consultant, SAIF Corporation*

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## Wednesday, October 19, 2022 (continued)

SC

### The Seven Secrets of Root Cause Analysis

This talk is about practical root cause analysis tips that are secrets (if you judge secrets by how many people have yet to learn them). We cover seven practical tips to improve your investigations and learning teams.

1. Your root cause analysis is only as good as the info you collect.
2. Your knowledge (or lack of it) can get in the way of a good root cause analysis.
3. You have to understand what happened before you can understand why it happened.
4. Interviews are NOT about asking questions.
5. You can't solve all human performance problems with discipline, training, and procedures.
6. Often, people can't see effective corrective actions even if they can find the root causes.
7. All investigations do NOT need to be created equal (but, some investigation steps can't be skipped).

▶ *Alex Paradies*

*TapRoot® Root Cause Analysis Instructor and Advisor,  
Director of Projects and Innovation, System Improvements, Inc.*

C

### Inspecting Excavations: What, When, How

Anytime you excavate, you are creating a potentially hazardous environment that can change as the work progresses. Effective inspections by a competent person ensure that worker safety measures are in place both before the start of work and as work proceeds. In this seminar, we look at the elements of an effective and thorough inspection. In addition to reviewing various inspection forms, we examine the skills and knowledge needed to perform this function.

▶ *James Johnson*

*CEO, D2000 Safety, Inc.*

1:30-1:45 p.m.

Break

1:45-2:45 P.M.

### SESSION 4 (CHOOSE ONE)

S

### Improving Your Safety Culture Through Safety and Health Management

A workplace safety culture is the product of individual and group values, attitudes, perceptions, competencies, and patterns of behavior, determined by the organization's health and safety management systems. This session covers how your safety and health management system affects your workplace safety culture and some things you can do to improve both.

▶ *Mark Hurliman, CHSM*

*VPP/SHARP Program Coordinator, Oregon OSHA*

SC

### SC 201: Safety Committee Toolbox (part of the Safety Committee Series)

Does your safety committee have room for improvement? Or, is your safety committee ready to take it to the next level? This session explores ideas and innovations to help safety committees continually improve and stay motivated. Learn how to make meetings more productive, inspections more effective, and how the committee can help enhance a positive safety and health culture in your workplace.

▶ *Craig Hamelund*

*Education Specialist, Oregon OSHA*

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## Wednesday, October 19, 2022 (continued)

C

### Mental Safety is a Team Sport

Did you know that in the United States, the construction industry is hemorrhaging money to the tune of \$7 billion annually by not making mental safety a top priority? Every worker for your organization, on average, costs your organization \$5,000 in unnecessary added cost that could not only be recouped by investing in a mental safety initiative, but conversely you gain roughly \$3,000 of profit per employee by investing one-quarter of that per employee annually in mental safety training. This presentation demonstrates the details of these claims.

Before you begin to pour a foundation while building a structure, you must test the soil, excavate, and prepare the area for the new foundation. When looking at the emotional intelligence of a human being, the approach is the same. We must look at how a person develops the ability to recognize and identify the emotions they are feeling, and where they learned to develop strategies to cope with difficult emotions in difficult circumstances.

- ▶ *Trent Williams, LADC*  
*Bearing Point Mental Wellness*

2:45-3 p.m.

Closing

## Thursday, October 20, 2022 (Day 2 - Conference online event at [sosafety.org](https://sosafety.org))

8-8:15 a.m.

Welcome Session

8:15-9 a.m.

### Keynote: Making Your Safety Training Stick

Safety training is effective only as long as it is remembered and put into action. In this session, we discuss and demonstrate proven methods for helping trainees to remember more of what they learn. Unlike other training, the results of ineffective delivery of safety and health information can result in serious accidents or worse. For this reason alone, health and safety professionals need to know how to ensure their training is remembered and ultimately used in the workplace so everyone can work more safely. Techniques presented in this session can be used within any industry and by anyone responsible for creating and delivering safety training. The methods presented are flexible and can be adapted to any audience regardless of educational level or industry. This results in trainees no longer dreading safety training classes and trainers can be confident their training efforts are making a difference.

- ▶ *Linda Tapp, ALCM, CSP, CPTD*  
*President, SafetyFUNdamentals*

9-10 A.M.

### SESSION 5 (Choose one)

S

#### First Aid Playbook – How to Create a First Aid Program for Minor Workplace Injuries That Works!

This session is a how-to class on creating a first aid program for your company step by step. You are taking your top five workplace minor injuries (have them ready as this is hands on!) and build a first aid playbook that promotes follow through at home with employee involvement. This class is for anyone in contact with injured employees – leaders, HR, supervisors, safety team members, leads, etc. You learn the art of medical conversation along with a caring environment that gets results by motivating your employees to feel comfortable seeking first aid care for their minor injuries quickly and providing them the tools for a speedy recovery.

- ▶ *Meg Gustafson, RN, BS COHN, OSAOHN BOD*  
*Certified Occupational Health Nurse, Independent Contractor*

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## Thursday, October 20, 2022 *(continued)*

SC

### SC:301 Engaging Employees in Safety *(part of the Safety Committee Series)*

What is employee engagement? In this session, we describe an engaged employee and how to identify positive and negative employee engagement. The managers role in employee engagement is explained and we explore fun ways to engage employees. Also addressed are special challenges and ways to overcome them.

- ▶ *Jon Sowers*  
Senior Safety Management Consultant, SAIF Corporation

C

### Engaging the Spanish-Speaking Workforce

The number of Hispanic workers in the labor force has grown from 10.7 million in 1990 to 29.0 million in 2020 today, and is projected to reach 35.9 million in 2030. By 2030, the Bureau of Labor Statistics projects Hispanics to account for 1 out of every 5 workers in the labor force and projected to account for 78% of net new workers between 2020 and 2030. In this session, we cover the challenges the Spanish-speaking workforce faces, how to reach out to and engage with the Spanish-speaking workforce, and the Hispanic workforce and the labor shortage.

- ▶ *Bryan Ortiz, CHST*  
Safety Management Consultant, AGC, Oregon-Columbia Chapter

10-10:15 a.m. Break

### 10:15-11 a.m. Closing Keynote: Three Practical Ways to Build Psychological Safety in Your Team

Many leaders believe that holding employees "accountable" for errors will reduce errors. In reality, punishing people for errors strangles communication, erodes trust, and often creates more errors. What is the alternative? Increase engagement, communication, and learning by building psychological safety. Join us in this fast-paced seminar to see the evidence and discover three practical ways to build psychological safety in your team immediately.

- ▶ *Jake Mazulewicz, PhD*  
Director, JMA Human Reliability Strategies, LLC

11 a.m.-noon Award Ceremony – Replay

#### TRACK KEY

S

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Safety Committee

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Construction

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