



THE UNIVERSITY OF IOWA

Hawkeye on Safety

Safety & Health Conference

Thursday, September 8, 2016

7:30 a.m. to 4:15 p.m.

Platinum Sponsors:



Carpenters Local 1260



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Hawkeye on Safety

Agenda

| | | | |
|-----------------|--|-------------------|---------------------|
| 7:30 am | Registration, Continental Breakfast & Exhibits | | Exhibit Hall |
| 8:15 am | Welcome from Special Guest | | Exhibit Hall |
| 8:30 am | Opening Keynote: Many Components of Prevention Dan Gable, Olympic Gold Medalist, Coach, and Motivational Speaker | | Exhibit Hall |
| 9:00 am | Breakout Session 1 | | |
| - | Ergonomics and Lean | Don Triggs | Oakdale Salons 1&2 |
| - | Trench and Excavation Safety | Andy Stoullil | Oakdale Salon 3 |
| - | Speak Up! Listen Up! Safety Communication | Zach Knoop | Coral Salons A&B |
| - | VIST – Violent Incident Survival Training | UIPD Trainers | Coral Salon C |
| - | Arc-Flash NFPA 70E 2015 Electrical Safety | Brandon Schroeder | Coral Salon D |
| - | Film Screening: <i>A Day's Work</i> | | Coral Salon E |
| 10:00 am | Refreshments and Exhibits | | Exhibit Hall |
| 10:30 am | Breakout Session 2 | | |
| - | "My Car Does What?" | Daniel McGehee | Oakdale Salons 1&2 |
| - | Trench and Excavation Safety, Continued | Andy Stoullil | Oakdale Salon 3 |
| - | Speak Up! Listen Up!, Continued | Zach Knoop | Coral Salons A&B |
| - | VIST, Continued | UIPD Trainers | Coral Salon C |
| - | Arc Flash NFPA 70E, Continued | Brandon Schroeder | Coral Salon D |
| - | <i>A Day's Work</i> Film Discussion Panel | Expert Panel | Coral Salon E |
| 11:30 am | Lunch and Exhibits | | Exhibit Hall |
| 12:30 pm | Breakout Session 3 | | |
| - | Proactively Addressing Workplace Stress | Kate Harri | Oakdale Salons 1&2 |
| - | The Administrative Side of Fall Protection | Sandra Jordan | Oakdale Salon 3 |
| - | Preventing the Damage of Substance Abuse | Curt Wheeler | Coral Salons A&B |
| - | OSHA Updates – Overview | Michael Whitmore | Coral Salon C |
| - | Arc Flash NFPA 70E Electrical Safety | Brandon Schroeder | Coral Salon D |
| - | Distracted Driving: A Global Epidemic | Shawn O'Brien | Coral Salon E |
| 1:30 pm | Breakout Session 4 | | |
| - | Compliance vs. Safety | Burt Ostert | Oakdale Salons 1&2 |
| - | Fall Protection 101 | Chris Dickey | Oakdale Salon 3 |
| - | Preventing Substance Abuse, Continued | Curt Wheeler | Coral Salons A&B |
| - | OSHA Updates – Focus on Reporting | Michael Whitmore | Coral Salon C |
| - | Arc Flash NFPA 70E, Continued | Brandon Schroeder | Coral Salon D |
| - | Influencing Risk through an Organizational Improvement Approach | Joshua Jacobsen | Coral Salon E |
| 2:30 pm | Refreshments and Exhibits | | Exhibit Hall |
| 3:00 pm | Closing Keynote: The Buried Truth Uncovered Eric Giguere – Owner, Safety Awareness Solutions | | Exhibit Hall |
| 4:15 pm | Adjourn | | |

***Note: Due to extremely limited capacity, Arc Flash NFPA 70E Electrical Safety is only available to those who registered for it in advance.**



Hawkeye on Safety

Details

Registration

Pre-registration is required.

Registration 1-9 individuals—\$40 per person : Registration 10+ individuals—\$30 per person

Registration fee includes folder with all course materials, instruction, and refreshment breaks.

Continuing Education Unit costs are separate (see below). To register, please visit our online registration page at <http://bit.ly/hawkeyesafe>.

Purpose & Intended Audience

This conference will provide current information on health and safety topics in construction and facilities, as well as key networking opportunities needed to keep current in safety standards and trends. This conference is intended for health and safety professionals, construction professionals (electrical, plumbing, roofing, carpentry, masonry, etc), architectural professionals, compliance officers, inspectors, project/facility personnel, general industry, medical professionals, and anyone looking for CEUs in health and safety.

Lodging

A block of rooms has been reserved on Sept. 7, 2016 and Sept. 8, 2016 at the conference location, the Coralville Marriott, at the group rate of \$114+tax per night using the group name **Hawkeye on Safety** if reserved by August 17, 2016. To reserve a room, call 319-688-4000.

General Continuing Education Units (CEUs)

This conference is eligible for **0.6 general CEUs for 6 contact hours**. To receive CEUs, participants must pay a \$10 CEU fee in advance and remain present for the entire conference. The CEU award letters will be mailed approximately 4-6 weeks after the event.

Nondiscrimination Statement

The University of Iowa prohibits discrimination in employment, educational programs, and activities on the basis of race, national origin, color, creed, religion, sex, age, disability, veteran status, sexual orientation, gender identity, or associational preference. The university also affirms its commitment to providing equal opportunities and equal access to university facilities. For additional information on nondiscrimination policies, contact the Office of Equal Opportunity and Diversity, 319-335-0705 (voice) and 319-335-0697 (text), 202 Jessup Hall, University of Iowa, Iowa City, Iowa 52242-1316.

Accessibility Statement

Individuals with disabilities are encouraged to attend all University of Iowa-sponsored events. If you are a person with a disability who requires reasonable accommodation in order to participate in this program, please contact the UI Center for Conferences in advance at (319) 335-4141.

THE UNIVERSITY OF IOWA



Hawkeye on Safety Keynote Speakers

Opening Keynote. “Many Components of Prevention” **Exhibit Hall • 8:30 a.m. to 9:00 a.m.**

Dan Gable - Olympic Gold Medalist, Coach, and Motivational Speaker

As an athlete, Dan Gable was a three-time state champion, two-time NCAA champion at Iowa State, Pan American games champion and World champion wrestler. He won the Gold medal in the 1972 Olympic games, where he did not surrender a single point to any of his opponents.

As Iowa’s all-time winningest coach, he led the Iowa Hawkeyes to become Big 10 conference champions all 21 years that he coached, in addition to earning NCAA titles in 15 of 21 seasons. He is a three-time Olympic coach, six-time World Team coach, and ten-time World Cup coach. Now he uses his incredible life story to inspire groups around the world as a motivational speaker.

Dan Gable will kick off the Hawkeye on Safety conference by reminding us all of the importance of prevention.



Closing Keynote. “The Buried Truth Uncovered” **Exhibit Hall • 3:00 p.m. to 4:15 p.m.**

Eric Giguere - Owner, Safety Awareness Solutions

Take advantage of the opportunity to listen as Eric Giguere, a 40-year-old former construction worker from Phelps, NY, shares the story of how he was buried alive while working in a trench.

Eric explains the circumstances and events that led up to his accident and the profound effects it has had on him and his family for the last fourteen years. Eric speaks from the heart with a desire for listeners to learn from his death-defying safety message. The intent of his presentation is to prevent this experience from ever happening to anyone again. Once you have heard Eric’s story, damage prevention will be more important to you than ever before.



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Breakout Session 1 • 9:00 a.m. to 10:00 a.m.

Ergonomics and Lean: A Win/Win Combination

Don Triggs – Principle Lean Consultant, Rockwell Collins

Oakdale Salons 1&2

This presentation will discuss the differences and similarities between two critical manufacturing improvement processes and how they can be combined to achieve success. Experienced ergonomist Don Triggs will teach you key aspects of Lean and ergonomics, and will provide examples of when and how these principles can be employed in an industrial environment.

Trench and Excavation Safety, Part 1

Andy Stoullil – Territory Manager, United Rentals Trench Safety

Oakdale Salon 3

Territory Manager and shoring specialist Andy Stoullil will discuss best practices for trenching and excavation safety. This breakout session will focus on the risks and hazards of trenching and excavation, OSHA requirements for protective systems and means of mitigating risks, and practical safety measures to ensure worker safety.

Speak Up! Listen Up! Safety Communication, Part 1

Zach Knoop – Senior Safety Consultant, Caterpillar Safety Services

Coral Salons A&B

This presentation will focus on teaching key communication skills that can drive safety excellence in a company's organization when properly implemented. The skills that will be covered in this workshop are building trust through effective feedback and listening, and developing a positive safety culture through recognition.

VIST — Violent Incident Survival Training, Part 1

UIPD Trainers

Coral Salon C

VIST is a class that teaches attendees about violent incidents, active killers (active shooters), and what to do during those events to keep themselves safe utilizing the ALICE model. ALICE stands for Alert, Lockdown, Inform, Counter, and Evacuate. This session will dive into ALICE and how to apply it to any violent incident.

Arc-Flash NFPA 70E 2015 Electrical Safety, Part 1

Brandon Schroeder – Instructor, Cedar Rapids Electrical Apprenticeship and Training Center

Coral Salon D

This session will help attendees develop a better understanding of the hazards associated with working on or near energized electrical equipment and circuits, and the manner and conditions under which such work may be performed. Brandon Schroeder will provide information on selecting proper PPE, identifying electrical hazards, and establishing boundaries. **Because of limited capacity, advance registration is required for this session.**

Special Film Screening, A Day's Work

Coral Salon E

On August 16, 2012, Lawrence Daquan "Day" Davis was killed during his first day on the job as a temporary worker in a Jacksonville, Florida bottling plant. He was cleaning glass from underneath a palletizer when another employee turned on the machine, crushing him to death. In the first half of this session, an hour-long documentary film about Davis' story will be screened. In the second half, a panel of experts will discuss the occupational safety issues and concepts raised by the film, including protecting new and temporary workers, and lockout/tagout.



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Breakout Session 2 • 10:30 a.m. to 11:30 a.m.

MyCarDoesWhat? How today's vehicle safety technology will reduce crashes, injuries and fatalities

Oakdale Salons 1&2

Dan McGehee, PhD – Director, National Advanced Driving Simulator;
Associate Professor, Mechanical and Industrial Engineering

Cars today are equipped with some of the latest and greatest safety technologies that have significant potential to increase safety, save lives, and even prevent a crash from happening altogether. This session will focus on a University of Iowa-led national education campaign dedicated to informing drivers about the technologies in the vehicle and the importance of using those technologies effectively. The data-driven, research-based campaign, named "MyCarDoesWhat," has achieved over 5 billion impressions. Dr. McGehee will touch on the technology and the research behind the campaign.

Trench and Excavation Safety, Part 2

Oakdale Salon 3

Andy Stoullil – Territory Manager, United Rentals Trench Safety

This session is a continuation of the 9:00 a.m. session of the same name.

Speak Up! Listen Up! Safety Communication, Part 2

Coral Salons A&B

Zach Knoop – Senior Safety Consultant, Caterpillar Safety Services

This session is a continuation of the 9:00 a.m. session of the same name.

VIST — Violent Incident Survival Training, Part 2

Coral Salon C

UIPD Trainers

This session is a continuation of the 9:00 a.m. session of the same name. **Participants should not join this session in progress if they attended something else at 9:00.**

Arc-Flash NFPA 70E 2015 Electrical Safety, Part 2

Coral Salon D

Brandon Schroeder – Instructor, Cedar Rapids Electrical Apprenticeship and Training Center

This session is a continuation of the 9:00 a.m. session of the same name. **Because of limited capacity, advance registration is required for this session.**

A Day's Work Film Discussion Panel

Coral Salon E

Kevin Kelly, PhD – Deputy Director, Healthier Workforce Center for Excellence,
College of Public Health, University of Iowa

Paul Iverson, JD – Labor Educator, University of Iowa Labor Center

Diane Rohlman, MA, PhD – Center Director & Principal Investigator, Healthier Workforce Center for
Excellence, College of Public Health, University of Iowa

Mark A. Wieland – Loss Control Consultant, Midwest Builders' Casualty Group

A panel of experts discuss the occupational safety issues and concepts raised by the film *A Day's Work*, including protecting new and temporary workers, and lockout/tagout. **This discussion will be of more interest to participants who attended the 9:00 am screening.**



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Breakout Session 3 • 12:30 p.m. to 1:30 p.m.

Proactively Addressing Stress in the Workplace

Oakdale Salons 1&2

Kate Harri, LP – Founder and President, Working Solutions LLC

At times, every workplace will have people who say they are “too stressed out” to work. Managers will see that work is not getting done and people are arriving late or frequently leaving early. Managers will notice changes in behavior and performance. How do you address this successfully? Maybe the person is having troubles at home. Maybe they are depressed. Maybe they have recently made concerning statements. Regardless of what is going on with the employee, there are ways to address what you see in a way that gets positive results. This presentation is designed to show you what to look for and how to talk with these employees to get good results. Additionally, organizational opportunities for improving “stress” will be suggested.

The Administrative Side of Fall Protection

Oakdale Salon 3

Sandra Jordan – Safety Program Manager - Iowa District, HD Supply Construction
& Industrial White Cap

While administration is one of fall protection’s most frequently forgotten elements, it may also be the most important. This session will cover compliance with OSHA/ANSI standards old and new, the Hierarchy of Fall Protection, the difference between protection and prevention, and arrest versus restraint. Sandra will also cover the written elements of fall protection programs.

Preventing the Damage of Substance Abuse

Coral Salons A&B

Curt Wheeler – Certified Prevention Specialist, Area Substance Abuse Council

This session will focus on current substance use trends, terminology, methods of use, potential dangers including signs and symptoms. Information will be shared about how to limit the impact on workers and their homes, increasing their health and safety. Since a large majority of those experiencing substance related problems began as teens, some of the information will be useful for parents as well. Attendees will also see what some of the substances look like and have the opportunity to ask questions.

OSHA Updates – Overview

Coral Salon C

Michael Whitmore – Compliance Assistance Specialist, Iowa OSHA, Des Moines, Iowa

What are the local and national OSHA emphasis programs? Take part in this breakout to learn what the focus areas are on both a local and national level. This breakout session will also focus on how OSHA updates affect Iowa employers, including the new rules relating to confined spaces and silica.

Arc-Flash NFPA 70E 2015 Electrical Safety, Part 1

Coral Salon D

Brandon Schroeder – Instructor, Cedar Rapids Electrical Apprenticeship and Training Center

This session will help attendees develop a better understanding of the hazards associated with working on or near energized electrical equipment and circuits, and the manner and conditions under which such work may be performed. Brandon Schroeder will provide information on selecting proper PPE, identifying electrical hazards, and establishing boundaries. **Because of limited capacity, advance registration is required for this session.**

Distracted Driving: A Global Epidemic

Coral Salon E

Shawn O’Brien, ALCM – Senior Loss Control Representative, United Fire Group

Learn about the causes and effects of distracted driving from this powerful, interactive presentation. Building on accident/fatality statistics and his own disastrous personal experience with a distracted driver, Shawn O’Brien will reveal the ways that we consciously choose to be distracted behind the wheel. He’ll also show you how to identify and avoid distracted drivers when you’re on the road.



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Breakout Session 4 • 1:30 p.m. to 2:30 p.m.

Compliance vs. Safety

Burt Ostert – Senior Safety Manager, Gilbane Building Company

Oakdale Salons 1&2

Safety expert Burt Ostert will discuss the difference between being “in compliance” with rules and regulations in the workplace and actually staying safe while performing tasks at work. Attendees will leave this presentation with a new perspective on how they can make sure they are truly protecting themselves from all hazards.

Fall Protection 101

Chris Dickey – Territory Manager, Iowa, Process Marketing Group

Oakdale Salon 3

As one of the most costly workers’ compensation injuries, a fall on the job site could have major ramifications for both the employee and the employer. This breakout will cover calculating fall clearance, how to become OSHA compliant, importance of a quick safe rescue, how to properly wear harness and equipment, and how to inspect all equipment. Watch as Chris performs a simulated drop test demonstrating the amount of force generated on the body if a fall occurs.

Preventing the Damage of Substance Abuse, Part 2

Curt Wheeler – Certified Prevention Specialist, Area Substance Abuse Council

Coral Salons A&B

This session is a continuation of the 12:30 p.m. session of the same name.

OSHA Updates – Focus on Reporting

Michael Whitmore – Compliance Assistance Specialist, Iowa OSHA, Des Moines, Iowa

Coral Salon C

OSHA recently issued a new rule to improve the tracking of workplace injuries and illnesses. Employers will be required to electronically submit injury and illness data to a publicly available database. This session will discuss the necessity of this rule and its impact on Iowa employers.

Arc-Flash NFPA 70E 2015 Electrical Safety, Part 2

Brandon Schroeder – Instructor, Cedar Rapids Electrical Apprenticeship and Training Center

Coral Salon D

This session is a continuation of the 12:30 p.m. session of the same name. **Because of limited capacity, advance registration is required for this session.**

Influencing Risk through an Organizational Improvement Approach

Joshua Jacobsen, PC – Loss Control Consultant, Construction, Holmes Murphy & Associates

Coral Salon E

This session will explore how risky decisions are made in the workplace and what influences those decisions. Attendees will learn strategies for influencing their organization’s culture through the use of near-miss reporting, value-added safety programs, and a climate of continuously improving operations.



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Educational Objectives

Upon completion of this course, participants should be able to:

- Summarize the key components of prevention.
- Outline how key concepts from Lean and ergonomics can be employed in an industrial environment to improve productivity and quality while reducing injuries.
- List OSHA requirements and means of mitigating risks in trenching and excavation.
- Identify options for sloping, benching, manufactured equipment, and site-specific engineering for various excavations.
- Identify and describe the five simple steps of giving and receiving feedback.
- Discuss the power of recognition in influencing behaviors.
- Summarize how to stay aware of one's environment and be prepared to act during a violent incident regardless of where it occurs.
- Summarize the established best practices and standards for electrical safety.
- Explain the challenges posed by the temporary staffing industry to the ideal of a well-trained, safe workforce.
- List some of the new safety technologies inside modern cars and describe their effective use.
- Discuss the particular hazards that disproportionately affect new and temporary workers.
- Explain the importance of lockout/tagout policies in the workplace.
- Identify the common signs and symptoms that suggest psychological distress may be present.
- Explain the best ways to talk with any employee who is having problems at work without "diagnosing" the problem.
- List the most essential administrative elements of a productive, proactive fall protection program.
- Describe methods for better monitoring environments and identifying potential substance use issues.
- Summarize OSHA updates and how they affect employers in Iowa.
- Explain the causes and effects of distracted driving.
- Define the difference between mere compliance with rules and regulations and true workplace safety.
- Outline steps to ensure better fall protection.
- Summarize OSHA's new rule on reporting injury and illness data and how it affects employers in Iowa.
- Describe several strategies for influencing an organization's culture through the use of near-miss reporting and value-added safety programs.
- Recall that an accident that takes only one second to happen may take a lifetime to overcome.

