Creating intrinsic motivation is the secret to producing sustainable health and wellness daily behaviors.

by Donnie Hutchinson, PHD
First Responder Work-Life Balance and Self-care Instructor

Register online at safetyseries.cventevents.com/central23
Registration

Early registration is encouraged, as class space is limited. Register online at safetyseries.cventevents.com/central23. 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 18, 2023

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/central23

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

Refunds

All cancellations must be received by September 15. 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

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 25, 2023, are accepted only if space is available. Mention the room block name “COSHA 2023 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: $120 per night plus tax and $10 resort fee

To make reservations online, click on the link below:
Central Oregon Safety and Health Conference- Reservations 09.23
More information can be found at riverhouse.com

Register online at safetyseries.cventevents.com/central23

Thank you to the Oregon Fire Chiefs Association Safety & Health Section for their generous donation and assistance creating the fire service track.
## Monday, September 25

9 a.m.  Registration opens

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<td>9:30-11 a.m.</td>
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<td>- Preparing for the Big One: Getting Started with ShakeAlert Earthquake Early Warning Technology</td>
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<td>11 a.m.-3:30 p.m.</td>
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Register online at [safetyseries.cventevents.com/central23](safetyseries.cventevents.com/central23)
Tuesday, September 26

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
- Take Care, Be Aware
- Energizing Your Safety Committees by Doing Safety Differently
- Recognizing Impairment
- Hazardous Waste Safety and Compliance for Small Business
- Navigating the Ever-changing Landscape of Emerging Safety Technologies
- Is NFPA 1561 Just for the Fireground? Proper Management of Your Fire Agency’s Safety Program

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

10:45 a.m.-noon SESSION 5
- Preventing Serious Injuries and Fatalities in the Workplace
- Safer Trucking: Essential Resources and Tools for Drivers
- Preferred Worker Program/Employer-at-Injury Program – Not Too Good To Be True
- Permit Required Confined Spaces – Do You Have Them? If So, Now What?
- Developing Safety Culture: Comparing Levels of Safety Maturity and Using the Right Tactics in Each

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

1-2:30 p.m. SESSION 6
- Community Wildfire Risk Reduction Program – Fire-adapted Communities
- Effective Quarterly Safety Inspections
- Power of Questions (1-4:15 p.m.)
- Manganese and High-risk Metals in Welding Fumes
- Fall Protection – Walking Working Surfaces
- Psychological Resiliency to Critical Incidents and Chronic Stressors (1-4:15 p.m.)

2:30-3 p.m. Break

3-4:15 p.m. SESSION 7
- Power of Questions (continued)
- Psychological Resiliency to Critical Incidents and Chronic Stressors (continued)
- Emergency Preparedness at Work, at Home, and at Play
- Worker Well-being in Five Easy Steps
- Slips, Trips, and Falls
- Selling Safety to Management
- Fire Prevention and Public Safety (off-site; provide own transportation)

Register online at safetyseries.cventevents.com/central23
Session Descriptions

Monday, September 25

**Control of Hazardous Energy**

This workshop provides an understanding of the purpose of Oregon OSHA's hazardous energy control (Lockout/Tagout) standard. The discussion covers the range of elements that make for an effective program. Attendees have a better grasp of the intent of this requirement as well as the tools to make their program successful.

- **Mike Hill, CSP**
  Senior Safety Management Consultant
  SAIF Corporation, Medford
- **Kevin Kilroy, CSP**
  Senior Safety Management Consultant
  SAIF Corporation, Bend

**I’m on the Safety Committee, Now What?**

Did you volunteer or were you “directed” 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.

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

**Preparing for the Big One: Getting Started with ShakeAlert Earthquake Early Warning Technology**

Natural disasters such as earthquakes are an inevitable part of life in Oregon. While we cannot control these natural hazards, we can control our level of preparedness and risk. ShakeAlert is one earthquake resilience tool that can save lives and reduce economic losses when a significant earthquake inevitably occurs in the Pacific Northwest. The ShakeAlert Earthquake Early Warning System detects earthquakes so quickly that people in the affected areas can be alerted before they feel shaking. This presentation provides an overview of how ShakeAlert works and how companies can integrate this technology into their facilities and infrastructure. It answers common questions about the ShakeAlert system, including questions about its accuracy, speed, and reliability. It also outlines the three paths organizations can take to start using this valuable public service.

- **Kelly Missett**
  Communication and Engagement Specialist
  The Oregon Hazards Lab, Eugene

Register online at [safetyseries.cventevents.com/central23](safetyseries.cventevents.com/central23)
Monday, September 25 (continued)

**Deschutes County Suicide Prevention Program**
This session covers Deschutes County’s Suicide Prevention Program, which prevents and reduces suicide attempts and deaths through awareness, education, and policy systems change.

*Note: Information provided may be sensitive to some.*

- Bethany Kuschel, MPP  
  *Suicide Prevention Project Coordinator*  
  Deschutes County Health Services – Public Health, Bend

- Caroline Suiter, MPH  
  *Mental Health Promotion Strategist*  
  Deschutes County Health Services - Public Health, Bend

**Chemical Safety in the Workplace**
Chemical management and compliance can be stressful when working in an environment where many different chemicals are used. This class is designed to show professionals a step-by-step process on how to build a sustainable chemical management program while keeping the focus on employee safety. Some of the primary points to be covered include the following:

- Chemical inventory
- Chemical onboarding
- Hazard communication and labelling
- Industrial hygiene and implementation of engineering controls

- Haley Jordan  
  *Environmental, Health, and Safety Specialist*  
  Serán BioScience, Bend

**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

**Session Descriptions**

Register online at [safetyseries.cventevents.com/central23](safetyseries.cventevents.com/central23)
throughout the week. Your physical and mental health is foundational to your success on the job and at home. When employers provide incentives for healthy behaviors, they are giving perks that produce some results. To instill sustainable healthy behaviors, leaders and employees must understand “who” benefits from doing these healthy behaviors. Once they know their family, themselves, and co-workers will benefit, their internal motivation increases, resulting in habitual healthy behaviors.

› Donnie Hutchinson, PhD
  First Responder Work-Life Balance and Self-Care Instructor
  Palm Coast, Florida

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

1:45-3 p.m. SESSION 2

Electrical Safety and You
Demystify National Fire Protection Association and Occupational Safety and Health Association regulations into practical and executable action with this overview of electrical risk management and safety techniques. Learn the vital process of a job hazard analysis/pre-task plan (JHA/PTP) in executing a project with arc flash hazards. Review safety systems and techniques to provide the greatest employee protection while preserving profit and company reputation.

› Elias Campbell, CHST
  Principal
  Touchstone Consulting LLC, Lake Oswego

Hazard Identification
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

Basic Office Ergonomics
Join this session to learn about basic office ergonomics considerations and why this is more important now than ever before. We discuss some of the trendy “ergo” gadgets and what the evidence suggests regarding their use.

› Theresa Kramer, MS, PT
  Injury Prevention Program Coordinator
  St. Charles Health System, Bend

Respiratory Protection
This session discusses and defines effective elements of a respiratory protection program. Topics include regulatory program requirements, training, and use-and-fit testing of respirators, including self-contained breathing apparatuses. The course also includes activities to further understanding of respiratory protection programs.

› Liz Foott, CSP, CIT
  Safety Director
  Kirby Nagelhout, Bend

› Amber Hofer, CSP, SMS, MS
  Safety Manager
  Fortis Construction, Portland

Register online at safetyseries.cventevents.com/central23
Sustainable Employee Involvement
Are you looking for ways to meaningfully and actively involve employees in your safety programs at work? Do you wish to improve the safety culture of your workplace? These questions and more are answered in this fast-paced presentation by two Oregon OSHA consultants with more than 50 years of combined experience. The most effective safety management systems tend to be management led but employee driven. For employees to truly drive safety, they must be meaningfully and actively involved. Getting employees to participate in safety can be difficult, but it doesn’t have to be. Most of your best workers are already looking for ways to be more effective in their jobs, they just need to know how. This session covers some of the best practices used by Oregon companies to enable their employees to take meaningful and long-term ownership of safety- and health-related activities in their workplaces. Both speakers have assisted multiple Oregon companies to work toward and achieve Safety and Health Achievement Recognition Program (SHARP) status, and both have served as team leads on Oregon OSHA Voluntary Protection Program (VPP) teams. They share some of the many methods to successfully build and maintain employee involvement in safety and health activities.

Mark Hurliman, CSHM
VPP/SHARP Program Coordinator
Oregon OSHA, Medford

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

Organizational Statements: OSHA Requires Them, but What Do They Mean?
In the Oregon OSHA rules for firefighters, there is a requirement for the agency to have an organizational statement, but what does that really mean? In this discussion, the speaker discusses why having an organizational statement helps your fire agency be more effective when serving your community.

Jason Jantzi
Risk Management Consultant – Public Safety
SDAO, Salem

3:30-5 p.m. SESSION 3

De-escalation – Bringing Calm to Confrontation
More than 90 percent of all crisis situations are emotionally driven. In this session, we examine the mechanics of a crisis. By understanding the contributing components of a crisis and the variables that influence them, we can manipulate those components to bring subjects in emotional crisis to a more rational state of mind. We discuss obstacles to communication and how to deal with them. We examine composite emotions and how to deflate them with the use of emotional labeling, while emotional prediction is presented as a rapport building tool.

Chris Stoaks
Officer
City of Bend Police Department, Bend

Register online at safetyseries.cventevents.com/central23
Accident Investigation for Safety Committees

All safety committee members must have training in the principles of accident and incident investigations for use in evaluating those events. Safety committees are also required to establish, amend, or adopt accident investigation procedures, as well as identifying and correcting hazards. Additionally, safety committees must evaluate all accident and incident investigations and make recommendations for ways to prevent similar events from occurring. This session delves into not just accident causation theory, but into the hierarchy of controls to find and track solutions that eliminate recurrence.

- Liz Foott, CSP, CIT
  Safety Director
  Kirby Nagelhout, Bend
- Amber Hofer, CSP, SMS, MS
  Safety Manager
  Fortis Construction, Portland

Succession Planning for Safety Success

It happens all the time; we build strong, successful safety programs 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 insight in how to reduce the negative effects personnel change can have? Learn what several Voluntary Protection Program (VPP) sites have done over the years, including one site that successfully navigated potentially devastating leadership change and had a very good outcome.

- Terance Chapman, SGE
  Program Manager Process Engineering
  Klamath Energy, Klamath Falls
- Mark Hurliman, CSHM
  VPP/SHARP Program Coordinator
  Oregon OSHA, Medford

Heat and Smoke: Are These Really My Problem?

Working in heat and smoke is not new to most of us. It is not difficult to put together a good working program that helps your employees and company avoid difficult emergency response scenarios. We review the basic program requirements for the current Oregon OSHA heat and smoke rules and point out some of the best practices on the web.

- Paul Utterback, EdM, MS, CIH
  Senior Industrial Hygienist IV
  Oregon OSHA, Medford
Construction Safety Management in General Industry - What You Need to Know

Do you work in general industry, yet you have construction activities happening at your facility? This course helps to navigate the complexities of working in a general industry environment where construction activities may occur. This class provides guidance to better understand combined industry standards and requirements.

- Heath Foott, CSP, CSHM, MBA
  NORAM Loss Control/Safety Central
  Area Manager
  Meta, Sisters

- Brett Phillips, LEED AP
  Manager, Oregon Workplace Operations Facilities and Engineering
  Intel, Hillsboro

Work-life Balance

This session explores the health and wellness qualities that make for successful firefighters and staff members at work and home. Participants learn how and why they need to put their physical, psychological, social, and spiritual needs first. They learn that the more they care for themselves, the better they are able to serve their communities and their families. Participants take part in interactive activities and discussions to identify who and what are important in their lives, and how to begin aligning their day-to-day behaviors with their priorities.

- Donnie Hutchinson, PhD
  First Responder Work-Life Balance and Self-Care Instructor
  Palm Coast, Florida

Register online at safetyseries.cventevents.com/central23
Tuesday, September 26

**Session Descriptions**

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

**SESSION 4**

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

**Take Care, Be Aware**

This session teaches you that personal safety starts with an awareness of your surroundings and making decisions based on your observations. You learn how to practice situational awareness and how your observations can help you make good decisions to mitigate potential risks to your safety. We discuss how to use your surroundings to your advantage, pre-assaultive indicators, survival mindset, training, and active threat response.

- **Sergeant Zach Steward**  
  Deschutes County Sheriff’s Office, Bend

**Energizing Your Safety Committees by Doing Safety Differently**

Traditional safety is driven by compliance and our desire to get employees to follow the rules and not make mistakes. Join us for a new approach to thinking about safety – to understand that human error does happen. Instead of being surprised by error and failure, we listen and learn from those who do the work. Using these concepts, you’ll learn how to move your safety committee from compliance to having a real effect on employee safety.

- **Luke Betts, CSP, ARM-E, AIS**  
  Senior Safety Management Consultant  
  SAIF Corporation, Bend
- **Kevin Kilroy, CSP**  
  Senior Safety Management Consultant  
  SAIF Corporation, Bend

**Recognizing Impairment**

Keeping your team safe at work is more challenging today than ever before! This class reveals the societal impact of today’s drug trends and teaches you how to ensure your employees are “fit for duty.” We review the steps to a reasonable suspicion scenario and the importance of having your supervisory team trained on how to recognize impairment, follow company protocol, and activate a documented case. The drunk goggle activities are always a big hit as well, bringing a little comedic relief to an otherwise serious topic.

- **Tracie Butterfield**  
  CEO and Owner  
  Butterfield Testing Solutions, Bend

**Hazardous Waste Safety and Compliance for Small Business**

This presentation provides an overview of the Resource Conservation and Recovery Act (RCRA), which is the federal law regulating hazardous and solid waste. The basics of how to safely identify, store, manage, and dispose of hazardous and universal waste are discussed, as well as the most common types of hazardous wastes generated at small businesses. Also, there is a demonstration on how to use online resources such as the Environmental Protection Administration (EPA) and Department of Environmental Equality (DEQ) websites and enforcement databases for research.

- **Ryan Peterson**  
  Hazardous Waste Compliance Specialist  
  Oregon Department of Environmental Quality, Bend
Navigating the Ever-changing Landscape of Emerging Safety Technologies

What environment, health, and safety (EHS) program implementation strategies are best for your company? Many companies have been investing in enterprise EHS software. Some are adopting emerging technologies such as artificial intelligence, no-code development platforms, and virtual reality. Still, others are sticking to traditional management in formats such as Microsoft Word and Excel. How do you know what’s right for you, your team, and your organization? Come hear the speaker share his experiences in implementing strategies for managing EHS risk, and what has worked and what hasn’t. Among the specific examples he’ll share, the speaker showcases emerging technologies such as virtual reality training environments and native mobile application development using no-code platforms.

- Jacob Zollinger, CSP
  VP, Strategy and Partnerships
  ReadyKey, Powered by Guidebook, Bend

Is NFPA 1561 Just for the Fireground?
Proper Management of Your Fire Agency’s Safety Program

In this conversation, the speaker provides answers and maybe even some stories from the field about the purpose of NFPA 1561 and overall management systems in the context of the Oregon OSHA rules for firefighters. Often fire agencies do very well either on the fireground or in the stationhouse, but seldom both. Jason provides practical advice about these points to ponder:

- Is accountability only necessary on the fireground?

- How do regular performance evaluations determine training needs?
- Can performance measures undercut safety?

Jason Jantzi
Risk Management Consultant – Public Safety
SDAO, Salem

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

10:45 a.m.-noon  SESSION 5

Preventing Serious Injuries and Fatalities in the Workplace

The potential for a serious injury and fatality exists in many work environments, but simply managing routine safety programs does not necessarily address these risks. Come learn practical steps for identifying potential risks, best practices for prevention, and resources for engaging your employees to help prevent a serious injury or fatality from occurring at your business.

- Mike Hill, CSP
  Senior Safety Management Consultant
  SAIF Corporation, Medford

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, ARM, SPHR
  Senior Safety Management Consultant
  SAIF Corporation, Bend

Register online at safetyseries.cventevents.com/central23
**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**
  
  Re-employment Specialist  
  Oregon Workers’ Compensation Division  
  Preferred Worker Program, Salem

- **Charity Steffen**
  
  Employment Services Team Manager  
  Oregon Workers’ Compensation Division  
  Preferred Worker Program, Salem

**Permit Required Confined Spaces – Do You Have Them? If So, Now What?**

This class is a continuation of the 2022 confined space class that focused on identifying confined spaces and evaluating alternate entry procedures. We give a quick overview of that class but focus on what is required to enter a permit–required confined space. We also discuss written program requirements and the specific requirements for an entry permit, which include the duties of the entrants, attendants, and rescue personnel.

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

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

**Developing Safety Culture: Comparing Levels of Safety Maturity and Using the Right Tactics in Each**

It’s 2023 and most of our companies have thorough, compliant safety programs full of best practices for minimizing risk and avoiding incidents. When something goes wrong and we attend an after-action review, too often we find that crews didn’t follow those best practices. It’s usually because the actual safety culture made it easier to do anything other than follow risk-mitigating processes. This session describes the critical role that culture plays in determining how well our colleagues are likely to follow best practices and how to encourage them to think they are actually more than a bunch of rules – they are actually good ideas. Attendees learn a model for organizational development and to identify comparative levels of safety culture, as well as level-appropriate tactics for moving to the next level.

- **Heath Foott, CSP, CSHM, MBA**
  
  NORAM Loss Control/Safety Central Area Manager  
  Meta, Sisters

- **Brett Phillips, LEED AP**
  
  Manager, Oregon Workplace Operations Facilities and Engineering  
  Intel, Hillsboro

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

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Register online at [safetyseries.cventevents.com/central23](http://safetyseries.cventevents.com/central23)
Community Wildfire Risk Reduction Program - Fire-adapted Communities

In recent years, wildfire has become an increasing threat to Oregonians. Flames destroyed communities, upended lives, and changed the landscape forever. How do we rise to this threat and learn to live with wildfire? Join the Oregon State Fire Marshal (OSFM) for a discussion on how the agency is making strategic investments, bringing people together, and using the best available science to engage all Oregonians in its mission. OSFM is taking a multipronged approach to the wildfire challenge by being the stewards of defensible space, engaging communities in wildfire risk reduction, and increasing response capacity. Let’s empower communities together and learn from each other as we create a more fire-adapted Oregon.

› Claire McGrew
  Chief Deputy State Fire Marshal
  Oregon State Fire Marshal, Salem

Effective Quarterly Safety Inspections

When it comes to safety, inspections are your first line of defense against an unsafe workplace. There are three types of safety inspections: Oregon OSHA Compliance inspections, Oregon OSHA Consultation inspections, and employee inspections. This session covers employee inspections. The attendee has the opportunity to review and discuss current rules and responsibilities safety committee members need to know to conduct effective safety quarterly inspections. Other safety inspection topics covered in this class include:

- Requirements for quarterly safety inspections
- Assembling your inspection team
- How to conduct your safety inspections
- What to look for (hazard identification)
- How to prioritize safety violations
- Recordkeeping and documentation
- Evaluating the pitfalls and successes of your inspection

› Rick Blackmarr
  Retired, Consultant
  Oregon

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
Manganese and High-risk Metals in Welding Fumes

There always have been welding rules for general industry, construction, and agriculture, but the recent updates to chrome, beryllium, and manganese have increased awareness to the hazards of welding fumes. Rules now include more attention to exposure management, housekeeping, safe work practice charts, and new engineering controls for welding fume exposure. We review the rules, best practices, and the many free web-based resources, checklists, safety data sheets, and training programs that are available. The session helps you perform a successful hazard assessment and provide high-quality welding health and safety.

- Paul Utterback, EdM, MS, CIH
  Senior Industrial Hygienist IV
  Oregon OSHA, Medford

Fall Protection – Walking Working Surfaces

This class takes you through hazard identification, remediation, and performance improvement suggestions while providing a means to improve identification skills for safety professionals and safety committees. A picture says a thousand words, and this class includes real-life pictures that portray a large array of topics and challenges around fall protection and walking working surfaces.

- Heath Foott, CSP, CSHM, MBA
  NORAM Loss Control/Safety Central Area Manager
  Meta, Sisters
- Brett Phillips, LEED AP
  Manager, Oregon Workplace Operations Facilities and Engineering
  Intel, Hillsboro

Psychological Resiliency to Critical Incidents and Chronic Stressors (1-4:15 p.m.)

Introducing strategic implementation of culture change, peer support teams, and utilization of mental health expertise, this session addresses methods of improving the psychological resilience of employees. Staff members who encounter chronic stressors and critical incidents may struggle when the work environment does not offer support. Resilience is a natural trait that can be enhanced. With lessons from fire and law enforcement agencies, Dr. Barram outlines targeted steps to establishing a culture and programs within your business or department to improve staff resilience.

- Andy Barram
  Doctor
  Bend Fire & Rescue / RiverFlow Psychology Services, Bend

2:30-3 p.m.    Break

3-4:15 p.m.    SESSION 7

Power of Questions (continued)

Psychological Resiliency to Critical Incidents and Chronic Stressors (continued)
Emergency Preparedness at Work, at Home, and at Play
Participants become familiar with disasters we face here in Oregon and how we can prepare ourselves, our families, and where we work. This presentation moves participants through the disaster preparedness process, beginning with a short review of past disasters in Oregon and assessing potential hazards in your community. Once hazards and threats have been identified, we focus on family preparedness training, building “go kits,” and best practices for communicating with loved ones.

Stan Thomas  
Division Director  
Oregon Department of Emergency Management, Bend

Worker Well-being in Five Easy Steps
A blend of safety, health, and well-being at home and at work is a powerful injury prevention strategy. An integrated approach, like Total Worker Health® includes workplace protections and health supports resulting in improved well-being.

Come and learn about worker well-being in five easy steps. The process that can help identify the root causes of workplace well-being issues and engage your workers in designing solutions and taking action. The process weaves together safety, health, and well-being through organizational, environmental, and individual perspectives resulting in an integrated set of solutions. This session guides you through the following steps and helps generate ideas to take back to your workplace: identify, engage, design, action, and review.

Liz Hill, MPH, CIH, CSP  
Total Work Health Adviser  
SAIF Corporation, Salem

Slips, Trips, and Falls
Slips, trips, and falls are the nation’s second leading cause of death in the workplace and account for more than 200,000 lost-time injuries. This interactive session describes the direct and indirect costs associated with these injuries plus explore the causes (some obvious and some not so obvious) and prevention strategies.

Craig Hamelund  
Education Specialist  
Oregon OSHA, Tigard

Selling Safety to Management
“Safety is the right thing to do” may make an OK slogan, or even a bland bumper sticker, but why are we surprised when management does not run with your or your safety committee’s recommendation when you tell them this? Communicating safety to management is more than just words; we can affect the overall safety culture (either for the positive or negative). This workshop is designed to expose other methods of selling safety to management to cultivate a better overall safety culture.

Luke Betts, CSP, ARM-E, AIS  
Senior Safety Management Consultant  
SAIF Corporation, Bend

Kevin Kilroy  
Senior Safety Management Consultant  
SAIF Corporation, Bend

Register online at safetyseries.cventevents.com/central23
Fire Prevention and Public Safety

We train attendees on the proper use of fire extinguishers. Participants use a live propane fire prop with refillable fire extinguishers. Key talking points are types of fire extinguishers, proper use and deployment, and discussing different types of fires and extinguishers specific to those fires.

- This session is off-site and you will need to provide your own transportation.

- Jason Kamperman, Fire Inspector I, NFPA
  Fire Investigator
  Fire Inspector
  City of Bend Fire & Rescue, Bend

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/central23
The Conference Planning Committee extends special thanks to the following organizations for their generous donations to this year’s conference:

- AmeriTies West, LLC
- Deschutes Brewery
- Deschutes County Farm Bureau
- Lonza Bend, Inc.
- Oregon Farm Bureau
- Oregon Fire Chiefs Association Safety & Health Section
- Oregon SHARP Alliance
- SAIF Corporation
- SDAO
- Suterra
- PGE, Pelton Round Butte Dam

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.

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 25 & 26, 2023**  
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) |  
| **Do you want to stay on the mailing list for this conference?** □ Yes □ No | |  

#### Part 1 – Registration fees

<table>
<thead>
<tr>
<th><strong>General attendance</strong> (check all that apply)</th>
<th><strong>Payment (check, credit card information, or purchase order) must accompany registration form.</strong></th>
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<tbody>
<tr>
<td>□ Monday and Tuesday (Sept. 25 &amp; 26).........</td>
<td>□ MasterCard □ VISA □ American Express □ Discover</td>
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<td>□ One day Monday (Sept. 25)...................</td>
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<td>□ One day Tuesday (Sept. 26)...................</td>
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**TOTAL ENCLOSED $_____**

**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 18, 2023.
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):**

**Billing address:**

**Billing ZIP Code:**

Exp. date:  

**Security code:**

**Signature:**

Credit Card #: [Redacted]

For your protection, your credit card number will be shredded after processing.
Monday, September 25
9:30-11 a.m.  SESSION 1
1   2  Control of Hazardous Energy
1   2  I’m on the Safety Committee, Now What?
1   2  Preparing for the Big One: Getting Started with ShakeAlert Earthquake Early Warning Technology
1   2  Deschutes County Suicide Prevention Program
1   2  Chemical Safety in the Workplace
1   2  Confessions of an Oregon OSHA Consultant – Commonly (and Not-So-Commonly) Found Items in the Fire Service
11 a.m.-1:15 p.m.
☐ Yes, I will attend Lunch (provided until noon), Opening, and Keynote: Begin With Who, Not What, How, or Why, for Health and Well-Being (12:15-1:15 p.m.)
1:45-3 p.m.  SESSION 2
1   2  Electrical Safety and You
1   2  Hazard Identification
1   2  Basic Office Ergonomics
1   2  Respiratory Protection
1   2  Sustainable Employee Involvement
1   2  Organizational Statements: OSHA Requires Them, but What Do They Mean?
3:30-5 p.m.  SESSION 3
1   2  De-escalation – Bringing Calm to Confrontation
1   2  Accident Investigation for Safety Committees
11 a.m.-1:15 p.m.
☐ Yes, I will attend the Breakfast and Visit Exhibits
8:30-10 a.m.  SESSION 4
1   2  Take Care, Be Aware
1   2  Energizing Your Safety Committees by Doing Safety Differently
1   2  Recognizing Impairment
1   2  Hazardous Waste Safety and Compliance for Small Business
1   2  Navigating the Ever-changing Landscape of Emerging Safety Technologies
1   2  Is NFPA 1561 Just for the Fireground? Proper Management of Your Fire Agency’s Safety Program
10:45 a.m.-noon  SESSION 5
1   2  Preventing Serious Injuries and Fatalities in the Workplace
1   2  Safer Trucking: Essential Resources and Tools for Drivers
1   2  Preferred Worker Program/ Employer-at-Injury Program – Not Too Good To Be True

Tuesday, September 26
7:30-8:30 a.m.
☐ Yes, I will attend Lunch (provided until noon), Opening, and Keynote: Begin With Who, Not What, How, or Why, for Health and Well-Being (12:15-1:15 p.m.)
1:45-3 p.m.  SESSION 6
1   2  Succession Planning for Safety Success
1   2  Heat and Smoke: Are These Really My Problem?
1   2  Construction Safety Management in General Industry – What You Need to Know
1   2  Work-life Balance
1   2  Permit Required Confined Spaces – Do You Have Them? If So, Now What?
1   2  Developing Safety Culture: Comparing Levels of Safety Maturity and Using the Right Tactics in Each
3-4:15 p.m.  SESSION 7
1   2  Community Wildfire Risk Reduction Program – Fire-adapted Communities
1   2  Effective Quarterly Safety Inspections
1   2  Power of Questions (1-4:15 p.m.)
1   2  Manganese and High-risk Metals in Welding Fumes
1   2  Fall Protection – Walking Working Surfaces
1   2  Psychological Resiliency to Critical Incidents and Chronic Stressors (1-4:15 p.m.)
1   2  Emergency Preparedness at Work, at Home, and at Play
1   2  Worker Well-being in Five Easy Steps
1   2  Slips, Trips, and Falls
1   2  Selling Safety to Management
1   2  Fire Prevention and Public Safety (off-site; provide own transportation)

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