

7:30 AM | CHECK-IN/VENDOR TIME**8:00 AM | OPENING SESSION****Thriving as a Team: Working Better Together with the 3 C's**

Jermaine M. Davis, Ph.D., Dr. Jermaine M. Davis Seminars & Workshops, Inc.

In today's fast-paced and ever-changing work environment, safety excellence depends on more than policies and compliance, it depends on engaged employees. In this session, Dr. Jermaine uses his 3 C's Framework – Communication, Cooperation and Collaboration – to share practical strategies for building trust, strengthening teamwork, improving workplace relationships, overcoming challenges and creating a more connected, effective safety culture.

9:00 AM | VENDOR TIME/BREAK**9:45 AM | CHOOSE YOUR SESSION****Changing Minds, Saving Lives: Building a Positive Traffic Safety Culture**

Lisa Koss, Traffic Safety and Advocacy Director, Minnesota Safety Council / MN NETS

Why do people speed, drive distracted or take other risks on the road? Risky driving behaviors are often shaped by traffic safety culture – the shared beliefs, attitudes and social norms that influence how people behave on our roads. This presentation will explore how changing these underlying beliefs can create lasting improvements in traffic safety culture and lead to safer decisions behind the wheel. Attendees will learn practical strategies for influencing behavior change and hear real-world examples demonstrating how shifts in mindset can result in measurable safety outcomes.

Food Is Medicine: How Nutrition Supports Recovery, Work Performance and Injury Prevention

Jenny Blade, Physical Therapist, Onsite Solutions Physical Therapy

Food plays a vital role in energy, recovery, and overall well-being. In this session, a physical therapist will explain how nutrition and hydration support physical performance, recovery, and long-term health. Participants will learn practical nutrition strategies, explore common myths and facts and understand how food choices affect energy, inflammation and resilience. The session will also highlight ways organizations can encourage healthier workplace habits.

Whether your job is physically demanding or desk-based, you'll leave with actionable strategies to improve recovery, sustain energy and enhance performance.

10:45 AM | VENDOR TIME/BREAK**11:15 AM | CHOOSE YOUR SESSION****How High Performing Employers Improve Workers' Compensation Claim Outcomes**

Christina Bergman, Managing Consultant - Disability Management Thought Leader, AON

Join us to learn the methods high-performing employers are using to manage their Workers' Compensation process to realize measurable outcomes. This session will cover the steps from the initial reported event, the connection points across teams, the coordination continuum and the considerations to model a proven framework. Strategies and tactics which drive results will be discussed including collaboration between safety, claims, human resources and the claim administrator.

OSHA Update

Ron Anderson, Health Director, MNOSHA Compliance

This session will cover MNOSHA regulations and enforcement areas, and will include a panel discussion on current OSHA issues and cases.

12:15 PM | LUNCH**1:00 PM | CHOOSE YOUR SESSION****Roundtable Peer Discussion: Real Talk with EHS Leaders****Open Mic Session with Moderators**

Looking for real-world insights from fellow EHS professionals? Join this interactive discussion to explore today's biggest safety challenges, share experiences and exchange practical solutions. Bring your questions, ideas and perspectives as we learn from one another in a candid, collaborative environment.

No slides. No lectures. Just real conversations that matter.

Worker Mental Wellness – Addressing the Hidden Battles of the Mind to Build a Stronger Safety Culture

Michael Grajeda, Director of Finance & Development, Clean N Seal

Many safety professionals find themselves ill equipped to deal with the many mental health challenges workers are currently facing. Building a strong safety culture means understanding the hidden battles going in the mind and supporting workers mental well being. The data about mental health – hint: it isn't good. Also includes: How to have touch conversations: resources to help workers and suicide prevention tips.

2:00 PM | BREAK**2:15 PM | CLOSING SESSION****AI 101: Crash Course in Prompting and Beyond**

Paul Kaefer, M.S., B.S., Adjunct Professor, Software Engineering and Data Science, University of St. Thomas

Generative AI is transforming the workplace across industries. AI tools are being used more and more in generating content including documentation, apps, and ideas. This presentation will discuss the current landscape of AI tools, and will present frameworks and recommendations. Participants are encouraged to follow along with the live demonstration and work through examples that they may use in their daily work and lives.

3:15 PM | PRIZES*

**Must be present to win*

Venue/hotel information at [MNSC.org](https://mnscc.org)

Vendor/sponsor opportunities available

REGISTER BY OCTOBER 20, 2026

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NON-MEMBERS | \$220/PERSON

GROUP DISCOUNT: Register three or more people from the same organization and receive a \$15 discount per person.

CONTINUING EDUCATION UNITS

Attendees may earn .5 CEUs for their participation in education sessions.

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☐ SOUTHERN REGIONAL SAFETY DAY \$170/Member · \$220/Non-Member

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☐ CHECK ENCLOSED PAY TO Minnesota Safety Council, Fed ID #41-0418405

☐ CREDIT CARD: ☐ VISA ☐ MASTERCARD ☐ AMERICAN EXPRESS

CARD # _____ **EXPIRATION DATE** _____ **SECURITY CODE** _____

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☐ **ACCOMMODATIONS:** Check here if, under ADA, you require special services in order to attend OR if you have medical dietary restrictions. MSC will take dietary restrictions into account but cannot guarantee that all can be accommodated.

☐ **EMAIL SHARE:** Check here if you would like to exclude your email from the attendee listing provided to exhibitors.

**TOTAL
AMOUNT: \$** _____