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.

Keynote speaker: 
Just a Second Ago
Brad Livingston

For more conference information:
osh.oregon.gov/conferences • 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 10, 2019**; 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/vpp19

Lodging

A block of rooms is reserved at the event hotel:  
Red Lion Hotel on the River – Jantzen Beach  
909 N. Hayden Island Drive  
Portland, OR 97217

To make lodging reservations, call the hotel directly at 503-283-4466 on or before April 19, 2019. Ask for the “2019 Region X VPPPA Conference”.  

**Rate: $159 plus tax per night**

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

Questions?

Call the Conference Section at 503-947-7411 or 888-292-5247 (toll free) option 1  
Email: oregon.conferences@oregon.gov  
Visit osha.oregon.gov/conferences or www.RegionXVPPPA.org

Cancellation policy

All cancellations must be in writing and received before May 7, 2019. 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.
Region X VPPPA Bowling Night
Tuesday, May 14

Join us for an evening of bowling! The cost is $20 per person, which includes bowling, shoes, and transportation from the Red Lion Hotel on the River – Jantzen Beach.

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 for purchase.
- It will be a fun night at the alley! Space is limited; sign up by April 25!

Cost per bowler: $20

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: ____ x $20 = Total amount due $ ______

Please return this registration and your check to:
Region X VPPPA
PO Box 5640
Salem, OR 97304-0640
(Federal tax ID: 54-1598954)

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: ____________________________________________

Credit Card #: ____________________________________________

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

Bowling registration deadline: April 25, 2019

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

Office use only
Date Rec. ____________________________
Amt. Rec. ____________________________
Check # ____________________________
PO # ____________________________
Last 4 ____________________________

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

For your protection, your credit card number will be shredded after processing.
Tuesday, May 14

7:30 a.m.-4 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 this vital and informational workshop. Participants learn step by step how to put together the VPP application, participate in various VPP application exercises, and review samples from VPP applications submitted by VPP Star worksites. 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 regulators are looking for in a VPP Application and what other sites have done to meet those expectations. Attendees hear from actual sites on how they implemented VPP principles. While learning how to complete a VPP application, attendees learn about safety excellence and how they can achieve it at their site.

- Derek Engard, CIH, CSP
  Regional Consultation Program Manager
  OSHA Region 10, Seattle, Washington

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

- Sharon Perkins, MES
  Industrial Hygiene VPP Specialist
  WA VPP Program, Olympia, Washington

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

Register online at safetyseries.cvent.com/vpp19
Construction Safety
This course focuses on creating and cultivating a culture of safety and caring (including safety leadership), managing culture change, safety responsibility at worksites with multiple employers, and advancements in fall protection (equipment, ANSI, and regulations). This course is taught by representatives from large general contractors, PPE technical specialists, and construction industry associations.

- Mark Gauger
  Safety Manager
  GLY, Bellevue, Washington

- John Hartnett
  Fall Protection Specialist
  3M Fall Protection, Gig Harbor, Washington

- Darren James
  Safety and Health Specialist - VPP Coordinator
  Washington State Department of Labor & Industries
  Division of Occupational Safety & Health
  Olympia, Washington

- Mandi Kime, CHST
  Director of Safety
  AGC of Washington, Seattle, Washington

- Lee Pyfrom, CHST
  Safety Director
  MacDonald-Miller Facility Solutions, Seattle, Washington

- Jeremy Taylor, CHST
  Business Unit EHS Director
  Turner Construction, Seattle, Washington

Mindfulness Applications in the Workplace
In this workshop, attendees learn, experience, and apply eight simple mindfulness applications that have been implemented at Idaho National Laboratory (INL) to reduce stress/anxiety and build upon human performance improvement techniques and emotional intelligence. Come experience a different approach to workplace health and wellness.

- R. Daphne Larsen
  Mindfulness Co-Founder, Teacher, and Trainer,
  DOE-ID Federal Employee, Occupational Safety and Health Member, Facility Representative, and RH TRU Program Manager
  DOE Idaho Operations, Idaho Falls, Idaho

- Trish Morris
  Mindfulness Co-Founder, Teacher, and Trainer;
  Planning & Financial Controls Specialist
  Battelle Energy Alliance, LLC (BEA), Idaho Falls, Idaho

Experience/Knowledge Levels

- Basic
- Basic/Intermediate
- Intermediate
- Intermediate/Advanced
- Advanced

Register online at safetyseries.cvent.com/vpp19
Building Safety

Having a concern to assure safe operations and employee’s health and wellbeing is always a primary goal, but how do we get a culture change started? Presenters from several operations share how they recognized a need to focus on safety, the challenges their business model presented in creating a culture of safety, and what worked and didn’t work. They share trends indicating a need to re-think and develop a different approach. Also, representatives from OSHA share their perspectives on safety and VPP.

- **Cliff Butler**  
  *Environmental Health & Safety Manager*  
  *Sherwin Williams – Purdy, Portland, Oregon*

- **Rocky Collins**  
  *Employee/Safety Committee Chair*  
  *Duro-Last, Grants Pass, Oregon*

- **Tim Hart**  
  *Vice President Western Operations*  
  *Duro-Last, Grants Pass, Oregon*

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

- **Gary Robertson**  
  *Senior Occupational Safety Consultant*  
  *Oregon OSHA, Medford, Oregon*

- **Julie Stout**  
  *Health and Safety Manager*  
  *Georgia-Pacific Lumber, Philomath, Oregon*

- **Michael Wood, CSP**  
  *Administrator*  
  *Oregon OSHA*

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 as the age of the worker increases, the days that worker misses from a DART INJURY increases. A 62 year old worker misses 425% more days from the same injury as a 19 year old. 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, A.T., C.S.C.S.**  
  *President/Founder*  
  *Central Point, Oregon*

Register online at safetyseries.cvent.com/vpp19
Avoiding Aversion: Leading a Risk Competent Workforce

The decades of the 80s and 90s created a movement toward risk aversion through hazard elimination and control. When an incident occurs, we were taught to label the person’s behavior as complacent, rushing, fatigued, or a number of other natural human conditions that are never causes of incidents or accidents, but evidence of flawed processes and work planning. The traditional answer to every incident is the establishment of new rules, new policies, and new limitations placed on the worker and their work practices. All too often, this creates the illusion of safety while instead creating more burden than benefit. Risk aversion sets the impossible goal of avoiding something to achieve something, while Risk competency ‘succeeds by doing rather than avoiding’. Safety is not the absence of injuries and events but is evidenced by what we do to achieve the absence—productively and deliberately. During this interactive full day session, participants gain a working knowledge of the key risk competency skills, each with a take-away tool or technique useful in the field, shop, or office.

Joe Estey
Senior Performance Improvement Specialist
Lucas Engineering and Management Services
Kennewick, Washington

11:30 a.m.-12:30 p.m. Lunch (provided)
Wednesday, May 15

7:15 a.m.-5 p.m.  Registration open
7:15 a.m.-8:15 a.m.  Hot breakfast buffet *(provided)* 7:15
a.m.-3:30 p.m.  Exhibitors open *(Bingo card activity)*

8-11:45 a.m.

**Welcome, dignitary speeches, candidate announcements, nominations**
(8-9:30 a.m.)

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

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

- **Barbara Goto**
  Regional Administrator, Region IX and Acting Regional Administrator, Region X
  U.S. Department of Labor, OSHA

- **Derek Engard, CIH, CSP**
  Regional Consultation Program Manager
  OSHA Region 10, Seattle, Washington

- **Michael Wood, CSP**
  Administrator
  Oregon OSHA

- **Jeff Killip, JD, MPH**
  Senior Manager for Outreach and Educational Services
  Washington State Department of Labor & Industries
  Division of Occupational Safety & Health
  Olympia, Washington

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

9:30-10:15 a.m.  Break

**Keynote: Just a Second Ago**
(10:15-11:45 a.m.)

Brad Livingston was involved in back to back explosions that were 100% preventable. The contributing factors to these explosions were the same as what exists in EVERY type company EVERYWHERE - Shortcuts; Complacency; Pride; Bad Attitudes; Improper Perspectives. Brad overcame a 5% chance of surviving his injuries and now shares his story. He explains ‘The Ripple Effect’, including what he went through, and more importantly, what his family went through, in such a way that those in attendance WILL understand why they CANNOT allow these factors to be a part of their workplace. “You think it can’t happen to you?”

- **Brad Livingston**
  Safety Difference
  Canyon, Texas

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

Register online at [safetyseries.cvent.com/vpp19](http://safetyseries.cvent.com/vpp19)
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, Oregon

Experience/Knowledge Levels

- B Basic
- B/I Basic/Intermediate
- I Intermediate
- I/A Intermediate/Advanced
- A Advanced

Register online at safetyseries.cvent.com/vpp19
Fatigue at Work: Causes, Impacts, and Solutions

This session reviews the impact of fatigue on workplace safety, well-being, worker health, and productivity. Tips and lessons distilled from research are shared, including Total Worker Health interventions created and tested at the Oregon Institute of Occupational Health Sciences and the Oregon Healthy Workforce Center.

- Dede Montgomery, MS, CIH
  Senior Research Associate
  Oregon Institute of Occupational Health Sciences, OHSU
  Portland, Oregon

The Financial and Moral Case for Safety: A Lawyer’s Perspective

An inadequate safety program can have a huge impact on your workers’ compensation costs and on your costs associated with workplace safety citations. Costs of workers’ compensation claims impact employers in many ways and penalties for safety violations have increased exponentially in the past few years. Learn “best practices” and the benefits of implementing a comprehensive safety program.

- Karen Galipeau Forner, JD
  Founder and Managing Attorney
  K-Solutions Law, Bellevue, Washington

3:30-5 p.m. Sessions

Employee Involvement is Key to a Successful VPP Culture

The success and depth of a Voluntary Protection Program (VPP) is heavily based on the amount of management support and employee engagement. Learn about some of the many ways Idaho National Laboratory and other industry leaders are implementing employee involvement and engagement. Also, listen to employee testimonies of the benefits and culture a VPP can bring to an industry. Wrap up with an open forum to discuss and benchmark what other industry leaders are doing to create employee involvement and create a successful VPP culture.

- Jared Davis
  Behavior Based Safety Program Manager
  Battelle Energy Alliance/Idaho National Laboratory
  Idaho Falls, Idaho

- Saprena Lyons
  VPP/BBS Lead
  Fluor Idaho, LLC, Idaho Falls, Idaho

Making the Self Evaluation Work for You

The VPP Annual Self-Evaluation should not be a chore you need to do at the end of each year. Do you want to learn how to make your annual self-evaluation contribute towards your goal of continuous improvement? In this class, representatives from two VPP Star sites share how they use the annual self-evaluation as a tool to ensure they are always aiming for excellence.

- Cliff Butler
  Environmental Health & Safety Manager
  Sherwin Williams – Purdy, Portland, Oregon

- Brooke Cary
  Inventory Specialist/Safety Team Committee Leader
  Coca-Cola North America, Portland, Oregon

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

Register online at safetyseries.cvent.com/vpp19
Making Safety Leadership a Practical Reality in the Workplace
We consider how to make a difference in your workplace safety program, no matter where you sit in the organizational structure. We review the fundamentals of an effective workplace health and safety effort and how those principles can be communicated to those who may not yet be entirely on board.

- Michael Wood, CSP
  Administrator
  Oregon OSHA

Electrical Safety for Non-Electrical Workers
This course is intended to raise awareness about electrical safety both on and off the job. The target audience is non-electricians, including maintenance workers, machine operators, and anybody who works in and around electrical tools or equipment. This course covers common situations that could place the non-electrical worker into dangerous situations.

- Jerry Butler
  Master Electrician/Trainer
  CH2M Hill Plateau Remediation Company
  Richland, Washington

Total Worker Health – A Better Balance
This interactive presentation provides an overview of the “Total Worker Health” strategy which integrates workplace safety with health promotion to reduce employee injuries and illness. This program outlines the steps needed to move your company towards this goal. Topics include:

- What is Total Worker Health
- Making the business case: the direct link of health on safety
- What’s included in Total Worker Health
- How to make Total Worker Health happen
- Impact of work-life balance on well-being
- Next steps

Join this presentation and discussion to learn from the successes of the presenter and your peers.

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

Psychological Safety and Confirmation Bias
Psychological Safety and Confirmation Bias is a culture where team members feel they can have open and honest discussions/feedback and not be shut down based on other team members biases.

- Lyle Eiseman
  Director of Lean
  Mortenson, Kirkland, Washington
- Dustin Smith
  Safety Director
  Mortenson, Kirkland, Washington

6-10 p.m. Networking Reception

Don’t miss the music and refreshments!

Music by One Brick Shy

Register online at safetyseries.cvent.com/vpp19
Employee EVOLVED Safety Campaigns

Want to spur healthy, SAFETY CONSCIOUS, competition amongst your employees and make positive changes to your safety statistics? Find out how to successfully run employee-created, management approved, budget-minded, and low-key to elaborate, innovative, and creative safety campaigns! Employee involvement leads to “evolving” safety campaigns, which creates buy-in!

This presentation focuses on the WHO, WHAT, WHERE, WHEN, WHY, and HOW of safety campaigns.

WHO Participates?
• Employee involvement is key.

WHAT are safety campaigns?
• Safety campaigns are a way to bring awareness to national, local, or company-specific issues.

WHERE do you hold safety campaigns?
• Safety campaigns don’t have to be cumbersome and create a logistical nightmare for you.

WHEN do you hold safety campaigns?
• The best safety campaigns are held to bring awareness to your employees and head off a potential error-precursor(s); not as a knee-jerk reaction to a recent event.

WHY do we hold Safety Campaigns?
• Safety Campaigns are a way to get buy-in from the employees on real issues, including those that are specific to their personal life (i.e., vehicle, fire, child-safe, etc.) in order to affect a positive change in their behavior and attitude on the subject.

HOW to get started!
• Attend this presentation and find out!

Kayla Rath
Safety Difference
Canyon, Texas

Register online at safetyseries.cvent.com/vpp19
Maintaining Momentum

So, you have achieved VPP status, now what? Did you know there are several factors influencing your abilities to keep the momentum going? Would you like to learn from the experiences of others? In this presentation you can hear from representatives of five west coast VPP sites who share some of the ideas and processes they have used over the years to keep the momentum alive and well!

- **Shawna Bergeron**  
  Safety Specialist  
  Key Knife, Inc., Tualatin, Oregon

- **Cliff Butler**  
  Environmental Health & Safety Manager  
  Sherwin Williams – Purdy, Portland, Oregon

- **Anne Carpenter**  
  Management Systems Facilitator  
  The Coca-Cola Company, Portland, Oregon

- **Boe Carter**  
  EH&S Facilitator  
  Packaging Corporation of America, Salem, Oregon

- **Jeff Hibner**  
  Terminal Manager  
  NuStar Energy, Portland, Oregon

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

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

- **Terry Werts**  
  Shop Steward, Teamsters Local #162  
  The Coca-Cola Company, Portland, Oregon

Register online at safetyseries.cvent.com/vpp19
Reducing Employee Exposure/Risk through Involvement

Understanding the relationship between employee participation and the reduction of injuries and illnesses is foundational to VPP worksites. This interactive session focuses on a wide variety of employee involvement methods and also discusses how to improve and/or develop programs that enhance employee participation in all aspects of safety.

- Gina Ojeda
  Safety
  Washington River Protections Solutions
  Richland, Washington

- Tom Perkes
  VPP Manager
  Washington River Protections Solutions
  Richland, Washington

- Don Slaugh
  HAMTC Safety Representative
  Washington River Protections Solutions
  Richland, Washington

- Chris Thursby
  Safety Manager
  Washington River Protections Solutions
  Richland, Washington

Terrorism 101: The Threat We Face

What is terrorism? Why are the terrorists after us? Do you understand violent religious extremism? How did Usama bin Laden, al Qaida, and ISIS rise to power? How does terrorism impact the workplace?

In his thought provoking, energetic and sobering presentation, Mark covers the following subjects and includes time for questions and answers:
- The concept of terrorism
- Terrorist’s operational vulnerability
- Religious Extremism
- The history of Usama Bin Laden, al Qaida, and ISIS
- Terrorist attack case studies
- Al Qaida Jihad training manual and social media excerpts
- Post 9/11 terrorism activities
- The current threat
- Attack, extremist propaganda, indoctrination, and recruitment videos

- Mark S. Hanneman
  Counterintelligence Officer
  Department of Energy, Office of Intelligence and Counterintelligence
  Pacific Northwest Field Office, Richland, Washington

Functional Fitness

There is the daily challenge as we work, with the aging workforce, of assuring employees can complete their job and maintain a healthy life/work balance and minimize the risk of injury. This course provides some key points on the value of pre-work stretch and flex exercises, the types of exercises that can help protect employees during the day, and a look at helping integrate employees back into their job following injury and/or illness. Be prepared to stand up, loosen up, and learn how to demonstrate and lead your work group in the exercises that might make a change in your workplace.

- Steve McKendrick
  Owner/Coach
  Industrial Crossfit, Vancouver, Washington

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

Register online at safetyseries.cvent.com/vpp19
Safe at 50 Degrees Below Zero

Over four decades of experience adapting work practices and methods to extreme cold and long, dark winters, gives us unique insights to share. While your operation may not experience these extremes, we have found many of our discoveries have application to those who battle intermittent cold weather and harsh winters. Come let us describe the Arctic North Slope of Alaska as a place to work and take home some new ideas to keep workers safe on icy surfaces, in cold temperatures, and winter darkness.

- **Garey Wagner**
  Operations Supervisor - Kuparuk
  ConocoPhillips, Kuparuk, Alaska

Get Comfortable: Ergonomics for Office Work and Driving

We can spend hours each day in our offices and in our vehicles so comfort is more than just a nice thing to have. Comfort can help us stay productive in the office and alert while driving, improving our safety and health in both places. In this session, you learn:

- The similarities and differences in setting up an office workstation and a driver’s seat for comfort.
- How to cope when your vehicle is your office.
- Troubleshooting an uncomfortable set up in either location.

- **Rick Goggins, CPE**
  Ergonomist
  Washington State Department of Labor & Industries
  Division of Occupational Safety & Health
  Olympia, Washington

Principles and the Power of Storytelling to Improve Human Performance

It’s not enough for an institution to simply have a “safety program” or a list of procedures. Rules and regulations cannot adequately protect those engaged in research and development (R&D). Because of the special characteristics and unique hazards of R&D, the organizational culture must incorporate a healthy safety culture founded on a collective commitment to put safety first. This commitment applies to everyone in the organization, from the laboratory director to the individual contributor.

- **Cameron M. Andersen**
  Director
  Environment, Health, Safety & Security
  Pacific Northwest National Laboratory
  Richland, Washington

- **Shannon Cartier**
  Lessons Learned/Operating Experience Program Manager
  Pacific Northwest National Laboratory
  Richland, Washington

Register online at safetyseries.cvent.com/vpp19
Be on the Defense, Your Chair May Be Killing You

The average adult spends over half the day sitting, but few understand the adverse health consequences of this sedentary behavior. Learn the new Wellness approach Idaho National Laboratory (INL) - Battelle Energy Alliance (BEA) is implementing to help employees fight the ill-effects of sitting. The program includes creative office-setups to increase movement throughout the day, injury-prevention exercises, and a holistic approach to develop a healthier relationship with food and exercise.

› Danielle Hogan
  Tool Crib Attendant
  Idaho National Laboratory, Battelle Energy Alliance
  Idaho Falls, Idaho

› Johnathon Thorne
  Manufacturing Technician
  Idaho National Laboratory, Battelle Energy Alliance
  Idaho Falls, Idaho

2-2:20 p.m. Break

Getting Employees Involved: The Key to High Performance

Want to increase awareness of safety and health in your organization? Would you like to recognize employees for helping you fix problems? Would you like to improve morale or learn ways to motivate staff toward improved safety and health performance? How about creating or sustaining a workplace culture allowing all this to happen and more? This session paves the way to accomplishing the above objectives by sharing best practices to actively and meaningfully involve employees in safety and health programs.

› Marjorie Brice
  EHS Specialist
  River Road Generating Plant, Vancouver, Washington

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

Leading an Accident-free Workplace

While employee engagement is critical to maintaining a safe work environment, management must lead by example and assure employees have the time and resources to work safely. Members of the Duro-Last management team share key strategies they utilize to build a culture of safety and to sustain safe operations. These strategies include best practices seen and/or borrowed from operations they work with through the Oregon SHARP Alliance and Region X VPP.

› Rocky Collins
  Employee/Safety Committee Chair
  Duro-Last, Grants Pass, Oregon

› Tim Hart
  Vice President Western Operations
  Duro-Last, Grants Pass, Oregon

Register online at safetyseries.cvent.com/vpp19
An Organization’s Step Forward: What We Learned from the Idaho National Laboratory Arc Flash Event

On April 23, 2015, during routine breaker maintenance in a substation, the Idaho National Laboratory’s Power Management group experienced a significant arc flash. While the arc flash thankfully didn’t result in injury, the event set off a series of events and actions that catalyzed a culture change across the organization. The momentum amongst crafts and management was and is real. The energy (no pun intended) from this change is reaching across the INL’s 890 mi<sup>2</sup> and is having an impact at other U.S. Department of Energy sites such as Oak Ridge National Laboratory, Brookhaven National Laboratory, and the National Renewable Energy Laboratory.

- **Edward Anderson**  
  Deputy Director, Facilities and Site Services  
  Battelle Energy Alliance, Idaho Falls, Idaho
- **Carlo Melbihess**  
  Director, Facilities and Site Services  
  Battelle Energy Alliance, Idaho Falls, Idaho
- **Dwight S. Stevenson**  
  Manager, Facilities and Site Services ESH Manager  
  Battelle Energy Alliance, Idaho Falls, Idaho

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  
  Proactive Injury Prevention, Vancouver, Washington

Register online at safetyseries.cvent.com/vpp19
Here They Come Again! What to Expect from the VPP Evaluation Audit

You are a VPP site, and the evaluation audit is coming up. Are you ready? This session covers the intent of the audit as well as some tips and tricks you can use to make the audit easier and more meaningful. Two Agency representatives cover the VPP evaluation process, what they look for, and what you should make sure to do!

- Carol Henning
  Industrial Safety Team Lead
  Department of Energy (DOE) Idaho Operations Office
  Idaho Falls, Idaho

- Sharon Perkins, MES
  Industrial Hygiene VPP Specialist
  Washington Division of Occupational Safety and Health
  Olympia, Washington

Register online at safetyseries.cvent.com/vpp19
Registration Form

Name: ____________________________________________
Job title: __________________________________________
Company: __________________________________________
Business address: __________________________________
City: ___________________ State: _______ Zip: ________
Phone: ___________________ ext: _______ Alternate phone: ________
Email: ________________________________ (required for confirmation; no duplicate emails)

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 14 (Mark all that apply.)
Choose one full-day workshop to attend from 8 a.m.-4 p.m.
– Select workshop on next page.

□ VPP Application Workshop (first person at full price) ...... $200
□ VPP Application Workshop ........................................ $100
(additional person at discounted price)
□ Tuesday full-day Workshop ...................................... $150

Conference – May 15 & 16 (Mark one option.)
Select sessions to attend on the next page.

□ Wednesday & Thursday, May 15 & 16 (non-member) ...... $325
□ Wednesday & Thursday, May 15 & 16 (member) ............... $275
Member #
Is this a full membership?  □ Yes  □ Don’t know

□ One day – Wednesday, May 15 ..................................... $165
□ One day – Thursday, May 16 ....................................... $165

Total Enclosed $ _____________

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

Advance registration will be accepted by mail or fax until May 10. Faxed registrations will be accepted only if accompanied by credit card information or a purchase order. A separate registration form must be completed for each person registering. Select sessions to attend on the reverse side of this form. If more than one person from your company will attend, a photocopy of the registration form must be made for each person and a single check issued or credit card information included for the total amount.

For pre-registration return by May 10, 2019.
After this date, a confirmation letter cannot be guaranteed. Some sessions may close; if you intend to register on-site, call for session availability, 503-947-7411.

Please return this registration and your check to:
Region X VPPPA Conference  FAX: 503-947-7019
PO Box 5640
Salem, OR 97304-0640
(Federal tax ID: 54-1598954)

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: __________________________________________

Credit Card #: ____________ ____________ ____________ ____________

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

Office use only
Date Rec. ____________
Amt. Rec. ____________________
Check # ____________________
PO # ____________________
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.
**Special accommodations**

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

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**Tuesday, May 14, 2019**

8 a.m.-4 p.m. **Workshops**

1  2  VPP Application Workshop®
1  2  Construction Safety
1  2  Mindfulness Applications in the Workplace
1  2  Building Safety
1  2  Staying Young in an Aging Workforce
1  2  Avoiding Aversion: Leading a Risk Competent Workforce

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**Wednesday, May 15, 2019**

7:15-11:45 a.m. **Breakfast & Welcome/Keynote**

☐ Yes, I will attend Breakfast, Welcome, and Keynote: Just a Second Ago

1:15-2:45 p.m. **Sessions**

1  2  The Unique Role of a Union Safety Representative
1  2  3E Approach to Eliminating Musculoskeletal Injuries: Paper Mill Spotlight
1  2  What Happened to Our Star?
1  2  The Interface
1  2  Fatigue at Work: Causes, Impacts, and Solutions
1  2  The Financial and Moral Case for Safety: A Lawyer’s Perspective

3:30-5 p.m. **Sessions**

1  2  Employee Involvement is Key to a Successful VPP Culture
1  2  Making the Self Evaluation Work for You
1  2  Making Safety Leadership a Practical Reality in the Workplace
1  2  Electrical Safety for Non-Electrical Workers
1  2  Total Worker Health – A Better Balance
1  2  Psychological Safety and Confirmation Bias

6-10 p.m. **Reception**

☐ Yes, I will attend the Networking Reception

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**Thursday, May 16, 2019**

7:45-9:45 a.m. **Breakfast, Keynote, & Awards**

☐ Yes, I will attend Breakfast, General Session: The Ripple Effect, and Awards Presentation (hot breakfast buffet provided)

10:15-11:30 a.m. **Sessions**

1  2  Employee EVOLVED Safety Campaigns
1  2  Maintaining Momentum
1  2  Foundations of Safety Leadership (10:15 a.m.-2 p.m.)
1  2  Terrorism 101: The Threat We Face
1  2  Functional Fitness
1  2  Reducing Employee Exposure/Risk Through Involvement

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

☐ Foundations of Safety Leadership (continued from 10:15 a.m.)

1  2  The What’s, Why’s, and How’s of VPP
1  2  Principles and the Power of Storytelling to Improve Human Performance
1  2  Safe at 50 Degrees Below Zero
1  2  Get Comfortable: Ergonomics for Office Work and Driving
1  2  Be on the Defense, Your Chair May Be Killing You

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

1  2  Getting Employees Involved: The Key to High Performance
1  2  Leading an Accident-free Workplace
1  2  NuStar Energy’s Management Leadership through Employee Engagement & Recognition
1  2  An Organization’s Step Forward: What We Learned from the Idaho National Laboratory Arc Flash Event
1  2  Nutrition and Wellness in the Workplace
1  2  Here They Come Again! What to Expect from the VPP Evaluation Audit

4-5 p.m. **Closing**

☐ Yes, I will attend the Closing (announcement of board election results and prize drawing)