



NORTHWEST SAFETY & HEALTH SUMMIT

Registration Program

May 14-16, 2024

Anchorage Marriott Downtown & Dena'ina Center • Anchorage, Alaska



Join us!

This summit is designed for all industries and worksites, even if they are not in the Voluntary Protection Program (VPP). All safety managers/coordinators and safety committee members will benefit from this world-class workplace safety training and networking.

For more conference information:

osha.oregon.gov/conferences • RegionXVPPPA.org



General Conference Information

Registration

Early registration is encouraged, as class space is limited. Registration is accepted by mail, scan/email, or online. Faxes are accepted only if accompanied by credit card information or purchase order. If space is available, you may register at the conference. Checks, purchase orders, and credit cards are accepted.

NOTE: If you intend to register at the conference, call **503-947-7411** for session availability.

To register by mail, complete the conference registration form and send it with your check, credit card payment, or purchase order to:

Region X VPPPA Conference
PO Box 5640
Salem, OR 97304-0640

Fax: 503-947-7019

Or scan/email from with payment information to:
oregon.conferences@dcbs.oregon.gov

Register online at
safetyseries.cventevents.com/vpp24

Cancellation policy

All cancellations must be in writing and received before Tuesday, May 7, 2024. After that date, no refunds are granted.

Substitution of attendees is allowed. Registrants who do not attend the conference are required to pay in full.

Continuing education credits

An attendance verification form is included in each attendee's packet. Attendees can ask each session speaker or room monitor to sign their form at the conclusion of the session. After the event, attendees can submit their signed verification form to their accrediting body.

Lodging option

Anchorage Marriott Downtown

820 West 7th Ave
Anchorage, AK 99501
800-228-9290

Group rate: \$175 plus tax

To make lodging reservations, call the hotel directly before **April 11, 2024**. Ask for the "**Region X VPPPA Conference**" room block to receive the conference rate. Or use this link:

[Book Your Group/Corporate Rate | Marriott International](#)

Rate is for single occupancy and is subject to all applicable taxes. The group rate is available three days prior and three days following the event (based on availability). The Anchorage Marriott Downtown is smoke free.

Questions?

Call the Conference Section at 503-947-7411 or 888-292-5247 (toll-free) option 1

Email: oregon.conferences@dcbs.oregon.gov

Visit osha.oregon.gov/conferences
or www.RegionXVPPPA.org

Learn about what Anchorage and Alaska has to offer by visiting anchorage.net





Region X VPPPA Bowling Night

Tuesday, May 14

Join us for an evening of bowling! The cost is \$20 per person, which includes bowling, shoes, and transportation.

Check-in at Jewel Lake Bowling Center begins at 4:45 p.m. with the event starting at 5 p.m.

- Form teams of five or register as an individual.
- Food and beverages available for purchase.
- It will be a fun night at the alley! Space is limited; sign up by Friday, April 23!



Cost per bowler: \$20

Name: _____

Company: _____

Phone: _____ Email: _____

☐ To be assigned to a bowling team:

Name: _____ Name: _____

☐ To pre-designate your five-person bowling team:

Name: _____ Name: _____ Name: _____

Name: _____ Name: _____

Number of players: ____ x \$20 = Total amount due \$ _____

Please return this registration and your check to:

Region X VPPPA

PO Box 5640

Salem, OR 97304-0640

FAX: 503-947-7019

(Federal tax ID: 82-0489420)

Make payable to Region X VPPPA Amount enclosed: \$ _____

Charge my: ☐ MasterCard ☐ VISA ☐ American Express

Name on card (print): _____

Billing address: _____ Billing ZIP Code: _____

Exp. date: _____ Security code: _____

Signature: _____

Questions?

Call the Conference Section at

503-947-7411

Email:

oregon.conferences@dcbs.oregon.gov

**Bowling registration
deadline: April 23, 2024**

Complete this form or register online when you register to attend the conference. You may also pay on site, if necessary.

Office use only

Date Rec. _____

Amt. Rec. _____

Check # _____

PO # _____

Last 4 _____

{ 3 digits on back of MasterCard or VISA
4 digits on front of American Express

Credit Card #:

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

Interest Tracks

Sessions (on Wednesday and Thursday) 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.

Construction

- Industrial Hygiene and Welding – What You Need to Know

Industrial Hygiene

- Industrial Hygiene Considerations During Confined Space Entry Operations
- Industrial Hygiene and Welding – What You Need to Know
- How Should VPP Sites be Sampling and Analyzing Worker Exposure Data? Limitations and Best Practices

Preparedness

- Workplace Violence Prevention
- Active Aggressor Preparedness

Safety and Health Management/Leadership

- Succession Planning for Safety Success
- Improving Safety Communication
- Stepping Stones to Safety Excellence
- Ensuring Safety Through Inspired Leadership
- How to Engage Your Workforce: Keeping Employee Engagement Fresh

Strengthening Star

- Leveraging Virtual Teams for Enhanced Workplace Safety: A Proposal for Establishing a Virtual Employee Safety Team for VPP
- Choices ... Reduce the Risk
- Improving Your Safety Culture Through Safety and Health Management
- Fabricating Our Way to a Safer, More Efficient Workplace
- Culture of Safety Program
- Building a Lasting Safety Culture

Technical

- Is There a Problem HEAR?
- Moving to a Risk-Based Approach in Behavior-Based Safety
- Basic Electrical Safety Tips
- Let's Not Be Silent About the Silent Killer, Carbon Monoxide: How to Stay Safe at Work and Play
- Understanding Combustible Dust Hazards

VPP Basics

- Conflicts in the Workplace Are No Laughing Matter
- What Is Needed in Your VPP Annual Self-Evaluation: Making Your ASE Work for You!
- The Unique Role of a Union Safety Representative
- Employee Led Safety Committees
- Mentoring and Outreach: What a Mentor Needs to Know

Wellness/Total Worker Health

- Total Worker Health® Awareness for Safety Committees
- Being Proactive Is Key in Ergonomics
- Employee Well-Being – a Holistic Approach
- Talk Saves Lives

Tuesday, May 14 – Full-day and half-day workshops



Anchorage Marriott Downtown

7:30 a.m.-4 p.m.

Registration open

8 a.m.-4 p.m.

Full-day workshops

VPP Application Workshop™

The VPP Application Workshop™ is a full-day presentation designed to prepare attendees to begin their Voluntary Protection Program (VPP) application or to introduce new employees to the program. In this session, we cover VPP elements and requirements, best practices to build your strongest application, as well as what to expect during the on-site review.

▶ Jack Griffith

*Union Safety Representative/VPP Coordinator
Central Plateau Cleanup Company, Richland, Washington*

▶ Christian Hendrickson

*Safety Consultant
Alaska Occupational Safety and Health, Anchorage, Alaska*

▶ Darren James

*DOSH VPP Manager
Washington State Department of Labor & Industries
DOSH, Everett, Washington*

▶ Mark Hurliman, CHSM

*VPP/SHARP Program Coordinator
Oregon OSHA, Medford, Oregon*

Foundations of Safety Leadership

I

This workshop:

- Discusses what is a safety leader.
- Describes the difference between safety cultures and safety climate.
- Describes the qualities of a good safety leader.
- Offers case studies on leadership skills.

▶ Laurent Brown

*Work Management Training
Batelle Energy Alliance/Idaho National Laboratory
Idaho Falls, Idaho*

Usability Mapping: Risk-Ranked Operating Procedures and Safe Work Practices

I

In this workshop, participants learn how to:

- Engineer language to align with user needs (usability engineering)
- Identify and integrate the connection points between humans and machines
- Control language for optimal readability and comprehension (RGL/FRES)
- Engineer documents to measurable and verifiable specifications
- Manage cognitive overload
- Nest alerts optimally and prevent “safety clutter”
- Apply comprehension control and stress management

▶ Klaus Hofer, Ph.D.

*Chief Science Office for Usability Mapping Inc.
Usability Mapping Inc., Calgary, Alberta, Canada*

Experience/Knowledge Levels

B

Basic

I

Intermediate

A

Advanced

Tuesday, May 14, continued

Anchorage Marriott Downtown

8-11:30 a.m.

Half-day workshops

Boots on the Ground Ergonomics and Controlling Ergonomic Hazards I

Anticipating, recognizing, evaluating, and controlling workplace hazards in the industrial workplace and in the standard office setting are discussed.

► Denise Serr

*Industrial Safety and Industrial Hygiene, Co-Technical Point of Contact for Ergonomics Program
Idaho National Laboratory, Idaho Falls, Idaho*

► Emily Sherman

*Industrial Hygienist, Technical Point of Contact for Ergonomics Program
Idaho National Laboratory, Idaho Falls, Idaho*

Understanding Worker Wellness and Simple Steps Toward Injury Prevention B

Together we discuss, analyze, and apply information from human anatomy, functional movement, ergonomics, safety, and best exercise practices and tools to better understand our bodies and the simple steps we can take to aid in the reduction of injuries at work and at home. We also discuss steps the Idaho National Laboratory have taken to create an award-winning wellness program and how wellness and safety have been integrated. Attendees take away a greater appreciation of the exercise practices that tune our bodies in preparation for facing the activities of work and play under the ever-present duress of gravity.

► Tyler Atkinson, MS, LAT, ATC

*Health and Fitness Specialist
Idaho National Laboratory, Idaho Falls, Idaho*

11:30 a.m.-12:30 p.m. Lunch (*provided*)

12:30-4 p.m.

Half-day workshops

VPP Re-Approval, Ready, Set, Go! I

You are a Voluntary Protection Program (VPP) site and the evaluation audit is coming up. Are you ready? This session covers the intent of the audit as well as some tips and tricks you can use to make the audit easier and more meaningful. This session covers the VPP evaluation process, what the auditors look for, and what you should make sure to do.

► Mark Hurliman, CHSM

*VPP/SHARP Program Coordinator
Oregon OSHA, Medford, Oregon*

Offense in Depth: The Dynamic Power of Sub Teams B/I

In this session, learners hear from the Idaho National Laboratory and Idaho Environment Cleanup VPP teams. Learn how these two teams utilize sub teams to fully integrate other programs as part of their safety message while navigating population and geographical challenges to conduct employee safety meetings. Come prepared to discuss some of your own challenges and successes with your safety messages.

► Jared Davis

*Voluntary Protection Program Manager
Batelle Energy Alliance/Idaho National Laboratory
Idaho Falls, Idaho*

► Saprena Lyons

*ISMS, VPP, Safety Culture and HPI Lead
Idaho Environmental Coalition, Idaho Falls, Idaho*

Register online at safetyseries.cventevents.com/vpp24

Wednesday, May 15

Dena'ina Center



- 7:30 a.m.-5 p.m. Registration open
- 7:30 a.m.-3:30 p.m. Exhibitors open (*Bingo card activity*)
- 7:30-8:30 a.m. Hot breakfast buffet

8:30-11:15 a.m. General Session

Welcome, dignitary speeches, business meeting, candidate announcements/nominations (8:30-10 a.m.)

- ▶ **Max VanVale**
Region X VPPPA Chairperson
- ▶ **Andy Foster**
National VPPPA
- ▶ **Mitch Wallace**
Assistant Chief
AKOSH Consultation and Training
- ▶ **Arlene Lamont, MS**
Anchorage Area Director, OSHA Region 10
- ▶ **Greig Lowell**
Statewide Consultation Manager
Oregon OSHA
- ▶ **Darren James**
VPP Manager
Washington State L&I/DOSH
- ▶ **Alfred Traylor**
Director, Office of Worker Safety and Health Assistance
United States Department of Energy
- ▶ **Stephanie Dovalina**
Industrial Hygienist
Department of Energy, Idaho

10-10:15 a.m. Break

Keynote: Usability Mapping: Applying the Science of Safety (10:15-11:15 a.m.)

This keynote focuses on the widespread problem of the disconnect between operational safety and user documentation. We pride ourselves on excellent documentation that is well written, technically accurate, and regulatory compliant. Yet virtually all incident investigations of man-made disasters point to, or at least include, a reference to:

- Something wasn't known.
- Something could not be found.
- Something was misunderstood.

Why is there such a disconnect between excellent documentation and what users need? What does it take to close the disconnect between writers and the users to get measurable results? In this keynote, you discover how the applied sciences of human cognition and behavior can close this gap. The solution is a UX document engineering methodology called usability mapping.

- ▶ **Klaus Hofer, Ph.D.**
Chief Science Office for Usability Mapping Inc.
Usability Mapping Inc., Calgary, Alberta, Canada

Noon-1:15 p.m. Lunch (*provided*)
Visit Exhibits

1:15-2:45 p.m. Sessions

Leveraging Virtual Teams for Enhanced Workplace Safety: A Proposal for Establishing a Virtual Employee Safety Team for VPP B

This presentation outlines the implementation of a virtual employee safety team as a key component of the Voluntary Protection Program (VPP). In an era of remote work and evolving workplace dynamics, establishing a

Experience/Knowledge Levels

B

Basic

I

Intermediate

A

Advanced

Wednesday, May 15, continued

Dena'ina Center



virtual safety team is crucial for ensuring the continued success of VPP initiatives. This proposal discusses the rationale, structure, and benefits of creating a virtual team dedicated to enhancing employee safety within the VPP framework.

► **Carmen McKellar**

*VPP LEST Vice Chair, Instructional Designer
Idaho National Laboratory, Idaho Falls, Idaho*

Industrial Hygiene Considerations During Confined Space Entry Operations

I

Working in confined spaces can present many hazards from a safety and an industrial hygiene perspective. This presentation explores various principles of industrial hygiene that can be used to anticipate, recognize, evaluate, and control hazards present during confined space entry operations. These principles primarily focus on the evaluation and control of chemical and physical hazards with an emphasis on atmospheric monitoring strategies, confined space ventilation systems, the selection and use of personal protective equipment, and special considerations for performing hot work in confined spaces.

► **Darren Burks, CIH, CSP, CHMM**

*HSE Supervisor
ConocoPhillips Alaska, Anchorage, Alaska*

Is There a Problem HEAR?

I

This session reviews the OSHA requirements for hearing conservation programs (HCPs) and compares them with other nonregulatory standards. We discuss feasible options to assist in actively addressing hazardous noise in the workplace such as noise dosimetry, SEG development, custom personal protective equipment, ear-fit validation, and how to address significant threshold shifts. Also, we review common pitfalls in HCPs and improvement options.

► **Aaron Winterfield, MS, CIH, CSP, CHMM**

*Health and Safety Specialist
ConocoPhillips Alaska, Anchorage, Alaska*

Succession Planning for Safety Success

A

It happens all the time. We build a strong, successful safety program, then key personnel retire or leave, and things start to fall off. Personnel changes, like process and culture changes, strongly affect your safety performance. Would you like some insight into how to reduce the negative effect such personnel change can have? Learn from insight several VPP sites have shared over the years. One VPP site successfully navigated potentially devastating leadership change recently and had a very good outcome. In this session, VPP sites share their experiences and lessons learned by going through trying circumstances.

► **Terance Chapman, SGE**

*Program Manager Process Engineering
Klamath Energy, Klamath Falls, Oregon*

► **Mark Hurliman, CHSM**

*VPP/SHARP Program Coordinator
Oregon OSHA, Medford, Oregon*

Conflicts in the Workplace Are No Laughing Matter

I

Conflicts occur when something we care about is threatened; they can trigger instinctive fight or flight reactions. Every worksite has issues at some time, and these can get ugly if allowed to linger unresolved. They can create mistrust between management and the workforce and in some cases withdrawal from VPP. This session addresses the role and benefits of using a mediator to reach agreements.

► **Jack Griffith**

*Union Safety Representative/VPP Coordinator
Central Plateau Cleanup Company, Richland, Washington*

Wednesday, May 15, continued

Dena'ina Center

Total Worker Health® Awareness for Safety Committees

B/I

Safety committees play a crucial role in the identification and management of different workplace hazards. This workshop helps you to broaden your understanding of all types of hazards, including psychosocial and organizational hazards, which are not always easy to recognize. Participants have an opportunity to learn this from the perspective of a total worker health (TWH) approach, a concept coined and supported by the National Institute of Occupational Safety and Health (NIOSH). Participants also are able to relate how current workplace programs and policies might fit (or not) into the TWH approach and how this comprehensive approach can be used by safety committees to advance health, safety, and well-being at work more effectively.

► Katia Costa-Black, PT, Ph.D.

Senior Manager for Education and Partnerships
Oregon Institute of Occupational Health Sciences
Portland, Oregon

2:45-3:30 p.m.

Break and Visit Exhibits

3:30-5 p.m.

Sessions

Choices ... Reduce the Risk

I

This presentation uses a combination of actual video footage and work execution photos to demonstrate how to review the scope, identify risks associated with the

Experience/Knowledge Levels

B

Basic

I

Intermediate

A

Advanced

scope, and the importance of making the right choices to mitigate and reduce risk. This session explains:

- How to manage safety risks in the planning phase of the project.
- How risks exist on all tasks no matter how simple.
- How making the right choices during project execution reduces risk.
- How to balance safety and health requirements in all phases of activities and how to conduct operations in a safe, compliant, and cost-effective manner.
- How the importance of teamwork affects project safety culture and success.

► Shawna Burtenshaw, PMP

Senior Project Manager

Idaho Environmental Coalition, Idaho Falls, Idaho

Industrial Hygiene and Welding – What You Need to Know

I

Welding operations are common. It is imperative that health and safety professionals understand and manage the welding health and safety exposures/risks associated with their operations. The presentation reviews the common types of welding. Specific topics related to health exposures are discussed to include hexavalent chromium and manganese, which are the risk drivers for most welding operations. Exposure mitigation strategies, such as a focus on ventilation, are also described.

► Anthony Barnard, CIH, CSP

Principal Consultant

Barnard IH and Safety Consulting, Anchorage, Alaska

Moving to a Risk-Based Approach in Behavior-Based Safety

I

Kuparuk BEAR Safety Process – Serious Injury Fatality

Every month, peer-to-peer observations that measure how work is really getting done and real conversations about exposures are coupled with data analytics and facilitated crew problem solving. This 25-year-old process continues to evolve and make a difference. Integration with operations, HSE departments, and leadership field verifications have supported continued growth

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Wednesday, May 15, continued

Dena'ina Center

and effectiveness. We look at the benefits of focusing observers on higher risk tasks. Discussion includes implementation, training, and data usage.

- ▶ **Chuck Smith, CHST**
BBS Facilitator, HSE Specialist
ConocoPhillips Alaska, Anchorage, Alaska
- ▶ **Ron Chenault**
BBS Facilitator
ASRC Energy Services, Anchorage, Alaska

Improving Safety Communication

B

We are most effective when we are going in the same direction with a shared purpose. This workshop helps to set a foundation for successful communication by exploring ways to incorporate and better utilize management leadership, employee involvement, safety and health training, strategic communications plans, and enhanced communication tools and strategies.

- ▶ **Hannah Haworth, GSP, STS**
Safety Specialist and VPP Coordinator
Central Plateau Cleanup Company, Richland, Washington
- ▶ **Lynn Tegeler**
Communications Consultant
Central Plateau Cleanup Company, Richland, Washington

What Is Needed in Your VPP Annual Self-Evaluation: Making Your ASE Work for You!

B

The VPP annual self-evaluation (ASE) is a requirement of VPP participation. It should not be a chore you need to do at the end of the year. Do you want to learn how to make your ASE contribute toward your goal of continuous improvement? How would you like to use your ASE to help improve your culture? In this session, Region X Agency representatives share not only what they look for, but some of the best practices they see

from VPP sites who are using their ASE as a tool to ensure they are always aiming for excellence.

- ▶ **Christian Hendrickson**
Safety Consultant
Alaska Occupational Safety and Health
Anchorage, Alaska
- ▶ **Mark Hurliman, CHSM**
VPP/SHARP Program Coordinator
Oregon OSHA, Medford, Oregon
- ▶ **Darren James**
DOSH VPP Manager
Washington State Department of Labor & Industries, DOSH
Everett, Washington

Being Proactive Is Key in Ergonomics

B

No one can deny age can lead to many aches and pains. However, one of the most common silent causes of wrist mobility issues, vision problems, headaches, and elbow or back pain is office ergonomics. By the end of this workshop participants are able to apply basic OSHA office ergonomic principles at work and home. Focus is on proper assessment and setup of office chairs, computer equipment, and peripherals. In addition, administrative controls and industry best practices are discussed. We can't prevent aging, but with enough knowledge, self-assessment, and office ergonomic planning, we can slow down the accumulation of aches and pains in our life.

- ▶ **Brenda Kenton, BS**
Senior Safety Specialist
Hanford Mission Integration Solutions
Richland, Washington

7-10 p.m.

Networking reception at Dena'ina Center lobby (*music and refreshments*)

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Thursday, May 16

Dena'ina Center



- 7:45 a.m.-4 p.m. Registration open
- 7:45-10:30 a.m. Exhibits open
- 7:45-8:30 a.m. Hot breakfast buffet (provided)

8:30-9 a.m. General Session

Awards presentation, appreciation, and prize drawing

9-9:45 a.m. General Session

Great Leaders That Made VPP Happen

This presentation examines initiatives and actions made by leaders at three levels of actual organizations (both general industry and Department of Defense). Those initiatives and actions were highly instrumental in establishing the culture of safety required at a VPP Star Site. The presentation examines the contributions at the top management, middle management, and employee levels. The presentation is salted with humorous and motivational information.

- **Paul Savage, MS, SMS**
*Principal Safety Professional and SMS Consultant
Concurrent Technologies Corporation
Dripping Springs, Texas*

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

Experience/Knowledge Levels

B Basic

I Intermediate

A Advanced

10:30-11:45 a.m.

Sessions

Improving Your Safety Culture Through Safety and Health Management

I

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, Medford, Oregon*

Workplace Violence Prevention

I

Workplace violence in health care is not "part of the job." While instances of workplace violence continue to be higher in health care than other industries, prevention and mitigation activities support the safety of the workforce. Lessons learned while maturing a workplace violence prevention program highlight applicability across industries with a focus on employee engagement, internal reporting, investigation, reviewing trends, and providing feedback to employees. Additionally, training program successes and barriers show how to keep workers aware of workplace violence threats.

- **Keith Fehr, MS, CHFM, CHSP**
*Facility Operations Director and Safety Officer
Foundation Health Partners, Fairbanks, Alaska*

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Thursday, May 16, continued

Dena'ina Center

Basic Electrical Safety Tips

B

Our objective is to share basic electrical safety information while creating an atmosphere for open and fun communication while enhancing the audience's basic understanding of electrical safety at home and at work. This session is not an advanced electrical safety course and is an opportunity to ask basic electrical questions and exchange information in a relaxed atmosphere.

- ▶ **Melissa Herron, Washington State Certified Electrician**
Electrical Training Specialist
Hanford Mission Integration Solutions
Richland, Washington
- ▶ **Kevin Schoonover, Substation Wireman Lead, Washington State Certified Electrician**
Hanford Bargaining Unit – Lead Safety Representative
Hanford Mission Integration Solutions
Richland, Washington

Stepping Stones to Safety Excellence

I

This training class is specifically developed for new hires that have been on board for 90 to 120 days after they have acclimated to their work environment and settled into their job duties and qualification programs. This training brings together various subject matter

experts, senior leadership, safety professionals, union representatives, safety committee leaders, and others to present and share their knowledge on safety and health topics to inspire new employees to get involved and engaged in any or all the various committees, councils, programs, and initiatives.

- ▶ **Bryce Eaton, EIT**
Chemical Engineer, EAPC Chair
Washington River Protection Solutions
Richland, Washington
- ▶ **Tracy Goetz**
Safety Specialist
Washington River Protection Solutions
Richland, Washington
- ▶ **Adam Lattin**
Industrial Hygiene Technician Fugitive Emissions, EAPC Chair
Washington River Protection Solutions
Richland, Washington
- ▶ **Teena Taber**
Safety Integration Manager
Washington River Protection Solutions
Richland, Washington

The Unique Role of a Union Safety Representative

I

In this session attendees learn about the unique role of a union safety representative from a member of the Hanford Atomic Metal Trades Council (HAMTC's safety representatives received a 2023 Region X VPPPA Award). The presenter covers the selection process, roles and responsibilities, and day-to-day activities. This union safety representative program began in September 1997. It has clearly demonstrated a cost savings through reduction of safety grievances and workplace injuries while increasing worker involvement in the safety and health program. Many organizations across the nation, both bargaining and non-bargaining, have adopted this program and are experiencing the benefits of this unique position.

- ▶ **Jack Griffith**
Union Safety Representative/VPP Coordinator
Central Plateau Cleanup Company, Richland, Washington

Experience/Knowledge Levels

B

Basic

I

Intermediate

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Advanced

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Thursday, May 16, continued

Dena'ina Center

Employee Well-Being – a Holistic Approach

A healthy employee is a safe employee, and a safe employee is a healthier employee. Do you want to increase your employee engagement and retention? Idaho National Laboratory is leading the way with their improved well-being program that offers benefits such as wellness programming, fitness centers, on-site medical clinics, physical therapy, employee assistance program, and the world's largest most comprehensive digital health and engagement platform.

► Cydnee Radford, MHRD

*Well-Being, Engagement, and Development Lead
Idaho National Laboratory, Idaho Falls, Idaho*

11:45 a.m.-12:45 p.m. Lunch (provided)

Announce Bingo winners (must be present to win)

12:45-2 p.m.

Sessions

Fabricating Our Way to a Safer, More Efficient Workplace

Eklutna Generation Station (EGS) presents unique challenges for maintaining worker safety and health. The hazards employees are exposed to include noise, chemical, repetitive motion, and intense physical labor due to the size, component weight, and ongoing engine overhauls. Over the past few years, the maintenance

B

technicians at EGS have designed, fabricated, or occasionally purchased tools and equipment that have greatly improved the ergonomic and repetitive motion stressors. Most of the items in this presentation were crafted by an EGS employee as solutions to ergonomic stressors or improving safe work practices. The additional benefit that has been seen with implementation of these changes has been an increase in the efficiency of completing tasks.

► John Lackey

Maintenance Technician

Matanuska Electric Association, Chugiak, Alaska

Culture of Safety Program

I

Health care regulatory standards heavily focus on patient safety and providing a safe and secure environment in which health care can occur. By maintaining a culture of safety focused on the health care of employees, patient safety remains a focus for the employees. Lessons learned while maturing a culture of safety program will highlight applicability across industries with a focus on employee engagement, internal incident reporting, employee injury investigation, reviewing safety/injury trends, and providing feedback to employees.

► Keith Fehr, MS, CHFM, CHSP

Facility Operations Director and Safety Officer

Foundation Health Partners, Fairbanks, Alaska

Let's Not Be Silent About the Silent Killer, Carbon Monoxide: How to Stay Safe at Work and Play

I

Carbon monoxide (CO) often referred to as the silent killer, causes more than 100,000 people in the U.S. to visit an emergency department each year due to accidental poisoning. But it doesn't have to, as each of these cases is entirely preventable. Learn how to recognize where CO is a problem, how it affects your body, the signs and symptoms of exposure, and how you can prevent CO poisoning.

► Brian Perkes, MS, CIH, CSP

Safety and Health Manager

Idaho Environmental Coalition, Idaho Falls

Experience/Knowledge Levels

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Thursday, May 16, continued

Dena'ina Center

Ensuring Safety Through Inspired Leadership

We all know the importance of being attuned to and maintaining safety in our personal and professional lives. Maintaining a mental posture of safety within our personal lives is driven by our sense of awareness and making safety a priority. And while there is certainly a component of that in our professional settings, there is another, even more critical component – leadership. Effective leadership is essential to creating a culture built on certain values, beliefs, attitudes, and perceptions. This session identifies personality and competency areas that help leaders target key leadership areas that can facilitate success in ensuring a more safety-minded organization.

▶ Beverly Portis

*Senior Organizational Development Consultant
Idaho National Laboratory, Idaho Falls, Idaho*

Employee Led Safety Committees

The speakers plan to demonstrate how creative and customized presentations from employee-led safety councils communicate and teach the tenants of VPP to craft or administrative workers, reducing injuries, and fostering a healthy safety culture for your company.

▶ Tina Collins, Licensed Electrical

*Maintenance Electrical
Hanford Mission Integration Solutions
Richland, Washington*

▶ Toby Greer

*Project Manager
Hanford Mission Integration Solutions
Richland, Washington*

▶ Lisa Guerrero

*Project Controls Associate
Hanford Mission Integration Solutions
Richland, Washington*

I

Active Aggressor Preparedness

B

This presentation provides an overview of the Idaho National Laboratory Workplace Active Aggressor Safety Preparedness Team's composition and role. This presentation highlights the importance of having a prepared employee population for an active aggressor situation and the resources available to help train employees.

▶ Dan Hammer

*INL Workplace Active Aggressor Preparedness
Team Safety Chairperson
Idaho National Laboratory, Idaho Falls, Idaho*

2-2:20 p.m.

Break

2:20-3:50 p.m.

Sessions

Talk Saves Lives

I

Talk Saves Lives is American Foundation for Suicide Prevention's (AFSP) education program that provides participants with a clear understanding of this leading cause of death, including the most up-to-date research on suicide prevention, and what they can do in their communities and workplaces to save lives. Participants learn common risk factors and warning signs associated with suicide, and how to keep themselves and others safe.

Topics covered include:

- Scope of the Problem: The latest data on suicide in the U.S. and worldwide
- Research: Information from research on what causes people to consider suicide, as well as health, historical, and environmental factors that put individuals at risk
- Prevention: An understanding of the protective factors that lower suicide risk, and strategies for managing mental health and being proactive about self-care
- What You Can Do: Guidance on warning signs and behaviors to look for, and how to get help for someone in a suicidal crisis

▶ Don Graves, MBA

*Board Member AFSP Anchorage Station and
Outstations Manager
American Foundation for Suicide Prevention / Everts Air
Cargo, Anchorage, Alaska*

How Should VPP Sites be Sampling and Analyzing Worker Exposure Data? Limitations and Best Practices

A

The traditional compliance sampling approach consists of collecting a limited number of representative samples and comparing the results directly to an exposure limit, but is this an effective and accurate approach? Does it meet the VPP ideals of occupational health excellence? This presentation explores the drawbacks of the compliance-based approach and presents a range of current recommended practices for industrial hygiene sampling and analysis to improve accuracy in characterizing employee exposure profiles and assessing the risk of overexposure.

- ▶ **Mike Johnson, CIH, PE, MS**
Senior Industrial Hygienist
Washington State Department of Labor & Industries, DOSH
Mt. Vernon, Washington

Building a Lasting Safety Culture

I

PREPAlaska is a paperless personal risk assessment and is a core tool for all employees and contractors who work for ConocoPhillips Alaska along with a soft tissue injury prevention program that focuses on body mechanics. Both have contributed heavily to the company's low injury rates. Presenters share a comprehensive look at the hazard recognition and ergonomics programs ConocoPhillips has used for nearly two decades to build and maintain a world class safety culture. This course covers implementation, training, challenges, and strategies that have led to this success.

- ▶ **Ron Chenault**
BBS Facilitator
ASRC Energy Services, Anchorage, Alaska
- ▶ **Chuck Smith, CHST**
BBS Facilitator, HSE Specialist
ConocoPhillips Alaska, Anchorage, Alaska

How to Engage Your Workforce: Keeping Employee Engagement Fresh

A

The most effective safety and health management systems tend to be management led, but employee driven. For employees to truly drive safety, they must be meaningfully and actively engaged in your safety processes. Engaging the workforce can be difficult, but it does not have to be. Your best workers are looking for ways to be more effective in their jobs. They just need to know how! This session covers some of the best practices employed by Oregon VPP sites to engage their employees to take meaningful and long-term ownership of safety processes.

- ▶ **Mark Hurliman, CHSM**
VPP/SHARP Program Coordinator
Oregon OSHA, Medford, Oregon
- ▶ **Joe Sypal, SGE**
EHS Manager
Sherwin-Williams Purdy Plant, Portland, Oregon
- ▶ **Carl Zampino**
Management Systems Facilitator
Coca-Cola Portland Syrup Plant, Portland, Oregon

Experience/Knowledge Levels

B

Basic

I

Intermediate

A

Advanced

Thursday, May 16, continued

Mentoring and Outreach: What a Mentor Needs to Know



Over the past few years, many of our experienced mentors have retired. Region X and the VPPPA is recruiting more mentors to help companies wanting to get started in VPP. Are you interested in becoming a VPP mentor? If you are a Star site, here is an opportunity to see what it takes to begin your journey into mentoring. This session covers the role and benefits of being a mentor, and what is not expected of a mentor. The session also covers the roles and responsibilities of the mentee, and the benefits of using a mentor. Additionally, it addresses outreach activities that provide benefits to the regulator and your company, including enhancing your knowledge and skill as a mentor.

► **Jack Griffith**

*Union Safety Representative/VPP Coordinator
Central Plateau Cleanup Company, Richland, Washington*

Understanding Combustible Dust Hazards



This presentation provides an overview of how to identify and help mitigate the hazards associated with combustible dusts. The objectives include an overview of what makes a dust combustible, the five elements of a dust explosion, which industries have combustible dust hazards, the management of combustible dust areas, the applicable codes and standards that help control and mitigate combustible dust hazards, and a discussion on why the identification and management of combustible dusts is critical. The presentation concludes with a discussion of case studies related to combustible dust fires and explosions.

► **David Young, PE, CFPS**

INL Fire Marshal

Idaho National Laboratory, Idaho Falls, Idaho

4:-4:30 p.m.

Conference closing remarks,
announcement of board election
results, and drawings

Register online at safetyseries.cventevents.com/vpp24

Registration Form

Name: _____
Job title: _____
Company: _____
Business address: _____
City: _____ State: _____ ZIP: _____
Phone: _____ Ext.: _____ Alternate phone: _____
Email: _____ (required for confirmation; no duplicate emails)

Is this the first Region X VPPPA Conference you've attended? ☐ Yes ☐ No



May 14-16, 2024

**Anchorage Marriott Downtown
and Dena'ina Center
Anchorage, Alaska**

Registration fees

Workshops – May 14

Choose between full-day workshops or up to two half-day workshops
– Mark if attending. Select workshop(s) on next page.

☐ Tuesday, May 14 \$200

Conference – May 15 & 16 (Mark one option.)

Select sessions to attend on the next page.

☐ Wednesday & Thursday, May 15 & 16 (non-member) \$400

☐ Wednesday & Thursday, May 15 & 16 (member) \$375

Member # _____

Is this a full membership? ☐ Yes ☐ Don't know

☐ One day – Wednesday, May 15 \$200

☐ One day – Thursday, May 16 \$200

Total enclosed \$ _____

Payment (check, credit card information, or purchase order) must accompany registration form.

A separate registration form must be completed for each person registering. Select sessions to attend on the reverse side of this form. If more than one person from your company will attend, a registration form must be made for each person and a single check issued or credit card information included for the total amount.

For pre-registration return by Tuesday, May 7, 2024.

After this date, a confirmation letter cannot be guaranteed. Some sessions may close; if you intend to register on-site, call for session availability, 503-947-7411.

Please return this registration and payment to:

Region X VPPPA Conference

FAX: 503-947-7019

PO Box 5640

Salem, OR 97304-0640

(Federal tax ID: 82-0489420)

Make payable to Region X VPPPA

Amount enclosed: \$ _____

Charge my: ☐ MasterCard ☐ VISA ☐ American Express

Name on card (print): _____

Phone number: _____

Billing Address: _____

Billing ZIP code: _____ **Exp. date:** _____ **Security code:** _____

Signature: _____

Questions?

Call the Conference Section at
503-947-7411

Email:

oregon.conferences@dcbs.oregon.gov

Office use only

Date Rec. _____

Amt. Rec. _____

Check # _____

PO # _____

Last 4 _____

{ 3 digits on back of MasterCard or VISA
4 digits on front of American Express

Credit Card #:

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

Attendee profile (check one)

- ☐ Employee ☐ Consultant
☐ Management ☐ Other/not listed: _____
☐ Owner

Indicate which industry you represent: (check one)

- ☐ Agriculture ☐ Government/public administration
☐ Construction ☐ Healthcare
☐ Food processing/manufacturing ☐ Manufacturing
☐ Forest activities/logging ☐ Oil/gas
☐ Foundries ☐ Transportation

Registrant's name:

Are you a safety committee member?

- ☐ Yes ☐ No

Please indicate the number of employees at your worksite:

- ☐ 1 to 20 employees
☐ 21 to 50 employees
☐ 51 or more employees

Session Registration

For each time period, circle first (1) and second (2) choices.

Example: ☒ 1 2 Example class A
 1 2 Example class B
 1 ☒ 2 Example class C

Tuesday, May 14, 2024

8-11:30 a.m. Workshops

- 1 2 Boots on the Ground Ergonomics and Controlling Ergonomic Hazards
 1 2 Understanding Worker Wellness and Simple Steps Toward Injury Prevention
 1 2 VPP Application Workshop™ (8 a.m.-4 p.m.)
 1 2 Foundations of Safety Leadership (8 a.m.-4 p.m.)
 1 2 Usability Mapping: Risk-Ranked Operating Procedures and Safe Work Practices (8 a.m.-4 p.m.)

12:30-4 p.m. Workshops

- ☒ VPP Application Workshop™ (continued)
☒ Foundations of Safety Leadership (continued)
☒ Usability Mapping: Risk-Ranked Operating Procedures and Safe Work Practices (continued)
 1 2 VPP Re-approval, Ready, Set, Go!
 1 2 Offense in Depth: The Dynamic Power of Sub Teams

Wednesday, May 15, 2024

7:30-11:45 a.m. Breakfast & Welcome/Keynote

- ☐ Yes, I will attend Breakfast, Welcome, and Keynote

1:15-2:45 p.m. Sessions

- 1 2 Leveraging Virtual Teams for Enhanced Workplace Safety: A Proposal for Establishing a Virtual Employee Safety Team for VPP
 1 2 Industrial Hygiene Considerations During Confined Space Entry Operations
 1 2 Is There a Problem HEAR?
 1 2 Succession Planning for Safety Success
 1 2 Conflicts in the Workplace Are No Laughing Matter
 1 2 Total Worker Health® Awareness for Safety Committees

Special accommodations

- ☐ Check if you require special (ADA or dietary) services. Attach a written description of your needs.

At this event you may be photographed. Photos, videos, or film likeness may be used for legitimate purposes by Region X VPPPA for promotional purposes and/or inclusion on Region X VPPPA websites.

3:30-5 p.m. Sessions

- 1 2 Choices ... Reduce the Risk
 1 2 Industrial Hygiene and Welding – What You Need to Know
 1 2 Moving to a Risk-Based Approach in Behavior-Based Safety
 1 2 Improving Safety Communication
 1 2 What Is Needed in Your VPP Annual Self-Evaluation: Making Your ASE Work for You!
 1 2 Being Proactive Is Key in Ergonomics

7-10:00 p.m. Reception

- ☐ Yes, I will attend the Networking Reception

Thursday, May 16, 2024

8:30-9:45 a.m. Breakfast, General Session, & Awards

- ☐ Yes, I will attend Breakfast, Awards Presentation, and General Session

10:30-11:45 a.m. Sessions

- 1 2 Improving Your Safety Culture Through Safety and Health Management
 1 2 Workplace Violence Prevention
 1 2 Basic Electrical Safety Tips
 1 2 Stepping Stones to Safety Excellence
 1 2 The Unique Role of a Union Safety Representative
 1 2 Employee Well-Being – a Holistic Approach

12:45-2 p.m. Sessions

- 1 2 Fabricating Our Way to a Safer, More Efficient Workplace
 1 2 Culture of Safety Program
 1 2 Let's Not Be Silent About the Silent Killer, Carbon Monoxide: How to Stay Safe at Work and Play
 1 2 Ensuring Safety Through Inspired Leadership
 1 2 Employee Led Safety Committees
 1 2 Active Aggressor Preparedness

2:20-3:50 p.m. Sessions

- 1 2 Talk Saves Lives
 1 2 How Should VPP Sites be Sampling and Analyzing Worker Exposure Data? Limitations and Best Practices
 1 2 Building a Lasting Safety Culture
 1 2 How to Engage Your Workforce: Keeping Employee Engagement Fresh
 1 2 Mentoring and Outreach: What a Mentor Needs to Know
 1 2 Understanding Combustible Dust Hazards

4-4:30 p.m. General Session and Closing

- ☐ Yes, I will attend the Closing (announcement of board election results and drawings)