



# NE Ohio Safety Expo

Ohio Bureau of Workers' Compensation

Friday, Oct. 12, 2018

The 2018 NE Ohio Safety Expo is the 11th annual event proudly presented by BWC's Division of Safety & Hygiene Youngstown Service Office, and the Trumbull Career and Technical Center. The expo will give you valuable and effective information about workplace safety and health programs. This year's event also includes new leadership sessions for supervisors. We're offering 38 quality educational sessions, covering topics such as:

- Decreasing accident frequency and severity.
- Leadership training.
- Dealing with a growing epidemic of drugs in the workplace.
- Managing workers' compensation claims.
- Better You, Better Ohio!™.
- And many more.

No matter what your industry is, you'll find educational sessions that provide tools and information you can use in your workplace. Finally, don't forget to visit the exhibit area, featuring dozens of safety and health exhibitors showing off their goods and services.

## Trumbull Career and Technical Center

528 Educational Highway  
Warren, Ohio 44483

### Registration

Registration is limited, so please register and pre-pay by Friday Oct. 5, 2018. We welcome on-site registration for an additional \$10. However, we cannot guarantee there will be space available in all the sessions. You'll find a registration form and a complete list of educational sessions below.

Complete your registration and send it back to us using one of the methods listed below.

**Mail:** TCTC, Adult Education  
528 Educational Highway  
Warren, Ohio 44483

**Phone:** 330-847-0503 Ext:1600

**Fax:** 330-847-1177

### Conference times

- 8 to 9 a.m. – Registration (Enjoy the continental breakfast and visit the exhibit area)
- 9 a.m. to 3:45 p.m. – Educational sessions
- 11:15 a.m. to 12:15 p.m. – Lunch

### Conference price

- Attendees: \$35 (Includes continental breakfast and a box lunch provided by the Italian Marketplace)

### Educational credits

- Safety council members may earn one external credit in BWC's Safety Council Rebate Program. Stop by the BWC booth in the exhibit area to get your certificate. (Maximum one external training certificate per company)
- Sessions marked \* qualify for two-hour group rating safety training credit.
- Attendance at the NE Ohio Expo can earn you a maximum of one loss prevention activity credit, no matter how many employer representatives attend. Enrolled employers should follow instructions provided at registration to document their attendance.
  - o You are required to attend at least three, one-hour sessions to earn this loss prevention activity credit.

## For more information

For general questions on educational sessions or exhibiting, contact David Costantino at 330-301-5825 or via email at david.c.12@bwc.state.oh.us. For registration or payment questions, contact Mary Kay Papas at 330-847-0503 Ext: 1600 or via email at MaryKay.Papas@tctchome.com.

## Registration (part 1)

Use one registration form per attendee; make copies for additional attendees.

Attendee's first name: \_\_\_\_\_ Last name: \_\_\_\_\_

Last four digits of Social Security number:

Company name: \_\_\_\_\_

BWC policy number (not required to attend) \_\_\_\_\_

Is this company participating in the Industry-Specific Safety Program  Yes  No

Phone: (     ) \_\_\_\_\_

Address: \_\_\_\_\_

City, State, ZIP code: \_\_\_\_\_

## Payment method

Check (Make payable to TCTC Adult Education)

Purchase order # \_\_\_\_\_

Visa     MasterCard     Discover

Card number: \_\_\_\_\_

Expiration date: \_\_\_\_\_

Name on card: \_\_\_\_\_

hours/month worrying about their finances. This costs your company an estimated \$7,000 per employee a year due to lack of production. The Financial Wellness Workshop enhances employer/employee relationships, helps with employee retention and loyalty and develops a bridge between management and employees. The session will also review the new U.S. Department of Labor rulings.  
Presenter: Earline Stiltner, Primerica

## Educational sessions (registration part 2)

We've listed all the educational sessions below by the time of day. Please mark the sessions you wish to attend and return this completed section with the registration on the previous page. Educational sessions are 60 minutes with a 15-minute break between each session.

### 9 a.m. sessions

**Financial Independence: A Financial Wellness Workshop – Part 1**

One in four employees are in serious financial distress and 80 percent of them spend 12-20 work

**RTW Strategies for Small-to-Midsize Employers\***  
Employee absences are becoming an increasingly disruptive and costly management problem for small-to-midsize businesses trying to keep operations running smoothly. Additionally, historically low unemployment rates and skilled worker shortages make finding/hiring replacements a difficult and costly alternative. While accident prevention can reduce the occurrence of claims, return-to-work strategies and programs are effective at managing productivity, controlling absence outcomes and speeding recovery.

Presenter: Peter Young, VoCare Services

**The Impact of Drugs on Your Drug-Free Workplace\***  
Do you have questions about medical marijuana legislation in Ohio? In this session, you'll receive an update on the current timelines of this issue and the impact of drugs on your business.

Presenter: John Lanning, Training Marbles

## 10:15 a.m. sessions

### ○ **Ladder Safety\***

In this session, you will learn the importance of choosing the right equipment for the job and using equipment correctly. The session also includes:

- Information about inspections and care.
- Hands-on exercises.
- Product innovations to improve safety and productivity.
- Getting the most out of your equipment dollar.

Presenter: Pat Palmer, Werner Ladder

### ○ **Better You, Better Ohio!™\***

BWC designed this no-cost, no-hassle program to provide health and wellness resources, and services to workers who work for small employers (50 or fewer workers) in high-risk industries. Find out how Better You, Better Ohio! helps workers and their employers at no cost and through a simple, paperless process.

Presenter: Christine Williams, BWC

### ○ **Six Steps to NFPA 70E Electrical Safety Compliance\***

Implementing an effective National Fire Protection Association (NFPA) 70E based electrical safety program can be a daunting task for even the most seasoned safety professionals. Regulatory guidance can be vague, and because there are two different but equally dangerous hazards – shock and arc flash – safety pros can find it very easy to get their wires crossed. This session breaks down NFPA 70E compliance into easy-to-follow steps that ensure the safety of employees who work on or near energized electrical equipment.

Presenter: Brian Hall, BCH Consulting

### ○ **Heat Stress Protocol and Formalized Hydration Strategy\***

Dehydration is a physiological state when you are in a fluid deficit, meaning you lose more fluids than you take in. During a state of dehydration, the body loses its ability to carry out its normal functions. Unfortunately, some employees are still unaware of the importance of hydration. Employers should make water readily accessible and appealing to their employees, doing this will encourage hydration. Keeping employees hydrated not only increases safety, productivity and presentism it is one of the main factors that contribute to overall employee wellness.

Presenter: Andrea Trgovcich, Pure Water Technology

### ○ **Hire Right – Avoid the Workers' Compensation Claim**

Avoid hiring your next workers' compensation claim. Learn ways to learn more about your candidate pre-offer, post-offer, before they start work.

Presenter: Cheryl A. Altizer, CompOne MCO

### ○ **Financial Independence: A Financial Wellness Workshop – Part 2**

One in four employees are in serious financial distress and 80 percent of them spend 12-20 work hours/month worrying about their finances. This costs your company an estimated \$7,000 per employee a year due to lack of production. The Financial Wellness Workshop enhances employer/employee relationships, helps with employee retention and loyalty and develops a bridge between management and employees. The session will also review the new U.S. Department of Labor rulings.

Presenter: Earline Stiltner, Primerica

### ○ **Practical Absence Management Programs for Small Employers on a Budget\***

Employers need a healthy and safe workforce to help their organizations grow and thrive. Limited budgets, time and resources present challenges employers must manage: to motivate employees to live and work in healthier ways; to provide benefits employees value and use; and to integrate practical safety, absence and productivity processes. Addressing health care vs. cost trade-offs in today's workplace are major concerns most employers face every day. Note: this session is about absences not insurance.

Presenter: Peter Young, Promedica/Paramount Health Services

### ○ **PERRP Update\***

Learn how the Public Employment Risk Reduction Program (PERRP) provides a variety of specialized workplace safety and health services for Ohio's state, county and local government agencies, school districts, public colleges and universities. PERRP services promote safe workplaces and the prevention of injuries and illnesses by raising awareness of occupational safety and health hazards and risk factors.

Presenter: Glenn McGinley, BWC

### ○ **Drug and Alcohol Testing\***

Many employers require their employees to submit to drug testing before and after hire. After hire, employers require reasonable suspicion most of the time before having an employee take a drug test. Even with the recent legalization of medical marijuana, employees can still suffer punishment for testing positive. The punishments for a failed drug test can include rehabilitation, termination and losing unemployment benefits. Attend this session to learn more about drug testing and the workplace.

Presenter: Daniel S. Tickerhoof, On-Demand Drug Testing

- **Crane Operation: Plan Every Lift\***  
In this session, all participants will plan a lift from start to finish. The takeaway will be a lift plan. Everyone is a crane operator and rigger in this session ... in keeping with the ASME B 30 standards.  
Presenter: Al Abel, Mazzella Lifting Technologies

- **Fire Protection Systems – An Important Part of Employee Safety\***  
We've come a long way regarding fire safety in the workplace. However, have we come far enough? Since fires continue to occur in our facilities and on our work sites, the answer is a resounding no. Any fire, no matter its size, is one fire too many. We have a lot of work to do to eliminate workplace fires completely; work that is more than compensated for by the number of injuries and fatalities we will prevent.  
Presenter: Pat McCon, Zurich Services Corp.

- **Trenching and Excavation Safety\***  
Attendees will learn: hazards of trenching and excavation; Occupational Safety and Health Administration requirements; competent person role; soil classifications; selection of protective systems; resources; and safe work practices involving trenches and excavations.  
Presenter: David Loughner, BWC

- **Incorporating Ergonomics into Job Descriptions\***  
Attendees will learn how ergonomic risk factors play a role in job descriptions and physical standards for jobs. The session covers statistics on overexertion injuries and the risk factors for these types of injuries. The presenter defines realistic expectations for jobs and how to include them in a job description. The presenter also discusses how to fit the task to the worker and how to fit a task to a potential workforce.  
Presenter: Audrey Hemlinger, BWC

## 12:15 p.m. sessions

- **Help! My Confined Space Program Needs Work! – Part 1\***  
Many workplaces have areas considered as confined spaces. While not necessarily designed for people, they are large enough for workers to enter and perform certain jobs. A confined space also has limited or restricted means for entry or exit. Continuous occupancy is not permissible. This two-part session will explain the dangers and rules for confined space issues.  
Presenter: Glenn McGinley, BWC
- **Small Steps an Employer Can Take to Help Reduce Drug Abuse\***  
More than 76 percent of alcohol abusers and 70 percent of illicit drug users are in the workforce.

In this session, you will learn the simple ways employers can impact the drug epidemic. You will also get information about local resources. You'll be surprised about the amount of free information and assistance available.  
Presenter: Lauren Thorp, Trumbull County Mental Health & Recovery Board

- **Engagement of Millennials in Your Safety Process and Organization\***  
According to the Huffington Post, by 2020, millennials will form 50 percent of the global workforce. Now is the time to consider how we engage, train and involve millennials in our workforce to ensure we hire and retain the best employees for our organization. In this session, you'll learn how generational traits work, why millennials operate differently than other generations and how an organization can react to ensure the best engagement from all generations. This session covers onboarding practices, training opportunities and mentoring of staff members with a focus on safety within the workforce.  
Presenter: Nicholas Coia, BWC
- **Live Fire Extinguisher Training\***  
Nobody imagines fumbling with a fire extinguisher in an emergency. However, without any training or hands-on experience, that's a likely scenario – especially given the stress and nerves that come with such a high-pressure situation. Attend this session, and learn how to properly use a fire extinguisher. Special thanks to Warren Fire Equipment for providing the fire extinguishers.  
Presenter: John E. Hickey, Champion Fire Department
- **Inspection: "Can I Use My Stuff?" (Slings and Hardware)\***  
Proper care, use and inspection of rigging gear and hardware is the goal of this session. Everyone will be a rigger and be responsible for inspection of the tools workers need to lift that load. The American Society of Mechanical Engineers' B30 standard will be our criteria.  
Presenter: Al Abel, Mazzella Lifting Technologies
- **ABCDs of Fall Protection\***  
Come learn about the ABCDs of fall protection. This includes anchors bodywear, connectors and descending devices or SRLs. In 2015, a total of 4,836 fatal work injuries (the highest since 2008) were the result of falls. Of that number, 937 fatal work injuries were in the private construction industry. Falls from height continue to be the No. 1 cause of fatalities in construction. Learn how to avoid these deadly hazards.  
Presenter: Michele Tipton, Malta Dynamics

- **Employment Law**  
This session covers the interaction between workers' compensation and other leave laws, including the Americans with Disabilities Act, Family and Medical Leave Act, Pregnancy Discrimination Act, and company policy.  
Presenter: Katie Sanz, Ogletree Deakins

## 1:30 p.m. sessions

- **Help! My Confined Space Program Needs Work! – Part 2\***  
Many workplaces have areas considered as confined spaces. While not necessarily designed for people, they are large enough for workers to enter and perform certain jobs. A confined space also has limited or restricted means for entry or exit. Continuous occupancy is not permissible. This two-part session will explain the dangers and rules for confined space issues.  
Presenter: Glenn McGinley, BWC
- **BWC Special Investigations**  
Learn how BWC's special investigations department aggressively pursues cases of claims fraud, medical provider fraud and premium fraud. Because of our investigations, the department declares overpayments, identifies actuarial savings, disallows claims, pursues prosecutions and recovers dollars – all of which directly impact the effectiveness BWC experiences in decreasing premium costs.  
Presenter: Matt Wallace, BWC

- **OSHA Update\***  
This presentation covers what you should know about Occupational Safety and Health Administration (OSHA) changes for fiscal year 2019 and beyond, including:
- Regulatory changes.
  - An update on new standards.
  - Frequently cited standards.
  - Recordkeeping changes.
  - How OSHA handles fines and citations.
  - The importance of comprehensive safety and health management systems.
  - Specific industry changes.
- Presenters: Howie Eberts and Julie Weis, OSHA – Cleveland

- **Leading with Emotional Intelligence**  
In this session, you'll learn why emotionally intelligent management embraces and draws from numerous other branches of behavioral, emotional and communications strategies to develop more productive and successful leaders. Understanding and raising your Emotional Intelligence is essential to your success and leadership potential.  
Presenter: Ruth Bowdish, On-Demand Drug Testing

- **Scaffolding Safety – Are You Really Safe?\***  
Estimates show more than 2 million workers frequently use scaffolding each year. Meanwhile, statistics show the number of injuries from scaffolding-related accidents is an amazing 4,500 or more a year. Proper training and protection is vital for all employees that work with or around scaffolding. This session addresses what employers must do to comply with the Occupational Safety and Health Administration standard.  
Presenter: Vic Rossi, Job Safety First LLC

- **Five Mistakes that are Preventing Success in Your Wellness Program\***  
As wellness programs have recently spread rapidly through companies, some are working, but others aren't. Why? This session reviews the current statistics for employee participation, health-care cost reductions, and productivity improvements, with a detailed focus on key components that create successful outcomes.  
Presenter: Jerry Lynch, Central Wellness

## 2:45 p.m. sessions

- **Lockout/Tagout\***  
Unexpected energization, startup of the machinery or equipment, or release of stored energy in the equipment may expose workers performing service or maintenance on machinery to injuries. In this session, you will learn about the lockout/tagout standard, which requires: the adoption and implementation of practices and procedures to shut down equipment; to isolate it from its energy source(s); and to prevent the release of potentially hazardous energy while workers perform maintenance and servicing activities.  
Presenter: Brian Zachetti, BWC
- **The Voice of Leadership/How to prepare for a Leadership Position**  
The definition of a good leader is one who inspires others to be their best. Learn how to motivate and inspire for positive results. Also, discover how to get noticed and chosen for a leadership position, and how to develop effective leadership skills even if you have no supervisory experience.  
Presenter: Ruth Bowdish, On-Demand Drug Testing
- **Preventing Violence in the Workplace\***  
Incidents of workplace violence continue to rise across the U.S. The effects of violence in the workplace can lead to absenteeism, injured workers, medical costs and a decrease in productivity. These can have a devastating impact on an employer's bottom line. Learn about what you can do to prevent these acts and make your employees feel safe.  
Presenter: Daniel S. Tickerhoof, On-Demand Drug Testing

- **Distracted Driving: An Employer Strategy\***  
Many distractions exist while driving. However, cell phones are a top distraction because so many drivers use them for long periods of time each day. Almost everyone has seen a driver distracted by a cell phone. However, when you're the one distracted, you often don't even realize it. New technology in vehicles is causing us to become more distracted behind the wheel than ever before. Fifty-three percent of drivers believe if manufacturers put "infotainment" dashboards and hands-free technology in vehicles, they must be safe. Make no mistake: This multitasking technology is about convenience, not safety.  
Presenter: Larry Kingston, National Safety Council – Ohio Chapter

- **Easy Ways to Implement Wellness Without Breaking the Bank\***  
Workplace wellness programs continue to grow and evolve throughout America's workforce. Is your wellness budget doing the same? This session covers what you can do in-house versus when you should get help, as well as inexpensive yet effective wellness strategies.  
Presenter: Jennifer Stefanak, Central Wellness

- **Frequent Forklift Violations\***  
This session looks at some common serious violations related to powered industrial trucks (materials handling and storage). It also reviews common violations pertaining to forklifts, including training, safe operation and inspection, and what you can do to improve forklift safety at your workplace. The goal is to promote awareness and reinforce the importance of maintaining a strong powered industrial truck safety program.  
Presenter: Colleen Bolha, BWC

- **Other States Coverage**  
Do you send employees outside Ohio to work? Do you wonder if you have adequate workers' compensation coverage for them? If so, you will want to attend this session and learn about BWC's Other States Coverage option.  
Presenter: Christine Williams, BWC

- **Respirator Safety\***  
Respirators protect employees from inhaling hazardous chemicals in the air. These chemicals can be in the form of gases, vapors, mists or dust. If you provide respirators to your employees to protect them from airborne chemical hazards, you must have a written respiratory protection program.  
Presenter: Pat Palmer, Werner Ladder

- **How to Successfully Use Baby Boomers and Generation X to Train Millennials on "Your Company's Way" of Getting the Job Done Right and Safe\***  
In this session, we will discuss and present practical tips for transferring knowledge from Baby Boomers (1946-1964) and Generation X (1965-1980) to Generation Y also known as Millennials (1981-2000). The landscape is complicated, and it is critical that you understand the learning style gaps between generations. Attend this session to gain valuable insights into practical ways you can close these gaps, ultimately helping your employees transfer valuable knowledge between generations.  
Presenters: Tony V. DeAscentis and Gabriel King, Ving