

2021 VIRTUAL MINNESOTA SAFETY & HEALTH CONFERENCE

**MAY
4-5**



Drive
SAFE

Work
SAFE

Live
SAFE

**MINNESOTA
SAFETY COUNCIL**

Drive
SAFE

Work
SAFE

Live
SAFE

BECOME A FRIEND OF THE MINNESOTA SAFETY COUNCIL

At the Minnesota Safety Council, we focus on strengthening individuals, families and organizations by helping prevent unintentional injuries in the workplace, on our roads, in our homes and communities. Since 1928, our sole focus has been to make Minnesota a safer and healthier place to work, drive and live. We hope you'll join us in that effort!

Please consider as part of your corporate giving a donation to the Minnesota Safety Council. One hundred percent of every dollar donated goes directly toward executing our mission! Recognition of your contribution will be at all major Minnesota Safety Council events, on our website and at our training center.

LEVELS OF GIVING

- ▶ NICKEL | \$250
- ▶ BRONZE | \$500
- ▶ SILVER | \$1,000
- ▶ GOLD | \$2,500
- ▶ PLATINUM | \$5,000
- ▶ DIAMOND | \$10,000

For more information and to learn more about the benefits of each giving level, please contact Janie Ritter, vice president, Minnesota Safety Council, janie.ritter@minnesotasafetycouncil.org.

The Minnesota Safety Council is member-based, private, not-for-profit organization dedicated to preventing unintentional injuries — a leading cause of death, disability and economic loss. We are one of 21 chapters of the National Safety Council and execute our mission through training, resources and collaboration. We are board-governed and are subject to a full external audit annually.

PRIZE SPONSORS

Call for Conference Giveaways

Does your company manufacture an amazing product? Would your organization like to sponsor a giveaway to help build excitement among our 2021 Virtual MN Safety & Health Conference attendees?

Consider joining the Minnesota Safety Council and other great Minnesota companies who have already donated items to be given away at the end of each day of this event. We have fun activities in store for our virtual exhibit hall visitors to earn multiple chances to win great prizes!

Recognition will be given to companies who make a donation of \$150 or more in product value. For more information or to make a donation, contact Al Terwedo, al.terwedo@minnesotasafetycouncil.org.

Drive
SAFE

Work
SAFE

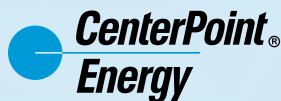
Live
SAFE

2021 CONFERENCE SPONSORS

DIAMOND LEVEL



PLATINUM LEVEL



SHERWIN-WILLIAMS



Safety Eyewear

GOLD LEVEL



SILVER LEVEL



BRONZE LEVEL

CHUBB | J.J. Keller & Associates, Inc.
Merjent, Inc. | NatureWorks

NICKEL LEVEL

American Industrial Hygiene Association
Upper Midwest Section

Drive
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Work
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Live
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Where To Go Next



PAUL W. AASEN
President, Minnesota Safety Council

When I think back to our planning for the May 2020 conference, it feels like a mirage. The world couldn't have been a more different place.

Things were "normal" and then it all changed. In a few short months, COVID changed our daily lives, inequities and racial justice surged to the front of the discussion about our national identity, our country held a deeply divided election and suffered an assault on our democratic process, and safety was stretched and tested on every level.

In some cases, the safety test was smaller. How does our organization train new employees while protecting against infectious disease?

In some cases, the test was different. Where do I get masks and plastic dividers? And how do we work under these conditions?

Sometimes, the test was direct. Are our employees safe if protests and riots occur near our facilities?

Other times, the test was on a macro scale. Heat, drought and wildfires disrupted supply chains and changed how businesses worked across the country.

So where do we go next? The Minnesota Safety and Health Conference is all about next, new normal and recovering what we remember as normal. We invite you to spend some time with your colleagues learning about both the new and the old, about traditional risks and new pressures caused by the last year, and to hear some new takes on ways to keep people safe, including yourself.

We look forward to seeing you in May!

2021 Highlights

- ▶ Inspiring keynote speakers to begin and end each day!
- ▶ Wellness and mental health mini sessions.
- ▶ 28, one-hour educational sessions over two days!
- ▶ Hot topic COVID sessions, including vaccine updates, workers' compensation claim trends, and Minnesota OSHA COVID response.
- ▶ Virtual exhibit hall showcasing exhibitors with live product demos and video chats.
- ▶ **Virtual Conference Platform:** This virtual event will be offered on a platform utilizing Microsoft Teams video conferencing. Attendees will need internet access and a computer with speakers, camera and microphone for interactivity with presenters and other attendees.



REGISTER ONLINE OR USE THE ATTACHED FORM. (Receipts will be emailed.)

CONFERENCE REGISTRATION

Virtual Minnesota Safety & Health Conference | May 4-5, 2021



To Register for the 2021 Conference:

REGISTER ONLINE OR complete the registration form. Mail or email to the Minnesota Safety Council.

QUESTIONS? Call 651-228-7301 or email us at msc@minnesotasafetycouncil.org

IMPORTANT REGISTRATION NOTES

- There are no refunds after **APRIL 23, 2021**.
- Payment is required with registration. **A confirmation email receipt will be sent upon registering.** Registered attendees will receive a second email in late April with special access link and login instructions for the virtual conference. Access to this event is password protected for registered attendees only.
- Full-time students may attend conference sessions at no charge if preregistered. Student ID required.

SPECIAL GROUP PRICING

Join the many organizations who think the Minnesota Safety & Health Conference is so important to their safety program that they send several of their employees (their safety committee, union safety representatives, key supervisory personnel, the whole safety staff!)

Here's the deal: Register five or more people from the same organization and receive 15% off all your conference registrations. (See page 5 for ticket details.)

CONTINUING EDUCATION UNITS (CEUs)

It's easy to earn CEUs for every Minnesota Safety & Health Conference session you attend! Here's how:

- CEU forms will be available on the virtual conference platform. Fill out forms and send to the Minnesota Safety Council.
- Your CEU certificates will be emailed to you following the conference.

CERTIFICATION MAINTENANCE POINTS

CSP and CHMM

If you're a Certified Safety Professional or a Certified Hazardous Materials Manager, you can earn CEUs for each full day you attend educational sessions. If you're a Certified Industrial Hygienist, check out www.abih.org.

For submission instructions, contact the Board of Certified Safety Professionals at 317-593-4800, the Institute of Hazardous Materials Management at 301-984-8969 or see the American Board of Industrial Hygiene website at www.abih.org.

CANCELLATIONS/SUBSTITUTIONS

If you find that you are unable to attend the conference after you have already registered, you may designate another person to take your place, provided that the replacement meets the same registration fee criteria.

Cancellations need to be in writing/email or phone by April 23, 2021 for a full refund. There are no refunds after April 23, 2021. No refunds will be made on uncanceled registrations or no-shows. If we cancel an event, registrants will be given a full refund.

REMINDERS:

- ▶ **Governor's Awards** — Award recipients will be recognized during Opening Session on Tuesday, May 4 and Wednesday, May 5. Awards will be mailed to winners.

REGISTRATION FORM

Virtual Minnesota Safety & Health Conference | May 4-5, 2021

USE A SEPARATE FORM FOR EACH INDIVIDUAL. PLEASE PRINT CLEARLY.

► **ONLINE REGISTRATION** is also available at minnesotasafetycouncil.org/conf (click "Register Online")

1 ATTENDEE INFORMATION

Name _____

Title _____

Organization _____

Address _____

City, State, Zip _____

Phone _____

Email (required) _____

☐ Please exclude my email from attendee listing provided to exhibitors.

2 CONFERENCE REGISTRATION

☐ Two-Day Event Registration (May 4-5)

Includes opening keynote, exhibits, education sessions and ability to view sessions after event conclusion (for limited time).

► **Member** **\$295**

► **Nonmember** **\$395**

CONFERENCE REGISTRATION TOTAL

\$

3 PAYMENT INFORMATION

Payment MUST accompany conference registration.

☐ Check Enclosed (payable to Minnesota Safety Council, Federal EIN #41-0418405)

☐ Credit Card: ☐ Visa ☐ MasterCard ☐ American Express

Card Number _____

Name (Print) _____

Signature _____

Expiration Date _____ Security Code _____

REGISTER BY:

► **MAIL**

Minnesota Safety Council
2021 Virtual MN Safety & Health Conference
474 Concordia Avenue
Saint Paul, MN 55103

► **PHONE**

800-444-9150 / 651-228-7301

► **FAX**

651-291-7584

► **EMAIL**

mssc@minnesotasafetycouncil.org

► **ONLINE**

minnesotasafetycouncil.org/conf

VIRTUAL CONFERENCE SESSIONS

View the Conference Brochure and Register Online: minnesotasafetycouncil.org/conf

TUESDAY, MAY 4

EXHIBIT HALL OPEN | 7:30 a.m. – 3:30 p.m.

OPENING SESSION | AWARDS | 7:45 – 9:00 a.m.

- ☐ **KEYNOTE: JESSICA RECTOR**
Blaze Your Brain: Turn Negative Thoughts into Positivity, Bigger Actions, and Better Results

DEDICATED EXHIBIT TIME | 9:00 – 10:30 a.m.

SESSIONS | 10:30 – 11:30 a.m.

- ☐ Minnesota OSHA Update
- ☐ Influencing Without Authority, Making a Business Case for Safety
- ☐ Safe by Choice — Improving Safety Performance by Changing How We Think About Safety
- ☐ Keep Traffic Safety a Top Priority

WELLNESS MINI SESSIONS | 11:40 a.m. – 12:00 p.m.

- ☐ Healthy, Hearty and Delicious!
- ☐ Laugh for the Health of It!
- ☐ Take Good Care — of Yourself!

BREAK/EXHIBIT HALL | 12:00 – 1:00 p.m.

SESSIONS | 1:00 – 2:00 p.m.

- ☐ COVID-19 Claims in Minnesota's Workers' Compensation System
- ☐ Suicide Prevention in the Construction Industry
- ☐ Training Gamification: Putting the 'Fun' in Workplace Safety Fundamentals
- ☐ Impairment Testing Saves Lives!

SESSIONS | 2:15 – 3:15 p.m.

- ☐ Occupational Health and Safety Trends in Minnesota
- ☐ Selling Safety
- ☐ Industrial Hygiene Management: Putting the 'H' Back in OSHA
- ☐ Minnesota's New Pedestrian Safety Campaign

CLOSING SESSION | 3:30 – 4:30 p.m.

- ☐ **KEYNOTE: JASON KUNZ**
130 Interviews and Counting — Leadership and Influence in HSE

WEDNESDAY, MAY 5

EXHIBIT HALL OPEN | 7:30 a.m. – 2:00 p.m.

OPENING SESSION | AWARDS | 7:45 – 9:00 a.m.

- ☐ **KEYNOTE: ROSS BERNSTEIN**
The Champion's Code — Building Relationships Through Life Lessons of Integrity and Accountability from the Sports World to the Business World

DEDICATED EXHIBIT TIME | 9:00 – 10:30 a.m.

SESSIONS | 10:30 – 11:30 a.m.

- ☐ Technical Writing Tips for the Safety & Health Professional
- ☐ Smokescreen: Marijuana Use and Workplace Safety
- ☐ Arc Flash, The NFPA 70E Standard and Your Electrical Maintenance
- ☐ Fatigued at Work — Drowsy Behind the Wheel?

BREAK/EXHIBIT HALL | 11:30 a.m. – 12:30 p.m.

SESSIONS | 12:30 – 1:30 p.m.

- ☐ Working WITH Resistance to Change
- ☐ Occupational Disease Investigation Programs
- ☐ EHS Certifications — Help or Headache?!
- ☐ Critical Elements of Fleet Safety Process — Be Prepared for Auto Liability Renewal

WELLNESS MINI SESSIONS | 1:40 – 2:00 p.m.

- ☐ Emotional Resilience and Mindfulness: Two Elements for Unleashing Your Potential
- ☐ Important to Take Time for YOU!
- ☐ Covid Vaccine 101

SESSIONS | 2:15 – 3:15 p.m.

- ☐ Protect Your Hearing in Less Time Than It Takes to Damage It
- ☐ Developing a Successful Comprehensive Ergonomics Program
- ☐ Stress and Anxiety of a Safety Professional
- ☐ Auditing Process Safety Programs

CLOSING SESSION | 3:30 – 4:30 p.m.

- ☐ **KEYNOTE: STEVE DONOFRIO**
Leading from the Middle

VIRTUAL EXHIBIT HALL

OPEN: Tuesday, 7:30 a.m. – 3:30 p.m. and Wednesday, 7:30 a.m. – 2:00 p.m.

You'll find friendly and helpful exhibitors — with practical, economical solutions to make your safety program more effective!

A–B

American Lung Association
in Minnesota
American Society of Safety
Professionals (ASSP) Northwest
Chapter
Anderson Engineering
AP Safety Training*
Assured Security
ATC Group Services LLC*
Bay West, LLC*

C–F

Cintas*
Columbia Southern University
Essilor Prescription Safety Eyewear
Fire Protection Equipment Company
Fit For Work

G–L

Hy-Test Safety Shoe Service
IEA – Institute for Environmental
Assessment*
Industrial Scientific
J.J. Keller & Associates, Inc.
Kidde Fire Safety
Latino Worker Safety Center

M

3M Personal Safety Division*
Magid
Med Compass*
Minnesota Department of Labor
and Industry, Occupational Safety
and Health Division (MNOSHA)*
Minnesota Department of Labor
and Industry, Workplace Safety
Consultation*
Minnesota Network of Employers
for Traffic Safety (NETS)
Minnesota Occupational Health
Minnesota Safety Council
MSA

N–R

National Safety Education Center
Nelson-Jameson, Inc.
NovaCare Rehabilitation
Onsite Medical Service*
PDRWorks/PDR Clinics
Pelco, a Motorola Solutions Company
Philips Healthcare
Portwest
Provenio Consulting
Red Wing Shoe Company*
Replenex*
RESA Power*

S–Z

Safety 101: Proactive Safety
Software
SKC, Inc.
The Ergonomics Center
UL
Vector Solutions
Walman Optical Safety Eyewear*
Westex: A Milliken Brand

**Member company*

Current as of 4/14/21.



KEYNOTE: Blaze Your Brain: Turn Negative Thoughts into Positivity, Bigger Action, and Better Results

PRESENTER: *Jessica Rector, Best-Selling Author, Speaker*

In an economy where self-doubt, worry, and stress are at an all-time high, you have that voice inside your head that never quits. It's constantly saying things like, "What if it doesn't work," "What if I fail," or "What's going to happen." You have 60,000 thoughts a day, and research shows 80% of them are negative. It might be hard to wrap your brain around having that many negative thoughts, especially since you aren't aware most of them exist. It's a pattern you've developed over the years. Then it becomes the story you tell yourself and by which you navigate everything else...how confident you are, how you lead others, how you succeed in unknown situations, or how you embrace change. To keep up with an evolving world, you can't keep thinking the same way you've always thought. Join us for this opening keynote to learn how to transform your thoughts and turn them into positive action.

87th Annual Governor's Safety Awards

The Governor's Safety Awards Program has been honoring Minnesota workplaces for excellence in safety since 1934. Join us as we recognize this year's recipients who have achieved outstanding results in safety.

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



EXHIBIT HALL OPEN
7:30 a.m. – 3:30 p.m.

Dedicated Exhibit Time
9:00 – 10:30 a.m.

SESSIONS 10:30 – 11:30 a.m.

Minnesota OSHA Update [1]



PRESENTER: *James Krueger, Director, Occupational Health and Safety Division, Department of Labor and Industry, Saint Paul, MN*

Don't miss this informative and engaging summary of what's happening with MNOSHA, and an opportunity to have your questions answered. This session will cover COVID-19 (past and present response), fatality trends, standards most frequently cited, regulatory initiatives and enforcement areas for MNOSHA.

Influencing Without Authority, Making a Business Case for Safety [2]

SPEAKER PANEL: *Sara Ozan, MEHS, GSP, SFM; Kate Carlson, M.S., CSP, Chubb Global Risk Advisors; Mary Ferrian, CSP, IEA; Jamison Harrell-Latham, CSP, Target*

Have you ever been in a situation where you needed to gain buy-in from peers and employees that don't directly report to you? Found your plate to be full and needed some extra help? Join our panel of presenters while they discuss methods to influence without authority and, in some cases, make a business case for safety. This session is intended to be interactive. Bring your questions!

**Emerging Safety Professionals Session*

Safe by Choice — Improving Safety Performance by Changing How We Think About Safety [3]



PRESENTER: *Rob Chvatal, Vice President of Safety, Braun Intertec, Bloomington, MN*

Improving safety performance is often a fight against human tendencies to repeatedly perform at-risk behaviors that become habits. To change these at-risk habits requires a change in the thoughts and attitudes behind the behaviors. The Safe by Choice approach is a proven method for sustainably improving safety by challenging how we all think about safety, and how leaders drive the needed thought-behavior patterns. Receive a framework to help all employees see their current safety-related attitude-behavior patterns; envision the opportunities to increase safe working habits; and help leaders see how their actions drive current and future safety cultures (e.g. common attitudes and behaviors) of the organization.

Keep Traffic Safety a Top Priority [1]



PRESENTER: *Lisa Kons, Traffic Safety Programs Manager, Minnesota Safety Council, Saint Paul, MN*

Traffic crashes kill employees. They are the number one cause of worker deaths and the costliest worker's compensation injury by cause. Due to COVID-19 many employees are working remotely causing traffic volumes to drop considerably — yet the number of severe and fatal crashes have risen dramatically. Learn new ways to reengage your employees and encourage safe driving behaviors.

WELLNESS MINI SESSIONS

11:40 a.m. – 12:00 p.m.

Healthy, Hearty and Delicious!



PRESENTER: Chef Lorelei McInerney, *Cooks of Crocus Hill, Saint Paul, MN*

Join us as Chef Lorelei prepares one of our favorite sandwiches here at Cooks of Crocus Hill. The curried chickpea sandwich is healthy and easy to make, with unique flavors that blend together deliciously. Learn new techniques then prepare this tasty dish at home!

Laugh for the Health of It!



PRESENTERS: Dan and Jill Johnson, *Joyful Living Therapy, Sioux Falls, SD*

It's been a tough year. More than tough actually. Couldn't we all use a little laughter to lighten up a little? Join us to see how laughter is the natural antidote for anxiety and stress and also a joyful

cocktail for our bodies. Raise your endorphins, lower your blood pressure, breathe deeply and learn a new, and natural, coping technique for our stressful times.

Take Good Care — of Yourself!



PRESENTER: Cherolyn Fischer, *Peer Program Coordinator, NAMI Minnesota, Saint Paul, MN*

So often self-care takes a back seat in life. Come join us to discuss this important health topic and how it is connected to mental health. Learn some new techniques to help improve your self-care and receive some new resources to try out.

BREAK/EXHIBIT HALL

12:00 – 1:00 p.m.

Make sure to visit the Virtual Exhibit Hall, open Tuesday from 7:30 a.m. – 3:30 p.m and Wednesday from 7:30 a.m. – 2:00 p.m. You'll find friendly and helpful exhibitors with practical, economical solutions to make your safety program more effective. See page 8 for exhibitor list.

SESSIONS 1:00 – 2:00 p.m.

COVID-19 Claims in Minnesota's Workers' Compensation System [1]



PRESENTER: Brian Zaidman, *Senior Research Analyst, Minnesota Department of Labor and Industry, Saint Paul, MN*

The session will provide up-to-date statistics about COVID-19 claim trends, the characteristics of the workers filing claims, whether the claims were accepted or denied, and claim duration and costs.

Learn how Minnesota workers may receive workers' compensation benefits for COVID-19; which workers were paid benefits and which types of workers were denied benefits; how claims filing changed over the course of the pandemic; and how the influx of COVID-19 claims affected Minnesota's workers' compensation system.

Suicide Prevention in the Construction Industry [2]



PRESENTER: Don Garvey, *CIH, CSP, Senior Safety Consultant, Merjent, Inc., Minneapolis, MN*

According to the CDC, the suicide rate in construction is about four times greater than the national average and five times greater than that of all other construction fatalities combined. This presentation will explain the risk factors (e.g. opioid addiction, industry

culture, irregular work/pay checks) that make suicide a pervasive problem and challenge for the construction industry; examine signs that management, front line supervisors, co-workers, and friends can look for that may indicate a potential problem; and provide industry-specific suicide prevention resources.

Training Gamification: Putting the 'Fun' in Workplace Safety Fundamentals [3]



PRESENTER: Greg Duncan, *EHS and Sustainability Expert, VelocityEHS, Chicago, IL*

EHS training is serious business, but it can still be fun and engaging. This session looks at how gamification and e-learning technologies can enhance the traditional training program structure to engage workers with EHS – helping to reduce incidents,

incentivize positive safety behaviors, and support a strong workplace safety culture.

Impairment Testing Saves Lives! [2]



PRESENTER: Antonio Visconti, *CEO/Founder, SOBEREYE INC., Menlo Park, CA*

Fatigue, illness, alcohol, and drugs are all forms of impairment. Impaired employees are putting themselves and others at risk of injury and death exposing your business to enormous liabilities — 90% of accident reports indicate human error as

a contributing cause, but human error is a consequence, not a cause. Learn about an innovative and practical solution to measure impairment risk in the workplace.

SESSIONS 2:15 – 3:15 p.m.

Occupational Health and Safety Trends in Minnesota [1]



PRESENTERS: Erik Zabel, PhD, MPH
*Occupational Health Epidemiologist
and Program Director, Minnesota
Department of Health, Saint Paul, MN;*
Kathleen Norlien, Research Scientist,
*Minnesota Department of Health,
Saint Paul, MN*

The Minnesota Department of Health (MDH) Center for Occupational Health and Safety calculates and publishes a set of annual indicators to track the number and rate of job-related injuries and illnesses. This presentation will describe trends in the established indicators, and will describe new indicators in development. Learn the types of indicators calculated by MDH to track occupational health and safety in Minnesota as well as the high-level statewide trends in job-related injuries and illnesses, and how MDH is developing new occupational health and safety indicators. Know how to access MDH's occupational health data through the MDH website and the Minnesota Injury Data Access System (MIDAS).

Selling Safety [2]



PRESENTER: Chris Seider, CSP, CHST, PHR, ARM,
*Senior Safety and Risk Management Specialist, Foth
& Van Dyke, LLC, DePere, WI*

As safety professionals, we see the value in spending money on prevention. The problem is, we often struggle to garner organizational support in these investments. This session will provide ways to calculate and demonstrate value of safety improvements. Topics will include ROI, time studies, process mapping, and other related techniques to better drive safety initiatives.

Industrial Hygiene Management: Putting the 'H' Back in OSHA [2]



PRESENTER: Mary Bauer, CIH, CSP,
*Compliance Assistance Specialist, OSHA,
Eau Claire, WI*

Many companies do very well at documenting safety procedures and inspections. Very few companies manage adequate industrial hygiene or health programs. During routine inspections and VPP audits, OSHA ensures that the 'H' in OSHA is not silent! This session will focus on the minimum compliance requirements along with the value of the data and information collected for a sound health program. Learn what hazards require industrial hygiene assessments or sampling; recognize what OSHA will look at during a health inspection at your facility; and select methods to maintain health records that are accessible and capable to meet the retention timeframe.

Minnesota's New Pedestrian Safety Campaign [1]



PRESENTERS: Michelle Pooler,
*MnDOT Office of Transit and
Active Transportation Safety and
Education Coordinator, Saint Paul,
MN;* Anne Meyer, Public Affairs
*Coordinator, Minnesota Department
of Transportation, Minneapolis, MN*

Everyone plays a role in keeping our roadways safe. This coordinated, statewide campaign will work to change Minnesota's traffic safety culture. Pedestrian safety toolkit, messaging and marketing ideas will be provided to help you, your employees and their families change their behavior toward safer walking and driving.

CLOSING SESSION 3:30 – 4:30 p.m.



KEYNOTE: 130 Interviews and Counting — Leadership and Influence in HSE

PRESENTER: Jason Kunz, CIH, CSP, EHS Cultural Excellence Evangelist, 3M,
Saint Paul, MN

Based on recent trends, specifically serious injury and fatality (SIF) trends, we must continue to develop our leadership and influence. Surveys from business executives confirm that employers want strong leadership and communication expertise in their HSE professionals. Understanding key principles and building leadership and communication skills are what make the difference in achieving success in today's competitive marketplace — but how do we do this? Following more than 130 interviews with top HSE and operational leaders, and years of qualitative research, we uncovered some answers — and they aren't what we expected. Join us for this engaging, informative, and empowering session that will leave you saying: "that wasn't your typical HSE talk," while providing insight into what's needed from us, now and moving forward.



KEYNOTE: The Champion's Code — Building Relationships Through Life Lessons of Integrity and Accountability from the Sports World to the Business World

PRESENTER: Ross Bernstein, Best-Selling Author, Speaker

The best-selling author of nearly 50 sports books, Ross Bernstein is an award-winning peak performance business speaker who's keynoted conferences for Fortune 500 companies on all seven continents. Ross and his books have been featured on thousands of television and radio programs over the years including CNN, ESPN, Fox News, and CBS This Morning, as well as in The Wall Street Journal, New York Times and USA Today. He's spent the better part

of the past 25 years studying the DNA of championship teams, and his program, "The Champion's Code: Building Relationships Through Life Lessons of Integrity and Accountability from the Sports World to the Business World," illustrates what it takes to become the best of the best. In an engaging, provocative, and visually entertaining style, Ross will use inspirational stories and poignant life lessons from the world of sports to show how to separate yourself and your business from the rest of the pack through servant leadership, by creating a culture of excellence, by developing deeper relationships, and by giving extraordinary customer service.

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

EXHIBIT HALL OPEN 7:30 a.m. – 2:00 p.m.

**Dedicated Exhibit Time
9:00 – 10:30 a.m.**

SESSIONS 10:30 – 11:30 a.m.

Technical Writing Tips for the Safety & Health Professional [2]



PRESENTER: Cynthia Braun, CSP, CHMM, CIT, President, Braun Safety Associates, LLC, Littleton, CO

Your writing is a reflection of your professional abilities. In just one hour, this session introduces you to the essentials of technical writing, and provides tips for clear and concise presentation of technical information.

You will learn how to write more targeted, effective documents to make the most of your written communications. Whether you write reports, memos, procedures, investigation summaries or white papers, you will have several take-aways and reminders from this power hour of excellence in written safety and business communications.

Smokescreen: Marijuana Use and Workplace Safety [3]



PRESENTER: Scott Gesinger, CSP, Safety Manager, Life Link III, Chaska, MN

Legalization of marijuana is leading to new challenges for safety professionals. This presentation examines the relationship between marijuana and workplace safety. Join this session to learn the true

safety-related affects of marijuana use inside and outside of the workplace and understand the legitimate reasons workers might engage in marijuana use.

Arc Flash, The NFPA 70E Standard and Your Electrical Maintenance — Are You Prepared? [2]



PRESENTER: Joseph Schommer, Business Development Manager, RESA Power, Blaine, MN

The world of electrical hazards, protection and accident prevention can be a confusing place. Hundreds of deaths and thousands of injuries can be avoided each year by following the NFPA 70E: Standard for Electrical Safety in the Workplace. Be

prepared by arming yourself with the knowledge of the types of electrical hazards and the effects of electrical shock and flash. This session will identify the need for electrical safety as well as electrical maintenance and safety programs. Attendees will learn about arc flash hazard risk assessment, personal protective equipment (PPE), and shock and arc flash approach boundaries.

Fatigued at Work — Drowsy Behind the Wheel? [1]



PRESENTER: Lisa Kons, Traffic Safety Programs Manager, Minnesota Safety Council, Saint Paul, MN

Workplace fatigue is a problem that goes largely unaddressed. Organizational factors like shift scheduling and fatigue management plan can contribute to the fatigue burden in the workplace. Attendees will learn the various factors that cause

fatigue, how to identify risks at work and on the road, and ways to ensure safe working environments and safer drivers.

BREAK/EXHIBIT HALL

11:30 a.m. – 12:30 p.m.

Make sure to visit the Virtual Exhibit Hall, open Tuesday from 7:30 a.m. – 3:30 p.m and Wednesday from 7:30 a.m. – 2:00 p.m. You'll find friendly and helpful exhibitors with practical, economical solutions to make your safety program more effective. See page 8 for exhibitor list.

SESSIONS 12:30 – 1:30 p.m.

Working WITH Resistance to Change [3]



PRESENTER: Rob Chvatal, Vice President of Safety, Braun Intertec, Bloomington, MN

Change continues to be a constant and at times significant part of our workplaces, and lives overall. We all resist change and the ideas or request of others, at time; and sometimes with very destructive behaviors. Resistance is very predictable, and when we decide to help people through it, we can generate an increase in commitment to making the change work. This session will discuss the costs and benefits of working with resistance rather than ignoring or crushing it; three common and distinct sources of resistance we need to be aware of; and what we can do to anticipate and help others through each of these sources.

Occupational Disease Investigation Programs [3]



PRESENTER: David Duffy, CIH Principal Consultant, Occupational Disease Practice Leader, Chubb Global Risk Advisors, Minneapolis, MN

The safety and health professional is uniquely qualified to assist in the evaluation of occupational diseases and injuries. EHS professionals who have significant industrial experience and an understanding of basic toxicology, especially as it relates to chemicals within their industries, can play a role in assessing the merits of an occupational disease. This presentation will focus on occupational diseases and the assessment protocol we use to assess the merits of the claim.

EHS Certifications — Help or Headache?! [2]

SPEAKER PANEL: Bradlee Hickey, CSP, CIH, OHST; Don Freitag, CMSE; Emily Rixen, CSP, CHMM; Beth Firkins, Antea Group

Is a certification on your bucket list for this year or in the next five years? Discover if a certification is worth it for you. Engage with our panelists during this session to hear about a variety of certifications (including GSP, CHMM, CMSE, CIH, ASP, CSP) achieved by members within the Emerging Safety Professionals group. Leave this session with the information and motivation to help you achieve your next certification.

***Emerging Safety Professionals Session**

Critical Elements of Fleet Safety Process — Be Prepared for Auto Liability Renewal [3]



PRESENTER: Nancy Bendickson, CDS, CSP, ARM, ALCM, Managing Consultant, Aon, Lincolnshire, IL

If you have a fleet with either company-owned or non-owned vehicles, you have likely had a significant increase in auto liability renewal in the past year. This session will outline key elements of fleet safety that help demonstrate strong fleet management controls to your insurance carrier and help reduce the total cost of risk associated with operating a fleet.

WELLNESS MINI SESSIONS

1:40 – 2:00 p.m.

Emotional Resilience and Mindfulness: Two Elements for Unleashing Your Potential



PRESENTER: Jason Kunz, 3M Global Health, Safety & Sustainability, 3M, Saint Paul, MN

Employee wellness has taken on increased importance during this challenging time. Two-thirds of people report increased stress during the pandemic, and 54% report feeling emotionally exhausted. This wellness session will highlight the importance of mindfulness and emotional resilience to support organizational growth and putting people first.

Important to Take Time for YOU!



PRESENTER: Maureen Grosse, MS, 500 RYT, C-IAYT, NBC-HWC, Certified Yoga Therapist and National Board Certified Health and Wellness Coach

Join yoga therapist Maureen Grosse for a guided meditation and breathing exercise targeted towards creating a sense of relaxation and balance in the mind and body.

Covid Vaccine 101



PRESENTER: Dr. Tami Sublette, Pharmacy Clinical Services Manager, Minnesota/Iowa

One of the best ways to protect yourself against Covid-19 is to get vaccinated. People have questions about the vaccines and this discussion will provide answers. Learn the facts about the vaccines, what the differences are among them, and whether or not you should choose one over the other.

SESSIONS 2:15 – 3:15 p.m.

Protect Your Hearing in Less Time Than It Takes to Damage It [3]



PRESENTER: Brian Felsen, COHC, Associate of the Safety Institute, Chief Hearing Loss Preventionist, Your Ears Rock, Plymouth, MN

Noise-induced hearing loss and tinnitus are the most common permanent and preventable occupational injuries in the world. This session will review an evidence-based educational program dedicated to reducing the incidence and prevalence of noise-induced hearing loss (NIHL) and tinnitus in a experience-based way. In addition, learn how to properly select and wear hearing protection; identify sources of excessive sound exposure in daily life; demonstrate ways to incorporate hearing conservation into your organization; and identify settings not regulated by OSHA that may benefit from hearing conservation efforts.

Developing a Successful Comprehensive Ergonomics Program [2]



PRESENTERS: Gretchen Templin, Ergonomics Manager; Justin Madigan, Ergonomics Engineer, Cummins Power Systems, Fridley, MN

Do you have a high number of ergonomics injuries at your facility? Learn how to develop and implement a comprehensive ergonomics program from the ground up to address ergonomic risks at your site. This session will highlight Cummins successful ergonomics journey over the past four years;

a program designed for a manufacturing assembly plant; various engineering and administrative solutions to reduce ergonomic risk and injuries; how to approach and improve your ergonomics incident investigation process; and how to improve deficiencies in your ergonomics program.

Stress and Anxiety of a Safety Professional [3]



PRESENTER: Denise Slipy, Health and Safety Manager, Park Industries, St. Cloud, MN

Do you feel stressed? Do you have anxiety? You are not alone! The daily struggle to keep your employees safe and healthy can be taxing on your well-being! This session will discuss how to cope and regroup.

Auditing Process Safety Programs [2]



PRESENTER: Peter Montagna, MS, CSP, Director, Global Process Safety and EHS Audits, H.B. Fuller, Vadnais Heights, MN

Auditing process safety programs requires both auditing skill and subject matter expertise in process safety. This session will combine these two topics to help practitioners improve their effectiveness and ability to provide a useful audit result. Other highlights include tips and tricks for performing audits; elements of an effective process safety program; auditing process safety programs; and learning from mistakes.

CLOSING SESSION 3:30 – 4:30 p.m.



KEYNOTE: Leading from the Middle

PRESENTER: Steve Donofrio, Speaker/Trainer/Coach, Eden Prairie, MN

Like a non-commissioned officer in the Army, the safety professional is on the front lines, in the middle, is both follower and leader, is expected to organize things and people, recognize and solve problems on the fly and do it all with confidence, the right attitude, and demeanor. In this session attendees will learn the RULE of leading from the middle to build and maintain a safety-first culture. Because you know safety is no accident, you'll learn the power of personal Responsibility and that every problem has a solution; to Understand self and others in deeper more meaningful ways; to Lead regardless of title or position; and you'll learn how to get people Engaged and active in safety.

**MAY
4-5**

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