REGISTRATION PROGRAM

Keynote speaker

Wednesday, May 17
Accidents are Forever
Matt Pomerinke

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.

For more conference information: osha.oregon.gov • www.RegionXVPPPA.org
General Conference Information

Registration
Early registration is encouraged. Faxed registrations are accepted only if accompanied by credit card information or a purchase order. **Advanced registration deadline is May 9, 2017;** after that date, you must register at the conference.

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

To register, 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*
*(must include credit card information or purchase order)*

**Register online at**
safetyseries.cvent.com/vpp17

Cancellation policy
All cancellations must be in writing and received before May 9, 2017. 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, the attendee can submit their signed verification form to their accrediting body.

Lodging
A block of rooms is reserved at the event hotel:

*Davenport Grand Hotel*
*333 Spokane Falls Blvd.*
*Spokane, Washington 99201*

To make lodging reservations, call the hotel directly at 509-455-8888 before April 14, 2017. Ask for the “Region X VPP Conference” room block to receive the conference rate. Rate is for single or double occupancy and is subject to all applicable taxes.

**Note:** Call the number above Monday through Friday from 7:30 a.m. - 5 p.m. and please ask for The Davenport Grand Hotel. Ask to talk with the in-house reservations staff and to not be transferred to the Marriott call center.

**Rate:** $159 plus tax

**Government Rate:** A limited number of rooms are available at the prevailing government rate ($99 plus tax). Call the Conference Section at 503-508-3018 to be added to the government rooming list. Rate may adjust based on prevailing government per diem.

Questions?

**Call the Conference Section**
503-947-7411 or toll-free 888-292-5247 option 1
**Email:** oregon.conferences@oregon.gov
**Visit** www.orosha.org/conferences or www.RegionXVPPPA.org
Join us for an evening of bowling!
The cost is $15 per person, which includes bowling, shoes, and shuttle van from the Davenport Grand Hotel.
Check-in at the bowling center begins at 5 p.m. with the event starting at 5:30 p.m.
• Form teams of four or register as an individual.
• Food and beverages available at a reduced cost.
• It will be a fun night at the alley! Space is limited; sign up by April 29th!

Cost per bowler — $15

Name ____________________________________________________________
Company ___________________________________________________________
Phone ___________________________ Email ____________________________

☐ To be assigned to a bowling team:

Name ____________________________ Name ____________________________

☐ To pre-designate your four-person bowling team:

Name ____________________________ Name ____________________________
Name ____________________________ Name ____________________________
Number of players ____________________ = Total amount due $ __________

Please return this registration and your check to:
Region X VPPPA
PO Box 5640
Salem, OR 97304-0640

Make payable to Region X VPPPA

Amount Enclosed: $__________

Charge my:  ☐ Mastercard  ☐ VISA  ☐ American Express
Name on card: (print) ____________________________________________

Phone number: (_______) _________________________________________
Exp. date: ________________ Security code ____________________________

Signature: ____________________________________________________________________________________________________

Questions?
Call the Conference Section at 503-947-7411
email: oregon.conferences@oregon.gov

Bowling registration deadline: April 29, 2017

Complete this form or register online when you register to attend the conference. You may also pay on-site, if necessary.
**Tuesday, May 16**

7:30 a.m.-4:30 p.m. **Registration open**

8 a.m.-4 p.m. **FULL-DAY WORKSHOPS**

**VPP Application Workshop**

This full-day interactive, educational workshop is tailored toward worksites interested in applying to OSHA’s Voluntary Protection Program (VPP). All companies are welcome to attend. Participants learn step-by-step how to complete the VPP application, participate in various VPP application exercises, and review samples from VPP applications submitted by VPP Star worksites. Attendees network with regulatory agency and industry representatives from current VPP sites to share best practices on completing a successful VPP application. This workshop is sponsored by the VPPPA and co-presented by regulatory agencies and VPP site representatives using materials from actual applications. Attendees learn what the regulators are looking for in a VPP Application and what other sites have done to meet those expectations by hearing from actual sites on how they implemented VPP principles. In addition, attendees learn how to successfully achieve safety excellence at their worksite.

**Pre-requisites:** In order to ensure effective training and that all attendees receive the most from this workshop, the following prerequisites are recommended for attendees participating in this full-day educational workshop.

1. Attendees are encouraged to bring a laptop with Microsoft Office on it.
2. Complete a pre-workshop questionnaire to identify attendee needs and desired outcomes from this workshop.
3. Sites with a collective bargaining agreement, should assure participation by a representative from the bargaining unit attend the workshop.
4. Attendees are encouraged to reach out and meet the appropriate regulatory agency representative prior to the workshop.
5. Review the content in the provided Web-based share file/link with the VPP application workshop PLUS the following prior to attending the VPP application workshop:
   a. VPP Policies & Procedures (federal and state plan)
   b. VPP 101 presentation and material (emailed to you prior to the workshop)
   c. VPPPA benefits information to include VPP board of directors and National VPPPA Office contact information
   d. Mentoring application (in case mentor has not been assigned yet)
   e. The following helpful links:
      i. OSHA VPP webpages (state and federal)
      ii. National VPPPA and Regional VPPPA webpage
      iii. BLS link (3 year reference)
      iv. List of current VPP Star sites (based on Region)

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**Derek Engard, CIH, CSP, MS**
Consultation/VPP Program Manager
OSHA, Region X, Seattle, Washington

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

**Tim Milewski, ASP, SGE**
Regional Safety and Health Coordinator II
Cintas, Puyallup, Washington

**Sharon Perkins, MES**
Industrial Hygiene VPP Specialist
Washington VPP Program, Olympia, Washington

**Terry Schulte**
Regional HSE Manager
NuStar Energy, Elk Grove, California

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Register online! safetyseries.cvent.com/vpp17
Construction Hazards
This workshop is intended as an introductory class on hazards in the Construction industry. A panel of subject matter experts from industry and the Washington State Department of Labor and Industries discuss topics outlined in OSHA's Focus Four and the Washington State Top 25 Hazardous Industries 2006-2010. The topics covered are Electrical, Falls, Struck By, Caught In or Between, Overexertion, and Bodily Reaction.

Mike Ellis
Corporate Safety Director
Apollo Mechanical, Kennewick, Washington

Darren James
VPP Coordinator
Washington State Dept. of Labor & Industries, Division of Occupational Safety and Health, Everett, Washington

Mandi Kime, CHST
Director of Safety
Associated General Contractors of WA, Seattle, Washington

Ron Simmons
Safety Director
Champion & Associates, Auburn, Washington

Max VanValey
West Region EH&S Coordinator
Carlisle Construction Materials, Puyallup, Washington

Mark Wagar
Safety and Health Consultant
Washington State Dept. of Labor & Industries, Division of Occupational Safety and Health, Spokane, Washington

Survival
This presentation is largely guided by audience input. The topics covered are the basic needs of survival as they pertain to the Inland Northwest and Alaska, recovery options, and recommended items for a vehicle survival kit as well as a personal survival kit.

TSgt Paul Daggett
Survival, Evasion, Resistance, Escape Specialist
Operation Noncommissioned Officer
United States Air Force, Fairchil Air Force Base, Washington

Workplace Violence, Active Shootings: Avoiding the Unthinkable
This program is designed to provide detailed information about why workplace violence occurs, how it can be best avoided, and best practices for reacting in the event of an incident. Attendees are exposed to information derived from actual workplace violence incidents and situations. Included are details on the latest techniques and countermeasures needed to successfully manage real life workplace violence incidents. The session includes case studies and practical demonstrations of what works, what does not and why, as well as what to do and not to do when workplace violence issues arise. Embedded video clips of actual workplace violence attackers and victims are shown, including “war stories” related to “real world” workplace violence situations. Session engenders attendee involvement and includes role paying scenarios.

John Posey, CPP, PSP
President
Corporate Security Services, Inc., Vancouver, Washington

Staying Young in an Aging Workforce
All injuries occur when load exceeds capacity. In general, after the age of 28, human capacities begin to decline in strength, flexibility, lung function, balance, muscular endurance, and many other physiological arenas. As capacities continue to decline, a point is reached where load exceeds capacity and injury occurs. The Bureau of Labor Statistics data shows that as the age of the worker increases the days that worker misses from a DART INJURY increases. These declines used to be considered a natural part of the aging curve. With the increase in research in exercise physiology it has been established by Dr. Evans of Tufts University that a 95 year old can be as strong as a 50 year old, and a 64 year old can be as physically fit as a healthy 30 year old. The salient facts around the eight pillars of longevity, pertaining to safety and health and the aging workforce, are addressed in this seminar.

Bruce Madsen, AT, CSCS
President/Founder
High Tech Sports Therapy Associates, Inc., Central Point, Oregon

Register online! safetyseries.cvent.com/vpp17
Tools for Conscious Leadership: Proven Strategies for Improving Safety Performance

This three-part workshop delves into personal communication, responding to criticism, and reducing drama – all important skills and behaviors to improve safety performance at your workplace.

1. **Personal Communication**
   
   A message sent does not equal a message received! The cost of poor communication is tremendous: Misunderstandings lead to waste and rework, and ultimately, relationships break down. Our ability to have conscious interactions and intentional discussions is key to elevating the quality of relationships and improving performance.

2. **Responding to Criticism**
   
   When managers and supervisors are not receptive to input, employees and coworkers quit coming to them with complaints, issues, ideas, and solutions. Yet the tendency to be reactive to feedback and get defensive is natural. At the same time, amazing things happen when we become more aware of our reactive triggers and respond to critical feedback with genuine curiosity. Uncomfortable situations become opportunities to gain clarity and information. Individuals feel valued for their contributions. This program helps your team and you learn powerful communication methods for sending and receiving messages. Individual contributions and team results soar when members of an organization practice these skills.

3. **Reducing Drama**
   
   Creating the best in leaders requires expanding into new behaviors and skill sets. Our ability to build relationships between people in the workplace is essential at all levels. When these relationships break down, information is withheld, immovable positions are taken, and interpersonal dramas escalate. The ability for individuals and teams to take healthy responsibility for how they show up and how they hold themselves and each other accountable is essential to sustaining organizational excellence. This program provides proven strategies to reduce drama, value human needs, and increase organizational performance.
   
   • Learn how to recognize and shift out of the Persecutor, Rescuer, and Victim positions in the drama triangle.
   • Develop strategies for stepping into healthy responsibility.
   • Explore the benefits of taking personal responsibility.

Dan Miller
President
Dan Miller & Associates, Bend, Oregon

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

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**Advancing Total Worker Health: Tools for Leaders and Teams**

Workshop includes:

- Introduction to Total Worker Health (TWH), as well as the Oregon Institute of Occupational Health Sciences, the Oregon Health Workforce Center, and the existing toolkit Kiosk
- Leadership for TWH - health impacts safety toolbox talk guides, plus SHIP program toolkit (or Be Super toolkit)
- Sedentary work: physiological hazards and interventions

Speakers are from the Oregon Healthy Workforce Center (OHWC), one of six NIOSH Centers of Excellence in Total Worker Health®. They are housed within the Oregon Institute of Occupational Health Sciences, a free-standing research institute at Oregon Health Sciences University.

**Ryan Olson, PhD**
Oregon Institute of Occupational Health Sciences, OHSU, Portland, Oregon

5:30 p.m.  **Bowling Night begins**
North Bowl, Spokane
*(Registration and information on page 3)*

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Register online! safetyseries.cvent.com/vpp17
Wednesday, May 17

7:30 a.m.  Registration opens
Hot breakfast buffet
(provided)

7:30 a.m.-3:30 p.m.  Exhibitors open
(bingo card activity)

8:15-11 a.m.  Welcome, dignitary
speeches, candidate
announcements, nominations,
and Keynote

Rocky Simmons
Region X VPPPA Chairperson

Richard McConnell
National Board Member, VPPPA

Eric Harbin
Regional Administrator, Region X
U.S. Dept. of Labor – OSHA

Craig Blackwood
Deputy Assistant Director
Washington State Dept. of Labor & Industries

Bradley Davy
Director, Office of Worker Safety and Health Assistance
U.S. Department of Energy

Derek Engard, CIH, CSP, MS
Consultation/VPP Program Manager
U.S. Dept. of Labor - OSHA, Region X

Michael Wood, CSP
Administrator, Oregon OSHA

9:40-10 a.m.  Break

10-11 a.m.  KEYNOTE:
Accidents are Forever

Matt Pomerinke of Longview, Washington, was just 21 and
working at a lumber mill when his arm was caught in an
unguarded drive chain. This ultimately led to his arm being
amputated just below the elbow. Now Matt travels to schools,
worksites, colleges, and conferences to share his story and how
one incident can change so many lives forever.

Matt Pomerinke
Matt Pomerinke Public Speaking/KapStone Paper and
Packaging, Longview, Washington

11:11:45 a.m.  Visit Exhibits

11:45-1:15 p.m.  Lunch (provided)
and Visit Exhibits
Voting is open during lunch
on Wednesday and Thursday

1:15-2:45 p.m.  SESSIONS

NuStar’s Journey to Multiple Site
VPP Star Certification
This is a discussion of the approach NuStar Energy has taken
to achieve VPP Star Site Certification for 25 sites. Included is a
review of management and leadership commitment, employee
engagement, worksite analysis, hazard prevention and control,
and safety and health training with a strong focus on leadership
support and employee empowerment and ownership.

Rob Hill
General Manager Pipelines and Terminals
NuStar Energy, Elk Grove, California

Jerome Jackson
Area Manager - Pacific Northwest
NuStar Energy, Elk Grove, California

How to Develop, Implement, and Maintain
a High-quality Industrial Hygiene Program
(1:15-5 p.m.)
This class is designed to help companies better understand the
kind of performance expected of an industrial hygiene program
operating at a SHARP or even VPP level. The class covers the
required activities pertaining to various workplaces, but also
shares a lot of industry best practices. Attendees come away with
an improved understanding of what a good industrial hygiene
program can do to strengthen your company.

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

Trena VanDeHey
Technical, Standards, and Appeals Manager
Oregon OSHA, Salem, Oregon

Register online! safetyseries.cvent.com/vpp17
Conflicts in the Workplace are No Laughing Matter

Is your site experiencing difficulties resolving issues with the represented or non-represented workforce? If so, this mediation workshop is for you. In this session, attendees learn about mediation services available at no cost to VPPPA members. It covers clarifying differences in a dispute or negotiation; defining problems or issues; establishing realistic expectations; maintaining the pace and track of negotiations; and improving communications. This interactive workshop gives attendees an opportunity to address issues needing resolution and the steps necessary to start the process. Mediators also provide assistance to those organizations considering withdrawing from VPP.

Jack Griffith
Union Safety Representative
CH2M Hill Plateau Remediation Company, Richland, Washington

Rocky Simmons
Union Safety Representative/Region X VPPPA Chairperson
Mission Support Alliance, Richland, Washington

Using Employee Participation to Strengthen VPP Star Program

This session is a review of the different mechanisms used by the Honeywell, Spokane, site to promote employee involvement in the safety program and how it affects overall site safety. Energize your work force by enabling participation!

Christopher Hayward
Senior Plant Manager
Honeywell Electronic Materials, Spokane Valley, Washington

Lisa Naccarato, MPH
HSE Manager
Honeywell, Spokane Valley, Washington

Sleep Deprivation: Effects on Health, Performance, and Safety

How well we sleep affects our health and performance both on and off the job. Sleep loss, time of day, and work load can all contribute to cognitive impairment, which can trigger mistakes and accidents. Chronic sleep loss can even lead to weight gain, obesity, and other health conditions. Dr. Van Dongen talks about the importance of sleep and what can happen when we get too little or poor quality sleep. He shares stories from his research about what can happen in workplaces when workers are fatigued. Finally, he suggests ways to improve sleep and manage fatigue so we can be healthy and safe at work and home.

Hans Van Dongen, PhD
Director, Sleep and Performance Research Center/
Professor, Elson S. Floyd College of Medicine
Washington State University Spokane, Center for Clinical Research and Simulation 702, Spokane, Washington

The Grand Illusion

Many workplace accidents result from distraction and inattention. The assumption that the eye functions like a camera and our subjective impression of a coherent and richly detailed world lead most of us to assume we see what there is to be seen by merely opening our eyes and looking. Very little of the sensory information registered by the eyes contributes to perception. There is something you can do to mitigate the consequences of attention blindness and take steps to limit its impact by recognizing how your intuitions lead you astray. In this presentation you learn about attention blindness and why it occurs, identify ways in which failures of awareness are counterintuitive, and better understand the link between focused attention and failures of awareness.

John Geppert
VPP Program Manager
Washington State Dept. of Labor & Industries
Division of Occupational Safety and Health
Olympia, Washington

2:45-3:30 p.m. Break and Visit Exhibits
Wednesday, May 17 — continued

3:30-5 p.m.  SESSIONS

**How to Develop, Implement, and Maintain a High-quality Industrial Hygiene Program**  
(continued from 1:15 p.m.)

**Management Leadership Driven by Employee Engagement**

Employees detail how Purdy has utilized continuous improvement and VPP principles to encourage leadership among employees, ownership of safety on a personal level, and drive management leadership to achieve a culture that goes above and beyond.

**Antonia Garvan**  
J-16 Operator  
Purdy, Portland, Oregon

**Kate Gauntner**  
Operations Manager  
Purdy, Portland, Oregon

**Christine McNealy**  
Lead Person  
Purdy, Portland, Oregon

**The Unique Role of a Union Safety Representative**

In this session, attendees hear from union safety representatives who have unlike craft backgrounds and are employed by diverse companies. Attendees learn how they were selected, their roles and responsibilities, and their day to day activities. This unique position has clearly demonstrated a cost saving, through the reduction of safety grievances and workplace injuries while building an enhanced relationship of trust between management and labor. This program works in any industry union or non-union. It adds measurable benefits to your safety and health program as you work toward Voluntary Protection Program (VPP) recognition, or to augment your current VPP status for continuous improvements under Management Leadership Employee Involvement Element.

**Jack Griffith**  
Union Safety Representative  
CH2M Hill Plateau Remediation Company, Richland, Washington

**Edward Larson**  
Union Safety Representative  
Georgia-Pacific Toledo, Toledo, Oregon

**Elizabeth Norton**  
Union Safety Representative  
Washington River Protection Solutions, Richland, Washington

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**Keeping Your STAR Workforce Charged**

You have been charged with continuing the momentum of VPP STAR for your workplace. Not sure what to do to improve upon your VPP success story? Come see how different programs and teams’ efforts have been working for Oregon VPP worksites. Topics include ideas for pre-job inspections, job safety analysis, supervisor inspections/observations, and how to maintain constant contact with your workforce.

**Erica Frey-Hoyer**  
Process Improvement Manager  
Packaging Corporation of America, Salem, Oregon

**Eileen Tanner**  
Senior EHS Specialist  
Covanta Marion, Inc., Brooks, Oregon

**Managing Stress - Improve Health**

A diamond is just a lump of coal that handled stress very well. We all have multiple stressors in our lives and how we view and react to them impacts our physical and mental health. This workshop helps you recognize how your mind and body react to stress and learn practical ways to positively direct your reactions to improve your life and health.

**Bea Berry, RN, MS**  
President/CEO  
Wellness 2000, Inc., Medford, Oregon

**Crane Operations Overview**

This session addresses hoisting and rigging principals to include basic terminology, principals of crane inspection and operation, and basics of rigging a load. The course compares fixed cranes to mobile cranes, identifies similarities and differences, and identifies key aspects of safe operations. The objective of the session is to increase manager and general employee awareness of the basics of crane operations and enable them to observe and function safely in an active lifting environment.

**James Lovejoy, MS, CSP**  
Industrial Safety Program Manager  
Department of Energy, Idaho Falls, Idaho

6-9 p.m.  Networking Reception  
Don’t miss the music and refreshments!
Thursday, May 18

7:30 a.m.  Registration opens
7:30 a.m.-12:30 p.m.  Exhibits open
8 a.m.  Hot breakfast buffet (provided)
8:30-9:15 a.m.  Awards Presentation and Appreciation
9:15-10 a.m.  Break and Visit Exhibits; finish Bingo card and enter to win prizes from the Exhibitors (entries due by 10 a.m.)
10-11:30 a.m.  SESSIONS

Safety Culture: Where Do We Want to Go and How Do We Get There?
This presentation focuses on integrating a variety of safety culture models (Dupont’s Bradley Curve, INPO’s Nuclear Safety Culture, and Human Performance Improvement principles) into a coherent strategy for assessing an organization’s culture, identifying goals, developing improvement initiatives, and demonstrating the value of safety excellence.

Bradley Davy
Director, Office of Worker Safety and Health Assistance
U.S. Department of Energy, Washington, DC

The New OSHA Silica in Construction Rule
Overexposures to silica dust are widespread throughout the construction industry. Any time you are working with concrete, asphalt, masonry materials, or rock you’re likely to be exposed at dangerous levels unless strict controls are used. The new OSHA silica standard for the construction industry goes well beyond rules to save lives and protect workers from serious chronic illness. It contains a detailed guide to the engineering controls and respiratory protection needed to protect workers doing specific tasks. Serious health problems caused by practices common in the industry today and why the new standard is needed, introduction to control methods in general, and details for specific tasks are discussed. This session is useful for anyone interested in learning the basics about silica as well as for contractors looking for specifics on protective measures.

Jeff Spann, MSPH
Industrial Hygiene Consultant
Washington State Dept. of Labor & Industries, Division of Occupational Safety and Health, Tacoma, Washington

VPP 101: An Introduction to the Fundamentals of the Voluntary Protection Program
What is the Voluntary Protection Program? This session provides attendees with a simple description of the Voluntary Protection Program. This basic level session covers the requirements of the program, what it entails, how it works, and what benefits can be realized by participants.
This is an introductory course for those who have not taken the application workshop.

Derek Engard, CIH, CSP, MS
Consultation/VPP Program Manager
OSHA, Region X, Seattle, Washington

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

Sustaining Star Status: Ergonomic Injury Reduction
The speaker discusses injury types, what drove her company to action, the actions taken to establish a solid program focused around early reporting, changing the culture, and rallying leaders to action. She shares key elements Honeywell deployed to affect change, including how they incorporated safety into their daily operating system, as well as their current Wellbeing Initiative – a totally voluntary approach to improved fitness and ergonomic awareness toward cause of injury in the work place. The presentation includes examples of change and tools used within their program.

Mary Anderson
Engineer Sr HSE
Honeywell, Redmond, Washington

Nutrition and Wellness in the Workplace
This session is an interactive discussion on nutritional choices, dieting, and the importance of staying properly hydrated at work. It targets the overall wellness of employees, mentally and physically. Participants learn strategies to help overcome obesity, stress, and chronic fatigue.

Sam Rader
Owner
Protective Injury Prevention, Vancouver, Washington

Register online! safetyseries.cvent.com/vpp17
Thursday, May 18, 10-11:30 a.m. — continued

**Fall Protection: A Practical Overview Top to Bottom**
This session addresses fall protection principals in organizations performing work governed by OSHA General Industry, OSHA Construction, and Department of Energy regulations. It covers different fall protection requirements, the new OSHA fall protection standards, and provides perspective on what the manager and/or general employee should be aware of when observing and/or evaluating fall protection on their jobs.

*James Lovejoy, MS, CSP*
*Industrial Safety Program Manager*
*Department of Energy, Idaho Falls, Idaho*

11:30 a.m.-12:30 p.m.  **Lunch (provided), Visit Exhibits, Announce Bingo Winners** *(must be present to win)*

Voting during lunch; closes at 12:30 p.m.

12:30-2 p.m.  **SESSIONS**

**Move Halfway to the Wall: Safety Management Leadership**
Marvin Wood Products continues their journey from SHARP to VPP Star and is continuing to reach for new and innovative ways to make a safer workplace for their employees. There is no time when you can say you have “arrived,” but must continue to strive for more effective ways to imbed safety into your culture. You must always try to move halfway to the wall.

*Sandi Fuller, PHR*
*Human Resources Manager*
*Marvin Wood Products, Baker City, Oregon*

*Ray Illingsworth*
*Safety Coordinator*
*Marvin Wood Products, Baker City, Oregon*

**Health Exposures During Welding**
This session is based on data collected more than 15 years by Oregon OSHA (Enforcement and Consultation) and covers what we have found, what health hazards to expect, and what welding and cutting tasks generally have high exposures.

*Trena VanDeHey*
*Technical, Standards, and Appeals Manager*
*Oregon OSHA, Salem, Oregon*

**How Do We Get Started - Overcoming the Anxiety**
Topics covered include getting your company’s buy-in and commitment, employee buy-in, changing your culture, a sustainable program, and getting your state OSHA/VPP involved.

*Robert Dowell*
*VPP Coordinator*
*NuStar Energy, Portland, Oregon*

*Jerome Jackson*
*Area Manager - Pacific Northwest*
*NuStar Energy, Elk Grove, California*

*Steve Kober*
*Terminal Manager/VPP Coordinator*
*NuStar Energy, Portland, Oregon*

**Improving Your Safety Culture**
Are you looking to better your organization’s safety culture? This presentation details basic components of any safety and health management system, with emphasis on the cultural component, how it functions, and how to improve it. The speaker shares varied and vital information on making your safety culture work for you. Attendees come away with an improved understanding of what a good safety culture can do to strengthen your company.

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

**Overcoming Self-defeating Behaviors**
Not moving in the right direction? This workshop helps you understand the mechanisms and patterns of self-sabotage. You learn to break through denial, face your fear, anger, and other emotions and make peace with your pain. Ending the internal war within yourself improves confidence and removes the barriers to your maximum potential. Participants:

- Identify and develop awareness and understanding of self-defeating behaviors
- Demolish the excuses, justifications, and stories keeping them stuck
- Inventory life lessons
- Identify and implement more appropriate behaviors

*Bea Berry, RN, MS*
*President/CEO*
*Wellness 2000, Inc., Medford, Oregon*
Thursday, May 18, 12:30-2 p.m. — continued

**Warehouse Pedestrian Safety**
A detailed outline of various aspects of “Warehouse Pedestrian Safety” and various components affected and related to the safe operations of forklift and pedestrian interactions.

*Jerry Cheney*
Shipping Supervisor
Packaging Corporation of America, Burley, Idaho

*Kerry Clark*
Safety Manager
Packaging Corporation of America, Burley, Idaho

2-2:20 p.m.  **Break**

2:20-3:50 p.m. **SESSIONS**

**Motivating People Back to Safety**
How do the leaders and employees of your organization view safety? If you were to visit a location where crews were working, and asked them to stand down for a safety meeting, how would they respond? Would they reluctantly stop what they were doing and attend the gathering with grumbles of resentment or with an attitude of expectance and purpose? By building the understanding of human limitations that affect us all, employees are more likely to embrace the established safety systems/processes. Until the understanding of human limitations has been clarified, then the level of appreciation for the established safety systems/processes is difficult to achieve. In this session, attendees investigate the work of known researchers and discover that people are the same in regards to human mental capabilities. Discussions focusing on the conscious and subconscious mind shed light on the purpose of some of the work processes put into place. Engaging participants in this topic, shifts efforts in safety systems/processes to the very thing making them work in the first place.

*Micky Colomb, CSHO*
Consultant
HAVEN Safety Training and Consulting, Aztec, New Mexico

**Spraying Flammable Coatings in Confined Spaces**
Spraying a flammable coating is the most dangerous thing you can do in a confined space. The slightest spark can cause an explosion and there’s nowhere to run. However, the work needs to be done, to seal the walls of chambers in water supply facilities and wastewater treatment plants. Two case studies of projects are shared. While there are very few employers who actually do this work, knowledge of the principles used in making it safe can help increase your understanding of the hazards of confined spaces, flammable liquids, and ventilation. The presentation includes an introduction to confined space safety, basic facts about flammable liquids, and specific details about how we made the work safe on these two jobs.

*Jeff Spann, MSPH*
Industrial Hygiene Consultant
Washington State Dept of Labor & Industries, Division of Occupational Safety and Health, Tacoma, Washington

**How to Become a Special Government Employee (SGE)**
What is an SGE? This session presents the requirements for becoming an SGE, how to apply, and benefits.

*Derek Engard, CIH, CSP, MS*
Consultation/VPP Program Manager
OSHA, Region X, Seattle, Washington

**How Has VPP Improved Worker Safety and Health?**
Join a candid discussion and exchange of information about the benefits of VPP in the workplace. A panel of VPP-Star site employees, from diverse work disciplines, provide their perspectives on the challenges/successes of being a VPP advocate in today’s work environment and answer inquiries from the floor. Compile your questions/suggestions and come be an active participant in taking VPP to the next level of achievement in protecting employees at work.

*Saprena Lyons*
VPP/Behavior Based Safety Program Lead
Fluor Idaho, Idaho Falls, Idaho

*Curtis Reece*
VPP Manager
Battelle Energy Alliance (BEA)

Panel includes representatives from Fluor Idaho and Battelle Energy Alliance (BEA)
**How to Develop a Worksite Wellness Program**

Is your company thinking about starting a wellness program? Attend this session to learn key steps to implementing a worksite wellness program successfully, foundational elements of a wellness program, and how to create an action plan.

**Laurell Kaiser, Certified Personal Trainer, ACE**  
*Wellness Program Supervisor*  
*Skills, Inc., Auburn, Washington*

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**Utilization Electronic Systems in Support of VPP**

One of the cornerstones of success for any safety management system like VPP is the ability to track and maintain documentation of compliance. Additionally, this tool should also be capable of providing accountability metrics leaders and executives can utilize to ensure their organization stays on track with their VPP goals. In this session, a number of tools used throughout a VPP certification journey are presented.

**Jackie Ednave**  
*Health, Safety, and Environmental Coordinator*  
*NuStar Energy, Elk Grove, California*

**Todd Habets, MBA, CSP**  
*Regional HSE Director - West*  
*NuStar Energy, Elk Grove, California*

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**4-5 p.m. CLOSING**

**Prize drawings,**  
**Announcement of board election results**

Now that you’ve experienced the 2017 Northwest Safety & Health Summit, what will you do next?  
Be inspired to make a difference in the workplace safety and health program at your site. Michael reflects on the lessons we’ve learned together and how we can turn them into a reality on the worksites for which we share responsibility.

**Michael Wood, CSP**  
*Administrator, Oregon OSHA*
Registration Form

Name ________________________________________________________________
Job title ________________________________________________________________
Company _______________________________________________________________
Business address _______________________________________________________
City _____________________________ State ______ Zip ______________________
Phone ___________________________ Ext. ______ Alternate Phone ____________

Email ______________________________________________ (required for confirmation)

Do you want to remain on the mailing list for this conference?  Yes ☐ No ☐
Is this the first Region X VPPPA Conference you’ve attended?   Yes ☐ No ☐

REGISTRATION FEES

Workshops – May 16 (Mark all that apply.)
(Choose one workshop to attend from 8 a.m.-4 p.m.
– Select workshop on next page.)
☐ VPP Application Workshop (first person at full price) . . . $250
☐ VPP Application Workshop (additional person at discounted price) ............... $200
☐ Tuesday full-day Workshop ............................................... $150
☐ Construction full-day Workshop (Tuesday) ...................... $100
☐ Total Worker Health Workshop (1/2 day Tuesday with lunch) .. $  75

Conference – May 17 & 18 (Mark one option.)
(Select sessions to attend on the next page.)
☐ Wednesday & Thursday, May 17 & 18 (non-member) .. $325
☐ Wednesday & Thursday, May 17 & 18 (member) ........ $275
  Member # ________________
☐ One day – Wednesday, May 17. ............................. $165
☐ One day – Thursday, May 18. .............................. $165
  Total Enclosed $_____________

Please return this registration and your check to:
Region X VPPPA Conference
PO Box 5640
Salem, OR 97304-0640

Make payable to Region X VPPPA  Amount Enclosed: $_____________

Charge my:  ☐ Mastercard  ☐ VISA  ☐ American Express
Name on card: (print) ______________________________________________________
Phone number: ___________________________ Billing zip code: ________________
Exp. date: ___________________________ Security code: _______________________

Signature: ____________________________________________________________________________________________________

Charge my:  ☐ Mastercard  ☐ VISA  ☐ American Express
Name on card: (print) ______________________________________________________
Phone number: ___________________________ Billing zip code: ________________
Exp. date: ___________________________ Security code: _______________________

Signature: ____________________________________________________________________________________________________

For pre-registration return by May 9, 2017.

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.

Questions? Call the Conference Section at 503-947-7411; email: oregon.conferences@oregon.gov

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Date Rec. __________________________
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Last 4 ____________________________

{ 3 digits on back of Mastercard or VISA
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For your protection, your credit card number will be shredded after processing.
Session Registration

Circle your first (1) and second (2) choices for each session on Wednesday and Thursday.

TUESDAY, MAY 16, 2017

8 a.m.-4 p.m. FULL-DAY WORKSHOPS
- VPP Application Workshop®
- Construction Hazards
- Survival
- Workplace Violence, Active Shootings: Avoiding the Unthinkable
- Staying Young in an Aging Workforce
- Tools for Conscious Leadership

1-4 p.m. HALF-DAY WORKSHOP
- Advancing Total Worker Health: Tools for Leaders and Teams

WEDNESDAY, MAY 17, 2017

7:30-11 a.m. BREAKFAST & WELCOME/KEYNOTE
- Yes, I will attend the Breakfast and Welcome/Keynote (hot breakfast buffet provided)

1:15-2:45 p.m. SESSIONS
1 2 NuStar's Journey to Multiple Site VPP Star Certification
1 2 How to Develop, Implement, and Maintain a High-quality Industrial Hygiene Program
1 2 Conflicts in the Workplace are No Laughing Matter
1 2 Using Employee Participation to Strengthen VPP Star Program
1 2 Sleep Deprivation: Effects on Health, Performance, and Safety
1 2 The Grand Illusion

3:30-5 p.m. SESSIONS
- How to Develop, Implement and Maintain a High-quality Industrial Hygiene Program (continued from 1:15 p.m.)
1 2 Management Leadership Driven by Employee Engagement
1 2 The Unique Role of a Union Safety Representative
1 2 Keeping Your STAR Workforce Charged
1 2 Managing Stress – Improve Health
1 2 Crane Operations Overview

6-9 p.m. RECEPTION
- Yes, I will attend the Networking Reception.

THURSDAY, MAY 18, 2017

8-9:15 a.m. BREAKFAST & AWARDS
- Yes, I will attend Breakfast and the Awards Presentation and Appreciation (hot breakfast buffet provided).

10-11:30 a.m. SESSIONS
1 2 Safety Culture: Where Do We Want to Go and How Do We Get There?
1 2 The New OSHA Silica in Construction Rule
1 2 VPP 101: An Introduction to the Fundamentals of the Voluntary Protection Program
1 2 Sustaining Star Status: Ergonomic Injury Reduction
1 2 Nutrition and Wellness in the Workplace
1 2 Fall Protection: A Practical Overview Top to Bottom

12:30-2 p.m. SESSIONS
1 2 Move Halfway to the Wall: Safety Management Leadership
1 2 Health Exposures During Welding
1 2 How Do We Get Started – Overcoming the Anxiety
1 2 Improving Your Safety Culture
1 2 Overcoming Self-defeating Behaviors
1 2 Warehouse Pedestrian Safety

2:20-3:50 p.m. SESSIONS
1 2 Motivating People Back to Safety
1 2 Spraying Flammable Coatings in Confined Spaces
1 2 How to Become a Special Government Employee (SGE)
1 2 How Has VPP Improved Worker Safety and Health?
1 2 How to Develop a Worksite Wellness Program
1 2 Utilization Electronic Systems in Support of VPP

4-5 p.m. CLOSING
- Yes, I will attend the Closing (announcement of board election results and prize drawing)