



# NORTHWEST SAFETY & HEALTH SUMMIT

## Join us

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

**May 13-15, 2025**

**Holiday Inn Portland – Columbia Riverfront  
Portland, Oregon**

## Registration Program

**For more conference information:**  
[osha.oregon.gov/conferences](https://osha.oregon.gov/conferences) • [RegionXVPPPA.org](https://RegionXVPPPA.org)

# General Conference Information

## Registration

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

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

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

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

**Fax: 503-947-7019**

Or scan/email form with payment information to:  
[oregon.conferences@dcbs.oregon.gov](mailto:oregon.conferences@dcbs.oregon.gov)

**Register online at**  
[safetyseries.cventevents.com/vpp25](https://safetyseries.cventevents.com/vpp25)

## Cancellation policy

All cancellations must be in writing and received before Tuesday, May 6, 2025. After that date, no refunds are granted.

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

## Continuing education credits

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

## Lodging option

### Holiday Inn Portland – Columbia Riverfront

909 N Hayden Island Dr  
Portland, OR 97217  
503-283-4466

### Group rate: \$144 plus tax + \$10 facility fee per night

To make lodging reservations, call the hotel directly before **April 24, 2025** and provide the room block code of **VPQ**. Or use this link:

[VPPPA 2025 - Holiday Inn Columbia Riverfront](#)

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

## Questions?

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

Email: [oregon.conferences@dcbs.oregon.gov](mailto:oregon.conferences@dcbs.oregon.gov)

Visit [osha.oregon.gov/conferences](https://osha.oregon.gov/conferences)

or [www.RegionXVPPPA.org](http://www.RegionXVPPPA.org)

Learn about what Portland and Oregon has to offer by visiting [travelportland.com](https://travelportland.com)





# Region X VPPPA Bowling Night Tuesday, May 13

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

**Check-in at Allen's Crosley Lanes begins at 5 p.m. with the event starting at 5:30 p.m.**

- Form teams of five or register as an individual.
- Food and beverages available for purchase.
- It will be a fun night at the alley! Space is limited; sign up by Friday, April 25!



## Cost per bowler: \$20

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

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

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

To be assigned to a bowling team:

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

To pre-designate your five-person bowling team:

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

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

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

**Please return this registration and your check to:**

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

FAX: 503-947-7019  
(Federal tax ID: 82-0489420)

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

Charge my:    MasterCard    VISA    American Express

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

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

Exp. date: \_\_\_\_\_ Security code: \_\_\_\_\_

Signature: \_\_\_\_\_

### Questions?

Call the Conference Section at  
**503-947-7411**

Email:  
[oregon.conferences@dcbs.oregon.gov](mailto:oregon.conferences@dcbs.oregon.gov)

### Bowling registration deadline: **April 25, 2025**

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

### Office use only

Date Rec. \_\_\_\_\_

Amt. Rec. \_\_\_\_\_

Check # \_\_\_\_\_

PO # \_\_\_\_\_

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4 digits on front of American Express

Credit Card #:                                    

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



# Interest Tracks

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Sessions (on Wednesday and Thursday) are organized into interest tracks to make it easy to find the topics that interest you most. You can pick and choose from sessions in multiple tracks or use the recommended learning paths to focus on specific areas.

## Construction

- Dust Happens: Silica Hazards and Prevention Strategies

## Safety and Health Management/Leadership

- Cardinal IG Safety Leadership
- Procedure Management by Committee
- Effective Accountability Systems

## Safety and Health Preparedness

- How to Build a Hand Safety Program: Reduce Hand Injuries and Improve Worker Safety
- Basic Active Shooter Training
- Next Generation in Safety: What Is New and On the Horizon in PPE

## Strengthening Star

- Give Zero a Chance
- Improving Driver Safety Through Engagement
- Effective Communication
- Beyond the Numbers: Inspiring Safer Workplaces Through Data-Driven Creativity
- Incident Analysis: Enhancing Investigation Skills and Insights

## Technical (IH and Safety)

- Washington State and Beyond Fall Protection Requirements and Practices
- To Lift or Not To Lift? One Question to Prevent Sprains and Strains at Work

- Heat Stress and Wildfire Smoke: Protecting Workers in a Changing Climate
- Effective Safety Training: Empowering Safety through Smart Training Design
- Combustible Dust Hazards
- Manual Material Handling – What Can We Do Different?
- Industrial Hygiene Exposure Assessment Strategies - Limitations and Principles of Good Practice

## VPP Fundamentals

- Bridging the Gap with the Next Generation Workforce: Back to Basics
- Unique Role of a Union Safety Representative and Employee Health Advocate
- Our Journey to Achieve VPP Recognition
- Employee-Led Safety Committees
- Leadership for Superior Results

## Wellness/Total Worker Health

- The Human Body: Instructions NOT Included
- Slip, Trip, and Fall Prevention
- Taking Stretch and Flex to the Next Level with Balance and Stability
- Nutrition and Wellness in the Workplace
- The Power of Positive Thinking
- Total Worker Health® Solutions for Management

# Tuesday, May 13 – Full-day and half-day workshops



8 a.m.-4 p.m.

Registration open

8:30 a.m.-4 p.m.

Full-day workshops

## VPP Application Workshop™

(8:30 a.m.-4 p.m.)

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

▶ **Christian Hendrickson**

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

▶ **Darren James**

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

▶ **Mike Johnson, CIH, PE, MS**

*Senior Industrial Hygienist  
Washington State Department of Labor and  
Industries, DOSH, Mt. Vernon, Washington*

▶ **Max VanValey**

*Environment, Health, and Safety Manager  
Region X VPPPA Chairperson  
Milgard Windows and Doors, Tacoma, Washington*

▶ **Mitch Wallace**

*Acting Chief – Consultation and Training, AKOSH  
State of Alaska, Department of Labor, Labor  
Standards and Safety, Alaska*

## Ensuring Safety Through Inspired Leadership (8:30 a.m.-4 p.m.)

We all know the importance of being attuned to and maintaining safety in our personal and professional lives. Maintaining a mental posture of safety within our personal lives is driven by our sense of awareness and making safety a priority. And while there is certainly a component of that in our professional settings,

there is another, even more critical component – leadership. Effective leadership is essential to creating a culture built on certain values, beliefs, attitudes, and perceptions. This session identifies personality and competency areas that help leaders target key leadership areas that can facilitate success in ensuring a more safety-minded organization. Note: This workshop requires an online assessment to be completed prior to the event (estimated to take 45 minutes). Information sent after registering.

▶ **Beverly Portis**

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



# Tuesday, May 13, continued

8:30-11:30 a.m.

Half-day workshops

## The Human Body:

### Instructions NOT Included

Did your body come with an instruction manual? This extended content workshop presents the value of educating employees how to better use their bodies regardless of their environment, empowering them to make practical changes within their control. This presentation introduces the components of a comprehensive process that links biomechanics and practical engineering controls. (Condensed version of this workshop on Wednesday.)

- ▶ **Rich Blaho**  
*Senior Consultant*  
*Safety In Motion LLC, Wilsonville*
- ▶ **Andy DuBose**  
*CEO*  
*Safety In Motion LLC, Wilsonville*

## Electrical Wires and Fires

### Part 1: Electrical Wires and Fires – Electrical Vehicles: Emergency Management and Environmental Considerations

A major shift is occurring to our nation's transportation system to integrate environmental resilience and energy efficiency in support of electric fleets. This shift presents multiple challenges for personal electric vehicles and government fleets. While government and environmental initiatives are leading the charge to get electric vehicles on our roads, the magnitude of this requirement brings supply chain issues, emergency management concerns, infrastructure effects, and safety hazards. In this presentation, we dive into how this affects emergency management and environmental compliance. Additional discussion reviews emergency management and environmental considerations in response to the fire hazard associated with lithium-ion batteries.

### Part 2: Electrical Safety – Understanding Electrical Safety to Prevent Shocks and Electrocutions

This presentation on electrical safety explores the relationship between energized equipment and human interaction. It examines why electrical workers approach electrical hazards in specific ways and emphasizes the importance of understanding how to interact safely with electricity at home and in the workplace. The presentation features demonstrations with various levels of personal protective equipment (PPE) and explains the necessity of each type. Additionally, it includes impactful videos of arc flashes to illustrate potential dangers.

- ▶ **Nathan Brook**  
*Journeyman Electrician*  
*Central Plateau Cleanup Co./Hanford*  
*Richland, Washington*
- ▶ **Steve Hutchinson**  
*Electrical Field Work Supervisor*  
*Central Plateau Cleanup Co., Zillah, Washington*
- ▶ **Laura Rosen**  
*Emergency Management Technical Analyst*  
*Central Plateau Cleanup Co., Richland, Washington*

## VPP Reapproval, Ready, Set, Go!

This session helps those preparing to undergo the VPP reapproval process to better understand it. We cover the purpose and timelines for reapproval and, more importantly, how to make the VPP evaluation work for you!

- ▶ **Mark Hurliman, CHSM**  
*Voluntary Programs Coordinator*  
*Oregon OSHA, Medford*
- ▶ **Peter Wilsey, MS**  
*Safety and Health Manager*  
*U.S. Department of Labor, OSHA*  
*San Francisco, California*

Register online at [safetyseries.cventevents.com/vpp25](https://safetyseries.cventevents.com/vpp25)

# Tuesday, May 13, continued

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

12:30-4 p.m.

Half-day workshops

## An Effective Plan to Prevent Sprains and Strains at Work

In this workshop, attendees learn a five-step process to guide business prevention actions to eliminate and reduce risks that cause sprains and strains at work. The speakers demonstrate their field experiences in each of the five steps. What worked and did not work that well. After the workshop, the goal is for you to have a first draft or a fresh revised sprains-and-strains-prevention plan for your company.

▶ **Ernesto Carcamo, MS, CPE**

*Ergonomist*

*Washington State Department of Labor and Industries, Olympia, Washington*

▶ **Rick Goggins, MS, CPE**

*Ergonomist*

*Washington State Department of Labor and Industries, Olympia, Washington*

## Successful Methods to Sustain VPP Excellence

This session covers multiple avenues sites can use to sustain their VPP Excellence. The content covers how to make the required annual self-evaluation work for you, the importance of a strong safety orientation for new employees, the value of meaningful employee involvement, and discussing the Special Government Employee (SGE) program including the benefits of the SGE program to OSHA as well as the benefits available to the SGE and their company.

▶ **Cliff Butler**

*Environmental Health and Safety Manager  
Vancouver, Washington*

▶ **Mark Hurliman, CHSM**

*Voluntary Programs Coordinator  
Oregon OSHA, Medford*

▶ **Peter Wilsey, MS**

*Safety and Health Manager  
U.S. Department of Labor, OSHA  
San Francisco, California*

## Advanced Active Shooter Training

This training course consists of hands-on application of defense measures, response tactics, weapons familiarization, and program implementation training. Listed below are the topics covered:

- The problems with run-hide-fight and mitigation factors,
- Run-hide-fight concept in-depth/physical security mitigation factors,
- Survivor mindset (mental preparation and mental practice),
- Tactical considerations for warehouse, office, and public areas,
- Characteristics and signs of an active shooter,
- Various barricade devices and techniques,
- Workplace weapons available to defend against attack,
- Emergency action plans and how they contribute to survivability,
- Breakdown of individual responsibilities,
- Post event actions,
- Basic Active Shooter Defensive Tactics lab,
- Redman active shooter exercise (run, hide, fight),
- Redman Team take down exercise
- Control holds,
- Weapons disarming pistol, knife, and rifle, and
- Weapons familiarization training.

▶ **Mike Britt**

*Co-owner*

*Sentinel Security Group, Suffolk, Virginia*

▶ **Donny Hawkins**

*Co-owner*

*Sentinel Security Group, Woodbridge, Virginia*



# Wednesday, May 14

- 7:30 a.m.-5 p.m. Registration open
- 7:30 a.m.-3:15 p.m. Exhibitors open
- 7:30-8:30 a.m. Hot breakfast buffet with

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

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

- ▶ **Max VanValey**  
*Region X VPPPA Chairperson*
- ▶ **Jack Griffith**  
*National VPPPA*
- ▶ **Renée Stapleton**  
*Administrator, Oregon OSHA*
- ▶ **Craig Blackwood**  
*Assistant Director, Washington State L&I/DOSH*
- ▶ **Mitch Wallace**  
*Acting Chief – Consultation and Training, AKOSH*

10-10:15 a.m. Break

### Keynote: “It Won’t Happen to Me” (10:15-11:15 a.m.)

We emphasize the importance of personal accountability in workplace safety, and provide two different perspectives (the injured employee and the wife of the injured employee) about the permanent and ongoing consequences of ignoring safety precautions. We also share ideas for leaders, as well, to help them move safety from their team members’ heads to their hearts.

- ▶ **Russ and Laurel Youngstrom**  
*Safety Advocates*  
*Youngstrom Safety, Black Diamond, Washington*

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

1:15-2:30 p.m.

Sessions

### Bridging the Gap with the Next Generation Workforce: Back to Basics

This session’s areas of focus are optimizing procedures, tailored training approach, work planning and control, and safety culture. Implementing programs such as Conduct of Operations, an Integrated Safety Management System, and Environmental Management System can be challenging. They are far reaching and, ultimately, implemented by each and every member of the cleanup workforce. The “Back to Basics” program goals are complementary and drive toward the common objective of safe and compliant operations that protect the workforce, the public, and the environment. It requires routine reassessment and course correction. How a program is implemented can and should evolve as conditions change to sustain the culture that enables safe and compliant operations. Today our environment is changing more rapidly than ever.

- ▶ **Aimee Gifford**  
*Activity Manager*  
*Central Plateau Cleanup Co., Richland, Washington*

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# Wednesday, May 14, continued

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## Beyond the Numbers: Inspiring Safer Workplaces Through Data-Driven Creativity

In this engaging session, we explore how injury and accident data are transformed into actionable insights that shape our training programs and safety culture. Discover how HAMMER leverages data to identify key areas for improvement and develops creative strategies to deliver these messages effectively. Learn how data-driven decision-making, combined with innovative communication methods, helps us promote a safer, more-aware workplace, inspiring employees to embrace safety as a core value in unique and memorable ways.

▶ **Grace Gibbons**

*Training Specialist, Instructional Designer, Safety Committee Co-Chair  
HMIS – HAMMER, Richland, Washington*

▶ **Ralph Reagan**

*Training Specialist, Instructional Designer, Safety Committee Chair  
HMIS – HAMMER, Richland, Washington*

## Washington State and Beyond Fall Protection Requirements and Practices

The speaker helps attendees understand or provides additional information to improve their safety fall protection, as well as the overall regulatory requirements, background and basic information on the Unified Fall Protection Rule.

▶ **Steve Heist**

*DOSH Construction Technical Specialist  
Department of Labor and Industries  
Tumwater, Washington*

## The Human Body: Instructions NOT Included

Did your body come with an instruction manual? This condensed version of Tuesday's workshop presents the value of educating employees how to better use their bodies regardless of their environment, empowering them to make practical changes within their control. This presentation introduces the components of a comprehensive process that links biomechanics and practical engineering controls.

▶ **Rich Blaho**

*Senior Consultant  
Safety In Motion LLC, Wilsonville*

▶ **Andy DuBose**

*CEO  
Safety In Motion LLC, Wilsonville*

## To Lift or Not To Lift? One Question to Prevent Sprains and Strains at Work

In this session, you learn principles that ergonomists use to identify unnecessary materials handling – lifting, carrying, pushing, and pulling. You also see examples of off-the-shelf tools and equipment that eliminate and reduce the risk of these physically demanding tasks that cause sprains and strains at work. The speakers discuss their field experiences implementing solutions – what worked and what didn't. After the session, the goal is for you to have a list of principles, ideas, and resources to prevent sprains and strains in your company.

▶ **Ernesto Carcamo, MS, CPE**

*Ergonomist  
Washington State Department of Labor and Industries, Olympia, Washington*

▶ **Rick Goggins, MS, CPE**

*Ergonomist  
Washington State Department of Labor and Industries, Olympia, Washington*

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# Wednesday, May 14, continued

## Cardinal IG Safety Leadership

Learn firsthand how to embed safety into your operation's culture through daily activities and engaging your team members. Cardinal IG leaders and team members share their direct experiences of what works in developing a winning safety culture throughout the Hood River operation.

▶ **David Windsor, SGE, MBA**

*Plant Manager  
Cardinal IG, Hood River*

**2:30-3:15 p.m.** Break and Visit Exhibits

**3:15-5 p.m.** Sessions

## Unique Role of a Union Safety Representative and Employee Health Advocate

In this session, attendees learn about the unique roles of a union safety representative and employee health advocate, who are members of the Hanford Atomic Metal Trades Council. The presenters cover their selection process, roles and responsibilities and day-to-day activities. The union safety representative has clearly demonstrated a cost savings through reduction of safety grievances, workplace injuries, while increasing worker involvement in the safety and health program. The employee health advocate role is to provide the workforce with an effective avenue for processing worker claims, short-term disability (STD), and long-term disability (LTD) are correctly administered. They are the subject matter expert for utilizing the automated employee job task analysis and obtaining bargaining employee's medical qualifications and monitoring based on job requirements, hazards, exposures, and overall risk associated with their assigned work scope.

▶ **Jack Griffith**

*Union Safety Representative/Hanford Site  
VPP Coordinator  
Central Plateau Cleanup Co., Richland, Washington*

▶ **Diane Whitten**

*Employee Health Advocate  
Central Plateau Cleanup Co., Richland, Washington*

## Improving Driver Safety Through Engagement

This session covers why your driver safety program cannot be a one and done. We explore safe driver engagement from day one to retirement as well as how to use real-time feedback:

- New hire safe driver training
- Regular check-ins
- Monthly training and quarterly hands-on drills
- Incident response

▶ **Ryan Elliott**

*Service Manager  
Cintas, Eugene*

▶ **Ruben Zamudio**

*Route Specialist - Safety Coordinator  
Cintas, Medford*

## Heat Stress and Wildfire Smoke: Protecting Workers in a Changing Climate

Workers in the state of Washington are exposed to growing risks from heat stress and wildfire smoke as the climate changes. To address these serious health hazards, Washington has developed rules to establish minimum protections for outdoor workers. The heat and wildfire smoke rules focus on protecting workers by using weather and air quality data to determine when employers need to provide protections. But simply following the minimum requirements may not be enough to keep workers safe. This presentation explores the state's rules for protecting workers from wildfire smoke and heat stress, and discusses ways employers and workers can go beyond the minimum requirements to create a safer and healthier work environment. By taking proactive steps to protect workers from these hazards, you can help prevent illnesses and injuries, and ensure that workers can do their jobs safely and effectively.

▶ **Chris Pyke, MS**

*Industrial Hygiene Technical Specialist  
Washington State Department of Labor and  
Industries, DOSH, Tacoma, Washington*

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# Wednesday, May 14, continued

## Slip, Trip, and Fall Prevention

Every year, many employees experience injuries from slips, trips, or falls. These incidents can lead to very serious injuries including fatalities. We discuss statistics, incidents, mitigations, and safety campaign ideas to help us all achieve our goal to reduce slips, trips, or falls across our businesses. We encourage attendees to plan to share things working for them in their respective businesses.

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

## Dust Happens: Silica Hazards and Prevention Strategies

Silica exposure is a serious, often invisible threat in many industries – from construction to manufacturing. In this session, we dive into the OSHA standards regulating silica exposure and explore how even small particles can cause big health problems, from respiratory issues to long-term diseases.

Topics covered:

- The latest OSHA regulations and how to stay compliant.
- How silica dust harms the body and why it's more than just dust in the air.
- How to properly sample and monitor silica levels in the workplace.
- Proven strategies to reduce exposure, including engineering controls, PPE, and safe work practices.

This session provides you with the tools and knowledge needed to keep workers safe and breathe easier in silica-prone environments.

- ▶ **Kelsey Schmidt, MS, IH, GSP**  
*Health and Safety Specialist*  
*ConocoPhillips Alaska, Anchorage, Alaska*
- ▶ **Aaron Winterfeld, MS, CIH, CSP, CHMM**  
*Health and Safety Specialist*  
*ConocoPhillips Alaska, Anchorage, Alaska*

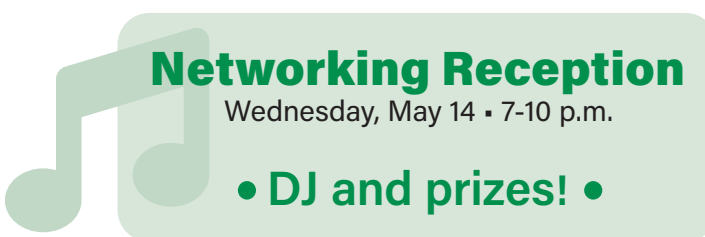
## Procedure Management by Committee

Managing the review/revision of health and safety procedures can be a cumbersome and daunting task, especially if one person is assigned that responsibility. This presentation reviews a process to manage procedures by committee and touch on topics including:

- Establishing a procedure review committee
- Assigning procedure owners
- Developing a procedure review schedule
- Documentation of procedure reviews

The presentation also includes a review of the revision process used to periodically revise the Alaska Safety Handbook, which has been the cornerstone health and safety reference document for North Slope oilfield operations for nearly 30 years.

- ▶ **Darren Burks, CIH, CSP, CHMM**  
*HSE Supervisor*  
*ConocoPhillips Alaska, Anchorage, Alaska*



**Networking Reception**  
Wednesday, May 14 • 7-10 p.m.

- DJ and prizes! ●

Register online at [safetyseries.cventevents.com/vpp25](https://safetyseries.cventevents.com/vpp25)

# Thursday, May 15



- 7:45 a.m.-4 p.m. Registration pen
- 7:45 a.m.-1 p.m. Exhibits open
- 7:45-8:30 a.m. Hot breakfast buffet (*provided*)

8:30-9:30 a.m. **General Session**

## Awards presentation, appreciation, and prize drawing

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

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

### Our Journey to Achieve VPP Recognition

The presentation aims to provide an introduction to UniSea and its journey toward achieving Star Status in the OSHA Voluntary Protection Program (VPP). It outlines the benefits this program has delivered to employees and management at UniSea through the years. Additionally, the presentation highlights the evolution of creating a strong safety culture and the best practices implemented to mitigate potential risks at UniSea, while keeping active engagement in the safety program.

- ▶ **Emily Gibson**  
*Director of Sustainability and Strategic Initiative and VPP Committee Member*  
*UniSea Inc., Dutch Harbor, Washington*
- ▶ **Ferdinand Lopez**  
*Director of Safety & Risk Management, VPP Committee Member, and SGE*  
*UniSea Inc., Dutch Harbor, Washington*
- ▶ **Paul McGinnis**  
*Director of Maintenance and VPP Committee Member*  
*UniSea Inc., Dutch Harbor, Washington*

### Effective Communication

This session is for anyone hoping to negotiate a pay-raise, understand their spouse better, or to simply speak with more clarity. Do you ever feel like some of the things you say get “lost in translation”? In today’s world of instant communication, there seems to be an ever-present disconnect to effectively conveying messages. You learn how to say what you mean, and mean what you say.

- ▶ **Russ Wood, MS, PMP**  
*Training Manager*  
*Idaho Environmental Coalition, Idaho Falls, Idaho*

### Effective Safety Training: Empowering Safety through Smart Training Design

Take your safety training to the next level with this presentation designed for safety professionals who recognize the importance of effective training. Using the ADDIE model – a simple yet robust framework for creating impactful learning experiences – we present a straightforward, actionable approach to elevating safety practices. The presentation introduces a structured method for developing and improving safety training, and show how to transform passive safety knowledge into active practices through engaging techniques.

- ▶ **Carmen McKellar**  
*Instructional Designer*  
*Idaho National Laboratory, Idaho Falls, Idaho*



# Thursday, May 15, continued

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## Taking Stretch and Flex to the Next Level with Balance and Stability

The presentation discusses the importance of improving the balance and joint or core stability of workers as a way to prevent and/or reduce the severity of slips, trips, and falls. Attendees are encouraged to actively perform each of the exercises on the balance and stability posters our company uses.

▶ **Jeni Asmus, MS, ACSM**

*Certified Exercise Physiologist, NASM Certified Corrective Exercise Specialist  
Safety Professional  
Central Plateau Cleanup Co., Richland, Washington*

## How to Build a Hand Safety Program: Reduce Hand Injuries and Improve Worker Safety

This session provides a comprehensive look at building a well-rounded hand safety program that prioritizes injury prevention and compliance. Participants gain practical insights into foundational safety principles, understand the role of standards in guiding PPE choices, and learn how consultative, worker-focused approaches enhance program effectiveness. The session also highlights collaborative strategies for maximizing safety resources, offering a strategic framework that equips attendees with actionable knowledge for creating a safer workplace.

▶ **Sarah Gibson**

*Hand Safety Manager  
Superior Glove*

## Basic Active Shooter Training

This workshop consists of basic response training mixed with specific hands-on topics and is an industry favorite as it allows for maximum personal attendance with minimal operational impact. This is a fast-paced course covering the following topics:

- The problems with run-hide-fight and mitigation factors,
- Survivor mindset (mental preparation and mental practice),
- Characteristics and signs of an active shooter,
- Compliance without requirements (how to),
- Various barricade devices and techniques,
- Workplace weapons available to defend against attack,
- Breakdown of individual responsibilities,
- Post event actions,
- Tactical considerations for warehouse, office, and public areas,
- Basic active shooter defensive tactics lab,
- Redman Team Take Down training,
- Pressure points training,
- Weapons familiarization/disarming training, and
- Control holds.

▶ **Mike Britt**

*Co-owner  
Sentinel Security Group, Suffolk, Virginia*

▶ **Donny Hawkins**

*Co-owner  
Sentinel Security Group, Woodbridge, Virginia*

**11:45 a.m.-1 p.m.** Lunch (*provided*)  
Announce Bingo winners  
(*must be present to win*)

Register online at [safetyseries.cventevents.com/vpp25](https://safetyseries.cventevents.com/vpp25)

# Thursday, May 15, continued

1-2:15 p.m.

Sessions

## Employee-Led Safety Committees

We plan to demonstrate how creative and customized presentations, put together by employee-led safety councils, can communicate and teach the tenants of VPP to the workforce that reduces injuries and fosters a strong healthy safety culture for your company.

- ▶ **Tina Collins, Licensed Electrical**  
*Maintenance Electrical*  
*Hanford Mission Integration Solutions*  
*Richland, Washington*
- ▶ **Lisa Guerrero**  
*Project Controls Associate*  
*Hanford Mission Integration Solutions*  
*Richland, Washington*
- ▶ **Ralph Reagan**  
*Training Specialist/Instructional Designer/Safety Committee Chair*  
*HMIS - HAMMER, Richland, Washington*

## Give Zero a Chance

This fun, engaging, and interactive workshop is meant to provide attendees with examples and tangible guidance on how to successfully guide you on your journey to zero. This includes zero incidences, zero workplace mishaps, or general negative events. Giving zero a chance is certainly worth the effort for every organization and industry. The learning opportunities from this session have the potential to have a positive outcome on safety. Come ready to explore how you can give zero a chance.

- ▶ **Saprena Lyons, MS, RN**  
*ISMS, VPP, Safety Culture and HPI Lead*  
*Idaho Environmental Coalition, Idaho Falls, Idaho*

## Combustible Dust Hazards

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

- ▶ **David Young, PE**  
*INL Fire Marshal*  
*Idaho National Laboratory, Idaho Falls, Idaho*

## Nutrition and Wellness in the Workplace

This session is an interactive discussion of nutritional choices, dieting, and the importance of staying properly hydrated at work. It targets the overall wellness of employees, mentally and physically. It teaches strategies to help overcome obesity, stress, and chronic fatigue. This program is designed to help identify potential health concerns before they become serious injuries.

- ▶ **Sam Rader, BA, Certified Nutritional Consultant**  
*Owner*  
*Proactive Injury Prevention Inc.*  
*Vancouver, Washington*

Register online at [safetyseries.cventevents.com/vpp25](https://safetyseries.cventevents.com/vpp25)

# Thursday, May 15, continued

## Next Generation in Safety: What Is New and On the Horizon in PPE

This session looks at advancements in the personal protective equipment (PPE) industry and how the industry is changing to provide new technology to meet the ever changing PPE challenge in the safety arena.

▶ **Gene Besel, CPMR**

*Owner*

*Northcoast Sales Agency, Seattle, Washington*

## Effective Accountability Systems

Tired of finger pointing and the blame game going on at work? Want to learn effective methods for holding the workforce accountable for health and safety? Would you like to improve morale and learn ways to motivate staff toward improved safety and health performance? This informative session helps you accomplish the above objectives by covering the elements of an effective accountability system, explaining how to implement and maintain an effective accountability program, as well as provide insight into the psychology behind workplace behaviors.

▶ **Mark Hurliman, CHSM**

*Voluntary Programs Coordinator*

*Oregon OSHA, Medford*

**2:15-2:35 p.m.** Break

**2:35-3:55 p.m.**

**Sessions**

## Leadership for Superior Results

This session examines the role of leadership in developing organizational success. We discuss the differences between a boss and a leader, and share ideas on how to improve your leadership skills to positively influence employees and your safety culture.

▶ **Cliff Butler**

*Environmental, Health and Safety Manager*

*Vancouver, Washington*

▶ **Mark Hurliman, CHSM**

*Voluntary Programs Coordinator*

*Oregon OSHA, Medford*

▶ **Peter Wilsey, MS**

*Safety and Health Manager*

*U.S. Department of Labor, OSHA*

*San Francisco, California*

## Incident Analysis: Enhancing Investigation Skills and Insights

Incidents are rarely the result of a single factor. Whether it is a recordable injury, a first-aid incident, property damage, close call, or near miss, incidents typically occur from the convergence of multiple factors at an inopportune time. This session adopts an engaging and interactive approach to investigation to help determine root cause and contributing factors, highlighting management systems, operational conditions, and other factors playing a significant role in the cause and effect of incidents. We learn and practice simple tools and techniques that can be used to increase the depth of your incident analysis, help determine effective corrective actions, and prevent recurrence for lasting safety improvements.

▶ **Joe Sypal, SGE**

*EHS Manager*

*Sherwin-Williams Purdy Plant, Portland*

Register online at [safetyseries.cventevents.com/vpp25](https://safetyseries.cventevents.com/vpp25)

# Thursday, May 15, continued

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## Manual Material Handling - What Can We Do Different?

In this session, learners hear from the Idaho National Laboratory on how it identifies new training and tools to enhance manual material handling in the workplace. Manual or mechanical material handling at the laboratory involves the use of various mechanical systems and equipment to transport, move, and manage materials, including nuclear materials, within the facility. This process ensures the safe, efficient, and effective handling of materials. The primary goal of manual material handling at the laboratory is to enhance operational efficiency, ensure safety, and comply with regulatory requirements. This involves the integration of advanced technologies and adherence to strict safety protocols. Come prepared to discuss some of your own challenges and successes with manual material handling.

▶ **Jared Davis**

*Integrated Safety Management System  
Program Manager  
Battelle Energy Alliance/Idaho National Laboratory  
Idaho Falls, Idaho*

## The Power of Positive Thinking

This session is for anyone hoping to improve their outlook in life. Optimism is more than just a word, it's a way of life! In this class, you learn new, practical techniques to change your perspective and improve conditions in both work and personal life. Come with an open mind and a willingness to participate in the activities.

▶ **Russ Wood, MS, PMP**

*Training Manager  
Idaho Environmental Coalition, Idaho Falls, Idaho*

## Industrial Hygiene Exposure Assessment Strategies - Limitations and Principles of Good Practice

Studies have shown that the accuracy of industrial hygiene exposure judgments is often poor, sometimes not statistically different from random chance, and tends to be biased low. In the past few years, AIHA and ACGIH have developed an initiative to drive a significant shift in the OEHS practice paradigm: from one where tools and activities to improve exposure judgment accuracy and interpretation are rarely or sporadically used, to one where their use is routine and expected. To support this initiative, this workshop reviews the following concepts:

- Background on limitations of traditional compliance-based sampling
- Workplace characterization
- Risk ranking – use of exposure modeling tools
- Sampling and analysis strategies and benefits of statistical approaches
- Example evaluations and discussion of program level implementation

▶ **Mike Johnson, CIH, PE, MS**

*Senior Industrial Hygienist  
Washington State Department of Labor and  
Industries, DOSH, Mt. Vernon, Washington*

Register online at [safetyseries.cventevents.com/vpp25](https://safetyseries.cventevents.com/vpp25)



# Thursday, May 15, continued

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## Total Worker Health® Solutions for Management

Effective health and safety management systems require an integrated, multifaceted and collaborative approach such as the Total Worker Health (TWH) approach developed by NIOSH. This approach has now been widely recognized and successfully implemented in workplaces across industries. This interactive presentation examines the basic TWH principles, the business and value proposition, and showcases practical examples of where and how this approach has been implemented. Course participants are invited to share their successes and challenges as related to the topic. Specific employee engagement and supportive leadership solutions for different applications are shared and discussed for practical utilization.

Course learning objectives include:

- Describe basic principles and value of the TWH approach
- Explore evidence-informed TWH solutions, leadership tools and their application in different work settings
- Developing “next steps” related to these solutions, as applicable to participant’s organization

▶ **Katia Costa-Black, PT, PhD**

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

▶ **Liz Hill, MPH, CIH, CSP**

*Total Worker Health Adviser  
SAIF Corporation, Salem*

Register online at [safetyseries.cventevents.com/vpp25](https://safetyseries.cventevents.com/vpp25)

# Registration Form



**May 13-15, 2025**

**Holiday Inn Portland —  
Columbia Riverfront  
Portland, Oregon**

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

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

## Registration fees

### Workshops – May 13

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

- Tuesday, May 13..... \$200
- Additional fee for full-day, Ensuring Safety Through Inspired Leadership Workshop.....\$50

### Conference – May 14 & 15 (Mark one option.)

Select sessions to attend on the next page.

- Wednesday & Thursday, May 14 & 15 (non-member) ..... \$400
- Wednesday & Thursday, May 14 & 15 (member) .....\$375
- Member # \_\_\_\_\_
- Is this a full membership?**  Yes  Don't know
- One day – Wednesday, May 14 ..... \$200
- One day – Thursday, May 15 ..... \$200

**Total enclosed \$** \_\_\_\_\_

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

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

## For pre-registration return by Tuesday, May 6, 2025.

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

### Please return this registration and payment to:

**Region X VPPA Conference**      **FAX: 503-947-7019**  
**PO Box 5640**  
**Salem, OR 97304-0640**      **(Federal tax ID: 82-0489420)**

**Make payable to Region X VPPA**      Amount enclosed: \$ \_\_\_\_\_

**Charge my:**  MasterCard  VISA  American Express

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

**Phone number:** \_\_\_\_\_

**Billing Address:** \_\_\_\_\_

**Billing ZIP code:** \_\_\_\_\_ **Exp. date:** \_\_\_\_\_ **Security code:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

## Questions?

Call the Conference Section at  
**503-947-7411**

**Email:**  
[oregon.conferences@dcb.oregon.gov](mailto:oregon.conferences@dcb.oregon.gov)

### Office use only

**Date Rec.** \_\_\_\_\_  
**Amt. Rec.** \_\_\_\_\_  
**Check #** \_\_\_\_\_  
**PO #** \_\_\_\_\_  
**Last 4** \_\_\_\_\_

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

Credit Card #:

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

Attendee profile *(check one)*

- Employee       Consultant
- Management     Other/not listed: \_\_\_\_\_
- Owner

Indicate which industry you represent: *(check one)*

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Agriculture                   | <input type="checkbox"/> Government/public administration | <input type="checkbox"/> Utilities                   |
| <input type="checkbox"/> Construction                  | <input type="checkbox"/> Healthcare                       | <input type="checkbox"/> Warehousing                 |
| <input type="checkbox"/> Food processing/manufacturing | <input type="checkbox"/> Manufacturing                    | <input type="checkbox"/> Wood products manufacturing |
| <input type="checkbox"/> Forest activities/logging     | <input type="checkbox"/> Oil/gas                          | <input type="checkbox"/> Other/not listed: _____     |
| <input type="checkbox"/> Foundries                     | <input type="checkbox"/> Transportation                   |  |

Registrant's name:

- Are you a safety committee member?      Please indicate the number of employees at your worksite:
- Yes     No
  - 1 to 20 employees
  - 21 to 50 employees
  - 51 or more employees

**Session Registration**

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

- Example:
- |                                    |                                    |                 |
|------------------------------------|------------------------------------|-----------------|
| <input checked="" type="radio"/> 1 | <input type="radio"/> 2            | Example class A |
| <input type="radio"/> 1            | <input type="radio"/> 2            | Example class B |
| <input type="radio"/> 1            | <input checked="" type="radio"/> 2 | Example class C |

**Tuesday, May 13, 2025**

**8-11:30 a.m. Workshops**

- 1 2 The Human Body: Instructions NOT Included
- 1 2 Electrical Wires and Fires
- 1 2 VPP Reapproval, Ready, Set, Go!
- 1 2 VPP Application Workshop™ (8:30 a.m.-4 p.m.)
- 1 2 Ensuring Safety Through Inspired Leadership (8:30 a.m.-4 p.m.)

**12:30-4 p.m. Workshops**

- VPP Application Workshop™ (continued)
- Ensuring Safety Through Inspired Leadership (continued)
- 1 2 An Effective Plan to Prevent Sprains and Strains at Work
- 1 2 Successful Methods to Sustain VPP Excellence
- 1 2 Advanced Active Shooter Training

**Wednesday, May 14, 2025**

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

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

**1:15-2:30 p.m. Sessions**

- 1 2 Bridging the Gap with the Next Generation Workforce: Back to Basics
- 1 2 Beyond the Numbers: Inspiring Safer Workplaces Through Data-Driven Creativity
- 1 2 Washington State and Beyond Fall Protection Requirements and Practices
- 1 2 The Human Body: Instructions NOT Included
- 1 2 To Lift or Not To Lift? One Question to Prevent Sprains and Strains at Work
- 1 2 Cardinal IG Safety Leadership

Special accommodations

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

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

**3:15-4:30 p.m. Sessions**

- 1 2 Unique Role of a Union Safety Representative and Employee Health Advocate
- 1 2 Improving Driver Safety Through Engagement
- 1 2 Heat Stress and Wildfire Smoke: Protecting Workers in a Changing Climate
- 1 2 Slip, Trip, and Fall Prevention
- 1 2 Dust Happens: Silica Hazards and Prevention Strategies
- 1 2 Procedure Management by Committee

**7-10 p.m. Reception**

- Yes, I will attend the Networking Reception

**Thursday, May 15, 2025**

**7:45-9:30 a.m. Breakfast, General Session, & Awards**

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

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

- 1 2 Our Journey to Achieve VPP Recognition
- 1 2 Effective Communication
- 1 2 Effective Safety Training: Empowering Safety through Smart Training Design
- 1 2 Taking Stretch and Flex to the Next Level with Balance and Stability
- 1 2 How to Build a Hand Safety Program: Reduce Hand Injuries and Improve Worker Safety
- 1 2 Basic Active Shooter Training

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

- 1 2 Employee-Led Safety Committees
- 1 2 Give Zero a Chance
- 1 2 Combustible Dust Hazards
- 1 2 Nutrition and Wellness in the Workplace
- 1 2 Next Generation in Safety: What Is New and On the Horizon in PPE
- 1 2 Effective Accountability Systems

**2:35-3:55 p.m. Sessions**

- 1 2 Leadership for Superior Results
- 1 2 Incident Analysis: Enhancing Investigation Skills and Insights
- 1 2 Manual Material Handling – What Can We Do Different?
- 1 2 The Power of Positive Thinking
- 1 2 Industrial Hygiene Exposure Assessment Strategies - Limitations and Principles of Good Practice
- 1 2 Total Worker Health® Solutions for Management

**4-4:30 p.m. Closing**

- Yes, I will attend the Closing (announcements and drawings)