



48th Annual Iowa Governor's Safety & Health Conference

October 31 - November 1, 2019

The Meadows Events & Conference Center, Altoona, IA



Kim Reynolds
GOVERNOR

OFFICE OF THE GOVERNOR

Adam Gregg
LT. GOVERNOR

October 31, 2019

Dear friends:

On behalf of the State of Iowa, it's our pleasure to welcome you to the 48th Annual Governor's Safety and Health Conference hosted by the Iowa Occupational Safety and Health Advisory Council. We hope that you enjoy your time at these meetings and find them productive.

A strong and vibrant economy relies on healthy and safe workers. We applaud the work that you do every day to ensure workplaces and work processes are safe and to minimize injury and risk. This conference and the work of the Occupational Safety and Health Advisory Council is all about sharing best practices and good ideas that you can take back to the factory floor, construction site, food processing facility or other place of work.

We're confident that the knowledge and skills you gain at the Governor's Safety Conference will be invaluable in saving lives, preventing injury and promoting workplace safety across Iowa.

Advancing safety in the workplace is a noble profession. Thank you for taking the time to participate in this conference and your on-going work.

Sincerely,

A handwritten signature in cursive script that reads "Kim Reynolds".

Kim Reynolds
Governor

A handwritten signature in cursive script that reads "Adam Gregg".

Adam Gregg
Lt. Governor

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CIRCLE OF SAFETY



The Circle of Safety logo was adopted by the Occupational Safety and Health Advisory Council in 1974. Since then, it has served as a symbol of purpose for all of their endeavors in Iowa.

Just as the wagon train was drawn into a circle for the mutual protection of the pioneers, the circle of safety is provided by the cooperative efforts of all concerned and surrounds the figure representing the employees of the state. The employee is not just the central figure, but is a part of the circle itself. This embodies the intent of the Occupational Safety and Health Act whereby the government, employers and employees must share in the rights and responsibilities for a safe and healthful environment.

CONTINUING EDUCATION CREDITS

Purpose

The Iowa Occupational Safety & Health Advisory Council is exclusively dedicated to promoting and providing continuing education concerning Iowa workplace safety & health regulations and best practices.

Intended Audience

The Iowa Governor's Safety & Health Conference is intended for occupational safety professionals, risk managers, consultants, business executives, supervisors, occupational health nurses, workers, or anyone that may have interest in, or impact on, workplace safety and health.

Continuing Education Credits

Certified Safety Professional (CSP)

Continuance of Certification (COC) points for Certified Safety Professional (CSP) may be claimed by attending this Governor's Safety and Health Conference, as authorized by the Board of Certified Safety Professionals. For more information please go to [bccsp.org](https://www.bccsp.org).

Certified Industrial Hygienist (CIH)

Certification Maintenance (CM) points for Certified Industrial Hygienist (CIH) may be claimed by attending this Governor's Safety and Health Conference, as authorized by the American Board of Industrial Hygiene. For more information please go to [abih.org](https://www.abih.org).

Nurses

The University of Iowa College of Nursing is an Iowa Board of Nursing approved provider: Number 1. With full-time attendance required by Heartland, a total of 4.75 contact hours will be awarded for the following sessions:

- 1) Fatigue in the Workplace: Causes, Consequences, and Managing Risk
- 2) Beyond Band-Aid's and Ice Packs: Occupational Health Nursing Today
- 3) The Steps to Comprehensive Wellness Programming to Reduce Work Injuries and Improve Safety Through Long-Term Interventions and Risk Reduction Initiatives
- 4) Tips & Tricks to Release Adhesions
- 5) Bad Habits Die Hard ... But So Does Your Health
- 6) OSHA Updates

SCHEDULE – THURSDAY, OCT. 31

7:00 – 8:00 am Registration and Exhibits

8:00 – 8:40 am Conference Opening

Presenting Colors – Polk County Sheriff's Honor Guard
Opening Remarks – Rod Roberts, Labor Commissioner

8:40 – 9:25 am Keynote Speaker – “Twitchy” Stuart Ellis-Myers

9:25 – 9:40 am Exhibitor and Networking Break

9:40 – 10:35 am Breakout Session 1

Skinner A	Fatigue in the Workplace: Causes, Consequences, and Managing Risk	Adam Lathrop
Salon 2-3	Six Critical Competencies for Influencing Decision Makers	Daniel J. Snyder
Skinner B	Voluntary Protection Program Overview – The Basics of a Successful Program	Thomas Hauber
Salon 1	High Impact Training for Material Handling Tasks	Scott Ege
Polk County	Beyond Band-Aid's and Ice Packs: Occupational Health Nursing Today	Cristin Eichenberger Jennifer Hastings

10:35 – 10:50 am Exhibitor and Networking Break

10:50 – 11:45 am Breakout Session 2

Skinner A	Make Safety Education Fun, Interactive, and Impactful!	Joe Korpi
Salon 2-3	Historical Look at UAW Impact on Workplace Safety	Steve Bradley Grant Grace
Skinner B	Workplace Exposure Sampling: Tips of the Trade for Accurate Hazard Assessment	Cindy Baldwin
Salon 1	Work Zone Safety – Protection of Workers	Steve McLaughlin
Polk County	The Steps to Comprehensive Wellness Programming to Reduce Work Injuries and Improve Safety Through Long-Term Interventions and Risk Reduction Initiatives	Della Guzman

11:45 am – Noon Exhibitor and Networking Break

Noon – 1:00 pm Lunch, Gary Hawk Award and Scholarships Presentation

1:00 – 1:10 pm Exhibitor and Networking Break

1:10 – 2:10 pm Breakout Session 3

Skinner A	Effective Strategic Planning – A Success Story	Joshua Jacobsen
Salon 2-3	3D Printing: An Introduction to Techniques and Hazards	Steven Shaffer
Skinner B	OSHA Cases	Michael Goebel, Kurtis Grubb, Richard Anderson
Salon 1	What's New with ANSI Standards for Fall Protection	Robert Luckey
Polk County	Tips & Tricks to Release Adhesions	Kelly Robison

2:10 – 2:25 pm Exhibitor and Networking Break

2:25 – 3:25 pm Breakout Session 4

Skinner A	Scissor/Aerial Lift Safety	Adam Fairchild
Salon 2-3	Business Continuity is easy as PIE!	Steve Flann
Skinner B	Basics of Rigging and Hitches – And the Hazards in Which They Contain	Kevin Harrell
Salon 1	The Risk Assessments of NFPA 70E	Jason Wolf
Polk County	Bad Habits Die Hard ... But So Does Your Health	Jana L. Kray

3:25 – 3:40 pm Exhibitor and Networking Break

3:40 – 4:40 pm Keynote Speaker – “Twitchy” Stuart Ellis-Myers

4:40 – 6:00 pm Reception Event

SCHEDULE – FRIDAY, NOV. 1

7:00 – 8:00 am	Registration and Exhibits		
8:00 – 9:00 am	Keynote Speaker – Jim Withers		
9:40 – 10:35 am	Breakout Session 5		
	Skinner A	Iowa’s Boiler and Pressure Vessel Safety Inspection Program	Robert J. Bunte
	Salon 2-3	Beyond Compliance: Using the Risk Management Process in Manufacturing	Chris Murphy
	Skinner B	What is the Fire Code and What Do I Need to Know About It?	Jonathan Lund
	Salon 1	Crane Training & Certification Requirements	Margret Meade
10:35 – 10:50 am	Exhibitor and Networking Break		
10:50 – 11:45 am	Breakout Session 6		
	Skinner A	Understanding Humanity in Workers’ Compensation	Claire Muselman
	Salon 2-3	Prevention of LOTO Errors	Steve Nurre
	Skinner B	OSHA Updates	Russell Perry

Special Demonstrations

The following special demonstrations will be available throughout the day on Thursday, October 31st

- Skinner C: Electrical Transmission and Distribution Display—IBEW 55**
- Skinner C: Augmented Reality Welding Simulator—Mille Electric Manufacturing**

Exhibitor Reception

Thursday, October 31
4:40 pm – 6:00 pm

You don’t want to miss this exciting event hosted by the conference exhibitors.

KEYNOTE SPEAKERS



“Twitchy” Stuart Ellis-Myers

What would you do if, out of the blue, your work life turned upside down? What if you went from being a happy, healthy, normal worker who suddenly became an anxious, depressed, twitchy mess of devastating proportion? This is exactly what happened to Stuart Ellis-Myers. At the age of eight, Stuart began to develop one of the most misunderstood mental illnesses of our time . . . Tourette’s Syndrome. Faced with the prospect of a lifetime of frustration, isolation, and shame – the typical reaction to this condition – Stuart instead chose to make his life into something remarkable.

He now speaks 859 + times across North America on ‘Mental Health to Mental Wealth’. In his sessions Stuart uses the work, home and life lessons he learned through fifty (50) years living and working

with this often emotionally crippling disorder. As a result, he helps countless others working in leadership & safety to reduce the stigma deeply associated with workplace dual diagnosis, mental illness offering a proven pathway return to regular health. Twitchy’s insights have enabled him to share his own, often painful mental health to mental wealth experiences in such a way as to offer a real and immediately usable methodology that workplace leaders can now rely on to manage the mental health issues that face one in five of their people. The countless physical and psychological manifestations of our increasingly high stress, deadline fixated working lives are made clearer to understand and easier to change through his simple and effective system of positive mental health to mental wealth change.



Jim Withers

Dr. Jim Withers has been an Industrial Hygienist & Safety Professional for nearly 30 years. His educational background includes a B.A. in Biology from Luther College and a M.S. in Preventive Medicine & Environmental Health (emphasis in Industrial Hygiene) from the University of Iowa. Jim also holds a Ph.D. in Industrial Technology from Iowa State University where his doctoral research focused on learning and retention differences between students taking chemical safety training on a computer versus in the classroom. Jim is both a Certified Industrial Hygienist (CIH) and a Certified Safety Professional (CSP) and has guest/adjunct faculty appointments at Iowa State University and Columbia Southern University.

Dr. Withers has also been a consultant to numerous companies on activities ranging from exposure assessments to training on a variety of topics including hazard communication and leadership development and is regularly invited to speak at local, state and national industrial hygiene and safety conferences. Currently, Jim is the Corporate HSE Director for the American Packaging Corporation in Story City, Iowa. In his current role, he has been focusing on developing a company-wide understanding of the interrelationships between human behavior, engagement, culture and safety performance.

KEYNOTE DESCRIPTIONS

Stuart Ellis-Myers— More Mental Health! More Safety! More Fun!!! Thursday, 8:40 – 9:25 am

Safe workplaces don't start with hard hats and fall protection; safe workplaces start in the minds of our people. 60% of all workers today are either experiencing or observing heightened levels of on the job mental health issues. Where do you start inspiring all your staff, including the one in five North Americans who suffer from addiction and mental health issues. Who better than someone offering fifty (50) years of personal firsthand experience living and working safely with the rare neurological disorder Tourette Syndrome, anxiety, clinical Bipolar depression, OCD & ADD. Best described by 800 + audiences as Robin Williams with a twitch and unforgettable mental health safety message. Leave this laugh-while-learning session with a deeper understanding of how to spot, diagnose, manage and lead those experiencing UNSAFE dual diagnoses mental health issues. Within this powerfully inspiring and informative session you will learn how to CSI detect, minimize and safely manage the people that you lead who are currently hiding while learning how to live and work safely with anxiety-based stress, fatigue, change, anxiety and depression.

Stuart Ellis-Myers—A.N.C.H.O.R.I.N.G.— A Safety Group Therapy Experience Thursday, 3:40 – 4:40 pm

Warning! This is not a passively presented information session. Instead of observing you will actively participate in a live safety centric demonstration-based group therapy experience. Now more than ever your members are seeking out laugh-while-you-learn keynotes jam packed with fresh ideas, new understandings and immediately usable actionable insights to become truly Ag Safe. Leave knowing how to generate fundamental places of safety that creates the genuine trust required to let you quickly, efficiently 'trust based' connect and communicate with any of the people that you lead. Stuart Ellis-Myers aka Twitchy will also live demonstrate a life changing group therapy relaxation technique that reveals the innate place of safety that we all possess that is waiting to be discovered at your conference.

Jim Withers—Critical Conversations: How to Leverage Daily Interactions with Employees to Create a Robust Safety Culture Friday, 8:00 – 9:00 am

As Safety Professionals, we interact with people every day. These simple interactions cannot only lead to system and equipment improvements but can also facilitate the creation of a robust safety culture. What are the characteristics of an effective discussion around safety? What is the connection between leader/employee engagement, human behavior and safety culture? This presentation will answer those questions and provide the audience with takeaways that can be easily implemented at any workplace.

BREAKOUT SESSION DETAILS

Thursday, Oct. 31 : Breakout Session 1

Skinner A : Fatigue in the Workplace: Causes, Consequences, and Managing Risk

Adam Lathrop, MBA—President/Executive Director—Iowa Illinois Safety Council

People often make light of how little sleep they get; an over-worked, over-tired condition has become the norm for many. But a good night's sleep is not just a novelty, it's a necessity. The effects of fatigue are far-reaching and can have an adverse impact on all areas of our lives. This session will explore fatigue more closely as an impairment. We will also explore the costs associated with fatigue. Finally, we will explore the causes and effects of fatigue, and how to better manage it.

Salon 2-3 : Six Critical Competencies for Influencing Decision Makers

Daniel J. Snyder, CSP—Owner—SPAN International Training, LLC

To be effective, professionals must be able to advise stakeholders and influence those whom make decisions on matters impacting workplace safety. The decision-making process is defined as the option to have a choice among alternative courses of action. In this session, the researcher will discuss how safety professionals influence leaders to continuously improve organizational safety and health (OSH) performance about occupational safety and health decisions. The safety professional's role is transforming from a technical and compliance-based manager to an influential safety leader. This research-based presentation will focus on how experts define competencies, qualities, characteristics and traits of an influential leader in the OSH profession.

Skinner B : Voluntary Protection Program Overview—The Basics of a Successful Program

**Thomas Hauber—Senior Safety Specialist—Collins Aerospace
Vice Chairperson—Region VII VPPPA Board of Directors**

The Voluntary Protection Program (VPP) is an OSHA program that recognizes and promotes effective safety and health management while partnering with OSHA. This presentation will cover the basic elements of a successful VPP program, including introducing VPP to your employees and management team, expectations, meeting the elements of VPP and most importantly, the support, guidance and leadership of management themselves.

Salon 1 : High Impact Training for Material Handling Tasks

Scott Ege, PT, MS—President—Ege WorkSmart Solutions, PC

Sprain and strain injuries are often the top category for employers, especially with jobs that require material handling tasks. Awkward postures, excessive force, and prolonged positions are all common factors that contribute to the development of "soft tissue" injuries. This session will provide the safety professional practical and effective proactive strategies associated with material handling tasks. Learn methods that increases a worker's AWARENESS and ENGAGES them in the use of proper body mechanics and lifting practices. Additional topics will include: ergonomics, wellness, and health factors such as exercise, diet, sleep, and physical recovery. This session will be interactive. So, be prepared to GET UP and MOVE!!

Polk County : Beyond Band-Aid's and Ice Packs: Occupational Health Nursing Today

Cristin Eichenberger, MSN—Occupational Health Nurse—Flint Hills Resources

Transformation within the health and safety industry is at an all-time high. During this session we will discuss the versatility and functionality of today's occupational health nurse and how they can be a valuable asset to health and well-being of your employee's while providing a substantial economic benefit to employers.

BREAKOUT SESSION DETAILS

Thursday, Oct. 31 : Breakout Session 2

Skinner A : Make Safety Education FUN, INTERACTIVE, and IMPACTFUL!

Joe Korpi, CSP—Safety & Health Manager—Renewable Energy Group

Tired of yawns and blank stares when you do safety training? Learn some simple tips that can make your training more memorable. PowerPoint and videos aren't your enemy, but they are often overused tools. Discover other tools you can use to draw your students out of their shells and get them actively engaged in teaching themselves.

Salon 2-3 : Health and Safety and the UAW: A Partnership and Commitment Since the Beginning

**Steve Bradley—UAW Local 450 Safety Representative—John Deere Des Moines Works
Grant Grace—International Union—UAW—International Representative—UAW Health and Safety Department**

This session will discuss the advent of advances in Health and Safety that the UAW has played a part in since the inception of OSHA.

Skinner B : Workplace Exposure Sampling: Tips of the Trade for Accurate Hazard Assessment

Cindy Baldwin, MS, CIH, FAIHA—Senior Industrial Hygienist—Terracon Consultants, INC

An introduction to industrial hygiene and workplace exposure evaluations. We will discuss when exposure assessments may be needed, occupational exposure limits, types of air contaminants, and measurement methods. We will also talk about what you can do and when you should seek assistance from an industrial hygienist.

Salon 1 : Work Zone Safety—Protection of Workers

Steve McLaughlin, Safety Specialist—IAMU

Work Zone Safety will cover basic information on worker PPE, training requirements, equipment, specs, and traffic control setup.

Polk County : The Steps to Comprehensive Wellness Programming to Reduce Work Injuries and Improve Safety Through Long-Term Interventions and Risk Reduction Initiatives

Della Guzman—Manager of Wellness Services—UnityPoint Health Des Moines

This presentation will include an overview of a Workforce Health and Well Being program for any size company and the benefits for employers this programming can have on reducing work comp injuries.

There is recent evidence to show that prevention, early detection, and more effective chronic condition management could reduce the cost of injury and health for employers. To bring about real change to the corporate bottom line, employers must look beyond healthcare benefits as a cost to be managed but instead pursue the benefits of good health as investments in our human capital. The solution to the health crisis is to prevent the health risk factors that lead to chronic disease; to move beyond our reactive sick-care system to a proactive health care system built on the pillars of prevention.

BREAKOUT SESSION DETAILS

Thursday, Oct. 31 : Breakout Session 3

Skinner A : Effective Strategic Planning—A Success Story

Joshua Jacobsen, CSP, ASP, SMS—Senior Loss Control Consultant—Holmes Murphy

Join us on a journey into how to develop a unique approach strategic plan that impacts the company culture and can be customized to your organization. This interactive presentation will focus on how safety planning requires the integration of all aspects of a company, including finances, quality, and production. We will share the impact and value of including short-term and long-term goals with specific deliverables that are shared throughout the company.

In this session, we will demonstrate that data analytics and risk assessments go beyond traditional OSHA recordable and/or claims reviews to be effective, and that the use of incident tracking, which includes first aid, near misses, property damage, behavioral observations; and potential severity outcomes provides greater insight into proactive risk management solutions needed to impact the culture and reach zero error.

Salon 2-3 : 3D Printing: An Introduction to Techniques and Hazards

Steven Shaffer, CHMM—Senior RI Innovation Specialist—EMC Insurance Companies

An introductory survey of 3D printing techniques with a discussion of some of the safety concerns to consider when performing each of these processes.

Skinner B : OSHA Cases

Michael Goebel—Safety Compliance Officer—Iowa Division of Labor

Kurtis Grubb—Safety Compliance Officer—Iowa Division of Labor

Richard Anderson—Senior Industrial Hygienist—Iowa Division of Labor

We will review three Iowa cases involving powered industrial trucks, lockout/tagout, and falls, as well as the lessons learned for preventing these incidents in your facilities. This session will discuss near miss incidents, injuries, and emergencies, all incidents resulted in fatalities.

Salon 1 : What's New with ANSI Standards for Fall Protection

Robert Luckey—Regional Sales Manager—FallTech Fall Protection

Learn about the newest updates in Fall Protection Z359 and the new Walking Working Surface updates. We will also cover fixed ladder requirements and options available to be in compliance.

Polk County : Tips & Tricks to Release Adhesions

Kelly Robison, ATC, LAT, CEAS—Work Strategies Coordinator—Iowa Select Physical Therapy

Identify what and when it is appropriate to go after those pesky skin adhesions. Learn different techniques to apply from hands-only to utilizing different tools on the market. Understand the cause and effect of adhesions. Know what to expect your patient will feel during and after the intervention; allowing you to educate them and build their trust and respect for you.

BREAKOUT SESSION DETAILS

Thursday, Oct. 31 : Breakout Session 4

Skinner A : Scissor/Aerial Lift Safety

Adam Fairchild

This session will review basic safety protocols, fall protection and vehicle inspection and the OSHA standard for use of aerial lifts and scissor lifts.

Salon 2-3 : Business Continuity is easy as PIE!

Steve Flann, MS, CSP—Senior Director EHSS—Vermeer Corporation

Whether you are new to Business Continuity Planning or you just want to improve the Plans you have, learn from one of Iowa's largest manufacturers who experienced a devastating EF-3 tornado and implemented their Business Continuity Plan to get the business up and running in a few short days. Through discussion and hands-on activities, you will learn the three key items for a successful plan, key pitfalls that you will want to avoid, and how to evaluate third-party vendors who say they can help.

Skinner B : Basics of Rigging and Hitches—And the Hazards in Which They Contain

Kevin Harrell—Training and Development Specialist, EHS—Vermeer Corporation

In this session we'll discuss rigging and hitches (shapes we put rigging in) and the hazards they can present. We'll help you identify when those hazards could exist and to what extent. We'll also share easy ways to prevent those hazards to keep your teams safe.

Salon 1 : The Risk Assessments of NFPA 70E

Jason Wolf, CSP, CEECP—Safety Training Manager—The ESCO Group

Many elements make up the details of an overall electrical safety risk assessment. ESCO Electric will share techniques and procedures used to meet NFPA 70E standards and drive electrical safety improvements. This class will include arc flash and shock risk assessments, hierarchy of controls, human performance, and job safety planning from design through equipment maintenance. .

Polk County : Bad Habits Die Hard ... But So Does Your Health

Jana L. Kray, MSPT, CEES—Certified Functional Evaluator and Dry Needling

Certified 2—UnityPoint Health Des Moines

Stretching techniques and other applications to mitigate, reduce and prevent workplace injury and pain.

BREAKOUT SESSION DETAILS

Friday, Nov. 1 : Breakout Session 5

Skinner A : Iowa's Boiler and Pressure Vessel Safety Inspection Program

Robert J. Bunte, AAS, AWS CWI—Chief Boiler and Pressure Vessel Inspector—State of Iowa Workforce Development

This session is to help identify the Iowa Boiler and Pressure Vessel safety department's purpose and scope.

Salon 2-3 : Beyond Compliance: Using the Risk Management Process in Manufacturing

Chris Murphy, CSP, CPCU, CRM, CIC—Senior Consultant—Nationwide Insurance

Although compliance with standards like OSHA and NFPA is a key part of managing risks in a manufacturing environment, using a broader risk management framework is essential for taking your safety and risk management program to the next level. In this session, we'll cover the six-step risk management process that will help you identify and analyze risks in your organization and then prioritize, control, and monitor those risks effectively. Although a manufacturing environment will be used in session examples, the risk management framework can be applied to any organization and all attendees will benefit from the information.

Skinner B : What is the Fire Code and What Do I Need to Know About It?

Jonathan Lund, PE, EFO—Fire Marshal—Des Moines Fire Department

This session will cover some of the most common fire code issues. Additionally, it will discuss Fire Prevention Plans including Emergency Planning, Fire Extinguishers, Fire Protection Systems, Sources of Ignition, and Common Hazards.

Salon 1 : Crane Training & Certification Requirements

Margret Meade—Safety Specialist—Iowa Association of Municipal Utilities

Do your employees use overhead cranes or mobile cranes to lift or move materials? Learn the technical knowledge and skills required, and for operators of each type of equipment to have. During the session, we will discuss the terms qualified and certified; what each term means and how to determine your operator's needs.

BREAKOUT SESSION DETAILS

Friday, Nov. 1 : Breakout Session 6

Skinner A : Understanding Humanity in Workers' Compensation

Claire Muselman, MPA, EdS, AIC-M, AIM, AIS, AINS, ACS, SCLA-Gold—Director of Workers' Compensation—Continental Western Group, a Berkley Company

How do we ensure that our words and interactions in the workers' compensation process not lose sight of compassion while still effectively representing our clients or employers' interests? What simple steps can be taken to make our jobs and the industry more positive and create a more efficient process? Come listen in to hear Claire speak on a thought-provoking discussion challenging the status quo of the workers' compensation industry and what you can do to make a direct impact.

Salon 2-3 : Prevention of LOTO Errors

Steve Nurre—Health and Safety Manager—Cargill

This session will focus on eliminating mechanics, operators, etc., from working on the wrong piece of equipment, through what we have developed as our Point of Work Process. Session will start with an overview of permitting process, human performance concepts, and finally Point of Work process with a specific scenario.

Skinner B : OSHA Updates

Russell Perry—OSHA Administrator—State of Iowa

What are the local and national OSHA emphasis programs? Take part in this breakout to learn what the focus areas are on both a local and national level. This breakout session will also focus on how OSHA updates affect Iowa employers.

MEMORIAL SCHOLARSHIPS

Since 1977, the Governor's Safety & Health Conference has awarded more than **\$150,000** in scholarships to students in occupational safety at five Iowa colleges. We are proud to announce that in 2019 we are awarding **\$7,500** in scholarships to Iowa students.

These scholarships will be presented during lunch on Thursday, October 31. Please join us in supporting the educational efforts of these deserving recipients.

Priyanka Vakkalanka

University of Iowa
Jack Beno Scholarship

Allison Persing

University of Iowa
Bill Dickinson Scholarship

Daniel Chapman

Iowa State University
Iowa Occupational Safety & Health
Advisory Council Scholarship

2018 Scholarship Award Winners



The 2018 scholarship award winners were Shelby Clark, Misha Griffis, and Johnathan Hughes.

PAST SCHOLARSHIP WINNERS

2018

Shelby Clark *U of I*
Misha Griffis *U of I*
Johnathan Hughes *ISU*

2017

Darrin Thompson *U of I*
Shaunae Alex *U of I*
Ria Gasaway *ISU*

2016

Laura Hallett *U of I*
Sai Ramaswamy *ISU*
Mahmoud Metwali *U of I*

2015

Kayla Faust *U of I*
Sarah Ischer *U of I*
Ayrton Williams *ISU*

2014

Levi Mines *U of I*
Maya Ramaswamy *U of I*
Maria Melendez *ISU*

2013

Mark Schall *U of I*
Kelsey Smithart *U of I*
Derek Boshold *ISU*

2012

Kelsey Smithart *U of I*
Jessica Mills *U of I*
Mitchel Steffes *ISU*

2011

Nirmalla Barros *U of I*
Nathan Brayman *ISU*
Adrianne Horne *U of I*

2010

Lauren Gant *U of I*
Mitchell Kange *U of I*
Abby Harper Maples *U of I*

2009

Brian Pavilonis *U of I*
Jamie Brown *U of I*
Donna Holzer-Vosbough *U of I*

2008

Lorenza Cena *U of I*
Mallory Johnson *U of I*
Javier Santella Elias *U of I*

2007

Robert Ian Poole *U of I*
Alysha Meyers *U of I*

2006

Adam Riss *U of I*
William Downs *ISU*
James Lindgren *UNI*
Lindsay Parker *U of I*

2005

Kira Campos-Anderson *ISU*
Troy Mills *ISU*
Matthew Murphy *U of I*
Matthew Nonnenmann *U of I*

2004

Nathan Fethke *U of I*
Patrick Murphy *ISU*
Vijay Gola *U of I*
Jeffrey Miller *U of I*
Andrew McNaught *ISU*

2003

Jon Judge *ISU*
Jessica Ferrie *U of I*
Joung Ae Lee *U of I*
Joshua Jacobsen *ISU*
Timothy Powers *ISU*
Ryan Hoenicke *ISU*

2002

Rachel Floit *U of I*
Craig Gehrels *U of I*
Brad Lester *U of I*

2001

Scott Collingwood *U of I*
Nicole Case *ISU*
Steve Duff *ISU*
David Hraha *DMACC*
Andrew New *ISU*
Risto Rautianinen *U of I*
Joann Wee *DMACC*

2000

Annette Carver *ISU*
Danial Dieke *DMACC*
Darrin Ott *ISU*
Alba Quinones *U of I*
Tamara Wilson *ISU*

1999

Annette Carver *ISU*
David Hickman *ISU*
Duane Otto *ISU*
D. Scott Van Fossen *U of I*

1998

Jeff Bartine *ISU*
Connie Buche *DMACC*
Alexis Grey *U of I*
Jeff Mann *ISU*
John Meeker *ISU*
Andrew Merriam *ISU*
Jon Taylor *U of I*
Zachary Waters *ISU*

1997

Corey Albaugh *ISU*
Celeste Bartscher *ISU*
Eric Paul Bauer *U of I*
Heather Jacobs *ISU*
Ryan Kuhl *ISU*
James Webber *ISU*
Brock Edward Wilson *U of I*

1996

Joe Campin *ISU*
Jason Collins *ISU*
Ken Pankow *ISU*
Ivan Rivera *ISU*
Drew Rowe *ISU*
Martin Jones *U of I*

1995

Ken Mai *ISU*
Jason Schaufenbuel *ISU*
Mark Finarty *ISU*
Charles Bauer *ISU*
Jean Balough *ISU*
Jason Stookesberry *U of I*

Jack Beno Scholarship Foundation

When **Jack Beno**, age 60, lost a long battle with cancer in 1997, the safety world lost a truly inspirational leader. His ideas, guidance and tenacity contributed greatly to the many successes of the Iowa Governor's Safety Conference and to workplace safety and health throughout Iowa.

Jack was appointed to the Occupational Safety and Health Advisory Council in 1979 after accepting a position at Iowa State University. Jack's former students continually speak of the profound impact he had on their education and life experiences, and will never forget him or the lessons they learned.

The Jack Beno Scholarship Foundation was established in 1998 to provide scholarships for safety-related education in Iowa colleges. In honor of his memory, many former colleagues, friends, and students have made a contribution to support this cause.

Bill Dickinson Scholarship

Bill Dickinson served the State of Iowa through his work with the Iowa-Illinois Safety Council, ASSE, and Nationwide Insurance. His work with the council often overlapped with the Governor's Safety Conference, as he spoke and provided expert speakers on many topics.

Bill Dickinson and Bruce McCann were instrumental in the establishment of the ASSE golf outing that has funded much of the Jack Beno Scholarship fund. More importantly, Bill was constantly mentoring safety professionals throughout the state, encouraging them to excel in their work. Bill and Jack met on a number of occasions to discuss many safety issues affecting the state and the nation.

Gary Higbee captured the spirit and thoughts of many other EHS professionals and colleagues best, stating, "Both men (Jack Beno and Bill Dickinson) were men of honor and stature; I was fortunate to be their friend."

GARY HAWK SAFETY AWARD WINNER



Douglas W. Martin **MD, FAFAP, FAFCEM, FAFDEP, CIME, CEDIR**

Doug Martin, MD, is a native of Louisville, Nebraska, a small town of approximately 1,000 people near Omaha that is famous for Ash Grove cement manufactured from the limestone deposits along the Platte River. He graduated with a Bachelor of Science in Biological Sciences with Highest Distinction in 1987 from the University of Nebraska - Lincoln. He went on to attend the University of Nebraska Medical Center receiving the Doctor of Medicine degree with Distinction in 1991.

Dr. Martin completed his family medicine residency in Davenport, Iowa. He was awarded the Mead-Johnson Award for Graduate Education in Family Medicine, given to the top twenty family medicine residents in the nation. Dr. Martin went on to complete a Mini-Residency in Occupational Medicine at the University of Cincinnati.

He serves as the Medical Director for UnityPoint Health – St. Luke's Occupational Medicine in Sioux City. The majority of his practice is related to musculoskeletal medicine, which is directly secondary to the industry in the area; he often speaks of "meatpacking is my life" as he services one of the largest meatpacking facilities in the world in Dakota City, NE.

Dr. Martin has served on the Board of Directors for the American Academy of Disability Evaluating Physicians (now known as the International Academy of Independent Medical Evaluators) and is a Past President. He is a Past President of the Iowa Academy of Family Physicians and the IAFP Foundation. While Foundation President, he was involved in the finalization of the Iowa Health Rural Health Loan Repayment Program, a combined public-private endeavor. He was given the AADEP President's Award for Volunteer Service four different years and Freeman Award as Outstanding Educator in 2005, and the organization's first Lifetime Achievement Award in 2015. He was given the Janet M Wee Award by the IAFP for outstanding contributions to the organization. He is also currently on the Board of Directors of the Interstate Postgraduate Medical Association (IPMA).

He has given over 400 CME presentations on various Occupational Medicine topics, with emphasis on upper extremity repetitive motion injuries, disability medicine and medical review officer functions. He is currently serving ACOEM as the Course Director of the Musculoskeletal Examination and Treatment Techniques Course and the AMA Guides to the Evaluation of Permanent Impairment Course. He serves ACOEM as the Chair of the MRO Section and is the past ACOEM House of Delegates Speaker and member of the Executive Committee. He has authored ACOEM's official comments on the Federal Department of Transportation Revised Drug & Alcohol Testing Rules. In 2013, Dr. Martin was awarded the ACOEM Meritorious Service Award for his varied volunteer activities for the college.

He has served AADEP and ACOEM on their respective Education Committee and Council on Education. He has recently also been appointed to the American Academy of Family Physicians Commission on Education and Subcommittee on Graduate Curriculum. Having been on 6 different ACCME reaccreditation teams, he is highly involved in the planning and improvement of CME activities on a large scale. Dr. Martin has introduced varied teaching methods to many organizations, incorporating case-based educational tools and game show activities as an alternative to the typical didactic lecture formats.

He served on the Federal Motor Carrier Safety Administration's National Registry of Certified Medical Examiners Certification Work Integrated Product Team, a multi-disciplinary committee who was charged with creating the certification examination for providers who perform commercial driver medical examinations (DOT physicals).

He is an accomplished author, having written several articles for the *MRO Update* newsletter. He penned book chapters for three AMA books: *The AMA Guides to the Evaluation of Disease and Injury Causation*, *The AMA Guides to the Evaluation of Work Ability and Return to Work*, and *The AMA Guides to Navigating Disability Benefit Systems*. In 2015, he was the lead author and editor for the text *CRPS – What is the Evidence?* a project of Veritas Medicus, the AADEP Foundation. In the spring of 2018, his book, *Independent Medical Evaluations – A Practical Guide* was released by Springer Publications.

Dr. Martin serves as an expert witness for many medico-legal issues. He is frequently called upon by insurance carriers and state systems as an AMA Guides impairment rating expert. He provides consultation and reviews for many disability systems that center upon causation analysis.

On a state level, he is currently serving on the Task Force for Improving Preventive Health Care for Iowans with Disabilities and has previously served on task forces assigned by the industrial commissioner. On a local level, he serves voluntarily as the Superintendent of the Union County (SD) Board of Public Health and as the Medical Director for the Dakota Valley Emergency Services District.

Dr. Martin is a Diplomat of the American Board of Family Medicine, Fellow of the American College of Occupational & Environmental Medicine, Fellow of the American Academy of Family Physicians, Fellow of the American Academy of Disability Evaluating Physicians, Certified Independent Medical Examiner, Certified Medical Review Officer, an Aviation Medical Examiner, a designated Immigration Civil Surgeon, an arbitration examiner for the Nebraska Worker's Compensation Court, and a Social Security Disability Examiner for Nebraska, Iowa, and South Dakota.

He lives in Dakota Dunes, South Dakota with his wife Janet, and he has four children. He is a co-founder of the Tri State Youth Association (www.tristateyouthsd.org) and is both an Eagle Scout and Silver Beaver recipient, continuing to serve the Boy Scouts of America as Troop Committee Secretary. He assists his wife with a Haitian relief organization that she co-founded Time4Haiti (www.time4haiti.org). In his spare time, he follows the local high school and college sports teams, and is a substitute high school football official.

PAST GARY HAWK WINNERS

2018 Dr. Jim Withers



2017 Gary Higbee



2016 Cindy Baldwin



2015 Mary Bryant
2014 Marlys Nelson
2013 Dan Broghammer
2012 Dr. Steven Freeman
2011 Rod Swager
2010 Dennis Reichardt
2009 John Izzolena
2008 Ron Snyder
2007 Dr. Denis Zeimet
2006 Jim Hawthorne
2005 Byron Orton
2004 Chet Fuller
2003 Mary Daniel

2002 Emery Sobottka
2001 Don Sullivan
2000 Pat Payton
1999 Ray Forsythe
1998 Phil Mercuris
1997 Chris Constantine
1996 Al Meier
1995 Lara Summerwill
1994 Norm Popenhagen
1993 Marge Connors
1992 Jack Mickle
1991 Melvin Sanders
1990 Kenneth Moore

1989 Ted Wire
1988 Mel Smith
1988 Dr. John Thomas
1988 Virgil Deering
1987 Al Victor
1986 Al Sherrick
1985 Dale Hull
1984 Dr. John Robb
1983 Joe Klinsky
1982 Bob Skinner
1981 Harlan Von Seggern
1980 Jerry Addy

About the Gary Hawk Award

In 1996, the annual Governor's Safety & Health Conference safety award was renamed to the "Gary Hawk Safety Award" in honor of long-time OSH Advisory Council member Gary Hawk, who passed away after a long battle with cancer.

EDUCATIONAL OBJECTIVES

Upon completion of the offering, participants should be able to...

Adam Lathrop: Explain the different causes that lead to employee fatigue in the workplace the effects on the body in comparison to other impairment .Discuss the direct and indirect costs of fatigue in the workplace in regards to injuries, production issues, as well as health care costs and time away from work.

Daniel J Snyder: Identify key decision makers successfully implementing the Occupational Safety and Health Management Systems. Identify six critical competencies for influencing decision makers. Discuss the concepts and techniques of influencing workplace safety and health decisions.

Thomas Hauber: Name the factors that contribute to sprain and strain-type injuries.

Scott Ege: Describe how to implement processes to minimize the impact of change in staff, leadership, and operations. Recall different ways to approach work tasks from a human factors standpoint to reduce exposure to injury through an experiential learning model.

Cristin Eichenberger: Identify benefits of occupational health nursing for the employee and employer (Injury management, case management, wellness, ADA/ FMLA, OSHA compliance and medical surveillance)

Joe Korpi: Discuss training tools that will make your safety education more engaging. Identify learning objectives and the best tools that will help ensure the training is effective.

Steve Bradley & Grant Grace: Outline the OSHA regulatory process and the procedures to bring about improvements in OSHA regulations and Standards. Discuss the cost in human capital of delayed regulations.

Cindy Baldwin: Describe simple exposure assessment and comparison to occupational exposure limits.

Steve McLaughlin: Describe how to make a safer job site on the roadways.

Della Guzman: Explain the essential components and benefits of an employer driven Wellness Program to improve the health of their employees to reduce cost in work comp and health benefit expense.

Joshua Jacobsen: Recall behavior influencing techniques to positively improve the working climate. Understand the value of risk assessments to increase the awareness of people's perceptions on hazardous risk. Recall data and analytics to drive value add program decisions. Describe the use of lagging and leading indicators as a planning tool.

Steven Shaffer: Identify the various types of additive manufacture currently available and describe some of the hazards associated with each technique .

Michael Goebel, Kurtis Grubb, Richard Anderson: Describe how properly enforcing safety regulations can prevent injuries and fatalities.

Robert Luckey: Summarize the changes in the Fixed Ladder requirements.

Kelly Robison: Identify appropriate adhesions for intervention. Apply different techniques for addressing adhesions.

Adam Fairchild: Understand the importance of general lift safety and why use of fall protection and vehicle inspection are vital pieces of lift use.

Steve Flann: Identify the three key elements of a successful Business Continuity Plan. Outline effective evaluation of third-party Business Continuity vendors.

Kevin Harrell: Identify different rigging materials and which ones work where. Name which hitches to use for maximum load control and security.

Jason Wolf: Identify one or more techniques to use for electrical risk assessments. Identify one or more techniques to control electrical hazards and risks.

Jana L. Kray: Explain the importance of personal health in the reduction of injury and reduction of pain in the workplace.

Robert J. Bunte: Identify pressure equipment that may require safety inspection.

Chris Murphy: Explain how to apply the six-step risk management process to identify, analyze, control, and monitor both compliance and other risks in a manufacturing environment. Summarize the concept of a risk map to prioritize and manage risks in your organization.

Jonathan Lund: Identify when and where the fire code applies. Describe the necessary components of a complete Fire Prevention Plan.

Margret Meade: Describe the technical knowledge and skills that crane operators must possess in order to safely operate the crane. Explain the difference between qualified and certified operators and who may conduct each type of designation.

Claire Muselman: Outline an improved approach to their own workers' compensation processes and procedures. Explain how a strong workplace culture can have a drastic impact on claims from a personal health and workers' compensation standpoint.

Steve Nurre: Outline the principles and be able to implement this process of eliminating mistakes of production people, operators, mechanics, etc., from working on equipment that is not properly locked out.

Russell Perry: Summarize OSHA updates and how they affect employers in Iowa.

Have you considered asking your company to
SUPPORT THE BENO FOUNDATION?

**GIVE
BACK**

JACK BENO MEMORIAL FOUNDATION

The Jack Beno Memorial Foundation 501 (c)(3) (Foundation) gives out thousands of dollars each year through the Jack Beno Scholarship and the Bill Dickinson Scholarship. Jack and Bill were both mentors and constantly supported students and safety and health professionals throughout the state of Iowa. It is under this great legacy that we, the next generation, support and mentor the new next generation of safety and health professionals coming in behind us.

There is a time to learn, to earn, and to give back. Most of us can say we had someone(s) who have mentored us in our careers or that we received scholarships. Many of you already mentor, it is equally as important to help the Foundation financially for the scholarships to continue and expand to more safety and health students here in Iowa.

College debt is rising for our students due to higher tuition fees. Many safety and health professionals over the years have supported the Foundation by participating in the annual Beno / Dickinson Golf Outing, while others have given directly to the Foundation with checks for thousands of dollars.

**Be a leader in safety and health and help guide
the profession forward. Donate to the Jack
Beno Memorial Foundation because
safety matters to you.**



Iowa Occupational Safety & Health Advisory Council

Save the Date: ASSP Beno Golf Fundraiser July 31, 2020

There is a time to
LEARN

There is a time to
EARN

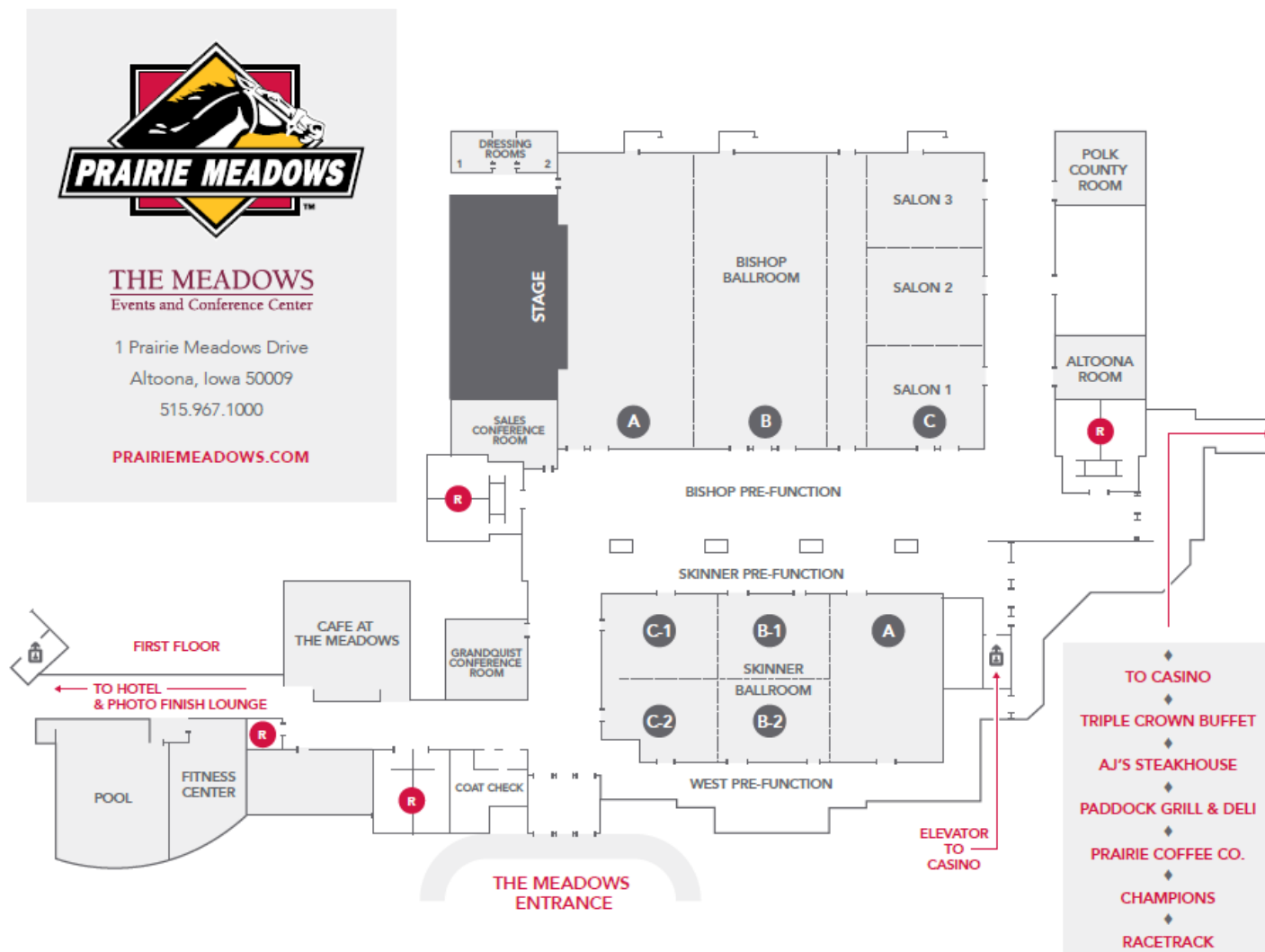
There is a time to
GIVE

HELP the
next generation of
Safety & Health
Professionals

GIVE to the
JACK BENO
Memorial Foundation,
providing scholarships
to safety & health
students

MAKE CHECK OUT TO:
JACK BENO MEMORIAL FOUNDATION
MAIL TO:
IOSHAC
PO Box 1454
Des Moines, IA 50305-1454

The Meadows Events and Conference Center



**SAVE
THE
DATE**

October 29-30. 2020