



Riverhouse on the Deschutes • Bend, Oregon  
**September 16 and 17, 2024**  
*(Monday and Tuesday)*



**Keynote**

## **Hang Up and Drive**

A tragic and inspiring story of how a distracted driver changed Jacy's life forever, offering the perspectives of both the survivor and caregiver, while integrating simple-yet-powerful science and statistics as well as "what you can do" material, both as an individual and on the job.

*by Jacy Good and Steve Johnson*

**Register online at [safetyseries.cventevents.com/central24](https://safetyseries.cventevents.com/central24)**

*This conference is a joint effort of the Central Oregon Safety & Health Association (COSHA) and Oregon OSHA/DCBS.*

## Registration

Early registration is encouraged, as class space is limited. Register online at [safetyseries.cventevents.com/central24](https://safetyseries.cventevents.com/central24). Registrations are accepted by mail and by fax. If you are faxing registrations, be sure to fax both sides of the form. Faxes are accepted only if accompanied by credit card information or a purchase order. Please call 503-947-7411 for session availability.

## Pre-registration deadline September 9, 2024

Complete the enclosed registration form and send it with your check or fax it with credit card information or a purchase order to:

### **COSHA Central Oregon Conference**

PO Box 5640  
Salem, OR 97304-0640

**Fax: 503-947-7019**

## You can also register online at [safetyseries.cventevents.com/central24](https://safetyseries.cventevents.com/central24)

A unique email address is required for confirmation. No duplicate emails.

## Questions?

### Contact the Conference Section

☎ 503-947-7411 or 888-292-5247 (toll-free), option 1  
✉ [oregon.conferences@dcbs.oregon.gov](mailto:oregon.conferences@dcbs.oregon.gov)

## Refunds

All cancellations must be received by September 6. After that date, no refunds are granted. A substitution of attendees is allowed. Registrants who do not attend the conference are required to pay in full.

☎ 503-947-7411 or 888-292-5247 (toll-free), option 1  
✉ [oregon.conferences@dcbs.oregon.gov](mailto:oregon.conferences@dcbs.oregon.gov)

## Lodging

### Attendees are responsible for making their own lodging arrangements.

A block of rooms is reserved at the Riverhouse on the Deschutes. All reservations received after August 16, 2024, are accepted only if space is available. Mention the room block name "COSHA 2024 Conference" or that you are attending the Central Oregon Safety & Health Conference.

### For room reservations, call:

#### **Riverhouse on the Deschutes**

3075 U.S. 97 Business  
Bend, OR 97701  
458-281-0306

**RATE:** \$205 per night plus tax and \$15 resort fee  
To make reservations online, click on the link below:

[Central Oregon Conference - Reservations](#)

More information can be found at [riverhouse.com](https://riverhouse.com)

**Register online at [safetyseries.cventevents.com/central24](https://safetyseries.cventevents.com/central24)**



Thank you to the Oregon Fire Chiefs Association Safety & Health Section for their generous donation and assistance creating the fire service track.



### Monday, September 16

9 a.m. Registration opens

#### 9:30-11 a.m. SESSION 1

- Safer Trucking: Essential Resources and Tools for Drivers
- I'm on the Safety Committee, Now What?
- Preferred Worker Program/Employer-at-Injury Program – Not Too Good To Be True
- Acute and Chronic Stress: Strategies for Successful Navigation
- Chemical Safety – You Have a Chemical, Now What?
- The Oregon Fire Service Health and Safety Collaborative: A Program to Support Your Fire Department

11 a.m.-3:30 p.m. Exhibits open

11:15 a.m.-noon Lunch (provided)

Noon-1:15 p.m. **Opening and Keynote:** Hang Up and Drive

1:15-1:45 p.m. Break and Visit Exhibits

#### 1:45-3 p.m. SESSION 2

- NFPA 70E - Making a Difference in Electrical Safety
- Hazard Identification
- Bloodborne Pathogens
- How To Build a Forklift Training Program
- Professionalism and Cellphone Etiquette in the Workplace: Be Your Best for Success
- Lessons From the Fire Department: Peer Support Team Development, Successes, and Stumbles

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

#### 3:30-5 p.m. SESSION 3

- Protection From Heat Illness and Protection From Wildfire Smoke: The Oregon OSHA Rules
- Accident Investigation Utilizing System Analysis
- Fentanyl: Understanding the Basics and Protecting Workers
- Energy Control Procedures – the Backbone of a Lockout/Tagout Program
- A Strong Safety Culture: Elements, Teamwork, Communication, Generational Differences

**Register online at [safetyseries.cventevents.com/central24](https://safetyseries.cventevents.com/central24)**

## Tuesday, September 17

- 7:30 a.m. Registration opens
- 7:30-8:30 a.m. Breakfast (*provided*), Prize drawings, and Visit Exhibits
- 7:30 a.m.-1:15 p.m. Exhibits open

### 8:30-10 a.m. SESSION 4

- Oregon Community Right To Know and Protection Act
- Safety Committee: Time to Level Up!
- Nutrition and Wellness in the Workplace
- Ergonomic Risk Assessment Methods: How Do We Know How Bad It Is and What to Do First?
- Intentional Safety Leadership: Moving From Minimum Compliance to Safety Excellence
- Fire Fighter NFPA 1582 Physicals

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

### 10:45 a.m.-noon SESSION 5

- Mapping Your Road to Success
- The Job Hazard Analysis (JHA)
- Question, Persuade, Refer (QPR)
- Building, Implementing, and Maintaining Your Organization's Accident Prevention Program
- Oregon OSHA Recordkeeping and Reporting
- Hierarchy of Contamination Controls in the Fire Service

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

### 1-2:30 p.m. SESSION 6

- De-escalating Situations in the Workplace and Beyond (1-4:15 p.m.)
- Defensible Space Best Practices
- Power of Questions (1-4:15 p.m.)
- Preventing Serious Injuries and Fatalities in the Workplace
- Safety Behind the Wheel: How To Avoid Distraction, Fatigue, and Other Hazards of the Roadways
- The Oregon Fire Service Health and Safety Collaborative: A Program to Support Your Fire Department

2:30-3 p.m. Break

### 3-4:15 p.m. SESSION 7

- De-escalating Situations in the Workplace and Beyond (continued)
- Power of Questions (continued)
- Total Worker Health® Awareness for Safety Committees
- Workers' Compensation: Claims 101
- Influence in Action
- Confessions of an Oregon OSHA Consultant – Commonly (and Not-So-Commonly) Found Items in the Fire Service

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## Monday, September 16

### Topics of interest for...



**Fire/Emergency Services**



**Safety Committees**

9 a.m. Registration opens

9:30-11 a.m.

SESSION 1

### Safer Trucking: Essential Resources and Tools for Drivers

Join us for an informative presentation on safety resources for trucking. We share valuable handouts, insights, and tips on distracted driving, tarping, winter driving, safety awareness, and more. Whether you are a seasoned professional or a new driver, this session is a must-attend for anyone who wants to prioritize safety and best practices.

- ▶ **Sarah Cipriano-Stanley, ARM, SPHR**  
*Senior Safety Management Consultant  
SAIF Corporation, Bend*
- ▶ **Phil Jensen**  
*Senior Safety Management Consultant  
SAIF Corporation, Bend*

### I'm on the Safety Committee, Now What?



Did you volunteer or were you "directed" to volunteer to serve on your safety committee? Whether you volunteered or were "volunTOLD,"

this lively session provides insight into the importance of a safety committee, along with some helpful tools and suggestions to make your meetings more productive and inspections more effective. You also learn how a committee helps to enhance a positive safety and health culture in your workplace. This session helps anyone who is new to the safety committee or who simply wants a refresher. It also offers a summary of the Oregon OSHA requirements for safety meetings and committees as well as good-to-know information that goes beyond the rule.

- ▶ **Craig Hamelund**  
*Education Specialist  
Oregon OSHA, Tigard*

### Preferred Worker Program/Employer-at-Injury Program - Not Too Good To Be True

Join the experts in discussing workers' compensation return-to-work programs. Participants learn how Oregon's nation-leading return-to-work programs can make a positive difference for employers and injured workers. Participants also learn about the Ombuds Office for Oregon Workers and the ombuds' role within the workers' compensation system.

- ▶ **Christy Johnson**  
*Reemployment Specialist  
Preferred Worker Program, Salem*
- ▶ **Charity Steffen**  
*Employment Services Team Manager  
Oregon Workers' Compensation Division, Salem*

## Monday, September 16 (continued)

### Acute and Chronic Stress: Strategies for Successful Navigation

This course focuses on what stress is and provides a better understanding of its causes, how it affects your well-being, and explains the cumulative effects of chronic stress. The course helps you identify stressors in your life and learn optimal coping techniques, including how to better manage your time. We look at the negative effects caused by acute and chronic stress and ways to improve a person's physical and mental well-being. This course gives you information not only for your personal application, but to share with others at work or at home.

- ▶ **Elissa Morrison, M.Ed.**  
*Instructor*  
*Baker Technical Institute, Baker City*

### Chemical Safety - You Have a Chemical, Now What?

Chemical management is more than just maintaining safety data sheets. This program covers several topics for those that manage chemicals and employee exposures to those chemicals (or those that want to know more!) including topics like:

- How to assess a chemical – including the key elements to look for in a safety data sheet (SDS) when evaluating your chemical for personal protective equipment (PPE) and need for an eyewash
- Hazard Communication and the major program requirements
- PPE Hazard assessments, briefly including respiratory program
- Emergency medical/first aid response
- Other regulatory considerations

This high level overview has the aim that each attendee might walk away with a new resource or insight that improves chemical management at their worksite. Amber and Haley work in the regulatory and private sector respectively providing various perspectives and ideas on these topics.

- ▶ **Haley Jordan**  
*Environmental, Health, and Safety Specialist II*  
*Serán BioScience, LLC, Bend*
- ▶ **Amber Petersen**  
*IH/Health Compliance Officer*  
*Oregon OSHA, Bend*

### The Oregon Fire Service Health and Safety Collaborative: A Program to Support Your Fire Department (repeat on Tuesday)

The Collaborative is a recently formed program at Oregon State Fire Marshal, comprised of stakeholder representatives from across the Oregon Fire Service, to help fire agencies address their health and safety needs. The Collaborative is here support and coordinate resources for local agencies to address four key areas: cancer risk reduction, physical health and fitness, behavioral health, and incident safety. Join this conversation and help us help you to build a healthier and more resilient Oregon fire service.

- ▶ **Matt Laas**  
*Fire Service Safety Officer, Program Coordinator*  
*Oregon State Fire Marshal Department, Salem*

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## Monday, September 16 (continued)

11 a.m.-3:30 p.m. Exhibits open  
 11:15 a.m.-noon Lunch (provided)  
 Noon-1:15 p.m. **Opening**  
 Randy McCulley  
 Conference Chairperson

**Welcome**  
 Greig Lowell  
 Consultation Program Manager

### Keynote: Hang Up and Drive

After a 2008 tragedy caused by a phone-distracted driver devastated Jacy Good and her family on her college graduation day, she and her husband and co-founder of Hang Up and Drive, Steve Johnson, began speaking about their experience. With training from the National Safety Council and experience at more than 1,600 speaking engagements, they have become the nation's top speakers on the subject, with corporate clients as varied as Amazon, Merck, Nucor Steel, the U.S. Marine Corps and Army, MillerCoors, Cargill, John Deere, Snyder's-Lance, WinCo Foods, Andersen Construction, and Hoffman Construction.

▶ **Jacy Good and Steve Johnson**  
*Hang Up and Drive, White Plains, New York*

1:15-1:45 p.m. Break and Visit Exhibits

1:45-3 p.m. **SESSION 2**

### NFPA 70E - Difference in Electrical Safety

Attendees learn how the NFPA 70E has been designed to answer the questions of how to properly address allowable and necessary

energized electrical work. Reference material consists of the NFPA 70 (National Electrical Code), NFPA 70E (Standard for Electrical Safety in the Workplace), and the new NFPA 70B (Standard for Electrical Maintenance), as well as years of hands-on experience.

▶ **Dave Jacobsen, IBEW Master Instructor**  
*Safety Consultant*  
*GEW, LLC, Troutdale*

### Hazard Identification

SC

It's one thing to spot hazards in the workplace. It's another to stop them from happening. If you're looking for some lively discussion covering both of those aspects, you came to the right place. This session reviews real-world hazards found in various workplaces and analyzes them to get to the root of the problem. Both traditional and creative solutions are shared, along with case studies that might surprise you.

▶ **Craig Hamelund**  
*Education Specialist*  
*Oregon OSHA, Tigard*

### Bloodborne Pathogens

This session covers how bloodborne pathogens are spread, how to avoid exposure, and what to do if exposed to infectious material. This course is one of the requirements of the OSHA Bloodborne Pathogens Standard. Stop the Bleed is also covered.

▶ **Amber and Petar Hossick**  
*Code Ready Response, Bend*

## Monday, September 16 (continued)

### How To Build a Forklift Training Program

This course is designed to assist people in building their own powered industrial truck (PIT) programs, focusing on forklifts used in manufacturing and warehousing operations. The speaker talks about the training requirements for PITs, elements of a written program, best practices, and templates for evaluating your forklift drivers.

- ▶ **David McClung**  
Safety Manager  
Deschutes Brewery, Bend

### Professionalism and Cellphone Etiquette in the Workplace: Be Your Best for Success

This course addresses what it means to be professional in the workplace. From attitudes to behaviors, the way you conduct yourself, relate to others, and approach tasks all factor into your degree of professionalism. Regardless of your vocation or position, your degree of professionalism may improve your chances of achieving success. A key area of content includes the use of cellphones – not only in the area of proper workplace etiquette, but also related to workplace safety. This course provides you with knowledge to increase your personal professionalism as well as to help you coach a staff member or friend.

- ▶ **Elissa Morrison, M.Ed.**  
Instructor  
Baker Technical Institute, Baker City

### Lessons From the Fire Department: Peer Support Team Development, Successes, and Stumbles



In this presentation, attendees hear the speakers account of setting up a Peer Support Team and some experiences over the last years. We

review steps that facilitated the development of an effective team and recall some strategic missteps. This is designed to give some initial understanding for other agency representatives as they look to develop new teams and strengthen existing teams.

- ▶ **Andy Barram, PsyD**  
Psychologist - Embedded Behavioral Health Support at Bend Fire & Rescue  
RiverFlow Psychology Services, Bend
- ▶ **Nick Thomas**  
Firefighter Paramedic  
Bend Fire & Rescue, Bend

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

3:30-5 p.m.

SESSION 3

### Protection From Heat Illness and Protection From Wildfire Smoke: The Oregon OSHA Rules

This session provides an overview of the heat illness protection and wildfire smoke protection rules. Time permitting, a presentation on heat illnesses is provided.

- ▶ **Russell Frankel, DC, MS, CIH, CSP**  
Senior Occupational Health and Ergonomics Consultant  
Oregon OSHA, Tigard

### Accident Investigation Utilizing System Analysis

SC

Since you are required to investigate, why not get the most out of it? In this training, we take you through an approach that eliminates blame and trying to fix people. We focus on systems that affect more than this one event and to have a broader impact on our overall safety systems. This session walks you through a four-



### Monday, September 16 *(continued)*

step assessment helping your company identify system failures in your processes leading to injury. Case studies help you see that too many times we fix the person and not the system.

- ▶ **Luke Betts, CSP, ARM-E, ASP, AIS**  
*Senior Safety Management Consultant  
SAIF Corporation, Bend*
- ▶ **Kevin Kilroy, CSP**  
*Safety and Health Supervisor  
SAIF Corporation, Bend*

#### **Fentanyl: Understanding the Basics and Protecting Workers**

In 2022, there were over 107,000 overdose deaths in the US involving synthetic opioids, namely fentanyl. Illicit drug manufacturers add fentanyl to many products increasing the risk to Oregonians when illicit drugs or drug paraphernalia make their way into the areas where people work. During this presentation, attendees learn the basics about fentanyl, why it is so deadly, and how to protect workers from accidental exposure.

- ▶ **Billie Cartwright, MHS, DBH, PsyQ, PA-C**  
*Medical Director, Addiction Medicine Clinic  
BestCare Treatment Centers, Sunriver*
- ▶ **Leigh Manning, MPH, CSP, ARM**  
*Safety and Health Services Consultant  
SAIF Corporation, Springfield*

#### **Energy Control Procedures - the Backbone of a Lockout/Tagout Program**

This course is designed to start with a high-level overview of Lockout-Tagout (Control of Hazardous Energies) program requirements and then a deep dive into how to write energy control procedures for various applications. Attendees learn some of the common forms of hazardous energy that must be

controlled and how to avoid common pitfalls when writing energy control procedures. The speakers share templates they have used in various industries to start you on your own path of writing energy control procedures for your company.

- ▶ **Mike Hill, CSP**  
*Senior Safety Management Consultant  
SAIF Corporation, Medford*
- ▶ **David McClung**  
*Safety Manager  
Deschutes Brewery, Bend*

#### **A Strong Safety Culture: Elements, Teamwork, Communication, Generational Differences**

This course focuses on what a safety culture is, the goal of a safety culture in an organization, steps to establish a safety culture, and identifies elements to maintain a culture of safety. Further objectives include understanding the importance of teamwork and communication in a safety culture, identifying key skills in working as a team, learning how to use personal communication skills as a team, and ways to balance and value the unique differences of generations in the workplace. The course gives you information to assess your safety culture in your organization and identify opportunities for improvement.

- ▶ **Elissa Morrison, M.Ed.**  
*Instructor  
Baker Technical Institute, Baker City*

## Tuesday, September 17

- 7:30 a.m. Registration opens
- 7:30-8:30 a.m. Breakfast (provided)  
Prize drawings and Visit Exhibits
- 7:30 a.m.-1:15 p.m. Exhibits open

8:30-10 a.m.

SESSION 4

### Oregon Community Right To Know and Protection Act

Do you have reportable quantities of hazardous substances at your place of business? If so, what do you do about it? This class gives you an overview of what is considered a hazardous substance and how the Oregon Community Right To Know Act (CR2K) addresses reporting of these substances. You also learn why the CR2K is important and are provided the reporting requirements for hazardous substances, including upper and lower reporting levels. Attendees leave with information on the different types of user accounts and the accessibility of each of those accounts within the CR2K online reporting system, the CHS Manager (Community Right to Know Hazardous Substance Manager). Lastly, you learn about the differences in reporting requirements between Oregon's CR2K and the Environmental Protection Agency's Emergency Planning and Community Right To Know Act.

- ▶ **Todd Raska**  
*Community Right to Know Program Manager  
Oregon State Fire Marshal, Salem*

### Safety Committee: Time to Level Up!

Is it time for your safety committee to get reengaged? We discuss safety committee operations, how to identify hazards, and achieve root causes to prevent reoccurrence.

- ▶ **Ramiero Leon**  
*Safety Professional  
Vigilant, Tigard*

### Nutrition and Wellness in the Workplace

An interactive discussion about food, dieting, and the importance of staying properly hydrated. Learn how nutrition can impact your mood and stress level. This session answers questions like:

- What are healthy fats?
- What is fiber and how much do I need?
- Are carbohydrates bad for me?
- How much water should I be drinking?
- How much protein do I need?
- Should I be taking any vitamins or supplements?

- ▶ **Sam Rader, BA, Human Development**  
*Owner  
Proactive Injury Prevention  
Vancouver, Washington*

Register online at [safetyseries.cventevents.com/central24](https://safetyseries.cventevents.com/central24)

## Tuesday, September 17 (continued)

### Ergonomic Risk Assessment Methods: How Do We Know How Bad It Is and What to Do First?

This class is intended to equip the attendee with basic skills in quantifying ergonomic risks. The purpose of the class is to teach two musculoskeletal risk assessment tools that can be used to:

- Prioritize which tasks should be fixed first
- To sell the solution to management and employees
- To help brainstorm how to fix the problem(s)
- To ensure the solution you design doesn't create another problem
- To allocate resources to the problems that need the most help

▶ **Tony Brace, CPE, CIH**  
*Ergonomist*  
*SAIF Corporation, Salem*

### Intentional Safety Leadership: Moving From Minimum Compliance to Safety Excellence

What's the secret of leaders who achieve extraordinary success in safety and health? How do organizations progress along the safety culture maturity curve? Why do some thrive while others struggle with injuries, citations, legal challenges, and high employee turnover? Is safety primarily about luck, capital investment, and return on investment or do leadership values play a role?

In this enlightening session, we explore these questions through historical case studies—from the industrial revolution to the present. Discover how the safest organizations also happen to be the most successful.

▶ **Mike Hill, CSP**  
*Senior Safety Management Consultant*  
*SAIF Corporation, Medford*

### Fire Fighter NFPA 1582 Physicals

This session covers Fire Fighter NFPA 1582 Physicals.

- ▶ **Jason Jantzi**  
*Senior Risk Management Consultant*  
*Special Districts Association of Oregon (SDAO), Salem*
- ▶ **Dave Pickhardt**  
*Fire District Consultant / Health, Wellness and Fitness Specialist*  
*WHA Insurance, Eugene*

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

10:45 a.m.-noon

SESSION 5

### Mapping Your Road to Success

Are you new to the safety role and don't know where or how to get started? Getting started can be tough, but this session provides you with the guidance you need to navigate your new position. This session also helps you analyze your current culture, identify where your programs are lacking, set your priorities, and establish the necessary relationships to be successful.

- ▶ **Niki Fisher**  
*Risk Management Consultant*  
*Special Districts Association of Oregon (SDAO), Salem*

### The Job Hazard Analysis (JHA)

Whether they're called JHAs, JSAs, or Pre-Task Plans, the process of planning for safety and health can benefit a company in many ways. This facilitated discussion provides an inside glimpse on how you can use this process to create and maintain safe operating procedures, enhance employee involvement, and cut down on unnecessary costs.

- ▶ **Craig Hamelund**  
*Education Specialist*  
*Oregon OSHA, Tigard*

## Tuesday, September 17 (continued)

### Question, Persuade, Refer (QPR)

QPR stands for Question, Persuade, and Refer – the three simple steps anyone can learn to help save a life from suicide. Just as people trained in cardiopulmonary resuscitation (CPR) and the Heimlich maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help. Each year, thousands of Americans like you are saying “Yes” to saving the life of a friend, colleague, sibling, or neighbor. In this training you learn how to:

- Recognize the warning signs of suicide
- Know how to offer hope
- Know how to get help and save a life

#### ▶ **Bethany Kuschel**

*Deschutes County Suicide Program  
Coordinator  
Deschutes County Health Services, Bend*

#### ▶ **Caroline Suiter, MPH**

*Mental Health Promotion Strategist  
Deschutes County Health Services, Bend*

### Building, Implementing, and Maintaining Your Organization's Accident Prevention Program

Join us to create a safer and more productive workplace by mastering the art of accident prevention. This program is ideal for safety managers, HR professionals, facility managers, and any organizational leaders responsible

for workplace safety. It is also beneficial for employees who are members of safety committees or involved in safety initiatives. By the end of this program, participants are able to:

1. Develop a comprehensive accident prevention plan tailored to their organization.
2. Implement and maintain effective safety practices and procedures.
3. Foster a culture of safety and continuous improvement within their organization.
4. Ensure compliance with all relevant safety regulations and standards.

#### ▶ **Brent Knight, CSP**

*President  
Intuitive Safety Solutions, Edmonds, Washington*

#### ▶ **Jacob Zollinger, CSP**

*Vice President, Operations  
Intuitive Safety Solutions, Edmonds, Washington*

### Oregon OSHA Recordkeeping and Reporting

Wondering about the requirements for the 300 log and summary? Unsure if the electronic reporting requirements apply to your business? This training covers how to determine Oregon OSHA recordability, posting, and reporting requirements. The requirements for submitting electronic injury and data are also discussed.

#### ▶ **Patti McGuire**

*Regional Safety & Health Supervisor  
SAIF Corporation, Medford*

## Tuesday, September 17 (continued)

### Hierarchy of Contamination Controls in the Fire Service

It is well known that firefighting activities can expose firefighters to many occupational hazards and is associated with long-term health risks including cancer. To mitigate these risks, fire service is engaged in a wide range of activities focused on development, testing and implementation of effective approaches to reduce exposure to contaminants and the related cancer risk. However, these activities are often viewed independent of each other and in the absence of the larger overall effort of occupational health risk mitigation. This presentation brings together current research on fire service contamination control in the context of the National Institute for Occupational Safety and Health (NIOSH) Hierarchy of Controls, a framework that supports decision-making around implementing feasible and effective control solutions in occupational settings. Measures discussed include personal protective equipment, administrative, engineering, substitution, and elimination controls. Using this approach, we discuss evidence-based measures that have been investigated and can be implemented to protect firefighters during an emergency response, in the fire apparatus and at the fire station, and identify several knowledge gaps that remain.

- ▶ **Gavin Horn**  
*Research Director*  
*Fire Safety Research Institute (FSRI)*  
*Columbia, Maryland*

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



1-2:30 p.m.

SESSION 6

### De-escalating Situations in the Workplace and Beyond (1-4:15 p.m.)

This course addresses de-escalation in the workplace, as well as covers skills and knowledge that can be applied in all areas of life. You learn the causes of escalation, what de-escalation is and is not, how to evaluate situations and people, key skills in the de-escalation process, and how to apply de-escalation techniques. We also discuss when it may be time to end an interaction and obtain means of additional support. The course focuses on attendee needs with an opportunity to discuss and brainstorm options, as well as discuss specific skills per scenarios and practical application during the session. You walk away having gained confidence and skill in addressing conflict productively.

- ▶ **Elissa Morrison, M.Ed.**  
*Instructor*  
*Baker Technical Institute, Baker City*

### Defensible Space Best Practices

This presentation provides historical context of fire in central Oregon, Wildland Urban Interface (WUI) and disasters, structure ignition, defensible space, the home ignition zone, and how to conduct your own assessment. Additional time is given to explain our department's use of Survey 123 for Home Hardening Assessments.

- ▶ **Steven Lord**  
*FF-EMT/Community Risk and*  
*Wildland Fire Specialist*  
*Sisters-Camp Sherman Fire District, Sisters*
- ▶ **Heather Miller**  
*Fire Risk Reduction Specialist*  
*Oregon State Fire Marshall, Bend*

## Tuesday, September 17 *(continued)*

### Power of Questions (1-4:15 p.m.)

While asking questions may seem a simple task, it is perhaps the most powerful tool we possess as presenters. If we ask the right question of the right participant at the right moment, we may inspire them to new heights of vision and insight. A good question can excite, disturb, or comfort, and eventually yield an unexpected bounty of understanding and critical awareness. Good questions can:

- Motivate participant learning and fuel curiosity
- Foster intellectual development and stimulate critical thinking
- Assess participant understanding
- Guide discussion and shape a positive learning environment

#### ▶ **Mark Hurliman, CSHM**

*VPP/SHARP Program Coordinator  
Oregon OSHA, Medford*

#### ▶ **Jon Sowers, OHST, CHST, CET, SMS**

*Senior Safety Management Consultant  
SAIF Corporation, Medford*

### Preventing Serious Injuries and Fatalities in the Workplace

The potential for a serious injury and fatality (SIF) exists in many work environments, but simply managing routine safety programs

does not necessarily address SIFs. Come learn practical steps for identifying SIF potential, best practices for prevention, and resources to engage employees to help prevent a serious injury or fatality from occurring at your business.

#### ▶ **Soren Bjerregaard, CSP, CRM, MBA**

*Senior Safety Management Consultant  
SAIF Corporation, Lake Oswego*

#### ▶ **Christina Dykes**

*Senior Safety Management Consultant  
SAIF Corporation, Salem*

### Safety Behind the Wheel: How To Avoid Distraction, Fatigue, and Other Hazards of the Roadways

Motor vehicle accidents are the leading cause of death in the workplace in Oregon. This presentation provides information on the leading causes of distraction and fatigue along with practical strategies to influence change in driving behaviors. Defensive driving techniques are discussed to help you protect yourself from other drivers and roadway hazards. Risk increases when winter weather arrives: Valuable tips are shared to prepare you for the upcoming season.

#### ▶ **Patti McGuire**

*Regional Safety & Health Supervisor  
SAIF Corporation, Medford*

### The Oregon Fire Service Health and Safety Collaborative: A Program to Support Your Fire Department



*(repeat from Monday at 9:30 a.m.)*

The Collaborative is a recently formed program at OSFM, comprised of stakeholder representatives from across the Oregon Fire Service, to help fire agencies address their health and safety needs. The Collaborative is here support and coordinate resources for local agencies to address four key areas: cancer risk reduction, physical health and fitness, behavioral health, and incident safety. Join this conversation and help us help you to build a healthier and more resilient Oregon fire service.

▶ **Matt Laas**

*Fire Service Safety Officer, Program Coordinator  
Oregon State Fire Marshal Department, Salem*

2:30-3 p.m.

Break

3-4:15 p.m.

**SESSION 7**

### De-escalating Situations in the Workplace and Beyond *(continued)*

### Power of Questions *(continued)*

### Total Worker Health® Awareness for Safety Committees

SC

Safety committees play a crucial role in identification and management of different workplace hazards. This session helps you to broaden your understanding of all types of hazards, including psychosocial and organizational hazards that 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 are also able to relate how current workplace programs and policies might (or might not) fit 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.

▶ **Liz Hill, MPH, CIH, CSP**

*Total Worker Health Advisor  
SAIF Corporation, Salem*

## Tuesday, September 17 *(continued)*

### Workers' Compensation: Claims 101

Claims 101 takes you through the claims process from initial filing through the life of a claim. We discuss everything from when a claim is received, decision-making, management of the claim, different colleagues involved, all the way through to claim closure. This course is designed for HR, safety, or administrative professionals who are involved with processing and managing workers' compensation claims for their employer.

- ▶ **Amber Bannister**  
*Return To Work Consultant*  
*SAIF Corporation, Bend*
- ▶ **Lyndsie Taylor**  
*SAIF Claims Adjuster*  
*SAIF Corporation, Salem*

### Influence in Action

This session provides an overview of what influence is and why it is important. Through group activities, and real-life examples, the speaker demonstrates how positive influence can affect the safety culture at a company at various levels. The ideal attendee is someone who is looking to learn about influence, the span of influence, and how influence looks in practice.

- ▶ **Ashlee Conner, CSP, CHST**  
*Safety Engineer, Forest Grove*

### Confessions of an Oregon OSHA Consultant - Commonly (and Not-So-Commonly) Found Items in the Fire Service



This class covers the most common and not-so-common rule violations found in the fire service. Also covered is the difference between emergency and nonemergency scenes and how Oregon OSHA addresses them; a breakdown of safety committee requirements; and an overview of the required written programs. You leave this class with a better understanding of what Oregon OSHA representatives look for when they visit your facilities.

- ▶ **Cory Stengel, CSHM**  
*Industrial Hygienist, Senior Occupational Health Consultant*  
*Oregon OSHA, Bend*



AMERICAN SOCIETY OF  
**SAFETY PROFESSIONALS**

Broken Top Chapter

*Thank you for the support from the American Society of Safety Professionals (ASSP) Broken Top in creating the worker safety and health topics on the agenda for the safety professionals.*

**Register online at [safetyseries.cventevents.com/central24](https://safetyseries.cventevents.com/central24)**



## Sponsors *(as of 7/24/24)*

The Conference Planning Committee extends special thanks to the following organizations for their generous donations to this year's conference:

- ▶ **Anadyne**
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### Central Oregon Safety & Health Association

The Central Oregon Safety and Health Association is proud to co-sponsor this conference. This association was formed in early 1998 in response to a need for education and networking opportunities for safety and health professionals in the Deschutes County area. There are NO DUES to belong to the association — just interest and a commitment to the delivery of professional and ethical services to all businesses and individuals in Central Oregon. Participation and involvement are the keys to success for the Central Oregon Safety and Health Association. Become involved today! For more information, call Kelli Candella, 541-322-7104. In January, COSHA co-sponsors the Mid-Oregon Construction Safety Summit.

### Oregon OSHA

Oregon OSHA administers the Oregon Safe Employment Act (OSEA). The OSEA authorizes enforcement of federal and state occupational safety and health regulations and provides consultation, educational opportunities, technical assistance, and creative programs to assist employers and employees in Oregon. Oregon OSHA is committed to reducing occupational fatalities, injuries, and illnesses; thereby reducing human suffering and workers' compensation costs. For technical assistance, training opportunities, or information about conferences, please call 503-378-3272, or 888-292-5247 (toll-free), option 1. For consultative services, call 800-922-2689 (toll-free) or call the Bend office, 541-388-6068.



Department of Consumer  
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*Co-sponsorship of this conference by Central Oregon Safety & Health Association and Oregon OSHA does not necessarily constitute endorsement or approval of the content of programs. Employers and employees should review applicable rules and regulations to ensure that the information they have received is appropriate to their specific worksite and work situation. COSHA is financially responsible for conference arrangements and commitments.*



# Registration form

**September 16 & 17, 2024**  
Riverhouse on the Deschutes • Bend, Oregon

Please print

All parts of the registration form must be completed to process your registration.

Name: \_\_\_\_\_

Job title: \_\_\_\_\_

Company: \_\_\_\_\_

Business address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Phone: \_\_\_\_\_ Ext.: \_\_\_\_\_ Alternate phone: \_\_\_\_\_

Email address (required): \_\_\_\_\_ (Must be unique email address; no duplicate emails)

## Part 1 – Registration fees

### General attendance (check all that apply)

- Monday and Tuesday (Sept. 16 & 17) .....\$230
- One day Monday (Sept. 16) .....\$105
- One day Tuesday (Sept. 17) .....\$125

**TOTAL ENCLOSED \$** \_\_\_\_\_

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

Mail check or fax credit card information or purchase order to:

**COSHA Central Oregon Conference**  
PO Box 5640  
Salem, OR 97304-0640 Fax 503-947-7019

**COSHA Tax ID Number: 93-1234637**

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

### For Pre-registration, return by September 9, 2024.

After this date, a confirmation letter cannot be guaranteed.  
Some sessions may close; call for session availability, 503-947-7411.

Charge my:  MasterCard  VISA  American Express  Discover

Name on card (print): \_\_\_\_\_

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Billing address: \_\_\_\_\_ Billing ZIP Code: \_\_\_\_\_

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(Continued on other side)

Credit Card #:

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

Registrant's name: \_\_\_\_\_

Attendee profile (check one)  Employee  Management  Owner  Consultant  Other/not listed: \_\_\_\_\_

Are you a safety committee member?  Yes  No

Please indicate the number of employees at your worksite:  20 employees or fewer  21 to 50 employees  51 or more employees

Indicate which industry you represent: (check one)

- |  |   |  |  |
|--|---|--|--|
| <input type="checkbox"/> Agriculture               | <input type="checkbox"/> Food Processing/Manufacturing    | <input type="checkbox"/> Mining                  | <input type="checkbox"/> Transportation                |
| <input type="checkbox"/> Brewery/Distillery/Winery | <input type="checkbox"/> Forest Activities/Logging        | <input type="checkbox"/> Oil/Gas                 | <input type="checkbox"/> Utilities                     |
| <input type="checkbox"/> Cannabis                  | <input type="checkbox"/> Government/Public Administration | <input type="checkbox"/> Personal Services       | <input type="checkbox"/> Waste Collection and Disposal |
| <input type="checkbox"/> Construction              | <input type="checkbox"/> Health Care                      | <input type="checkbox"/> Product Manufacturing   | <input type="checkbox"/> Warehousing                   |
| <input type="checkbox"/> Education                 | <input type="checkbox"/> Lodging Services                 | <input type="checkbox"/> Retail/Wholesale Sales  | <input type="checkbox"/> Wood Product Manufacturing    |
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### Part 2 - Choose only one first and one second choice for each time period.

For each time period, circle the ① next to the session you would most like to attend. Also circle the ② next to the session that is your second choice for that time period.

Example: 

①	2	Example class A
1	②	Example class B
1	2	Example class C

### Special accommodations:

Check if you require special services. Provide a written description of your needs.

## Monday, September 16

### 9:30-11 a.m. SESSION 1

- 1 2 Safer Trucking: Essential Resources and Tools for Drivers
- 1 2 I'm on the Safety Committee, Now What?
- 1 2 Preferred Worker Program/ Employer-at-Injury Program - Not Too Good To Be True
- 1 2 Acute and Chronic Stress: Strategies for Successful Navigation
- 1 2 Chemical Safety - You Have a Chemical, Now What?
- 1 2 The Oregon Fire Service Health and Safety Collaborative: A Program to Support Your Fire Department (repeat on Tuesday at 1 p.m.)

### 11 a.m.-1:15 p.m.

- Yes, I will attend Lunch, Opening, and Keynote: Hang Up and Drive (12:15-1:15 p.m.)

### 1:45-3 p.m. SESSION 2

- 1 2 NFPA 70E - Difference in Electrical Safety
- 1 2 Hazard Identification
- 1 2 Bloodborne Pathogens
- 1 2 How To Build a Forklift Training Program
- 1 2 Professionalism and Cellphone Etiquette in the Workplace: Be Your Best for Success
- 1 2 Lessons From the Fire Department: Peer Support Team Development, Successes, and Stumbles

### 3:30-5 p.m. SESSION 3

- 1 2 Protection From Heat Illness and Protection From Wildfire Smoke: The Oregon OSHA Rules
- 1 2 Accident Investigation Utilizing System Analysis
- 1 2 Fentanyl: Understanding the Basics and Protecting Workers
- 1 2 Energy Control Procedures - the Backbone of a Lockout/Tagout Program
- 1 2 A Strong Safety Culture: Elements, Teamwork, Communication, Generational Differences

## Tuesday, September 17

### 7:30-8:30 a.m.

- Yes, I will attend the Breakfast and Visit Exhibits

### 8:30-10 a.m. SESSION 4

- 1 2 Oregon Community Right To Know and Protection Act
- 1 2 Safety Committee: Time to Level Up!
- 1 2 Nutrition and Wellness in the Workplace
- 1 2 Ergonomic Risk Assessment Methods: How Do We Know How Bad It Is and What to Do First?
- 1 2 Intentional Safety Leadership: Moving From Minimum Compliance to Safety Excellence
- 1 2 Fire Fighter NFPA 1582 Physicals

### 10:45 a.m.-noon SESSION 5

- 1 2 Mapping Your Road to Success
- 1 2 The Job Hazard Analysis (JHA)

- 1 2 Question, Persuade, Refer (QPR)
- 1 2 Building, Implementing, and Maintaining Your Organization's Accident Prevention Program
- 1 2 Oregon OSHA Recordkeeping and Reporting
- 1 2 Hierarchy of Contamination Controls in the Fire Service

### 1-2:30 p.m. SESSION 6

- 1 2 De-escalating Situations in the Workplace and Beyond (1-4:15 p.m.)
- 1 2 Defensible Space Best Practices
- 1 2 Power of Questions (1-4:15 p.m.)
- 1 2 Preventing Serious Injuries and Fatalities in the Workplace
- 1 2 Safety Behind the Wheel: How To Avoid Distraction, Fatigue, and Other Hazards of the Roadways
- 1 2 The Oregon Fire Service Health and Safety Collaborative: A Program to Support Your Fire Department (repeat from Monday at 9:30 a.m.)

### 3-4:15 p.m. SESSION 7

- De-escalating Situations in the Workplace and Beyond (continued)
- Power of Questions (continued)
- 1 2 Total Worker Health® Awareness for Safety Committees
- 1 2 Workers' Compensation: Claims 101
- 1 2 Influence in Action
- 1 2 Confessions of an Oregon OSHA Consultant - Commonly (and Not-So-Commonly) Found Items in the Fire Service