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Blue Zones — Secrets for Living Longer, Better

PRESENTER: Nick Buettner, *Community and Corporate Program Director, Blue Zones, LLC, Minneapolis, MN*

To find the path to long life and health, the Blue Zones team studies the world's "Blue Zones" — communities whose elders live with vim and vigor to record-setting age. Nick Buettner shares the nine common diet and lifestyle habits — **Power 9®** — that keep them spry past age 100. What should you be doing to live a longer life? Nick debunks the most common myths and offers a science-backed blueprint for the average American to live another 12 quality years.

EXPERIENCE LEVELS: [1] Fundamental, [2] Intermediate, [3] Advanced

EXHIBIT HALL OPEN 7:30AM–2:00PM

ALL-DAY SESSION 9:30AM–4:00PM

Introduction to Occupational Health [1] (see [page 7](#))



INSTRUCTORS: Deborah Green, *CIH, CHMM*; Kevin Cairns, *CIH, ATC Group Services LLC, Minneapolis, MN*

HALF-DAY SESSIONS 9:45–11:45AM

Importance of Root Cause Analysis [1]



PRESENTER: Jan Fedora, *Workplace Safety Consultant, Minnesota Safety Council, St. Paul, MN*

Understand the importance of investigations in your safety program and how to motivate employees to report injuries, illnesses, and near-miss events. We will discuss post-incident priorities, identification of root causes to help reduce future injuries and illnesses, and effective techniques for gathering incident data.

Enrollment limited. Pre-registration required.

The Combustible Dust Riddle [2]



PRESENTER: Matt Stein, *President, Stein Safety and Health, Eau Claire, WI*

With OSHA promising a new rule in the near future and multiple guidelines from several consensus groups already in place, the topic of combustible dust has taken on a new air of urgency — and

confusion. Using a case study approach, this session will help attendees identify and control combustible dust hazards. We'll focus on untangling the web of applicable regulations and other guidance documents.

Qualitative Respirator Fit Testing [1]



PRESENTER: Don Rust, *Technical Service Specialist, 3M Personal Safety Division, 3M, St. Paul, MN*

Learn about respirator fit-testing — when it's required and how often it must be done. You'll receive an overview of the standard, including federal updates, and learn how to conduct a qualitative fit test using the protocol described in the revised OSHA Respirator Standard 1910.134.

CONCURRENT SESSIONS 9:45–10:45AM

The Making of a Healthy City [All]



PRESENTER: Nick Buettner, *Community and Corporate Program Director, Blue Zones, LLC, Minneapolis, MN*

In 2009, Albert Lea, Minnesota, a statistically average American city, completed a one-year community health experiment that raised life expectancy by three years, trimmed a collective 12,000 pounds off waistlines and dropped healthcare costs of city workers by some 40% — and they've continued to sustain the results. Hear how one typically unhealthy American city reversed the trend, reshaped their environment to live longer and better, and boosted happiness.

Pills and Weed: Managing Injury Risks [2]



PRESENTER: Kathy Bray, *Senior Defense Counsel, Lynn, Scharfenberg & Hollick, Bloomington, MN*

Learn how to manage injury or re-injury concerns related to prescription drug use in the workplace, without running afoul of disability discrimination laws. Get an update on Minnesota's medical marijuana law and its implications for workers' compensation.

Proactively Managing Underperformance [2]



PRESENTER: *Kate Harri, Founder and President, Working Solutions, LLC, Stillwater, MN*

Dealing with underperformance can be challenging and difficult for employees and employers alike, but it does need to be addressed. Learn ways to address underperformance that are objective and positive. Clear procedures, organizational support and management training to address performance proactively and effectively will be discussed. Using case examples and interaction, we will teach you how to talk with underperforming employees early on to get good results.

Construction Site Safety [1] [2]



PRESENTERS: *Robert Balsavich, Principal Safety Investigator, MNOSHA, St. Paul, MN; Blake Pfaffendorf, Safety Director, Carl Bolander and Sons, St. Paul, MN*



Being struck by or backed over by heavy equipment/vehicles on a construction site is the second leading cause of death and the leading cause of injuries for construction workers. Pre-planning for an effective and safe construction site will reduce injuries and death. Learn how to remove "struck-by" hazards and the best preventive steps employers, equipment operators and employees can take to keep workers safe around heavy equipment and other vehicles. Hear what other contractors are doing to prevent these incidents on their worksites. Minnesota OSHA Compliance will talk about citations and accidents that have occurred in these areas.

Xcel Energy Journey to Zero [1] [2]



PRESENTER: *Bert Flynn, Safety Director, Xcel Energy, Minneapolis, MN*

Xcel Energy's Journey to Zero has included several key programs and initiatives, including driver's safety initiatives, safety intervention/stop work responsibility, rules to live by, and work injury helpline. New efforts focusing on serious incident and fatality (SIF) prevention are also underway. These efforts have helped reduce OSHA ORIR by nearly 60% since 2008.

Distracted Driver — Are YOU the Problem? [1]



PRESENTER: *Lt. Don Marose, SFST/DRE State Coordinator, Minnesota State Patrol, St. Paul, MN*

You hear about it on the news, you read about it in the paper — distracted driving is killing your employees, co-workers and family members. Do you play the blame game behind the wheel — is it always the *other* driver's fault? Can you multi-task?

Learn the answers to these questions and walk away with tools and resources to keep you and your employees safe behind the wheel.

Violence Prevention Planning and Implementation [2] [3]



PRESENTERS: *Mike Mock, Security Manager; Erin Metzger, RN, Outpatient Mental Health Services Manager, St. Luke's Hospital and Clinics, Duluth, MN*

St. Luke's Hospital uses a multidisciplinary approach to preparedness and pre-event, mid-event, and post-event response for acts of violence that occur within their organization. This includes skills training to both recognize and de-escalate potentially violent behaviors, and a wide array of security infrastructure options. This is done on hire, with repeated in-class training annually for most staff, and online education for *all* staff.

SESSIONS 11:15AM–12:15PM

Modernization of Security Operations and Awareness [1] [2]



PRESENTERS: *Brian Rich, Chief Security Officer, Mayo Clinic, Rochester, MN; Erik Odegard, Director of Security Services, Mayo Clinic, Mankato, MN*

As the world changes and security threats become more prevalent, it is essential to provide your teams with the most updated and efficient education opportunities to ensure maximum safety and success. At the Mayo Clinic this includes new and unique training models, exercises and involvement in table top and actual drills, modular training, presentations and videos. Top leadership commitment drives safety to and for the organization's staff and clientele. To be successful, it's not about money or additional staff, but rather time, effort and diligence to make it happen.

Fall Protection in General Industry [1] [2]



PRESENTER: *Abby Ferri, CSP, CEO, The Ferri Group, LLC, Minneapolis, MN*

Falls from heights and on the same level continue to plague American workplaces. Learn about OSHA's final rule on walking-working surfaces and personal fall protection systems, and how you can apply the rule to your current training and inspection programs.

VISIT THE EXHIBIT HALL!

Tuesday and Wednesday | 7:30AM–2:00PM

Office Ergonomics: Top 10 Things You Should Know [1]



PRESENTER: Gene Kay, Director of Ergonomics, Velocity EHS, Chicago, IL

Find out the top ten things employees and employers should know (and get wrong) about ergonomics, sit/stand desks, ergo balls, and reducing eye and back strain through proper seat and monitor use. This presentation will arm EHS professionals with

the ROI information they need to make the case for ergonomics in their organizations.

Stay on Your Feet — Slip and Fall Prevention [1]



PRESENTER: Joe Morin, LP Team Leader, SFM Mutual Insurance Company, St. Paul, MN

Next to sprains and strains, slips and falls are the most frequent and often severe causes of injury in virtually all industries and occupations.

This interactive session will review multi-faceted approaches to indoor and outdoor slip and fall prevention, including hands-on examples of products that can be considered for prevention strategies. Please bring your prevention ideas and approaches to share!

Mental Health and the ADA: A Blueprint for Employers [2]



PRESENTER: Kate Harri, Founder and President, Working Solutions, LLC, Stillwater, MN

Most employers know that a mentally healthy workforce is linked to lower medical costs, and improved attendance and productivity. How does a company positively influence mental health in the workplace? Where does it start? Join us as we

provide you with tools and resources to successfully address hidden mental health issues.

What Attributes Define a Safety Professional? [2]



PRESENTERS: Todd Loushine, Associate Professor of Occupational and Environmental Safety and Health University of Wisconsin-Whitewater, Whitewater, WI; **Andrew Griepentrog**, Safety Supervisor, Tyson Foods, New London, WI

A common debate on professional networking sites is the value of degrees and certifications versus experience for defining the proficiency of a safety and health professional. An anonymous online survey of upper Midwest safety professionals was conducted in fall 2016 to assess how experience, education, and certifications related to attitudes toward the practice of occupational safety. Hear the candid survey results, including safety and health implications for the industry going forward.

OSHA/HAZCOM, MNOSHA/RTK — What You Need to Know [All]



PRESENTER: William Stuart, Safety Consultant Principal, Workplace Safety Consultation, St. Paul, MN

Minnesota OSHA adopted the revised Federal Hazard Communication Standard in September 2012. Most people can now recognize the GHS

aspects of the standard. You've probably trained all your employees and have been converting your existing program(s) to meet the compliance requirements, right? Are there aspects of your revised program that you might have missed? Come find out!

NETWORKING LUNCHEON

11:45AM – 2:00PM

SPONSORED BY: Andersen Corporation

TOURS (Limited space: pre-registration required.)

Minnesota Zoo FULL

See the Minnesota Zoo like you've never seen it before! Enjoy a "behind the scenes" tour with Ken Weisenber, long-time safety administrator with the zoo. Learn about massive safety programs for their city-within-a-city.

Xcel Energy Power Plant FULL

Riverside Generating Plant is a combined-cycle natural gas plant that was converted from a coal plant in 2009. It is the longest continuously operating fossil fuel plant in the United States. A short presentation about the business and technology of generating electricity will be followed by a tour of the facility. It will include artifacts from the plant's past, a look at the repowered coal generator and new combustion turbines.

Mall of America FULL

Tour the security department of one of the most recognized destinations in the country. Learn about the security staff and its extensive training program. This background tour will include meeting the K9 Unit and training department, and viewing the loading dock and waste and recycling areas that service the 4.87 million square feet (and growing!) building.

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SESSIONS 2:00–3:00PM

Rescue Requirements of the Confined Space Standard [1] [2]



PRESENTER: John Lindstrom, Adjunct Instructor, Hennepin Technical College Customized Training Services, Brooklyn Park, MN

Since April 1993, OSHA has enforced standards that protect general industry employees while working within permit-required confined spaces. In August 2015, OSHA enacted the permit-required confined space standard for the construction industry. Both standards address the need for the employer to provide some means of rescue from confined spaces. Learn about the rescue requirements of both standards and the requirements for "designated" and "employee" confined space rescue and emergency services.

The Power of Near-Miss Reporting: A True Story [All]



PRESENTER: Max Motley, Manager, Health, Safety and Environment, IDEA Drilling, LLC, Virginia, MN

Join us to walk through an actual near-miss incident that occurred on an IDEA Drilling project in May 2013 — from the moment the incident occurred, through the investigation process, and ending with the preventative measures that were established.

Along with the positive outcome this near miss had on IDEA Drilling as a company, the takeaway is the importance of investigating every incident report.

LOTO's Most Misunderstood Requirement [1]



PRESENTER: Bill Schreiner, Workplace Safety Consultant, Minnesota Safety Council, St. Paul, MN

Countless injuries and fatalities are directly related to lockout/tagout issues. Is your company in compliance with all of the requirements? Learn the need-to-know basics including the required written program, training, annual audits and required procedures to insure the safety of your employees.

Loading Dock Safety [1]



PRESENTER: Walt Swietlik, Director, Customer Relations and Sales Support, Rite-Hite Corporation, Milwaukee, WI

Loading docks are a hub of activity in warehouses and distribution centers, but they contain many potential hazards related to forklifts, trailers, slips, trips and falls, and lifting. This session will highlight cutting-edge safety solutions to minimize loading dock incidents.

Journey to Safety Excellence — Tagline or Tangible Resource? [1]



PRESENTER: Pat Cunningham, Director, Safety and Auditing Services, BROWZ, Mendota Heights, MN

In 2014, the National Safety Council kicked off an initiative called "The Journey to Safety Excellence," a result of the Council's understanding that many small- to medium-sized companies do not have

the same safety resources and networking capabilities as larger corporations. To that end, the Council put together free assessment tools, resource information and a networking structure that smaller companies could utilize at no cost — so they could start down their own path of safety excellence. Join us as we walk through a real-life scenario of how a company can utilize each aspect of the Journey to Safety Excellence resources.

The ROI of Implementing a Traffic Safety Culture [1]



PRESENTERS: Michael Tupy, Sr. Administrative Manager, Workplace Safety Division, Hennepin County, Minneapolis, MN; Jack Long, Safety Specialist II, CenterPoint Energy, Minneapolis, MN

Forty percent of lost work hours are due to traffic crashes, costing employers over \$47 billion annually. Traffic crashes are the number one cause of worker deaths and the most costly worker's compensation injury by cause. Hear two employers describe their experiences developing workplace traffic safety programs and the resulting impact on the bottom line while protecting their most valuable assets — their employees.

Take the Home Safety Challenge [1]



PRESENTER: Connie Forster, Community Risk Reduction Chief, Spring Lake Park-Blaine-Mounds View Fire Department, Spring Lake Park, MN

Approximately 70 percent of all unintentional-injury deaths occur in home and community settings — and that doesn't include motor vehicle crashes! Additionally more than 20 million people suffer non-fatal disabling injuries annually in these settings. Reducing injuries — no matter where they occur — not only benefits your employees (and their family members) but saves money for your company. Take the Home Safety Challenge with Chief Forster to learn about the leading home injuries impacting your employees, and steps to manage risks.

SESSIONS 2:00–3:30PM

Building a Positive Safety Culture with Management Support [1] [2]



PRESENTERS: Paul Aasen, President; Jan Fedora, Consultant, Occupational Safety and Health Services, Minnesota Safety Council, St. Paul, MN

One of the biggest challenges in leading safety programs and building a positive safety culture is to get people to do what they are supposed to do in a safe manner. Safety leadership can be a never-ending challenge! Upper management support is critical in achieving a positive safety culture, but how do you get buy-in? We'll discuss ways to build a positive safety culture and have fun doing it. The potential impact on safety related to quality and cost reduction, and ways to get the support of top management will be addressed.

Hearing Conservation Training [2]



PRESENTER: Victor Charbel, *Hearing Conservation Specialist, 3M Personal Safety Division, 3M, St. Paul, MN*

When it comes to protecting workers' hearing, there is no one-size-fits-all solution. It requires accurate sound detection, the right hearing protection and validating hearing solutions. Learn the tools necessary for a successful hearing conservation program. **This session meets annual OSHA/MSHA requirements. (Pre-registration required.)**

Valuing Cultural Diversity in the Safety World [All]



PRESENTERS: Karen Pernu, *Human Resources and Safety Manager, Lakeside Foods, Plainview, MN*; Brandy Fisher, *Southern Minnesota Beet Sugar Cooperative, Renville, MN*; Ryan Hanson, *Safety and Training Coordinator, Supervalu, Hopkins, MN*; Curt Fernandez, *Supervisor, City of Minneapolis, Minneapolis, MN*; Spencer Sanders, *Carpentry, HEO and OSHA Instructor, Summit Academy OIC, Minneapolis, MN*; **Moderator:** Cheryl Urie, *Health and Safety Specialist, Enbridge, Duluth, MN*

Why do we need to understand how other cultures perceive safety? How does that affect productivity, efficiency, and creativity in your organization? Learn how diversity is not just about hiring people, it's about creating an environment where everyone is valued for their unique contributions, resulting in individuals feeling safe, healthy and successful in their workplace.

Active Shooter/Armed Intruder [All]



PRESENTER: Mike Marturano, *Safety Officer and Emergency Manager, St. Luke's Hospital and Clinics, Duluth, MN*

Gain information to help employees prepare for an active shooter/armed intruder in the workplace. Be aware that this will be a very frank presentation. This is a topic that has to be presented as realistically as possible to help employees prepare to respond to a hostile situation.



LAST YEAR'S CONFERENCE ATTENDEES:

"Your conference is as good as anything offered around the country."

"I like that I can choose from specific areas and also professional development sessions on leadership or relational skills."

"If you didn't come away with a list of ideas for improving safety at work, on the road and at home, you weren't listening."