

NE Ohio Safety Expo

Friday, Oct. 11, 2019

Ohio Bureau of Workers' Compensation



Conference goal

The 2019 NE Ohio Safety Expo is the 12th annual event proudly presented by BWC's Youngstown Service Office/Division of Safety & Hygiene, and Mahoning County Career and Technical Center. The goal is to provide all employer types with valuable and effective information regarding your safety and health programs. This year's Expo offers 40 quality educational sessions, covering topics such as: OSHA update; active shooter training; dealing with a growing epidemic of drugs in the workplace; managing workers' compensation claims; and many more. All business types will find educational sessions that provide you with tools and information to take back to your business. Plus, don't forget to visit the exhibit area. There will be upwards of 50 safety and health exhibitors showing off their goods and services.

Better You, Better Ohio!®

Free Biometric Health Screening and Earn \$75.00

The Safety Expo will be offering a program designed to provide health and wellness resources and services to workers who work for small employers (150 or fewer workers) in high-risk industries*. Better You, Better Ohio!®

helps workers and their employers at no cost and through a simple, paperless process. Quest Diagnostics will complete a free and confidential biometric health screening with instantaneous results. For more information, to check eligibility and to enroll in this awesome program visit:

<http://go.activehealth.com/BetterYouBetterOhio>

Mahoning County Career and Technical Center

7300 North Palmyra Road
Canfield, Ohio 44406
330-729-4100

Registration

Educational sessions have a limited number of seats, so please register and pre-pay by Friday Oct. 4, 2019. On-site registration is welcome for an additional \$10 but we cannot guarantee there will be space available in all the sessions. The registration form is located below along with a complete list of educational sessions. Please complete it and send it to us using one of the methods listed below:

Mail: MCCTC

7300 North Palmyra Road
Canfield, Ohio 44406

Website: <http://www.mahoningctc.com/mcctc-adult-career-center>

Phone: 330-729-4100

Fax: 330-729-4150

Conference times

Registration: 8 a.m. to 9 a.m.

(Enjoy the light continental breakfast)

Conference: 9 a.m. to 4 p.m.

Exhibit Area: 8 a.m. until 2 p.m.

Lunch: 12:30 to 1:30 p.m.

Conference price

Attendees: \$30 which includes a continental breakfast and a box lunch.

Exhibitors: \$150 which includes an exhibit table, a continental breakfast and a box lunch for two people. Spaces are limited.

Educational credits

- Safety council members may earn one external credit in the BWC's Safety Council Rebate Program. Stop by the BWC booth located in the Expo Center to get your certificate. Maximum – one external training certificate per company.
- One ISSP loss prevention activity can be earned by attending three, one-hour educational sessions. Pick up the punch card at registration and leave the completed card at the BWC Booth before you leave.
 - Attendance at the NE Ohio Safety Expo can earn you a maximum of one loss prevention activity credit no matter how many employer representatives attend, or sessions attended.
- Attending two sessions marked * qualify for two-hour group rating safety training credit.

Registration (part 1)

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

Attendee's first name: _____ Last name: _____

Policy number: _____

Company name: _____ Phone: _____

Address: _____

City, State, ZIP code: _____

Payment method

Check (Make payable to MCCTC)

Purchase order # _____

Credit card: Visa MasterCard Discover

Card number: _____ Expiration date: _____

Print name on card: _____

Signature on card: _____

Fee

Attendance: \$30

Educational sessions (registration part 2)

All of the educational sessions are listed 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. Most of the educational sessions are 60 minutes in length, however there are several sessions that are more than one track and we are also offering four OCOSH classes. Two are half-day and the other two are full-day sessions.

For more information:

For questions on educational sessions or exhibitors contact David Costantino at 330-301-5825 or email at david.c.12@bwc.state.oh.us. For registration or payment issues contact Taylor Burnham at 330-729-4100 or email at Taylor.Burnham@mahoningctc.com

9 a.m. sessions

○ **Part 1: Workplace Safety – Prevention, De-escalation, and Response to an Active Shooter***

This is part one of a three-part program designed to increase your chances of surviving an active shooter or violent intruder situation. Topics discussed include: the importance of training and mental preparation, and de-escalation techniques that use the spoken word to avoid confrontations.

Presenter: Scott Weamer, Comprehensive Personal Defense, LLC

○ **Strategies to Minimize the Impact an Injury Has on Your Company**

This session provides an overview of the financial impact a claim can have on your rates. The presenters will explain what an employer needs to know and what to do when claims are filed. They will share policies/procedures an employer should have in place before an accident occurs and the steps that should be taken after an injury occurs. This allows employers to implement effective strategies to minimize the financial impact of the claim.

Presenters: Lorrie Goodnight and Bernadette Campbell, BWC

○ **Are Wellness Programs REALLY Working?***

One of the first large-scale studies on workplace wellness was published in the medical journal JAMA and has really challenged the industry. The study's goal was to define if workplace wellness programs are truly working. This seminar breaks down those findings, defines current wellness trends and deciphers how you should be spending your money. Lastly, participants will obtain ways to measure success in their programming.

Presenter: Jennifer Stefanak, Bon Secours Mercy Health

○ **Workers' Compensation Program Management: An Integrated Approach**

Hear how one employer approached learning about Ohio's workers' compensation system, using a team approach with BWC and their managed care organization. The presenters will discuss timely notification of new claims and using the Transitional Work Program, management of claims using internal and

external sources, and the value of their quarterly staffing meetings.

Presenters: Cheryl A. Altizer, Paige Turk, Christine Williams – Comp1, Flynn's Tire, BWC

○ **OSHA Recordkeeping***

This Occupational Safety and Health Administration (OSHA) recordkeeping session is a must for all human resources staff, workers' comp administrators, personal injury attorneys, insurance adjusters, and business owners. Some course topics you'll learn include: Specific OSHA forms for reporting, logs of work-related injury forms including the OSHA 300 log, medical concerns, types of injuries and illness that must be reported, recording criteria, and how to know if you're exempt from recordkeeping requirements.

Presenter: Brian Zachetti, BWC

○ **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

○ **Traffic Safety – New Laws and Common Questions***

When you're behind the wheel of a car – whether alone or with passengers – driving safely should always be the top concern. There is more distracted driving than ever, so it's crucial to know the basics of safe driving and practice them every time you're on the road. Come learn the types of issues the Ohio State Highway Patrol deals with every day.

Presenter: Lt. Brad Bucey, Ohio State Highway Patrol

○ **The Industrial Athlete***

This session covers why we consider workers as athletes, whether at a desk, on the floor performing repetitive motion or heavy lifting. Preparing the body for work has been shown to reduce workplace injury and pain. We will discuss the key components and strategies that can negate the effects of sustained postures, repetitive motion, and lifting.

Presenters: Greg Huffman and Joe Cvengros, Peak Performance P.T.

10:15 a.m. sessions

○ **Part 2: Workplace Safety – Prevention, De-escalation, and Response to an Active Shooter***

This is part two of a three-part program designed to increase your chances of surviving an active shooter or violent intruder situation. Topics discussed include: the Routine Activities Theory, the concept of target hardening, and strategies to increase the physical security of a building.

Presenter: Scott Weamer, Comprehensive Personal Defense, LLC

○ **OSHA Update***

This presentation describes what you should know about OSHA 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, and specific industry changes.

Presenter: Howie Eberts, OSHA – Cleveland

○ **Empowering Employees to improve their own safety and Ergonomics Part 1***

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

○ **Executing Mindfulness in the Workplace***

Mindfulness has become one of the most important programming entities to offer in workplace wellness. From onsite accidents to decreased productivity, the demand for this continues to grow. Unfortunately, each person perceives mindfulness differently and to develop something cohesive among your workforce can be difficult. This session covers

exactly what mindfulness is and includes ways to implement meaningful programs.

Presenter: Jennifer Stefanak, Bon Secours Mercy Health

○ **BBS 101 ... It's Not BS!***

Learn about the fundamental concept of behavior-based safety (BBS). This session will explain why BBS programs fail or don't produce the needed results. Understand the difference between process and program and how to apply that difference to safety. You will leave the session with a list of tools and resources for assessing your safety culture and determining if BBS is right for you.

Presenter: Sarah Ghezzi, BWC

○ **SVIU - Drone Presentation**

This presentation discusses the various industries currently using drones for increased efficiency and safety. Also discussed are the current Federal Aviation Administration regulations required to operate commercially, and the best practices involved to ensure safe operation. Additional topics include how BWC is using drones and the types of assistance they can provide to Ohio employers interested in creating their own drone program.

Presenter: Julia Riley, BWC

○ **Inspection: "Can I Use My Stuff?" (Slings & 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

○ **Traveling Outside Ohio? Learn About BWC's Other States Coverage Offering**

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

11:30 a.m. sessions

○ **Part 3: Workplace Safety – Prevention, De-escalation, and Response to an Active Shooter***

This is part three of a three-part program designed to increase your chances of surviving an active shooter or violent intruder situation. The session covers the concepts of evacuation, barricading, and countermeasures, with an emphasis on applying them to your work setting. The importance of target hardening will be expanded upon. The presenter will give a detailed explanation of the importance of time, noise, distance, movement, and distraction.

Presenter: Scott Weamer, Comprehensive Personal Defense, LLC

○ **Empowering Employees to Improve Their Own Safety and Ergonomics Part 2***

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

○ **BWC Special Investigations**

Learn how BWC's Special Investigations Department (SID) 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

○ **Control Reliability 101***

How do you make sense of the Control Reliability standards? This presentation describes the difference between the categories, and

the methods and requirements to meet the standards.

Presenter: David Brunelle, Arrow Industrial Solutions

○ **Protect Yourself or Protect Your Family: Need Help Figuring out Your Financial Future and Protecting Your Loved Ones?**

Debt and stress are like conjoined twins. Seventy-two percent of Americans said they felt stressed about money, according to an American Psychological Association study, while 22% said they felt “extreme” stress over their finances. The goal is to help families save money, make money, and get out of debt. People often offer several reasons why they are not prepared for retirement, emergencies, or the unforeseen. Whether they simply don't understand finances, or they don't believe they can afford to save, we are here to help. This workshop helps educate attendees on building a safety net for their families in retirement or saving for emergencies.

Presenter: Shaquille Riston, Capital Choice Financial Group

○ **Office Fire Safety & Fire Extinguishers***

Most fires (77%) occur in the home, while the remaining 23% occur at work. (NFPA, 2017) This session focuses on what you can do to protect yourself and co-workers in the office in case of a fire. It also provides specific steps you can take to prevent fires, as well as how to respond to fire emergencies, and the proper use and types of fire extinguishers.

Presenter: Matt Rarick, Canfield Fire Department

○ **Falling into a New Year ... Slips/Trips/Falls & Injury Prevention for Schools***

This session focuses on slip/trip/fall and ergonomic injury prevention for schools. Topics discussed include injuries from student interaction, common physical hazards found in classrooms and school areas, and hazard abatement and controls. The session wraps up with a basic understanding of why we take unnecessary risks and how to change that culture and make a difference.

Presenter: Sarah Ghezzi, BWC

○ **Hearing Conservation – Do I Really Need a Hearing Conservation Program***

Learn what an action level and permissible exposure limit is. When is hearing conservation required? What types of hearing protection is needed, and how often do you have to test? Not sure if you need a hearing conservation program? Then find out what the penalties might be if you don't test.

Presenter: Dr. Donald Maple, Corporate Health Testing.

12:30 to 1:30 p.m. Lunch and Exhibit Visit Time

1:30 p.m. sessions

○ **Stop the Bleed***

The Stop the Bleed program was developed to emphasize the dangers of traumatic injury and the effects that bleeding has on recovery. In a world where we are faced with unsuspected tragedy, having everyday people able to apply pressure and help mitigate bleeding, will justly save lives. Learn how to take action and recognize life-threatening bleeding.

Presenter: Amanda Lencyk, Mercy Health

○ **Encompassing Millennials into Your Safety Program***

According to the Huffington Post, by 2020, millennials will form 50% of the global workforce. Now is the time to consider how we engage, train, and involve all generations within our workforce to increase worker retention, reduce injuries, and create a more productive environment. 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

○ **Safety Intervention Grant – Panel Discussion of Employers***

If you are an employer wanting to buy equipment to improve workplace safety, you have a

partner in BWC. Our Safety Intervention Grant Program (SIG) provides financial assistance to help you achieve your safety goals. We developed several SIG types to help Ohio's employers reduce the frequency and severity of workplace injuries and illnesses. Several employers will discuss their recently approved SIG and how it improved their workplace. They will also answer questions on the process and the outcome.

Presenters: Brenda Smith, Cindy Ridzon, Megan Millich, Scott Pagley – BWC, Whitmer's Feed, Millcreek Metro Parks, Taylor Steel

○ **Machine Guarding? (What Happened to Frank?)***

In this session you will learn about the different types of machine guards and how to minimize risks. The instructor will discuss which guards, devices, and methods apply to various machines. Come hear what happened to Frank.

Presenter: Vic Rossi, Job Safety First

○ **Practical Employee Absence Management Programs for Small-Mid Sized Employers on a Budget***

Small employers need a healthy workforce to help their organizations grow and thrive. But, health care is often one of the costliest employee benefits. This session will address how small employers can manage the real challenges that the lack of budgets, time, and resources present if they want to maintain great benefits and help employees achieve better health.

Presenter: Peter Young, BEGIN

○ **Conflict Resolution**

Let's face it, conflict in the workplace is inevitable. You can try to avoid it, you can attempt to ignore it, but you can never escape it. Conflict rarely resolves itself and can easily lead to resentment or escalation. In this day and age, you have a responsibility to your employees to address conflict in a healthy, productive and safe way. Learn the steps to understand conflict resolution and the best practices for addressing it.

Presenter: Ruth Bowdish, On Demand Drug Testing

- **Fleet Technology to Reduce Accidents and Liabilities***
Technology is improving efficiency and safety for employers in many areas, including fleet safety. In fact, the fleet management market is expected to grow from \$10.91 billion in 2013 to \$30.45 billion by 2018. Fleet intelligence tools can help improve productivity, safety, and cost savings as well as enhance customer service.

Presenter: Brian McCon, Zurich North America

- **Respiratory Fit Testing – Mandatory use, Volunteer Use and What Are the Consequences if I Don't Test?***
Learn the different rules for mandatory vs. volunteer use. Not sure when N95's or N100's need to be tested? This class covers various types of respirators, the types of OSHA acceptable Respirator FIT testing methods, proper medical clearances, respirator policies, and employee respirator training.

Presenter: Dr. Donald Maple, Corporate Health Testing

2:45 p.m. sessions

- **Safety for Senior Workers***
The U.S. workforce is getting older. This session looks at the changes in workforce demographics and how these changes impact workplace safety. We will explore potential safety risk factors associated with the aging workforce and strategies we can take to help keep them safe and productive.

Presenter: Colleen Bolha, BWC

- **You Received Your Safety Intervention Grant, Now What?**
You were awarded a safety intervention grant and want to ensure the success of your new equipment. What steps can you take in the selection and implementation processes to maximize its effectiveness? Gathered from interviews with numerous BWC grant recipients, you'll hear about success stories, obstacles faced, and the practical strategies employers took as they selected and began using their new safety equipment.

Presenter: Libby Moore, PhD, National Institute for Occupational Safety and Health

- **Permit Required Confined Space, (Is This Space Safe?)***
This session covers recognizing several dangers of working in confined spaces and how to prepare for safe entry and exit. Nearly half the people killed in a confined space are would-be rescuers. Never take an entry lightly! Your life and the lives of your co-workers depend on proper awareness and training!

Presenter: Vic Rossi, Job Safety First

- **Return-to-Work Case Studies & Strategies for Small-Mid Size Employers***
Attendees will learn about a variety of opportunities to support an injured employee's return to work efforts while minimizing the employer's exposure to increased workers' compensation claims costs.

Presenter: Peter Young, VoCare Services Inc.

- **Emerging Trends in Safety Technology***
As HSE professionals, we're always looking for a way to continually improve the health and safety of our worksites. One of the ways this can be achieved is through using new innovations in technology that not only make work easier and more efficient, but help professionals reduce the number of incidents at a worksite through data analytics as well as useful tools to prevent injuries. This session looks at some of the new technologies that are completely revolutionizing the health and safety sector that can be easily applied to your business.

Presenter: Tony DeAscentis, VING

- **Drugs in the Workplace***
We will explore the use of Cannabidiol (CBD) oil in the workplace, the increase of prescription drug abuse, legalization of marijuana, current drug trends, working under the influence, and answer your questions about the ever-changing topic, drugs in the workplace. Learn how you can provide a safer workplace in these changing times.

Presenter: Ruth Bowdish, On Demand Drug Testing

○ **Fire Protection Systems – An Important Part of Employee Safety***

A 1994 factory fire in West Virginia resulted in an \$87 million rebuild. In 1997, a plant in Ohio was 80% destroyed when a worker using a torch started a fire. A tin mill in Pennsylvania was damaged in a 2000 fire and shut down shortly thereafter. Nine firefighters died in the 2007 Sofa Super Store fire in Charleston. The list goes on and on. To prevent small fires from growing into large ones, automatic fire protection systems are often installed. Sprinkler systems, CO2 systems, halon and halon replacement systems, and other protection schemes have saved many buildings – and lives. This presentation serves as a reminder of the vital importance of installing fire protection systems and of properly maintaining them.

Presenter: Pat McCon, Zurich North America

○ **Successful wellness program for a nursing home facility***

This session discusses the importance of the development of a simple but strategic wellness program that promotes optimal well-being, improves productivity, and supports effective management of rising health-care costs for nursing home facilities.

Presenter: Shanna Dunbar, Workplace Health



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