

Governor's Industrial Safety and Health Conference

Tacoma | September 24 - 26 2019



September 24, 2019

8:00 am - 5:00 pm

OSHA 7215: Silica in Construction, Maritime and General Industries

Rick Gleason CIH, CSP, Instructor, UW NW Center for Occupational Health and Safety

Jeff Spann, Industrial Hygienist, Dept. of Labor & Industries

This course covers the development and implementation of controls and strategies to prevent or mitigate silica exposures in construction, maritime, and general industries. Course topics include describing the requirements of OSHA's Respirable Crystalline Silica standards and recognizing the hazards and risks, assessment options, and exposure control measures associated with silica exposure. In addition, the course will cover the Washington State OSHA (WISHA, L & I DOSH) rule under WAC 296-840. Minimum student contact hours: 7.0.

Strategies and Best Practices for Preventing Workplace Violence in Healthcare

Jane Lipscom Ph.D., Prevention at Work LLC

Nancy Simcox, Director, UW DEOHS

Lynda Enos RN, MS, COHN-S, CPE, Ergonomist, HumanFit LLC

Vivian McGee RN, Director of Nursing Services, Frontier Behavioral Health

Jane Hopkins RN, Executive Vice President, SEIU Healthcare

Annie Bruck DNP, MN, RN, Senior Lecturer, University of Washington-Bothell

Karen Bowman RN, Lecturer, School of Nursing & Health Studies-UW

The prevalence of workplace violence in health care is alarming, and not well characterized. Some estimates indicate that workers in the healthcare and social assistance services sector experience workplace violence-related injuries at an estimated incidence rate that is four times higher than the rate of workers in the private sector. In addition to injuries, workplace violence has a significant impact on the emotional well-being of healthcare workers. This course will cover an overview of the risk factors associated with workplace violence, new research on the psychosocial impact to workers, and the effectiveness of interventions used to date to prevent such violence. This course is intended for those working in psychiatric facilities, hospital emergency departments, community mental health clinics, treatment clinics for substance abuse disorders, pharmacies, community-care facilities, residential facilities, and long-term care facilities.

Mental Health First Aid

Tony Cloud CPC, Mental Health First Aid Instructor, Tony Cloud Communications

Mental Health First Aid is an 8-hour interactive course designed to train

8:00 am - 5:00 pm

Confined Space Rescue Level 1 - Employer Based Confined Space Rescue

Doug Clark, Lead Instructor, Forum Rescue

Dale Yerabek, Lead Instructor, Northwest Independent Contractors

Association
Kris Alberti, Director, Northwest Independent Contractors Association
This 7.5 Hour Confined Space Supervisor Course was built from the WAC 296-809-50014 standard for permit-required confined space rescue teams.

The Class will cover:

- Employer sponsored rescue team requirements
- Training and proficiency requirements for rescue teams
- Rescue permit entry procedures
- Use of rescue equipment
- How to evaluating rescue teams and response times.
- The roles of the rescue team members.
- Successful attendees will show proficiency by performing a team rescue in a horizontal and vertical space.

September 25, 2019

11:00 am - 12:00 pm

Near Miss Reporting Programs

Paul Vierela, HSE Specialist, TOTE Maritime Alaska
This workshop will cover TOTE Maritime Alaska's Near Miss Reporting Program including best practices learned since implementing the program, program criteria, process flows, reporting mechanisms, significant near misses requiring root cause analysis and corrective actions, and hazard identification in the workplace.

11:00 am - 12:00 pm

Suspension Trauma

Shaun Pitts, Advanced EMT, Self Employed
Dionne Murray, Business Development Manager, NSA
The course content will cover what is happening to the body during suspension trauma and why it is dangerous, solutions for addressing it and rescue plans for first responder teams. We will also look at the proper fit of the body harness, deployment of the suspension straps, and how to ensure your outerwear PPE does not interfere with the proper function of your fall protection.

laypersons in recognizing and responding to the signs and symptoms of the most common mental health conditions, crisis and substance use disorders with a proven action plan. Mental Health First Aid is included on the Substance Abuse and Mental Health Services Administration's (SAMHSA) National Registry of Evidence-based Programs and Practices (NREPP).

Asbestos Awareness

Eric Dickson, Industrial Hygienist, Northeast Washington ESD 101
Asbestos probably affects you to some degree whether you know it or not. Eric will discuss what asbestos is, its health hazards, historical uses, odd/strange uses (what?!), and current uses with lots of pictures. He'll also show you how to recognize if a product on the shelves contains asbestos or not so you don't inadvertently purchase and use it. Yes, it's been back on shelves of hardware and building supply stores since NAFTA and CAFTA in the early 2000's. You'll also learn the importance of a Good Faith asbestos inspection prior to starting your small or large project (whether you are the owner or contractor). Whether you're a contractor or a DIY'er you'll learn something from this workshop.

Reacting to an Active Shooter Event

Kyle Sumpter, Deputy Chief of Police, Federal Way Police Dept.
An active shooter is a person who actively attempts to shoot multiple people in a populated area. Every populated place is a potential target, including schools, shopping centers, recreation venues, churches, and work places. While assailants select their target sites for specific reasons, most victims are shot at random. Active shooter events are usually unpredictable and evolve quickly once they start. Individuals present when the shooting starts must be prepared both mentally and physically to deal with the situation until law enforcement personnel arrive; and then knowing how to interact with police is critical. Similar atrocities are committed using vehicles and knives, but by far the most common is shooting and that is the focus of this presentation.

11:00 am - 12:00 pm

Hazard Awareness - Ways to Improve Safety at the Worksite

Steven Heist, Operations Officer, Crawford Advantage Solutions Inc
Many hear the phrase "hazard awareness" and it seems to be pounded and communicated so often, that we have lost the meaning and importance of "hazard awareness"!!!! Yet this phrase is what every worker needs to have whether in a manufacturing facility or a construction site. Learn ways to keep your head in the game and hopefully walk away challenged to make changes in your work environment that can have a significant impact

11:00 am - 12:00 pm

Machine Guarding: A Programmatic Approach

Jeff Rose, IAM/Boeing Health & Safety, The Boeing Company
John Lopez Jr., Business Representative, IAM/AW District 751
Abstract: How do you foster machine operator buy in to machine safeguarding? Jeff and John will share their personal experiences and stories of how to implement and gain machine operator acceptance. They will teach you a methodical approach to evaluating machines for safeguarding and key tools to gain operator involvement/acceptance.

11:00 am - 12:00 pm

Safety in Every Task: Conducting Multi-Layered Risk Predictions

Bob Toohey, Senior Manager of EHS, Continental Mills
Ryan Goodspeed, Area Manager, Continental Mills
Accidents and injuries almost always are the immediate results of specific choices made seconds before the event. Making safe choices all through our changing day is a skill set that can be learned and must be practiced to create an injury-free environment. This class will present methods to help your employees make the right decisions every time as they move from task to task throughout their work day.

11:00 am - 12:00 pm

Traumatic Brain Injury, Diagnosis, Outcomes and Prevention

Laura Opson RN-D, LNCC, CCM, Legal Nurse Consultant, Nurse Case Manager, Opson Legal Nurse Consulting
Traumatic Brain Injury a silent diagnosis because the signs and symptoms are often confused. We will discuss classic symptoms, how and why to obtain a diagnosis, treatments and prevention strategies.

11:00 am - 12:00 pm

Tractor Safety: Rollover Protective Structures (ROPS)

Raymundo Rivas, Safety Services Specialist, Ste. Michelle Wine Estates
In this class we will discuss the safety features of rollover protective

Oh, No! Not My PSOAS!?!

Gene Berry jr, Owner, Muscle Movement Therapy
Take a realistic and lighthearted look at the muscular system as it relates to the way we work and play. How using the wrong muscles can lead to injuries. How text book ergonomics sometimes doesn't work. Simple actions we can take to help prevent muscle injuries while on the job. This is a very hands on attendee participation workshop. Interaction between presenter and the attendees is what makes this workshop standing room only. So be ready for some laughs and the answer to the question "Is it really your psoas?"

It Won't Happen to Me

Laurel Youngstrom, Youngstrom Safety
Everyone has risk takers on their team. Hear from a former risk taker, and his wife, who have had to learn to deal with the ongoing consequences of a split second decision to ignore safety precautions, and learn some ways to deal with this specific personality type.

Managing Hearing Protection Through Ear Plug Fit Testing

Brandon Kemperman CIH, Manager of Program Operations, University of Washington
Karen Crow, Outreach & Communications Specialist, University of Washington
Lilian Liu, Speaker, University of Washington
This workshop provides information about the importance of effective earplug insertion training and ear plug fit testing to ensure optimal hearing protection for the individual employee. Not all ear canals are the same, and not all training modules effectively reach each employee. Determining a personal attenuation rating is a helpful way to tailor hearing protection to the individual. This is a summary of a University of Washington hearing loss prevention outreach project focused on maintenance trade workers over an approximate six-month time period.

Scissor Lift Equipment Training

Joe Camacho, Safety/Environmental Coordinator, Pape Material Handling
Jason Hagquist, Pape Familiarization Specialist, Pape Material Handling

DOT Compliance - What to Know

David Gaffney, Corporate Fleet Compliance Specialist, Pape Group
Hear from an experienced DOT enforcement regulator on how to maintain compliance and safety! Get detailed transportation compliance

structures (ROPS). We'll talk about regulations, types of ROPS and terrain considerations.

1:30 pm - 3:00 pm

Long-Term Connections For Creating Impactful Safety Values

Justin Moloczniak MS, CSP, CHST, Safety Manager, Mortenson
Adrianne Pearson, Owner, Evolving EHS

Safety is an important aspect that affects all of us and is not only present in the working environment, but in our everyday lives as well. It is common for the safety mindset to be only applied in the working environment, creating a safety culture that is limited within the bounds of an organization. Come explore and participate as we discuss how the safety culture can extend into other realms of lives. Our discussion will revolve around answering this question: "What are the determining factors and components an organization and its employees must have in order to support long-term safety culture, including what is beyond the work environment"?

1:30 pm - 3:00 pm

Dr. Todd Conklin's Human Performance View of Safety Management

Dr. Todd Conklin, Keynote Speaker, Dr. Todd Conklin
Minute by minute the world is changing. Technology has added new dimensions to how we as human beings react to our surroundings. Yet, in many areas, we are still using old methods of coping with our environment and industry that no longer fit the situation. Looking at a different way of dealing with safety in the workplace is what the new view, the Human Performance view of safety management is all about.

When an accident happens in a company, it is considered a "failure." Provisions are made to look in hindsight at causes for the failure, usually finding out who is to

education in an easy to understand format, and let the instructor bring attention to subjects and solutions which can enhance your fleet's safety and compliance program. This course will cover: DOT requirements, responsibilities and recordkeeping. DOT Safety Management System. Driver qualification files. Drivers license class, endorsements, and restrictions. CMV inspections. Size and weight limits. The presentation will apply to managers of, and drivers of, CMV's of all shapes and sizes of trucks – from pickups, box trucks, trailers, to over the road transport trucks, we can keep you moving safely and confidently. Ensure you understand the laws and rules which regulate your operation and get yourself and your driver's home safely at night!

Mental Health First Aid in the Workplace "Overview"

Tony Cloud CPC, Mental Health First Aid Instructor, Tony Cloud Communications

Half of all adults experience a mental health condition in their lifetime! One in five adults are living with depression and anxiety. These are estimated to cost the US economy \$44 billion in lost productivity annually. Learn how Mental Health First Aid, an internationally recognized training, can equip your workforce to recognize the signs and symptoms of the most common mental health conditions and create a culture where coworkers can assist one another by applying a proven action plan. Mental Health First Aid is listed on the Substance Abuse and Mental Health Services Administration's (SAMHSA) National Registry of Evidence-Based Programs and Practices (NREPP). Visit www.TonyCloudCommunications.com for more information on hosting Mental Health First Aid at your location.

Fall Protection and Ladder Safety Competent Person Part 1

Dale Yerabek, Lead Instructor, Northwest Independent Contractors Association
Kris Alberti, Director, Northwest Independent Contractors Association
Karmen Schuemann, Northwest Independent Contractors Association
Fall Protection Competent Person Training 4 Hour Course includes: Competent Person requirements; fall arrest, restraint and positioning requirements, Fall Protection Work Plans, inspection of fall protection equipment, and hands-on personal fall arrest harness, lanyard, rope grab and anchor systems training and an overview of basic rescue techniques and plans. Also included is a ladder safety written plan and training. Class will have resources for competent persons to train other workers, including videos and handouts. WAC 296-155 Subpart C-1, WAC 296-876.

blame. In the Human Performance view, "failure" is redefined. Rather than looking at the accident in hindsight, workers and management process the situation with the idea that accidents will happen because work is performed by humans...and we are not perfect. Therefore, how can we minimize the consequences, save lives and save money in the process. Changes in actions and attitudes are required in dealing with safety issues.

Progress is being made in examining the journey that it takes to make these changes in management of the company's systems and the workers' behaviors...in parallel. My presentation will deal with ways that might assist your company in making these changes in your safety operations. There will be a question and answer period, and the presentation will attempt to focus on the needs of your situation. The presentation will be applicable to administration, management and workers. The Human Performance view is creating excitement and new energy in the safety fields.

1:30 pm - 3:00 pm

IAQ: It's Not Rocket Science

Eric Dickson, Industrial Hygienist, Northeast Washington ESD 101
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'll 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'll discuss how important it is to respond to every complaint and communicate to staff what you find....and don't find.

1:30 pm - 3:00 pm

Industrial Facilities Compliance Trifecta: Hazardous Waste, SPCC, and NPDES Permits Part I

David Hill PE, CHMM, CPEA, President / Principal Engineer, DH Environmental, Inc.
Industrial facilities are often faced with many challenges to comply with environmental, health, and safety regulations. Three common environmental compliance programs are Hazardous Waste, Spill Prevention, Control and Countermeasures (SPCC), and National

Getting it Right the First Time Part 1

Joe Estey, Principal Improvement Specialist, Lucas Engineering and Management Solutions
Incident Evaluation, Analysis and Action Planning Fundamentals Overview.

Transforming a Safety Culture Through Storytelling

Darry Woodson, 737 Wing Line Laydown, The Boeing Company
Paula Cockerham, Safety Specialist, The Boeing Company
Shawn Wolfe, Health and Safety Leader, The Boeing Company
How do you influence a safety culture? Darry, Paula and Shawn of The Boeing Company will share their personal experiences and stories on safety. They will teach you story telling techniques and show how moving and impactful this skill can be. We are social learners and with

Pollution Discharge Elimination System (NPDES) permits. Many facilities must comply with all three of these programs, others just one or two. However, these programs often have many overlapping requirements for inspections, material storage, and recordkeeping. This workshop will cover an overview of these requirements, tips and strategies for streamlining compliance, and an update on recent or forthcoming regulatory changes. Part I will cover Hazardous Waste requirements. Part II will cover SPCC and NPDES permits, with a focus on the WA State Industrial Stormwater General Permit.

No Further Harm: Ending Predictable Violence and Preventable Accidents

Mark Mann, Principal Owner, Sound Predictions LLC

Some believe the industry of safety and risk reduction is ready for a daring change. No Further Harm presents a blend of behavioral and performance science, information gleaned from preventable accidents and predictable violence, plus the taboo topic of the Victim Profile. The findings are surprising, controversial and potentially life-saving; undeniable links in the chain of preventable harm.

sharing stories, you build relationships, influence people in heart and mind to form safety as a value. A great story can have a major impact on the way we think and feel about safety.

Advanced Safety for Frontline Workers Part 1

Timothy Carrico, PM10 Team Member, Westrock

Like quality and production, the physical accomplishment of workplace safety and health is the direct result of the efforts of hourly front-line workers, not management personnel. So what can hourly workers do to take control of their fate and improve the safety and health of their workplace? How can differences of opinion between salary and hourly workers be resolved when it comes to how to best direct the safety and health efforts of the workplace? Looking beyond general safety (i.e. housekeeping, hazard recognition, OSHA standards, etc.), focus is given to the state-of-the-art concepts provided by ANSI's Z10 standard on Occupational Health and Safety Management Systems and how hourly workers can use them to enhance the safety of their workplace. This course provides interactive learning, hands-on training, and the necessary tools and methods for getting salary and hourly workers on the "same page" when it comes to safety.

Drug & Alcohol Reasonable Cause/Suspicion Training

Tom Pool, Executive Administrator, DFB

This is a live 90 minute training program for supervisors, managers, and others involved with an employer's drug and alcohol testing program. The purpose is to teach supervisors and managers to determine when a worker's behavior and/or appearance provides reasonable suspicion that the worker has violated the company's drug testing policy. What triggers a reasonable suspicion test? Signs and symptoms of drug or alcohol abuse, confronting the worker, the Five Steps in making a reasonable suspicion determination will all be covered. What to do after the test. What documentation is recommended?

Addressing Reproductive Hazards in the Workplace

Dr. Carissa Rocheleau, Epidemiologist, National Institute for Occupational Safety and Health

Joyce Matson CSP, Director of Human Resources, All StarZ Staffing & Consulting

Workers are often concerned about how a workplace hazard can affect the health of their child when they-- or their partners-- are trying to conceive, pregnant, or breastfeeding. Occupational safety and health (OSH) professionals are often asked to provide guidance to these employees—yet many hazards in the workplace are untested or inadequately tested for reproductive and developmental toxicity; few guidelines for protecting pregnant workers exist; and OSH professionals may be afraid of creating legal liability, or taking an action that is considered discriminatory on the basis of gender, pregnancy status, or disability status. In this session, two experts— one a researcher in reproductive occupational epidemiology, and one an experienced human resources professional— will each provide resources and tools

for addressing reproductive hazards in the workplace in an evidence-based, comprehensive manner. This session is appropriate for both beginners and experienced OSH professionals.

Overhead Crane Daily Inspections and Documentation

Randy Robinson Jr, Union Safety Rep., United Steel Workers/Kaiser Aluminum

Steven Bacheller, Union Safety Rep., United Steel Workers/Kaiser Aluminum

Overhead cranes have been used in industry for years. The class takes a look at daily crane inspections, and their documentation.

SILICA Beyond Table 1

John Carlson, Vice President, Integrity Safety

This training will focus on real world air monitoring and engineering control beyond Table 1. Focus will be on hands on use of equipment and compliance methods that are not listed in Table 1. Participants will be allowed the opportunity to practice with equipment and paperwork needed to document effective controls that will allow those doing silica work to comply with the silica rule without the need to use Table 1. Table top exercises will be done to help better prepare those working in his field to be able to navigate what needs to be done

Occupational Bloodborne Pathogen Exposures: Disease Trends and Prevention Strategies

Amanda Dylina Morse, Syndromic Surveillance Outreach and Policy Coordinator, Washington State Department of Health

Kacey Potis, Epidemiologist, Washington State Department of Health
Bloodborne pathogen exposure is a significant occupational hazard faced by workers in a variety of healthcare and non-healthcare professions. This presentation will discuss the risk of bloodborne pathogen exposures in different occupational settings and provide an overview of the most recent health surveillance data for occupational exposures in Washington State. We will discuss prevention strategies for different industries, including case studies which will provide attendees with useful strategies to reduce the risk for bloodborne pathogen exposure in their workplace.

Collision Avoidance Driver Training

David Gaffney, Corporate Fleet Compliance Specialist, Pape Group
Hear from an experienced enforcement officer and seasoned driver instructor on how to reduce collisions for your fleet. This course will provide guidance and education to recognize common collision situations, with training on how to avoid them. This is not a canned or generic defensive driving class. Participants will hear about real-life collision situations with detailed information on how to avoid these crashes. This is an excellent class for truck drivers, managers and supervisors, but also anyone who operates a vehicle of any sort. Specific details will be shared with attendees pertaining to: - Right of way/merging/changing lanes. - Assumptions, predictability and anticipation when driving. - Urban vs. rural driving. - Top accident types and avoidance solutions. - Open range country. - Center turn lanes. - Pedestrians, crosswalks and what you need to know. - Roundabouts. - Special considerations in trucks and managing traffic. This training has proven successful at reducing accidents so don't miss out! Sign up to lower accident rates for your company and ensure your drivers are home safely at night.

COOL TOOLS – Making Work & Life Easier and Safer!

Paula K. Jones CSP, ASP, CET, Safety & Health Services Adviser, SAIF

Angie Wisher, Sr Safety Management Consultant, SAIF

This will be a hands-on session in which you will be introduced to a variety of products that can help make daily activities easier and safer regardless of your industry. We hope you will find a few new “tools” to share with your fellow employees, and you may just find something that you can use in your own daily activities as well.

The Financial and Moral Case for Safety: A Lawyer's Perspective

Karen Forner, Managing Attorney, K-Solutions Law

An inadequate safety program can have a huge impact on your workers' compensation costs and on your costs associated with workplace safety citations. Workers' compensation claims' costs impact employers in many ways and penalties for safety violations have increased exponentially in the past few years. Employers also often forget to factor in the emotional cost of serious injuries and fatalities. Learn “best practices” and the benefits of implementing a comprehensive safety program

1:30 pm - 3:00 pm

1:15 pm - 2:45 pm

3:30 pm - 5:00 pm

3:30 pm - 5:00 pm

WHY and How Suicide Prevention is the Next Frontier in Safety

Calvin Beyer, Director of Risk Management, Lakeside Industries, Inc.
Approx 47,000 suicide deaths occurred last year. The suicide rate has increased by 31% since 1999. The construction industry has the highest number of deaths by suicide among all industries and the 2nd highest rate at 53.5 per 100,000 workers. If architects/engineers are included that rate increases to 85.5 for the combined Architecture/Engineering/Construction (AEC) industry.

Suicide prevention is a key element of a company's and a crew's safety, health and wellness. In 2018, there were 6 occupational fatalities in construction in WA state and there were 77 suicides among construction employees.

Learning Objectives:

- Counter the silent killer suicide through a caring culture by embedding suicide prevention in safety, health and wellness programs and practices.
- Construction industry and demographic risk factors
- Everyone has a role in suicide prevention
- Apply the LEARN model for use at work, home and community
- Receive a toolkit for addressing suicide prevention in your company's safety, health and wellness program

3:30 pm - 5:00 pm

Getting it Right the First Time Part 2

Joe Estey, Principal Improvement Specialist, Lucas Engineering and Management Solutions
Incident Evaluation, Analysis and Action Planning Fundamentals Overview.

3:30 pm - 5:00 pm

Building Presentations that Rock the House!

Paul Francis, Senior Manager of Creative, Continental Mills

Fall Protection and Ladder Safety Competent Person Part 2

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Kris Alberti, Director, Northwest Independent Contractors Association
Karmen Schuemann, Northwest Independent Contractors Association
Fall Protection Competent Person Training 4 Hour Course includes: Competent Person requirements; fall arrest, restraint and positioning requirements, Fall Protection Work Plans, inspection of fall protection equipment, and hands-on personal fall arrest harness, lanyard, rope grab and anchor systems training and an overview of basic rescue techniques and plans. Also included is a ladder safety written plan and training. Class will have resources for competent persons to train other workers, including videos and handouts. WAC 296-155 Subpart C-1, WAC 296-876.

Industrial Facilities Compliance Trifecta: Hazardous Waste, SPCC, and NPDES Permits Part II

David Hill PE, CHMM, CPEA, President / Principal Engineer, DH Environmental, Inc.

Industrial facilities are often faced with many challenges to comply with environmental, health, and safety regulations. Three common environmental compliance programs are Hazardous Waste, Spill Prevention, Control and Countermeasures (SPCC), and National Pollution Discharge Elimination System (NPDES) permits. Many facilities must comply with all three of these programs, others just one or two. However, these programs often have many overlapping requirements for inspections, material storage, and recordkeeping. This workshop will cover an overview of these requirements, tips and strategies for streamlining compliance, and an update on recent or forthcoming regulatory changes. Part I will cover Hazardous Waste requirements. Part II will cover SPCC and NPDES permits, with a focus on the WA State Industrial Stormwater General Permit.

Human Factors in Manufacturing - A Cognitive Perspective

Masood Karim, EHS Safety Administrator, The Boeing Company

Have you ever attended a presentation where the speaker says, "I know this is an eye chart" or "The part of this slide that matters is..."? How about the speaker who reads through all 15 bullet points as you stare at the screen? Worse yet, have you been that speaker? In this lively and informative talk, Paul Francis will share tips and tricks from a lifetime of presenting, from the perfect mix of slides and time on stage, to the best way to tackle bullets, to the immense value of telling a good story, along with many other ways to engage your audience. By the end of this talk, you will be armed with the tools you need to have people say, "You really rocked that deck!"

The workshop is important for individuals, leaders, investigators and managers. It is a thought provoking session and one takes home knowledge and tools to help themselves and their teams. Human beings make errors and mistakes. We investigate and find out what caused the accident, i.e., not follow procedures, etc. But this is not the end of it. It is important to know why person involved did not follow procedures. What indications or symptoms they may have missed for themselves or for others. Most importantly, what can they do to avoid a repetition. This awareness was applied in pilots training starting in 1994. The accident rate due to Human Factors reduced greatly.

Advanced Safety for Frontline Workers Part 2

Timothy Carrico, PM10 Team Member, Westrock

Effective training is a critical component of any safety and health management system. Often training may come in the form of a presentation; but most, if not all of us, have endured the dreaded PowerPoint presentation that failed to accomplish its objectives, leading to the catchphrase "Death by PowerPoint." Yet, PowerPoint was never really the problem. As Curtis Newbold puts it: "You can't blame the software for the presentation. PowerPoint is a tool; it isn't content. Microsoft Word doesn't tell beautiful (or awful) stories, the author does. And so it goes with PowerPoint presentations." This course covers simple guidelines that can easily be implemented to significantly improve the effectiveness of your safety presentations and training.

Shift Your Safety Focus from Compliance to Learning

Jeff Dalto, Senior Learning & Development Specialist, Convergence Training

Prof. Morgan Bliss, Assistant Professor, Central Washington University
This presentation will introduce a number of somewhat-new-yet-important theories in organization and safety theory. The presentation will begin by introducing the concept of a Learning Organization and will explain why being a learning organization is important today and will be even more important in the future. From there, the focus will turn to safety, looking at how Safety departments are sometimes viewed within their own organizations, and at some traditional safety methods that may be at least in part outdated or inadequate. Then, we'll introduce theories from various "new" theories of safety (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 will provide concrete ways for Safety departments to contribute to the development of learning organizations at their work. Attendees will 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.

Solutions to Opioids in the Workplace (panel)

Audrey Rosenfeld, President, Fully Effective Employees, Inc.

Trevor Price, Owner, Contractor, Ridgeline Construction NW LLC

Dr. David Velling M.D., Anesthesiologist, The Pain Center of Western Washington

This panel session explores the newest ways to overcome work related injuries without opioid use, how employers can keep their labor force on the job by having last chance agreements and EAP services to address substance abuse problems and a success story of how one construction worker rose from opioid addiction to having his own construction company.

3:30 pm - 5:00 pm

3:30 pm - 5:00 pm

September 26, 2019

8:00 am - 9:00 am

Understanding the Employers Responsibilities in the Revised Crane Operator Qualification Regulation

Ron Overton, President and Owner, OVERTON Safety Training, Inc. This 60 minute seminar will assist employers key personnel in understanding the recently revised employer responsibilities and requirements for Crane Operator Qualification as per the recently revised Federal OSHA Crane Rule 29CFR1926.1427 and WAC 296.155. The seminar will focus on the employers responsibilities to ensure their crane operators are initially trained, evaluated and nationally certified. Topics covered will include Federal and State regulatory sources of the specific requirements, effective dates of regulatory enforcement, how the employers required training, evaluation and qualification differ from the requirement for National Certification, how to meet the requirement for employer training of the crane operator, requirement for employer's evaluation of the crane operator, and how to achieve Crane Operator National Certification. Attendees will be provided with a downloadable app and/or downloadable electronic version of the information presented.

8:00 am - 9:00 am

You Don't Know What You Don't Know – Why Your OSHA Safety Plans Are Not Compliant

Dale Yerabek, Lead Instructor, Northwest Independent Contractors Association

Kris Alberti, Director, Northwest Independent Contractors Association
Karmen Schuemann, Northwest Independent Contractors Association

Description: Running a safety program in Washington State isn't just cutting and pasting DOSH over OSHA in safety plans. Many programs in Washington State have unique requirements compared to OSHA. Different heights, different reports, and different training requirements are just a few areas where safety managers need to be up on DOSH requirements. So how is a safety manager supposed to know what they don't know? Wouldn't be nice if there was just a list of safety programs and training requirements for Contractors? Or a general list of Facilities based requirements and training programs that was Washington specific? This course is designed to teach safety professionals quick ways to find and reference required WACs, get 'cheat sheets' on overall company requirements, and benefit from Washington State resources so they don't have to re-invent the wheel when it comes to their Safety Programs.

8:00 am - 9:00 am

Safety Culture Transformation – Expressing Appreciation – It is

Disaster Response Team (DRT) in the Workplace

James Vasileff, Safety Manager, PACCAR

This workshop will provide a general overview of what a disaster response team is, considerations when creating a disaster response team, why the team was needed and created along with how it was implemented. Various photos will also be presented of exercises done in the workplace along with a description of when and how a disaster team should deploy. The final portion of the presentation will focus on finances needed to develop the team and what counties in Washington State are involved in the program.

Cracking the Code on Workplace Sprains and Strains

Dr. Kevin Rindal, Co-Founder and CEO, Vimocity

Did you know that the average sprain costs a company \$70,000 in medical treatment and productivity losses? Attend this lecture to discover how you can apply an innovative approach to MSD reduction within your workforce and have a positive impact on engagement and productivity. With the increasing incidence of musculoskeletal disorders (MSD) and the rising cost of health care, now, more than ever, there is a pressing need for a new model to address workplace injuries. Unlike the traditional "stretch and flex" programs which are based on outdated principles, the Vimocity approach is derived from innovative best practices utilized by elite athletes. Although often thought of as two separate entities, elite athletes and "Workforce Athletes" perform strikingly similar movements and experience comparable levels of strain on their bodies. Both groups deserve access to injury prevention best practices. Approaching MSD reduction from an athletic perspective means using data-driven practices to create a culture that embraces "self-care" and quality of movement by improving mobility, strength, and empowering employees to expand their boundaries of what is possible. Being stiff and sore at retirement does not have to be the end story for the "Workforce Athlete."

Machine Guarding & Lock Out Tag Out

More Than Saying Thank You

Shawn Wolfe, Health and Safety Leader, The Boeing Company
David Stern, Manufacturing Operations Analyst, The Boeing Company
Come and learn this safety culture transformation skill – Expressing Appreciation. You will gain insights into your language of appreciation which will help you engage your teams and business partners. If expressing appreciation was easy, we would all be performing it. Learn techniques to help break the barriers of expressing appreciation.

Safety Through Achieving Recognition Together (START)

Walt Kulpa, Risk Management Specialist, Dept. of Labor & Industries
David Conley, Risk Management Specialist, Dept. of Labor & Industries
If you believe that safety and health are essential to a successful business, then START may be the program for you. START can give you the boost and the recognition benefits for safety and health excellence.

Nicholas Romero, Owner-Lead Trainer, Thrive Industries
MFG's guarding, removal, servicing and maintenance – Why LOTO, how it applies to agriculture settings.

Partnering with Engineering to Improve Ergonomics

Todd Lefkowicz, Ergonomist, The Boeing Company
Kelly Lynch, Ergonomist, The Boeing Company
Brian Poggioli, Ergonomist, The Boeing Company
Ergonomics is a team sport, best played by a team with a variety of backgrounds. At Boeing, we work to continually improve the maturity of our ergonomics program by providing training and guidance to shop personnel, engineers, and other support organizations. This talk will emphasize the guidance and training provided to engineers, as well as ways in which the ergonomics program partners with engineers to solve problems on the floor. We will challenge the audience to think of ways in which they can increase the maturity of their ergonomics program and provide ergonomics guidance to stakeholders.

Preventing Workplace Violence in YOUR workplace. Do YOU Know What to do?

David Fowler, Founder & President, Personal Safety Training Inc.

Workplace violence is at an epidemic rate in healthcare, according to OSHA. Washington state requires that healthcare agencies have a workplace violence prevention plan in place and train their employees.

Does your healthcare agency or private corporation have a plan? Are you providing training to your staff?

In this current, comprehensive, and relevant presentation; David Fowler, president of Personal Safety Training Inc. will provide education, insight and best practices for creating and implementing a workplace violence prevention plan.

From the macro to the micro; David will offer a complete understanding of what YOU need to create and implement administrative, behavioral, and environmental strategies to keep your workplace safe from crime and violence.

David has consulted and educated organizations on workplace violence

8:00 am - 9:00 am

8:00 am - 9:00 am

Exposure Assessment for Beginners

Prof. Morgan Bliss, Assistant Professor, Central Washington University
Do you find yourself confused by PELs, RELs, TLVs, and the other types of exposure limits used in industrial hygiene? This presentation will introduce you to the basics of exposure assessment, explore compliance-based and health-based exposure limits, and briefly describe methods of preventing occupational illnesses by managing exposures in the workplace.

8:00 am - 9:00 am

Sexual Harassment What Supervisors Need to Know

Michael Craig Hall, Risk Manager, BBSI

Sexual harassment is an important subject for supervisors because it is an illegal form of sexual discrimination under Title VII of the Civil Rights Act. It is also prohibited by state law. In addition, the company has a formal policy that prohibits sexual harassment in the workplace – a policy you are responsible for enforcing. Today, we will cover exactly what sexual harassment is, why it's so damaging to the company, and what you can do about it.

10:00 - 11:30 am

Occupational Exoskeletons: State of the Technology and Live Demonstration

Rick Goggins CPE, Ergonomist, Dept. of Labor & Industries

Matthew Marino, Innovative Consulting Specialist, Briotix Health

Interest in industrial exoskeletons is growing and the technology is evolving at a rapid pace. In just a few years, exoskeletons have gone from prototypes tested in laboratories to practical devices that are finding their way into the workplace. Exoskeletons may help us prevent sprains and strains (musculoskeletal disorders), which are still the most common type of serious workplace injury. Consider the challenges of automotive mechanics working overhead, or agricultural workers bending down to harvest row crops. Industrial exoskeletons might help reduce the risk of injury in these challenging jobs, but are current devices up to the task? Join us for an interactive presentation and live demonstration of these promising new devices. There will be an opportunity to try on some of the exoskeletons to experience them for yourself. Learning objectives Attendees will be able to: List the types of exoskeletons currently available. Give examples of the types of work that they may be suitable for. Describe some of the limitations and unknowns of industrial exoskeletons

Risk Assessment – Beyond Hazard Hunting

Doug Hirsch, Senior Safety Manager, Signal Administration, Inc

Risk assessments locate the 'risk' within your operation, not just where the 'hazards' can be found. Assessments systematically evaluate your

prevention in 42 states. His training and education services are nationally recognized, court defensible and meet state and federal compliance for workplace violence prevention. David's thorough understanding of safety and security, martial science, and the philosophy of peace add an exciting and interesting approach to his style of presentation.

For more information on David Fowler: <https://avadetraining.com/personal-safety-training-inc/>

More information to come.

Office Lighting (LED) Blues.

Eric Strandberg LC, Sr Lighting Specialist, Lighting Design Lab

As with many things in modern life, lighting is more complex than ever. We spend most of our waking hours at our workplace, so the visual environment should be as high quality as possible. With LED lighting, we have new opportunities to influence the impact of the electric light, but there may also be some unforeseen outcomes. This short presentation will attempt to give an overview of some of the considerations in office lighting, as well as try to parse out some of the current information and misinformation surrounding LED lighting and blue light.

Information for the Expanding High Voltage/Telecommunications Industries

Rod Julian, Telecom Safety and Health Compliance Officer, Dept. of Labor & Industries

Rod Mutch, Electrical Technical Specialist

Dick Maxwell, High Voltage Compliance DOSH S & H 3, Dept. of Labor & Industries

This session will include a discussion regarding construction and safety standards relating to 5G/Small Cell, i.e., utility joint use, qualified workers, and non-ionizing radiation issues (RF and Lasers). It will also briefly cover the recent updates to Chapter 296-32 WAC, Telecommunications and proposed future updates to Chapter 296-45 WAC, Electric Power Generation, Transmission, and Distribution.

10:00 am - 11:30 am

The Interface

John Geppert CIH, Outreach and Cooperative Programs Manager, Dept. of Labor & Industries

A novel approach to workplace safety is looking at how workers

workplace. They drive clearer awareness of the potential for injury, damage and the prioritization of needed controls. This presentation will explain the three elements that define risk. It will detail how to use a risk assessment in your operations, and why a team-centered process is best for categorizing risk levels. The use of a risk assessment process in your operations can drive improved buy-in at the management level and increase workforce engagement.

Biohazards in Construction

Shonnessy Gilmore MPH, CIH, CSP, Northwest Regional Safety Director, Centennial Contractors Enterprises, Inc.

This class will cover common biohazards in administering first aid, working around live sewer, and work in hospitals or remediation. This class will touch on bloodborne pathogens, rare diseases, MRSA, and molds. Though this is an introductory class, it will offer insight into exposure risks, controls, and what to do if you are exposed.

Creating Effective Safety Presentations

Timothy Carrico, PM10 Team Member, Westrock

Effective training is a critical component of any safety and health management system. Often training may come in the form of a presentation; but most, if not all of us, have endured the dreaded PowerPoint presentation that failed to accomplish its objectives, leading to the catchphrase "Death by PowerPoint." Yet, PowerPoint was never really the problem. As Curtis Newbold puts it: "You can't blame the software for the presentation. PowerPoint is a tool; it isn't content. Microsoft Word doesn't tell beautiful (or awful) stories, the author does. And so it goes with PowerPoint presentations." This course covers simple guidelines that can easily be implemented to significantly improve the effectiveness of your safety presentations and training.

interface with tasks and equipment. Understanding how this interface works help us to deal with hazards. Through specific scenarios, cognitive ergonomic helps us to better identify hazards.

Fatigue at Work: Causes, Impacts, and Solutions

Dede Montgomery, Senior Research Associate, OHSU - Oregon Institute of Occupational Health Sciences

The session reviews the impact of fatigue on workplace safety, well-being, worker health, and productivity, especially that caused by lack of, or disrupted sleep. Current knowledge of how short sleep and disrupted sleep adversely affects health will be addressed. Tips and lessons distilled from research and practice will be shared, including Total Worker Health interventions.

Silica - It's Not Just Dust

Rhett Carpenter CHST, Owner | Trainer | Senior Consultant, Safety, Health & Environmental Services LLC

Crystalline silica is a common mineral found in the earth's crust. Materials like sand, stone, concrete, and mortar contain crystalline silica. It is also used to make products such as glass, pottery, ceramics, bricks, and artificial stone. Respirable crystalline silica are very small particles at least 100 times smaller than ordinary sand! Exposure to dangerous levels of silica dust can occur when cutting, drilling, grinding, sawing, and crushing stone, rock, concrete, brick, block, and mortar, otherwise disturbing any material that contains silica. Industrial sand used in certain operations, such as foundry work and hydraulic fracturing, is also a source of respirable crystalline silica exposure. Nearly 2.5 million workers in the U.S. are exposed to silica at their workplace. Those who inhale these very small crystalline silica particles are at increased risk of developing serious silica-related diseases, including:

- Silicosis: An incurable lung disease that can lead to disability and death
- Lung cancer
- Chronic Obstructive Pulmonary Disease (COPD)
- Kidney disease

Topics addressed during this Silica course include:

- Identification of the materials and tasks that create silica hazards
- Dust generating operations that will take place and how to control the silica dust
- Development and elements of an effective silica control plan
- The short & long term health risks associated with exposure to respirable silica
- Working safely with silica containing material including proper use of equipment, PPE, signage, appropriate hygienic practices and decontamination
- Engineering & work practice controls
- How to use

10:00 am - 11:30 am

10:00 am - 11:30 am

10:00 am - 11:30 am

SHIP Program

Jenifer Jellison, Safety and Health Investment Projects Program Manager, Dept. of Labor & Industries

The Safety and Health Investment Projects (SHIP) is grant program that funds safety and health ideas that prevent workplace injuries, illnesses and fatalities, and also projects that help develop and implement effective and innovative return-to-work programs for injured workers. SHIP representatives will provide a brief overview of the program and introduce new products that have been developed in the past few years. Previous grantees will discuss their grants and experiences working on a SHIP- funded project. Funding priority is given to proposals that emphasize cooperation between employers and employees, and 25 percent of funding goes to projects that specifically focus on small businesses. The SHIP grants will be accepting applications for review through the end of October 2019; this is a great opportunity to learn more about the grants and still have time to apply. SHIP is an L&I program under the Division of Occupational Safety and Health.

10:00 am - 11:30 am

Accident Prevention Through Situationa Awareness: Driving, Work, and Life

Colleen Kragen, Safety & Health Specialist, Olympic ESD 114

What is situational awareness and how does it relate to your life?

Situational awareness is being conscious of your surroundings and able to identify potential risks before they become an immediate hazard. It is at the core of preparedness and accident prevention. For an individual to be able to effectively respond to a threat they must first identify the hazard and have time to manage the risk. Many people are familiar with the higher risk tasks of their work, but they do not apply the same critical eye to the less hazardous aspects of their job or to their everyday life.

10:00 am - 11:30 am

What's the Stink (fuss) about Stink (odor)?

Gretchen Stewart, Children's Environmental Health, Air Quality/Radon & Tina Bacon, Program Development Administrator/Trainer, Evergreen

Table 1 provided by state and federal regulatory agencies - Air monitoring requirements to identify exposure levels and proper recordkeeping - Competent person(s) & program administrator responsibilities to oversee the implementation and follow through of the silica control plan - Medical surveillance program

An Integrated Approach to EH&S - Highlighting How Integration and Relationships Amplify Results

Todd Silva, EH&S Senior Leader for Enterprise Safety Deployment

Team, The Boeing Company

Jeff Rose, IAM/Boeing Health & Safety, The Boeing Company

Matthew Hardy, Program Coordinator with Joint Programs, The Boeing Company

Pat Traub, Equipment Services Analyst, The Boeing Company

Join our cross-functional panel discussion comprised of Safety leaders, EH&S compliance and union leaders working together to ensure all team members go home better than they arrived at work. Panel members will share their experience in how working together ensures a safe manufacturing environment, with a focus on building relationship and trust in the workplace. Panelists will share how Union representatives and EH&S leadership work together to foster ownership on each side in a constantly changing and improving workplace culture – balancing safety, productivity and quality in a highly demanding work environment.

Cannabis in the Workplace and on the Road can be a Dangerous Combination

Jerry Noviello, Program Manager, Washington Traffic Safety Commission

Daniel Mosqueda, Trooper, Washington State Patrol

In this workshop, you'll learn about how using cannabis can create dangerous situations in the road and in the workplace. In addition, you'll learn about new research done about the culture of Washingtonians who drive impaired by cannabis and alcohol. The Washington Traffic Safety Commission partnered with Montana State University's Western Transportation Institute to figure out why some Washington drivers use cannabis and marijuana while driving (DUI-CA), and what the state can do to change the culture of impaired driving. Attendees will learn interesting facts about DUI-CA, such as more than half of the people who DUI-CA use cannabis to sober up after drinking! You'll also learn what you can do to increase awareness of DUI-CA facts and how to make your workplace and community a safer place.

Traffic Control Inside the Construction Site

Healthy Schools, EPA

Robin Thompson, Safety and Emergency Coordinator, Office of Financial Management

Nancy Bernard MPH, Public Health Advisor, Washington State Department of Health

Eric Dickson, Industrial Hygienist, Northeast Washington ESD 101

Prof. Anne Steinemann Ph.D., Professor, University of Melbourne, Australia; James Cook University, Australia

Dr. Robin Evans-agnew PhD, RN, Associate Professor, University of Washington Tacoma

Molly Ryan, Director, Health Promotions, American Lung Association in Washington

Elizabeth Jakab, Industrial Hygiene Consultant, Puget Sound Workers' Compensation Trust

Aileen Gagney MA.rch, GA-C, HHS, DST, CLR, Technical Advisor and Trainer, Tribal Healthy Homes Network

Safety Council

Construction zones with big equipment are high risk areas for on-the-job worker injuries. Greatly reduce risk in the work zone with a better understanding of the Internal Traffic Control Plan (ITCP). You'll also learn: - The importance of Situational Awareness - Responsibilities , roles and essential elements in the Internal Traffic Control Plan (ITPC), and - The basic rules that will help you stay safe, and be able to recognize when an ITCP may not be functioning correctly.

THIS CLASS IS FRAGRANCE-FREE: For the health and comfort of all speakers and participants please do not attend this workshop if you have used any products with fragrance. Fragranced products can trigger adverse health issues such as allergies, asthma and migraines in others attending.

Why should we reduce airborne irritants and provide healthy indoor air quality in our workplaces? It has been shown beyond reasonable doubt that poor indoor air quality in buildings can decrease productivity. The American Lung Association warns, regardless of whether you work in an industrial, service or office setting, common allergens and irritants may be closer than you realize. Are we failing to protect employees, clients, and customers who enter our buildings? Which products have hidden chemicals? How do these airborne contaminants impact immediate and long-term health? What is being done to protect people from airborne chemicals? Will a fragrance-free environment help? Are there resources to support these efforts? Are you doing enough to inform and empower your employees? Our panel of experts will provide their perspective on this issue that impacts all of us at work, home, and everywhere we go?

10:00 am - 11:30 am

Earthquake Preparedness in Healthcare Settings

Curt Dooley, Security and Emergency Preparedness Manager, The Everett Clinic

Healthcare facilities and their staff play a key role in emergency preparedness and response efforts for all types of events. Because we are in Earthquake Country and the availability of healthcare is essential to accommodate the expected surge in demand following an earthquake, this workshop will focus on that. It is intended to assist healthcare facilities with all aspects of emergency planning, including mitigation, preparedness, response, and recovery.

1:00 pm - 2:15 pm

Personal Safety Stand

Patrick Wright, Safety Specialist, The Boeing Company

Todd Carroll, Senior Manager, The Boeing Company

Jerome Banks, Joint Programs Program Coordinator, The Boeing Company

Personal Safety Stand How do you change a reactive safety culture to a proactive safety culture? How do you influence a safety culture at its core, its people? Patrick, Todd, and Jerry will share their peer to peer method of introducing new employees to the idea of a personal safety stand. This helps employees explore their personal relationship with safety, create their “why we work safely”, and helps build relationships with their fellow co-workers, so that as a team we can continuously improve the way we safely perform work every day

1:00 pm - 2:15 pm

Blue Light

Dr. Jeremy Whitney OD, FAAO, Optometrist, Olympia Vision Clinic

Dr. Mary Ferris OD, FAAO, Optometrist, Olympia Vision Clinic

More information to come.

1:00 pm - 2:15 pm

Evolution of a Lock Out Tag Out Program

Ryan Rayburn, EHS Manager, Umbra Cuscinetti, Inc.

Evolution of a Lock Out Tag Out Program The EHS professional at a sophisticated aerospace manufacturing plant stands to the side of a 480v gear cutting machine watching the operator whose name is Sam.

EHS: Why is this electrical panel door open? Sam: Because the panel is too hot. EHS: Why does the panel get too hot? Sam: Because the fan motor does not work. EHS: Why hasn't the fan motor been replaced?

Sam: I dunno. From its early beginnings until today, the LOTO program has been and remains a critical component of the EHS program. When

Integrating Patient and Employee Safety Using Principles of High Reliability

Gloria Brigham EdD, MN, RN, Education Director, Washington State Nurses Association

Workplace safety is inextricably intertwined with patient safety (NPSF, 2013), yet healthcare organizations often do not apply an integrated approach to safety management. Safety is essential for patients, workers, visitors, and volunteers. This session explores opportunities to apply principles and best practices of high reliability as a framework to address organizational safety.

Active Shooter Preparedness Training

Joshua Stivers MSHSEM, MHA, CPD, Security Manager, Swedish Medical Center

This class will engage you in discussion around active shooter and how to be prepared for this type of event should it ever occur at your place of business. We will explore option such as Run, Hide, Fight as well as discuss the shooter's motive and mentality. Lastly, we will discuss option if you ever find yourself in this type of incident and how to ensure you go home safe to your loved ones.

E-bikes, Scooters, Hoverboards, Oh My! Managing Micro-mobility Devices in a Campus Context

Caryn Walline, Commute Options & Planning Manager, University of Washington

Phil Miller, Transportation Planning Analyst , UW

“Micro-mobility” devices are loosely defined as any small form of transportation meant for personal use - think bikes, scooters, skateboards, etc. From docked pedal bikes to shared e-scooters, it can be hard to keep up with new & emerging technology trends in micro-mobility. And while these devices can help accomplish sustainability

things don't go right, the consequences can be devastating. There are reasons why LOTO is consistently on OSHA's annual top 10 list of most cited violations. Simplifying LOTO procedures through visual diagrams is the latest step in the journey for this company. Join us as we look into the stories and witness the evolution of a LOTO program as an aerospace manufacturing company grows and competes in an everchanging industry.

goals by reducing car travel, there are often serious operational & safety concerns when they come to town. In this workshop, you will learn about how the University of Washington Seattle evolved their micro-mobility management program with bike share & e-scooters. Discussion will cover everything from revising administrative codes to contracting & procurement, engaging with stakeholders, streamlining reporting, health & safety concerns, and getting more helmets on heads. Participants will come away with a better understanding of the shortcomings & benefits of these devices, and how to develop an iterative management program that can accommodate innovation while prioritizing safety.

1:00 pm - 2:15 pm

Evaluating Potential Effects from Chronic Exposure to Chemicals

Michael Peterson, Senior Toxicologist, Gradient

This course is intended to help participants understand the basics with evaluating whether or not exposure to a workplace chemical might result in adverse chronic health effects for workers. The focus will be on learning the basic toxicology and epidemiology concepts necessary to apply the results of the health effect literature studies to real-world situations. In addition to understanding these fundamental scientific concepts, background information on the development of occupational exposure levels (e.g., OSHA PELs, NIOSH RELs, etc.) will be provided. Small group exercises will be used to reinforce the lecture portion of the course.

2:30 pm - 4:00 pm

Collaborative Robots: Risk Assessment & Validation

Peregrin Spielholz, EHS Senior Manager, The Boeing Company

Jennifer Barber, Safety Specialist, The Boeing Company

Collaborative operations are becoming more prevalent in the industry. How do you know you have a safe system for your workforce? Jennifer and Peregrin of the Boeing Company will share their knowledge and experience with collaborative robot safety. This course will go over what a Collaborative Operation is, how to perform a risk assessment and verifying/validating the safe system is in place.

Confined Space

Rhett Carpenter CHST, Owner | Trainer | Senior Consultant, Safety, Health & Environmental Services LLC

The Do's and Don'ts of confined spaces in the agriculture setting. Identifying confined spaces, providing training per requirements, labeling, documenting inventory and tragic mistakes.

2:30 pm - 4:00 pm

It's Not Just a Concussion

RaMona Pinto, Eastern Washington Resource Manager, Brain Injury Alliance of Washington

IT'S NOT "JUST" A CONCUSSION (Understanding Traumatic Brain Injury) CE Course Description Traumatic brain injury (TBI) is a leading cause of disability worldwide. It is caused by a bump or blow to the head that affects how the brain normally works (National Center for Injury Prevention and Control, 2008). Other circumstances can cause alterations to the brain, such as stroke, heart failure and more. Often those outside of direct medical care do not see the full impact of the

Stop the Bleed

Barb Jensen RN, CHEP, Manager Trauma Services and Forensic Nurse Examiner Team, EvergreenHealth

A person who is bleeding can die from blood loss within five minutes, so quickly stopping blood loss is crucial. Even with quick arrival from professional emergency responders, bystanders will be first on the scene and best positioned to provide immediate care. Launched in October of 2015 by the White House, Stop the Bleed is a national campaign to encourage bystanders to become trained, equipped, and empowered to help in a bleeding emergency. The program was

TBI/ABI, but they still require the skills that can alter the course of the patient's recovery and survival. This epidemic is very misunderstood and everyone, especially those working with the brain injured, should educate themselves about the consequences in order to help them achieve the best possible outcomes. This training is not a comprehensive solution to understanding brain injury but it is meant to help the participant navigate more effectively in the world of brain injury. Course Objectives 1. Understand brain injury – be able to identify the basics of TBI and ABI 2. Be aware of the causes of brain injuries 3. Understand the misconception surrounding brain injury 4. Recognize symptoms and challenges of brain injured individuals, their families and friends 5. How to provide safe and effective care to injured patients 6. Finding support for someone with a brain injury

Nutrition and Wellness in the Workplace

Sam Rader, Owner, Proactive Injury Prevention Inc.

This session is an interactive discussion on nutritional choices, dieting and the importance of staying properly hydrated at work. It targets the overall wellness of employees, mentally and physically. Participants will learn strategies to help overcome obesity, stress and chronic fatigue.

developed in partnership with the American College of Surgeons and Homeland Security in response to the Sandy Hook school shooting. This course will teach you what steps to take to help save a life in the event of a trauma or bleeding emergency. Come learn to identify life-threatening bleeding, manage a bleeding wound, and how to apply a tourniquet. Presented by EvergreenHealth as a part of our Trauma outreach program.

Avoiding Aversion

Joe Estey, Principal Improvement Specialist, Lucas Engineering and Management Solutions

In Safety II-Resilience in Practice, Eric Hollnagel correctly noted that the 20th century's reliance on a 'protective safety' mindset provided great benefit to workers and organizations, but its usefulness and sustainability has reached its logical conclusion. Its now time to establish and employ a 'productive safety' mindset to continuously improve human performance and high reliability. A Productive Safety mindset improves risk competency at the individual and organizational level, switching the operating philosophy from aversion to ability and from hazard identification to risk mitigation and management. During this interactive session, participants will explore various competency-building techniques that move the organization to a 'productive safety' mindset.

Safety Training Boot Camp: Learn the ABCs of Effective Safety Training

Jeff Dalto, Senior Learning & Development Specialist, Convergence Training

In this workshop, participants will learn the purpose of safety training; will get an introduction to the ANSI/ASSP Z490.1 standard for EHS training and the Z490.2 standard for online EHS training; will learn what a learning objective is, why they're important, and how to write good ones; will learn some "learning myths" and some evidence-based training methods; and will learn how to evaluate the effectiveness of safety training and use that to create a cycle of continuous improvement. This workshop will rely heavily on discussion, Q&A, written exercises, and peer review. Attendees will get a workbook for review and additional learning and will have the opportunity to opt-in to a short post-

conference weekly email series reinforcing and expanding on the ideas presented in this course.