



Riverhouse Lodge • Bend, Oregon
September 15 and 16, 2025
(Monday and Tuesday)



Keynote

Turning Obstacles into Opportunities

In this high-energy and insight-filled presentation, Hoan shares the mindset shifts, habits, and strategies that separate top performers from the rest. Attendees learn how to reframe setbacks, a powerful three-step process to stack the odds in their favor, and drive continuous improvement—both individually and as a team. Through inspiring stories and actionable takeaways, this keynote equips leaders and teams with the tools to achieve exponential growth, no matter the challenges ahead.

by Hoan Do, International Speaker, Author, American Ninja Warrior Finalist

Register online at safetyseries.cventevents.com/central25

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/central25. 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, 2025

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/central25

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 5. 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 Lodge. All reservations received after August 16, 2025, are accepted only if space is available. Mention the room block name "COSHA 2025 Conference" or that you are attending the Central Oregon Safety & Health Conference.

For room reservations, call:

Riverhouse Lodge

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

Register online at safetyseries.cventevents.com/central25



Thank you to the Oregon Fire Chiefs
Association Safety & Health Section for
their assistance creating the emergency
services track.



Monday, September 15

9 a.m. Registration opens

10-11:30 a.m.

SESSION 1

- I'm on the Safety Committee, Now What?
- Is It Getting Hot in Here? Oregon OSHA's Heat Stress Rule Requirements
- Employer-at-Injury and Preferred Worker Program
- Practical Strategies for Enhancing Your Safety Culture
- Lithium-Ion Battery Safety Considerations (*repeat on Tuesday*)
- Managing Impairment in the Workplace With Cannabis Legalization

11:15 a.m.-3 p.m. Exhibits open

11:30 a.m.-12:15 p.m. Lunch (*provided*)

12:15-12:30 p.m. Opening

12:30-1 p.m. Break and Visit Exhibits

1-2:15 p.m.

SESSION 2

- Hazard Identification
- Workplace Stress/Burnout: What Health and Safety Professionals Can Do?
- Respiratory Protection Programs
- Building Dynamic Safety Teams: The Engine That Drives a Supercharged Safety Program
- Fostering Mental Health Through the Fire Department Peer Support Team
- Stay Sharp: Situational Awareness for Safety

2:15-3 p.m. Break and Visit Exhibits

3-4:30 p.m.

SESSION 3

- Incident Analysis 101: Turning Data Into Prevention
- The Job Hazard Analysis (JHA)
- Recordkeeping and Reporting
- Total Worker Health® Awareness for Safety Committees
- Fire Service Leadership Promoting Safety Culture
- Developing Safety Culture: Comparing Levels of Safety Maturity and Using the Right Tactics in Each

Register online at safetyseries.cventevents.com/central25

Tuesday, September 16

- 7:30 a.m. Registration opens
- 7:30-8:15 a.m. Breakfast (*provided*), Prize drawings, and Visit Exhibits
- 7:30 a.m.-1:15 p.m. Exhibits open
- 8:15-9:30 a.m. Announcements, Prize drawings, and Keynote: Turning Obstacles Into Opportunities
- 9:30 - 10:30 a.m. Break and Visit Exhibits

10:30 a.m.-noon

SESSION 4

- Industrial Hygiene: Understanding, Measuring, and Mitigating Workplace Hazards (Focus on Inhalation and Noise Hazards)
- I See Hurt People Part 1: Hazard Identification Basics
- Engage Them: Strategies for Employee Retention and Resilience
- Fall Protection Training
- Leveraging Artificial Intelligence (AI) in Safety
- Emergency Services Panel: Physical and Mental Health Topics

- Noon-1:15 p.m. Lunch and Visit Exhibits

1:15-2:30 p.m.

SESSION 5

- Selling Safety to Management
- The Ripple Effect: Accidents
- Understanding Hand/Eye Safety Standards and Best Practices for Testing/Implementing PPE
- Practical Strategies for Preventing Same-Level Slips, Trips, and Falls
- What Do You Do If You Arrive On Scene First? Early CPR Intervention and Stop the Bleed
- Lithium-Ion Battery Safety Considerations (*repeat from Monday*)

- 2:30-3 p.m. Break

3-4:15 p.m.

SESSION 6

- Take Care, Be Aware
- Accident Investigation for Safety Committees
- I See Hurt People Part 2: The Sixth Sense of Hazard Analysis and Mitigation
- Welding Fumes: Health Impacts and Prevention Strategies
- Driving in Oregon's Changing Seasons; What To Know and How To Stay Safe

Register online at safetyseries.cventevents.com/central25

Monday, September 15

Topics of interest for...



**Emergency Services/
First Responder**



Safety Committees

9 a.m.

Registration opens

10-11:30 a.m.

SESSION 1

I'm on the Safety Committee, Now What?

SC

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

Is It Getting Hot in Here? Oregon OSHA's Heat Stress Rule Requirements

Attendees are able to ask any questions regarding the new heat stress regulation. The presentation summarizes the requirements of the heat stress regulation with some tips to implement an effective program.

- ▶ **Brandi Davis, MS, CIH, CSP**
Health Enforcement Manager, Industrial Hygienist
Oregon OSHA, Tigard

Employer-at-Injury and Preferred Worker Program

Join this session for a case study showing how to maximize Oregon's return-to-work programs.

- ▶ **Christy Johnson**
Reemployment Specialist
Preferred Worker Program, Salem
- ▶ **Zoe Tacadena**
Reemployment Specialist
Workers' Compensation Division, Salem

Practical Strategies for Enhancing Your Safety Culture

Participants are introduced to essential skills and best practices to support safety performance within an organization. Through interactive learning and real-world application, participants begin building a solid foundation for fostering a strong safety culture. Ideal for those new to the field or seeking a refresher, the course offers practical insights that can be applied across a variety of industries.

- ▶ **Michelle Pari, CSP, M.Ed.**
Safety Strategist and Owner
Ascend Safety, Portland

Monday, September 15 *(continued)*

Lithium-Ion Battery Safety Considerations *(repeat on Tuesday)*



Lithium-ion batteries are essential to modern technology. They power everything from cellphones to vehicles and large-scale energy storage systems. However, their high-energy density and chemical composition also introduce significant safety risks when damaged, misused, or subjected to failure conditions. In this presentation, we explore the construction of lithium-ion batteries, the hazards associated with pre- and post-battery failure, aftermarket battery considerations, and case reviews from recent failures.

- ▶ **Richard Heuchert**
Training Specialist
Oregon State Fire Marshal, Salem

Managing Impairment in the Workplace With Cannabis Legalization

As cannabis legalization continues to grow across the United States, employers and safety professionals must keep up with the new laws to ensure company policies do not violate employment protection laws. This session discusses the legalization map in the United States, employment protection laws, worker's compensation protections, and developing policies to ensure employees show up fit for work. There is a bonus section to show the map of legalization in the U.S. for medical use and studies of psychedelic mushrooms, and Oregon's state regulations regarding recreational growing and possession.

- ▶ **Niki Holm, CSP**
Risk Control Advisor
IMA, Springfield

11:15-3 p.m.

Exhibits open

11:30 a.m.-12:15 p.m.

Lunch *(provided)*

12:15-12:30 p.m.

Opening

Randy McCulley
Conference Chairperson

Welcome

Renée Stapleton
Administrator, Oregon OSHA

12:30-1 p.m.

Visit Exhibits

1-2:15 p.m.

SESSION 2

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

Monday, September 15 (*continued*)

Workplace Stress/Burnout: What Health and Safety Professionals Can Do?

Are you concerned about the rising levels of stress and burnout in your workplace? Join us for an interactive and insightful presentation on the main causes and effects of work stress and burnout, as well as effective solutions to prevent this problem from a Total Worker Health® (TWH) perspective. This holistic approach addresses both the physical and mental well-being of workers. More specifically, you have the opportunity to learn practical ways to foster a supportive and psychologically safe work environment as part of your existing safety management practices. These include tools and resources you can bring to your workplace to create a healthier, more productive, and engaging environment where workers can thrive, positively affecting your organization's performance.

► **Katia Costa-Black, PT, Ph.D.**

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

Respiratory Protection Programs

This session covers the reasons behind the need – both worker safety and regulatory – for a respiratory protection program. We cover the required and key elements for the program and discuss the worker protection standard.

► **Liz Foott, CSP, CIT, MST**

*EHS Director, Data Center Solutions
Black Box*

Building Dynamic Safety Teams: The Engine That Drives a Supercharged Safety Program

Discover the essential strategies for cultivating a high-performing safety team that can transform a safety program from one that is struggling to one that rockets to higher levels of achievement. Learn how to structure roles within your program to encourage enthusiastic employee participation. Gain valuable insights from seasoned safety program managers as they share their strategies for fostering a culture of continuous improvement and lasting change. Explore how trust and collaboration can drive workplace enthusiasm, creating an environment of sustained safety excellence.

► **Michael Hill, CSP**

*Senior Safety Management Consultant
SAIF Corporation, Medford*

► **Mark Hurliman, CSHM**

*Voluntary Programs Coordinator
Oregon OSHA, Medford*

Monday, September 15 (continued)

Fostering Mental Health Through the Fire Department Peer Support Team

In this presentation, attendees learn about the different aspects and methods the Bend Fire & Rescue Peer Team are using to foster mental health within its agency. We review approaches to responding to individual challenges, as well as critical incidents involving multiple staff members. This presentation encourages consideration of what might work and what alternatives could be useful in attendees' own agencies or companies through group discussion.

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

- ▶ **Nick Thomas**
Firefighter Paramedic
Bend Fire & Rescue, Bend

Stay Sharp: Situational Awareness for Safety

This session focuses on situational awareness as an on-the-job safety skill critical for hazard identification, effective decision-making, and accident prevention. You learn what it is; the goal of situational awareness; the five levels of situational awareness, including where each individual should be on an ongoing basis; and identify strategies for improving situational awareness as a safety skill. You also learn the four main characteristics of situational awareness and how to apply them in your daily work, as well as to life outside of work.

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

2:15-3 P.M.

Break and Visit Exhibits

3-4:30 p.m.

SESSION 3

Incident Analysis 101: Turning Data Into Prevention

Preventing accidents starts with proactive safety measures, but true improvement comes from learning after incidents occur. Through effective accident and near-miss investigations, organizations can uncover hidden vulnerabilities in their safety programs, leading to meaningful change and fewer injuries. This session explores key investigation requirements and best practices, guiding you on how to prioritize findings and implement effective recommendations to enhance workplace safety.

- ▶ **Niki Fisher**
Risk Management Consultant
Special Districts Association of Oregon (SDAO)
Bend
- ▶ **Kevin Jones, ARM, CPSI**
Risk Management Consultant
Special Districts Association of Oregon (SDAO)
Salem

The Job Hazard Analysis (JHA)

Whether they are called job hazard analyses (JHAs), job safety analyses (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

Register online at safetyseries.cventevents.com/central25

Monday, September 15 (*continued*)

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

Total Worker Health® Awareness for Safety Committees

SC

Safety committees play a crucial role in 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 about bringing a comprehensive view of hazards to your committees using the Total Worker Health® (TWH) approach. This approach has been widely recognized and successfully implemented in workplaces across industries. Participants are able to relate how current safety committees' activities might relate (or not) to the TWH approach and discuss some of specific employee engagement and supportive supervision solutions to advance health, safety, and well-being at work more effectively.

- ▶ **Liz Hill, MPH, CIH, CSP**
Total Worker Health Advisor
SAIF Corporation, Salem

Fire Service Leadership Promoting Safety Culture



Safety and high performance go hand in hand. Creating and maintaining a fire service culture which values safety, tradition, and operational effectiveness does

not happen by accident. By intentional effort we can provide education, training, and leadership to build a culture based on managed risk and operational excellence. Fire service leaders must model the habits, skills, and authenticity our firefighters need to thrive throughout and beyond their careers. In this session we explore applicable skills line supervisors can use to build high performance teams.

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

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

It is 2025, and most of our companies have thorough, compliant safety programs, full of best practices for minimizing risk and avoiding incident. When something goes wrong, and we attend an after-action review, too often we find that crews did not follow those best practices. And it is usually because the actual safety culture made it easier to do anything other than follow risk-mitigating processes. This session describes the critical role 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 how to identify comparative levels of safety culture, as well as level-appropriate tactics for moving to the next level.

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

Tuesday, September 16

7:30 a.m.	Registration opens
7:30-8:15 a.m.	Breakfast (<i>provided</i>)
7:30 a.m.-1:15 p.m.	Exhibits open
8:15-8:30 a.m.	Announcements and Prize drawings

8:30-9:30 a.m.

Keynote: Turning Obstacles Into Opportunities

Every challenge carries the potential for growth – but only if harnessed correctly. In today’s fast-paced world, high performers don’t just overcome obstacles; they use them as stepping stones for greater success. The key is not working harder—it is thinking and leading differently. It is learning how to correctly harness the potential growth for challenge, and international speaker/author Hoan Do has taught category leaders how to do exactly that. In this high-energy and insightful presentation, Hoan shares the mindset shifts, habits, and strategies that separate top performers from the rest. Attendees learn how to reframe setbacks, a powerful three-step process to stack the odds in their favor, and drive continuous improvement – both individually and as a team. Through inspiring stories and actionable takeaways, this session equips leaders and teams with the tools to achieve exponential growth, no matter the challenges ahead.

- ▶ **Hoan Do**
International Speaker, Author

9:30-10:30 a.m. Break and Visit Exhibits

10:30 a.m.-noon

Session 4

Industrial Hygiene: Understanding, Measuring, and Mitigating Workplace Hazards (Focus on Inhalation and Noise Hazards)

This presentation aims to provide a review of key industrial hygiene concepts and principles, with a particular focus on inhalation and noise hazards. Participants gain a thorough understanding of the risks associated with these hazards and the best practices for mitigating them in the workplace.

- ▶ **Jon Hopper, MS, GSP**
Senior Manager – Environment, Health, and Safety & Facilities, Engineering, and Maintenance
Thermo Fisher Scientific, Bend

I See Hurt People Part 1: Hazard Identification Basics

SC

This session helps provide newer safety practitioners with the basic tools and skills needed to “see” conditions in the workplace with a different lens. Many hazards can lie dormant until the perfect storm of circumstances come together to cause harm. Attendees learn to not only “see” the injuries before they occur, but proven methods for controlling and mitigating the hazards that cause them.

- ▶ **Michael Hill, CSP**
Senior Safety Management Consultant
SAIF Corporation, Medford
- ▶ **Patti McGuire,**
Regional Safety & Health Supervisor
SAIF Corporation, Medford

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Tuesday, September 16 *(continued)*

Engage Them: Strategies for Employee Retention and Resilience

We all want employees who are productive, innovative, and committed. And in today's work environment, keeping employees motivated to do their best and dedicated to an organization can be challenging. This session addresses keys to employee motivation, both intrinsic and extrinsic, such as how to identify warning signs of disengagement to prevent turnover, and identify focus areas and strategies for retention within your organization. You learn methods to foster resilience and create a supportive work environment for your employees.

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

Fall Protection Training

This session is designed for those who are new or experienced in fall protection and are looking to begin or enhance their knowledge of recognizing and mitigating fall hazards. Although structured, we can address specific needs and applications of those in attendance. Attendees benefit from hands-on instructions and exercises.

- ▶ **Dan McKeon, Competent Person-Train the Trainer, EM 385, OSHA 30**
Workforce Safety Specialist / Fall protection Trainer
Ritz Safety, Wilsonville

Leveraging Artificial Intelligence (AI) in Safety

Discover how artificial intelligence (AI) can enhance workplace safety in practical, easy-to-use ways. This session covers AI fundamentals, tools, and real-life applications from a beginner's perspective that helps improve communication, training, and compliance. No prior AI experience needed – just bring your curiosity!

- ▶ **Maya Anichini, MS, CSP, TPECS**
Safety Manager II
CPG, Ashburn
- ▶ **Zack Roberts**
Safety and Regulatory Specialist
St. Charles Health System, Bend

Emergency Services Panel: Physical and Mental Health Topics



Join this interactive panel discussion which covers key issues affecting first responders ranging from cancer risk reduction, physical health and fitness, behavioral health, incident safety, and pre-employment physical.

- ▶ **Jason Jantzi**
Senior Risk Management Consultant – Public Safety
Special Districts Association of Oregon (SDAO)
Salem
- ▶ **Dave Pickhardt**
Risk Manager and Fire District Consultant
WHA Insurance, Eugene
- ▶ **Darren Root**
Battalion Chief
Bend Fire & Rescue, Bend

Noon-1:15 p.m.

Lunch *(provided)*

Visit Exhibits

Tuesday, September 16 (*continued*)

1:15-2:30 p.m.

SESSION 5

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 this recommendation when you tell them this? Communicating safety to management is more than just words. We need to take the time to thoroughly collect data, analyze our solutions, and propose our ideas as a well-designed package, making it easy for management to see the value in our recommendations. In this workshop we share tools and methods to help you set yourself and your safety proposal up for success.

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

The Ripple Effect: Accidents

SC

The presentation discusses the importance of accident prevention through the telling of stories associated with accidents investigated by Oregon OSHA. The presentation briefly discusses the facts of the accident and the long-lasting effects the accident had on the injured employee. This is more of a motivational presentation, but also presents some hazards through the discussion of the events attendees may not have been aware of and can learn some recommendations to take back to their workplaces.

- ▶ **Brandi Davis, MS, CIH, CSP**
Health Enforcement Manager, Industrial Hygienist
Oregon OSHA, Tigard

Understanding Hand/Eye Safety Standards and Best Practices for Testing/Implementing PPE

In this session we dive into the industrial safety standards involving hand/eye safety and how PPE can be used to help keep workers safe. We discuss the different PPE standards organizations and how they report various components of hand safety including cut, puncture, and impact resistance. Additionally, we discuss the Z87 safety eyewear standard, how safety glasses/goggles are tested, and how to improve compliance with eye safety requirements in order to reduce injuries. Finally, we discuss some best practices (and common pitfalls) when trialing PPE and how to ensure new safety policies regarding PPE are implemented in a clear, effective, way. There is some group discussion, hands-on demonstrations, and reference material to follow along with and take home.

The goal of this session is to walk away with a basic understanding of what the various markings on gloves and eyewear mean, how to apply those standards to your real-life work environments, and how to effectively trial and implement new PPE.

- ▶ **Camden Storey, QSSP, OSHA 30**
Regional Manager
HexArmor, Grand Rapids, Michigan

Practical Strategies for Preventing Same-Level Slips, Trips, and Falls

Newton's discovery of gravity was the beginning of safety and health interventions. Learn about practical strategies and tactics for preventing same-level slip, trip, and fall injuries. Discuss general housekeeping considerations, such as the use of cords and hoses, parking lots and grounds, footwear selection,

Tuesday, September 16 (*continued*)

flooring options, mats and runners, wet floors, and employee training. Examples of employers' successful prevention initiatives are highlighted. Participants leave with resources, including a hazard assessment checklist, informational brochures, and posters.

- ▶ **Jim Nusser, CSP**
Safety and Health Division Advisor
SAIF Corporation, Eugene

What Do You Do If You Arrive On Scene First? Early CPR Intervention and Stop the Bleed



This session covers the following:

- The Importance of Early CPR in Sudden Cardiac Arrest
- Responding First on Scene: Initial Assessment and Triage
- Stop the Bleed: Hemorrhage Control and Hands-On Skills

- ▶ **Amber Hossick**
Owner
Code Ready Training and Consultation
- ▶ **Petar Hossick**
Captain, Emergency Medical Services
Bend Fire Department

Lithium-Ion Battery Safety Considerations (*repeat from Monday*)



Lithium-ion batteries are essential to modern technology. They power everything from cellphones to vehicles and large-scale energy storage systems. However, their high-energy density and chemical composition also introduce significant safety risks

when damaged, misused, or subjected to failure conditions. In this presentation, we explore the construction of lithium-ion batteries, the hazards associated with pre- and post-battery failure, aftermarket battery considerations, and case reviews from recent failures.

- ▶ **Richard Heuchert**
Training Specialist
Oregon State Fire Marshal, Salem

2:30-3 p.m.

Break

3-4:15 p.m.

SESSION 6

Take Care, Be Aware

This session is designed to:

- Heighten your personal awareness of your surroundings.
- Teach you how to recognize and interpret a situation.
- Train you on how to decide what your choices are in reacting to these situations.
- Understand how to implement your decision.
- Learn the criteria for an active threat response.

Attendees learn that personal safety starts with an awareness of your surroundings and to make decisions based on your observations. You are provided information on what to look for, how to interpret the information, and advice on how to improve the safety of you, your co-workers, and your family.

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

Tuesday, September 16 *(continued)*

Accident Investigation for Safety Committees

SC

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 that identify and correct 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 using the hierarchy of controls to find and track solutions that eliminate recurrence.

- ▶ **Liz Foott, CSP, CIT, MST**
*EHS Director, Data Center Solutions
Black Box*

I See Hurt People Part 2: The Sixth Sense of Hazard Analysis and Mitigation

Take your hazard identification skills to the next level in this intermediate-to-advanced session. Building on your foundation of great safety inspections, a functioning hazard reporting system, and incident analysis, you explore tools such as hazard analysis, risk assessment, and risk mapping to uncover serious, often-overlooked risks. Learn how to “see” hidden dangers, prioritize what matters most, and influence leadership to take action that drives real results.

- ▶ **Michael Hill, CSP**
*Senior Safety Management Consultant
SAIF Corporation, Medford*
- ▶ **Patti McGuire**
*Regional Safety and Health Supervisor
SAIF Corporation, Medford*

Welding Fumes: Health Impacts and Prevention Strategies

This session discusses the various types of welding processes and the health hazards associated with them (for example, metal fume fever, cancer, and neurological effects). The presentation also includes the welding control measures of substitution/elimination, engineering controls, work practice controls, and personal protective equipment.

- ▶ **Daniel Stuckrath, CIH, CSP**
*Industrial Hygienist
SAIF Corporation, Salem*

Driving in Oregon's Changing Seasons; What To Know and How To Stay Safe

Driving in Oregon, with the four seasons we enjoy, brings different driving conditions to our area throughout the year. This session focuses on how to drive defensively and safely during each of these changing seasons. We discuss in depth how to drive safely in winter and in inclement conditions, as well as how to “read your environment” for clues about slide and skid prevention and control when slides and skids occur. This session focuses on proactive attention while driving to anticipate and defend against the driving mistakes of others. We discuss proper steering, braking, and use of vision while driving, as well as prevention of some of the most common driving mistakes, including speed, distracted driving, and poor planning. Lastly, this class is open to questions about any topics class members wish to discuss.

- ▶ **Kevin Dizney**
*Deputy Sheriff
Deschutes County Sheriff's Office, Bend*
- ▶ **Ty Rupert**
*Captain
Deschutes County Sheriff's Office, Bend*

Register online at safetyseries.cventevents.com/central25

Sponsors *(as of 7/1/25)*

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

- ▶ **Anadyne**
- ▶ **BASX**
- ▶ **BBSI**
- ▶ **Cintas**
- ▶ **Deschutes Brewery**
- ▶ **Deschutes County Farm Bureau**
- ▶ **Lonza Bend, Inc.**
- ▶ **Oregon Farm Bureau Federation Health & Safety Committee**
- ▶ **Pacific Power**
- ▶ **PGE, Pelton Round Butte Dam**
- ▶ **SAIF Corporation**
- ▶ **SDAO**
- ▶ **SHARP Alliance**
- ▶ **Suterra**

Conference Planning Committee

Maya Anichini, *CPG Beyond*
Trevorr Beaver, *Suterra*
Kelli Candella, *Deschutes County Road Department*
Ben Denfeld, *Pacific Power*
David Douglas, *Meta*
Phil Drew, *Saddle Mountain Safety Management*
Warren Espinola, *Oregon OSHA*
Niki Fisher, *SDAO*
Andrea Leish, *City of Redmond*
George Lundberg, *BASX*
David McClung, *Deschutes Brewery*
Randy McCulley, *Deschutes County Road Department*
Zack Roberts, *St. Charles Healthcare*
Darren Root, *Bend Fire Department*
Greta Salvo, *SAIF Corporation*
Connie Smith, *City of Bend*
Cory Stengel, *Oregon OSHA*
Kristin Talbot, *Deschutes County Road Department*
Ken Vaughan, *BBSI*



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
and Business Services

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 15 & 16, 2025

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. 15 & 16) \$240
- ☐ One day Monday (Sept. 15) \$120
- ☐ One day Tuesday (Sept. 16) \$120

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, 2025.

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): _____

Email to send receipt (print): _____

Billing address: _____ **Billing ZIP Code:** _____

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

Signature: _____

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

(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"/> Product Manufacturing | <input type="checkbox"/> Warehousing |
| <input type="checkbox"/> Education | <input type="checkbox"/> Health Care | <input type="checkbox"/> Retail/Wholesale Sales | <input type="checkbox"/> Wood Product Manufacturing |
| <input type="checkbox"/> Fire/Emergency Services | <input type="checkbox"/> Lodging Services | <input type="checkbox"/> Restaurant/Food Services | <input type="checkbox"/> Other/not listed: _____ |

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 15

10-11:30 a.m. SESSION 1

- | | | |
|---|---|--|
| 1 | 2 | I'm on the Safety Committee, Now What? |
| 1 | 2 | Is It Getting Hot in Here? Oregon OSHA's Heat Stress Rule Requirements |
| 1 | 2 | Employer-at-Injury and Preferred Worker Program |
| 1 | 2 | Practical Strategies for Enhancing Your Safety Culture |
| 1 | 2 | Lithium-Ion Battery Safety Considerations
(repeat on Tuesday) |
| 1 | 2 | Managing Impairment in the Workplace With Cannabis Legalization |

11:30 a.m.-1 p.m.

- ☐ Yes, I will attend Lunch (provided until noon) and Opening

1-2:15 p.m. SESSION 2

- | | | |
|---|---|---|
| 1 | 2 | Hazard Identification |
| 1 | 2 | Workplace Stress/Burnout: What Health and Safety Professionals Can Do? |
| 1 | 2 | Respiratory Protection Programs |
| 1 | 2 | Building Dynamic Safety Teams: The Engine That Drives a Supercharged Safety Program |
| 1 | 2 | Fostering Mental Health Through the Fire Department Peer Support Team |
| 1 | 2 | Stay Sharp: Situational Awareness for Safety |

3-4:30 p.m. SESSION 3

- | | | |
|---|---|--|
| 1 | 2 | Incident Analysis 101: Turning Data Into Prevention |
| 1 | 2 | The Job Hazard Analysis (JHA) |
| 1 | 2 | Recordkeeping and Reporting |
| 1 | 2 | Total Worker Health® Awareness for Safety Committees |
| 1 | 2 | Fire Service Leadership Promoting Safety Culture |
| 1 | 2 | Developing Safety Culture: Comparing Levels of Safety Maturity and Using the Right Tactics in Each |

Tuesday, September 16

7:30-9:30 a.m.

- ☐ Yes, I will attend the Breakfast and Keynote: Turning Obstacles Into Opportunities

10:30 a.m.-noon SESSION 4

- | | | |
|---|---|--|
| 1 | 2 | Industrial Hygiene: Understanding, Measuring, and Mitigating Workplace Hazards (Focus on Inhalation and Noise Hazards) |
| 1 | 2 | I See Hurt People Part 1: Hazard Identification Basics |
| 1 | 2 | Engage Them: Strategies for Employee Retention and Resilience |
| 1 | 2 | Fall Protection Training |
| 1 | 2 | Leveraging Artificial Intelligence (AI) in Safety |
| 1 | 2 | Emergency Services Panel: Physical and Mental Health Topics |

1:15-2:30 p.m. SESSION 5

- | | | |
|---|---|---|
| 1 | 2 | Selling Safety to Management |
| 1 | 2 | The Ripple Effect: Accidents |
| 1 | 2 | Understanding Hand/Eye Safety Standards and Best Practices for Testing/Implementing PPE |
| 1 | 2 | Practical Strategies for Preventing Same-Level Slips, Trips, and Falls |
| 1 | 2 | What Do You Do If You Arrive On Scene First? Early CPR Intervention and Stop the Bleed |
| 1 | 2 | Lithium-Ion Battery Safety Considerations
(repeat from Monday) |

3-4:15 p.m. SESSION 6

- | | | |
|---|---|---|
| 1 | 2 | Take Care, Be Aware |
| 1 | 2 | Accident Investigation for Safety Committees |
| 1 | 2 | I See Hurt People Part 2: The Sixth Sense of Hazard Analysis and Mitigation |
| 1 | 2 | Welding Fumes: Health Impacts and Prevention Strategies |
| 1 | 2 | Driving in Oregon's Changing Seasons; What To Know and How To Stay Safe |