

# Keynote Descriptions

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**“Twitchy” Stuart Ellis-Myers—Title**  
**Thursday, 8:40 – 9:25 am**

**“Twitchy” Stuart Ellis-Myers—Title**  
**Thursday, 3:40 – 4:40 pm**

**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 can not 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

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## Thursday, Oct. 31 : Breakout Session 2

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

**Joe Koric, 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 : Historical Look at UAW Impact on Workplace Safety**

**Steve Bradley—UAW Local 450 Safety Representative—John Deere Des Moines Works Grant Grace—**

Description Needed

### **Skinner B : Workplace Exposure Sampling**

**Cindy Baldwin**

### **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

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## 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 planning that impacts the company culture that 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 goal 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**

TBD

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

**Robert Luckey—Regional Sales manager—FallTech Fall Protection**

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

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## Thursday, Oct. 31 : Breakout Session 4

### **Skinner A : TBD**

TBD

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

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

Over 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, CEMCP, 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

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## Friday, Nov. 1 : Breakout Session 5

### **Skinner A : TBD**

TBD

### **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

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## Friday, Nov. 1 : Breakout Session 6

### **Salon 2-3 : Prevention of LOTO Errors**

**Steve Nurre—Health and Safety Manager—Cargill**

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.