

93<sup>rd</sup> Annual

# MAINE SAFETY & HEALTH CONFERENCE



**VIRTUAL CONFERENCE**  
SEPTEMBER 23 & 24, 2020

# *Welcome! To The 93<sup>rd</sup> Annual* **Maine Safety & Health Conference**

I'd like to personally, (but virtually) welcome each of you to the 93<sup>rd</sup> Annual, Maine Safety & Health Conference and thank you for your commitment and investment in keeping people safe and healthy!

While this year's conference format will be wildly different from anything we have done previously in our long-standing history, the Maine Conference Planning Committee has still worked hard over the last 12 months to bring to you this informative and engaging experience.

As we all did at our respective organizations, The Maine Conference Planning Committee faced some difficult challenges in planning this year's event. In March and April we were hopeful we would be able to host the conference as we had in previous years. In May we were discussing ways we might be able to blend the event, offering portions of the conference virtually, while hosting other portions in person; all while determining how we would be implementing safety and sanitation methods that would meet or exceed CDC recommended guidelines. By June we made the decision to move the conference into a full virtual format ahead of an uncertain future regarding large gathering restrictions, masking requirements and social distancing requirements.

As leaders in the Safety and Health industry we felt we needed to set a good example and not expose attendees to human contact where it could be avoided. Evaluating the success that the New Hampshire Safety and Health Conference and committee had in their event, putting it together on even shorter notice, we were confident that with the months left to plan the event virtually we could still provide a quality conference.

We have brought together exceptional keynote speakers and many dynamic and experienced subject matter experts to share their knowledge with you, in addition to a variety of vendors to showcase their goods and services in a new virtual format.

Again this year, we have been very fortunate to receive the sponsorships of many companies. Please take a moment and acknowledge those sponsor companies because their support is critical to the overall success of this event.

Though we will miss seeing you in person and networking as we historically do; we do still look forward to spending the next couple of days with you on a screen, wherever you may be joining us from.

So, pull up your favorite chair and let's all make the most of our time "together" and gain as much knowledge and insight as we can to continue in keeping people safe and healthy!

Justin Ladd, Chair  
Maine Conference Planning Committee  
NSCNNE Board Member



The National Safety Council of Northern New England would like to thank our sponsors, vendors, attendees and the volunteer members of the Maine Conference Planning Committee for making this event possible. Together we are making our world safer.

*Thank you!*

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# Maine Safety & Health Conference VIRTUAL FORMAT AND SCHEDULE

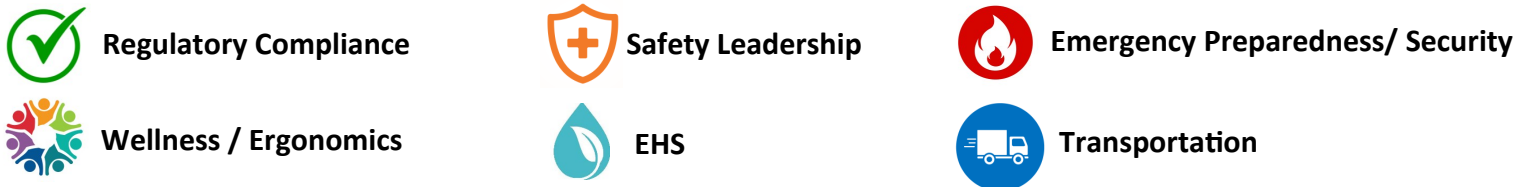


**FULL ACCESS-** The virtual conference format will allow you to attend live presentations and to watch recorded sessions later- giving you access to more breakout sessions and the latest health and safety information from all tracks.

**EASY NAVIGATION-** Registered attendees will receive via e-mail the password to the virtual conference e-guide with the login links for each session - making it possible to navigate the entire conference with ease.

**CEUs-** After the conference, simply complete the CEU Request Form indicating which sessions you attended and our office will issue a letter of attendance.

## Conference Breakout Session Key



Welcome!

**WEDNESDAY, September 23<sup>rd</sup>**

**8:00 AM OPENING WELCOME & KEYNOTE**



### **THE SAFETY PROFESSIONAL'S ROLE IN PLANNING FOR A PANDEMIC**

*Deborah R. Roy, MPH, RN, COHN-S, CIT, CSP, FASSP, FAAOHN  
President, SafeTech Consultants, Inc.*

COVID-19 will likely be one of the most challenging risks that we as OSH professionals experience in our careers. As the outbreak of COVID-19 continues to spread around the world, occupational safety and health (OSH) professionals play a key role in helping organizations protect workers, communicate accurately and effectively about the risks, and ensure business continuity when a pandemic event threatens to disrupt normal operations. This session will highlight how OSH professionals can enhance their skills in pandemic planning and have a more visible role in their organization than ever before.

**9:00 AM VIRTUAL VENDOR HALL / BREAK**

The exhibitor hall is one of the highlights of our annual safety conference. The vendors provide health and safety professionals with valuable information regarding the latest innovations, technologies and services available to keep your workers safe. Join the live virtual Vendor Hall sessions for presentations and to chat with exhibitors.

# WEDNESDAY, September 23<sup>rd</sup>

## 9:30 AM BREAKOUT SESSIONS



### **SAFE STRATEGIES FOR SLIP AND FALL PREVENTION**

*Peter Koch– Safety Management Consultant, The MEMIC Group*

Discover four contributors to slip and fall events, how they affect us, as well as different ways to approach prevention through a unique take on training.

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### **ISO 45001 - THE “NEW” SAFETY STANDARD**

*Randall Pittman- Business Unit Manager, EH&S, NQA*

Occupational Health and Safety programs directly influence and impact an organization’s working environment, quality program, and financial capabilities. Compliance to regulations is of course necessary to achieve and this session will briefly explain how ISO 45001 assists with identifying and maintaining compliance obligations. ISO 45001 is much more than simply compliance management though. Leadership commitment, resource allocation, and interaction with other business processes is essential. ISO 45001 is the OS&H management system standard designed to manage safety risks and opportunities within the scope of all organizational activities.

Mr. Pittman is a technical expert and 3rd party auditor who will share auditor resource documents that are essential to the proper assessment of ISO 45001 and explain the intent of certain requirements based upon the specific language used within the ISO 45001 requirements.



### **DRUG TESTING IN MAINE: POLICIES, MARIJUANA AND DOT TESTING DURING COVID-19**

*Amanda O’Leary- Statistical Program Supervisor, Maine Dept. of Labor*

This session will go over the different types of drug testing policies that employers can implement at their business, how to submit a policy for approval, and the different requirements for each policy type. In addition, we will discuss the implications of the legalization of marijuana in Maine and how it impacts employer drug testing. This session will also go over the most current guidance issued from the Federal Motor Carrier Safety Administration (FMCSA) on required “DOT” testing during the COVID-19 pandemic.



### **PFAS – Polyfluoroalkyl Substances**

*Harold (Skip) Pratt, CIH– Retired Industrial Hygienists, pH&S*

*Sharon Holmes, CIH, CSP— Occupational Health Specialist , Maine Department of Labor – SafetyWorks!*

Polyfluoroalkyl Substances (PFAS) is a large group of common manmade chemicals that have recently received attention at the State and Federal level due to potential harmful human exposures. Evidence suggests exposure can lead to adverse health effects in humans. They are substances found in Teflon, stain resistance fabrics, paints and firefighting foams, to name just a few. PFAS’ are very stable compounds that lead to bioaccumulation in the environment, thus they are very persistent. Learn what health effects are known and what the EPA and states have done, and are doing to help reduce the exposure of these substances.

## 10:30 AM VIRTUAL VENDOR HALL/ BREAK

# WEDNESDAY, September 23<sup>rd</sup>

## 11:00 AM BREAKOUT SESSIONS



### **CONTROLLING HAZARDOUS ENERGY: KNOWLEDGE FOR COMPLIANCE**

*Hartley Webb, CSP, CHST - Safety Management Consultant, MEMIC*

In-depth training on how to safely perform lockout activities according to OSHA's lockout/tagout regulations:

- Thorough review of OSHA's lockout/tagout standards
- Instructions for creating and adhering to written lockout procedures
- Lockout program components
- Review of methods for controlling hazardous energy
- Items for lockout standard compliance
- Lockout concepts



### **HOW MANUFACTURING IS CHANGING: BEST PRACTICES DURING A PANDEMIC**

*Kim Simoneau, CSP – Senior Manager of Corporate Safety, LL Bean*

The 2020 pandemic has had a profound impact on the workplace this year, and manufacturers everywhere have had to make many major changes to be able to continue production safely. In addition to the usual production challenges, new challenges have arisen in terms of ensuring employee safety, maintaining an adequate workforce, managing supply chain issues and keeping up with new technology. What are some of the latest procedures, protocols and products/services that have been established in the manufacturing industry that are working well? What challenges yet remain? Join this session to discover more!



### **HOME ERGONOMICS SURVIVAL GUIDE**

*Jean Smail, PT – Sr. Ergonomist, InterMed*

*Kathryn Morrison, PT – Ergonomic Specialist, InterMed*

In this new and challenging time, workstation ergonomics have changed for many of us. We find ourselves working from home most or part of the time. Working remotely brings different ergonomic obstacles than being in the office. Learning outcomes of this course include:

- Prevent aches and pains and keep yourself comfortable while working at home.
- Gain knowledge of proper station set-up in both sit and stand.
- Impress yourself and your family with your creative workstation set-ups.
- Learn how to transform your work area while using things found around your home.
- Understand the importance of wellbeing habits at home.
- How to implement proper set-up in any remote location.



### **SARS COV-2 - VENTILATION, CLEANING, DISINFECTION AND ENVIRONMENTAL TESTING**

*Bernard L. Fontaine, Jr., CIH, CSP, FAIHA- Managing Partner, The Windsor Consulting Group, Inc*

Essential and reopening workplaces are implementing engineering and administrative procedures to reduce the risk of workers, contractors, vendors, customers and public from becoming infected. Outside of healthcare, the infrastructure and standard practices of infection prevention and control are not commonplace. Ventilation and airflow considerations vary based on the type of built environment, occupancy and commodity of trade. Enhanced routine cleaning and disinfection procedures in offices, factories, warehouses, call centers, grocery stores, and other workplaces is a critical step in reducing exposure and infection. Learn about these concerns and other aspects of occupational health and safety as America reopens for business and schools reopen.



# WEDNESDAY, September 23<sup>rd</sup>

**12:00 PM VENDOR HALL & RAFFLE PRIZES / BREAK**

**12:30 PM LUNCH SOCIAL**

Connect with other safety professionals during this live networking event.

**1:30 PM BREAKOUT SESSIONS**



## **FALL PROTECTION: THINKING IT THROUGH**

*Kelley Dyke– Occupational Safety Engineer, Maine Department of Labor*

We will discuss the need for preplanning before the work begins, digging into topics such as the right tool for the job and rescue procedures. Any height can be dangerous, especially without a plan. Thinking through the process ahead of time will lead to a safe and successful workday. We will also discuss the history and development of fall protection with time at the end for discussion and questions.



## **SAFETY IN AN ENVIRONMENT OF LEAN MANUFACTURING**

*Donald Olesen, PE, CSP, MBA– Principle Consultant, NuTera Safety Solutions*

This presentation will discuss the practice of safety in an environment of Lean manufacturing. The Lean process will be presented along with a discussion of how Lean and its tools can enhance the safety of workers and the way products are produced. It will be discussed how Safety, Quality and Productivity are improved by using the tools of Lean manufacturing.



## **PUTTING YOUR SHOULDER INTO IT; HOW TO PREVENT INJURIES**

*Jason Wade- Ergonomics Program Manager, MaineGeneral Medical Center*

This session will focus on the complex shoulder joint. We will cover basic anatomy of the shoulder with focus on the risk that is inherent in a joint of this structure. This session will also cover the ways to prevent injuries by looking at the ergonomic concerns particular to the shoulder and its function. The attending will walk away with an understanding of how to analyze jobs and functions to minimize shoulder impact and therefore minimize injuries.



## **THE SOCIALLY DISTANT SAFETY COMMITTEE – HOW TO KEEP YOUR SAFETY LEADERS ENGAGED**

*Pete Koch– Safety Management Consultant, The Memic Group*

It's easy to lose track of people and programs with the rapidly changing circumstances and requirements for the workplace. During this session we will explore how the changes brought on by COVID-19 and Coronavirus have impacted our safety efforts and how technology can help keep your safety committees, teams, and leaders engaged.

During this session you will:

- 1) Learn about different media types to leverage for your virtual safety meetings.
- 2) Hear about different pitfalls to avoid when running an on-line meeting
- 3) Discuss different strategies to keep your teams engaged



# WEDNESDAY, September 23<sup>rd</sup>

**2:30 PM VIRTUAL VENDOR HALL & RAFFLE PRIZES / BREAK**

**3:00 PM BREAKOUT SESSIONS**



## **OSHA / BLS UPDATE**

*Dave McGuan- Area Director, U. S. Department of Labor*

*Steve Greeley- Director Workplace Safety & Health Division, Maine DOL SafetyWorks!*

Would you like an opportunity to hear about private and public sector enforcement activities as well as on-site consultation from the Maine Department of Labor - SafetyWorks! and OSHA?

This session will provide a great opportunity to ask questions and participate in a discussion with OSHA and Maine DOL/BLS SafetyWorks! Topics such as recent federal enforcement activities, emphasis programs, and OSHA's regulatory agenda will be discussed. Information on Maine's latest BLS data and consultation program will also be presented.



## **HEAT STRESS: RISK FACTORS, EVALUATING AND CONTROLLING WORKER EXPOSURE**

*David May, ScD, CIH, PE- Consultant, Concord Cymorth, LLC*

Heat stress can be a serious occupational hazard for workers. According to the Bureau of Labor Statistics, there were over 28,000 lost time injuries due to environmental heat exposure from the years 2011 to 2018 in the US. What can be done to protect workers? This session will review causes of occupational heat strain (it's not just heat and humidity). We will also cover methods of evaluating the degree of heat stress and provide common methods to control this hazard.



## **DRIVING FLEET SAFETY WITH Z15**

*Tim McCarty, MSc, CSP, ASP, ARM, ALCM, CSSM, ABCP, GradIOSH*

*Director Safety & Risk Consulting, Clark Insurance*

Safety professionals can embrace the ANSI/ASSP Z15.1, Safe Practices for Motor Vehicle Operations standard to address their largest employee exposure to death, operating motor vehicles. We'll look to leverage the standard's elements to move a fleet safety effort forward including a review of the new Z15.3 technical report. Learning Outcomes:

- Understanding the use and overall structure of the Z15.1 standard.
- Examples of how to leverage the standard within organizations for safety plan development.
- Review the provisions of the Z15.3 standard and its implications.



## **RUN, HIDE, FIGHT: INDIVIDUAL ACTIONS IN AN ACTIVE SHOOTER EVENT**

*Bill DeLong—Protective Security Advisor, NH District, US Dept. of Homeland Security/Cybersecurity and Infrastructure Security Agency.*

This DHS/CISA Active Shooter session will discuss the profile of an active shooter, responding to an active shooter or other workplace violence situation, tips for recognizing signs of potential workplace violence, and provide information about other resource materials.

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Visit the

# **VIRTUAL VENDOR HALL**

Discover the latest products, technologies and services available in the world of safety. Visit each of the booths in the [Virtual Vendor Hall](#) for brochures, videos, direct company contacts and more!

Join us for the [LIVE VENDOR SESSIONS](#) by following the session links in your conference e-guide. Speak directly with the exhibitors for a chance to win great raffle prizes and giveaways.

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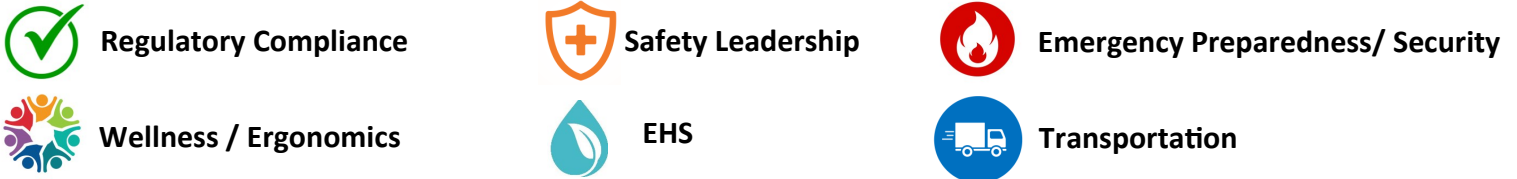


93<sup>rd</sup> Annual

# MAINE SAFETY & HEALTH CONFERENCE

**THURSDAY, Sept. 24<sup>th</sup>, 2020**

## Conference Breakout Session Key



## THURSDAY, September 24<sup>th</sup>, 2020

### 8:00 AM DAY 2 OPENING & KEYNOTE



### **CHANGING THE CULTURE SURROUNDING MENTAL ILLNESS: IT'S WAY PAST TIME**

*John T. Broderick, Jr.—Senior Director External Affairs, Dartmouth- Hitchcock*

Former Chief Justice John Broderick of the NH Supreme Court has a compelling, meaningful, and informative personal story that is certain to capture your attention and your heart. You will leave the presentation being aware of the five signs of emotional distress and how you can identify them. He will also talk about Change Direction New Hampshire, an organization he co-chairs.

### 9:00 AM VIRTUAL VENDOR HALL / BREAK

Learn more about the latest products, technologies, and services available to safety professionals. Network with experts and visit the virtual vendor hall webpage for downloadable brochures, catalogs, video presentations and more!

# THURSDAY, September 24<sup>th</sup>

## 9:30 AM BREAKOUT SESSIONS



### **BLOWING SMOKE AT RESPIRATOR PROGRAMS-ANY GAPS?**

*Jayson Hebert- Loss Control Consultant, MEMIC*

*Joanna Krasinski- Occupational Health Nurse Practitioner, WorkHealth*

The only thing tougher than complying with a regulation is getting your employees to comply. It is your problem, after all, isn't it- not theirs? What has COVID-19 done to help or hinder effective respiratory protection programs in general? Communication style and internal review are crucial factors in effective programming. Gain some tips for maintaining a high quality, effective Respiratory Protection Program at your organization. Learners will:

- Identify common failings of effective Respiratory Protection Programs (RPP).
- Refresh the RPP auditing to identify failings in an RPP.
- Be able to identify 2 resources for correcting RPP shortcomings.
- Refresh classifications of respirators and primary purpose with common concerns from the field.
- Learn strategies for engaging employees in the real safety goal of meaningful respirator fits, not just checking off the boxes of compliance.
- Follow the journey of one employer's RPP ramp-up thanks to COVID-19.



### **ARE YOU SURE YOU WANT TO VENTURE OUTDOORS TODAY? BUGS, PLANTS & SCARY STUFF**

*Robert Moosman- Transportation Operation Manager Integrated Roadside Vegetation Management,  
Maine Department of Transportation*

Learn how to stay safe from rashes, bites, and tick borne diseases and still enjoy the outdoors.



### **LOADING DOCK STANDARDIZATION / DOCK SAFETY**

*Jim Caulfield, SGE - Facilities EHS Manager, Raytheon Missiles & Defense*

*Matt MacKenzie, CSP, SGE- Raytheon Missiles & Defense*

The loading dock can be a dangerous place to work. Raytheon had some serious near misses and as a result used a team approach with our local union, shipping supervisors / managers, facilities and operation excellence. We got buy-in from all levels feeling they were part of the process and as a result a standardized approach was developed. The presentation will explain the standardized process, equipment and run rules that have made our docks safer for both our employees and contractors.



### **EXOSKELETON TECHNOLOGIES – APPLICATION, INTEGRATION, AND STANDARDS**

*Donald R. Peterson, Ph.D., M.S., FAIMBE - Dean and Professor of Mechanical Engineering and Chair of  
ASTM Committee F48 on "Exoskeletons and Exosuits", Northern Illinois University*

Exoskeleton technologies aim to provide opportunities to increase human safety and efficiency in industrial, emergency response, medical, military, and consumer applications. This session will provide a discussion on acceptability, deployment and sustainability, and value brought to various operations. Latest efforts in developing international standards for exoskeleton technologies that address safety, quality, performance, ergonomics, etc., will also be reviewed.

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MAINE CHAPTER



# THURSDAY, September 24<sup>th</sup>

**10:30 AM VIRTUAL VENDOR HALL / BREAK**

**11:00 AM BREAKOUT SESSIONS**



## **ELECTRICAL SAFETY FOR THE HOME WORKPLACE / REMOTE WORKER**

*Hartley Webb, CSP, CHST - Safety Management Consultant , MEMIC*

This training session will introduce attendees to some of the common electrical risks that occur with regards to using temporary wiring around the home. Special emphasis will be made to the electrical issues facing people now working remotely.

- Understanding temporary wiring
- Risks associated with temporary power cords including: Fire Hazards, Voltage drop Hazard, Resistance Hazard and Grounding Hazard.



## **SAFETY INCENTIVE PROGRAMS THAT WORK AND DON'T BREAK THE BANK**

*Erika Douglass- Director of Human Resources, Maine Machine Products*

This session will give examples of real-life safety incentive programs that work:

- safety solutions
- first aid logs
- safety committees
- and demonstrate how to calculate ROI on such programs



## **EEOC HARASSMENT PREVENTION & "KINDNESS" TRAINING**

*Tyler Halstead- Account Executive & Risk Management Consultant, The Rowley Agency, Inc.*

*Joe Rabovsky- Account Executive & Risk Management Consultant, The Rowley Agency, Inc.*

Changing the culture of an organization is never an easy task. In today's volatile workplace climate employers must take action to prevent harassment and shift their workplace culture to keep their employees safe. By promoting respectful workplaces, employees should feel comfortable bringing concerns of any kind to the attention of management and leadership. This training will help you focus on the struggles of conflict resolution and relationship management within your work environment in 2020.



## **HUMAN EXPOSURE TO OCCUPATIONAL VIBRATION**

*Donald R. Peterson, Ph.D., M.S., FAIMBE - Dean and Professor of Mechanical Engineering and Chair of ASTM Committee F48 on "Exoskeletons and Exosuits", Northern Illinois University*

Human exposure to occupational vibrations remains a common workplace hazard and is especially evident in the use of vibrating machinery, such as hand-held power tools and off-road vehicles. Human response to occupational vibrations is related to the resulting motions of the body or body parts, organs, and tissues, and understanding human response can assist with taking appropriate countermeasures. This session provides an overview of the major aspects of this hazard and the problems it causes. The criteria for estimating the occurrence of health effects and injury will also be reviewed, together with some countermeasures for lessening the harmful effects of vibration exposures.

# THURSDAY, September 24<sup>th</sup>

**12:00 PM VENDOR HALL & RAFFLE PRIZES / BREAK**

**12:30 PM LUNCH SOCIAL**

Connect with other safety professionals during this live networking event.

**1:00 PM CLOSEOUT SESSION**



## **CORONAVIRUS UPDATE AND PLANNING FOR THE FUTURE**

Dr. Dora Mills- Senior Vice President, Community Health, MaineHealth

Dr. Mills will provide the latest information on the Coronavirus Pandemic, addressing the current situation and the impact it has had on the state of Maine. Learn about best practices as well as recommendations to plan for the future.

For nearly 15 years, from 1996-2011, Dr. Mills served as Maine's State Health Officer, for the administrations of Governors Angus S. King and John E. Baldacci. Dr. Mills joined MaineHealth in 2018 where she serves as the Senior Vice President, Community Health.

Dr. Mills is a Maine native who was raised in Farmington, graduated from Mt. Blue High School, Bowdoin College, University of Vermont College of Medicine, Children's Hospital of Los Angeles Pediatric Internship and Residency Program, and the Harvard School of Public Health. She is a board-certified pediatrician who practiced as a hospitalist in Los Angeles (two years) and in a pediatric practice in her hometown of Farmington (four years). She also practiced medicine in several rural international locations, including Tanzania and Nepal.

*Thank you for join us for the 93<sup>rd</sup> Maine Safety & Health Conference.*

We hope to see you next year at one of our upcoming safety and health conferences. Please note NSCNNE will have a new logo, but you can expect the same great conference experience with timely information from expert presenters.



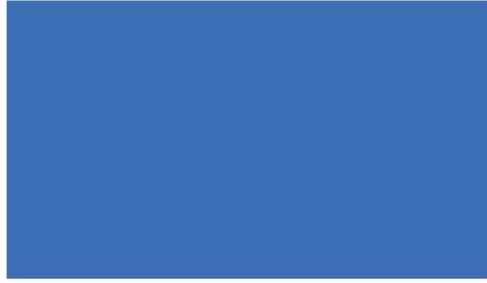
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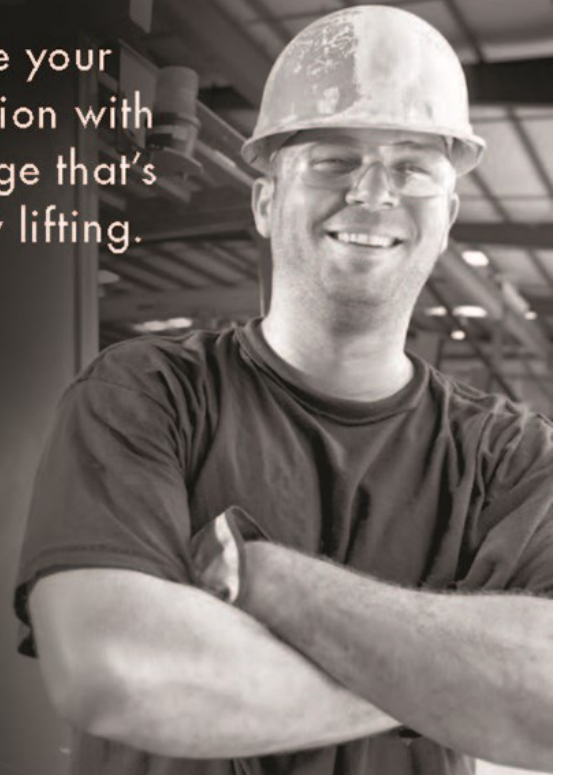
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**Steve Greeley**

Director, Workplace S&H Div- SafetyWorks! / ME Dept. of Labor

**Les Knight, CUSP**

Lead Analyst , Health & Site Safety- Avangrid Networks / CMP

**Robert Knowles, CIH, CSP**

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**Tim McCarty, MSc, CSP, ARM, ALCM, CSSM, CPSI, ABCO, GradIOSH**

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**Sean Ryan**

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Northern New England*

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