

92<sup>nd</sup> Annual

# MAINE

## Safety & Health Conference

October 15 - 17, 2019  
Augusta, Maine



*National Safety Council of  
Northern New England*

[www.nscnne.org](http://www.nscnne.org)

NAVIGATING the FUTURE

**REGISTRATION BROCHURE**



National Safety Council of  
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*Thank you.*

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Please **Join us for the 2019  
Maine Safety and Health Conference!**

Celebrating its 92<sup>nd</sup> year, this year's annual Maine conference will help you navigate the future of safety. Featuring motivating keynote speakers, 28 different breakout sessions on timely safety and health topics, a HUGE vendor hall with the latest in safety products and services, unlimited networking opportunities, and available C.E.U's!



**TUESDAY-** October 15, 2019

**PRE-CONFERENCE PROFESSIONAL DEVELOPMENT COURSES**

(Please Note: The Vendor Hall is Not Open on Tuesday)

**8:00 AM REGISTRATION OPENS / CONTINENTAL BREAKFAST**

**8:30 AM PROFESSIONAL DEVELOPMENT SESSIONS BEGIN**



**PDC 1 FRONTLINE LIFT PLANNING**

*David Doherty, Crane Development Manager, The Cianbro Companies  
Garth Miller, Rigging/Ironworking Instructor, The Cianbro Companies*

Attendees will review:

- Job site responsibilities
- Power line safety
- Conditions affecting operations
- Site review
- And Set up

Attendees will be educated to read crane load charts and complete a critical lift form using a mock set of lift plans.



**PDC 2 PERFORMING SEMI QUALITATIVE RISK ASSESSMENTS**

*Kimberly Simoneau, CSP, Sr. Manager of Safety, L.L. Bean Inc. (SPONSOR)*

The aim of this session is to provide attendees with the information necessary to understand the risk assessment process and to effectively complete a risk assessment in their own workplace. This session is hands on training, with case studies and group work on various scenarios.

The session will meet the following objectives:

- Explain the concepts of hazard, risk, harm and controls
- List controls measure necessary to reduce likelihood
- Be able to perform a semi-qualitative risk assessment



### **PDC 3 PART 1: PRACTICAL ERGONOMICS AND INJURY PREVENTION PART 2: SLEEP AND THE WORKFORCE**

#### **PART 1 (MORNING) PRACTICAL ERGONOMICS AND INJURY PREVENTION**

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

Musculoskeletal Injuries and slips, trips, and falls can be the hardest to prevent for many industries. Learn how to develop prevention programming from the ground up, that engages your employees, is worker focused, and delivers outstanding results. This half-day session will be hands on, collaborative, and you will leave with concrete programming ideas to implement in your industry!

Programs that will be covered:

- Innersole program for foot and leg wellbeing
- Balance/Worker focused programming for slips, trips, and falls
- Ergonomics programming & training for safe work practices
- Strengthen and stretching prevention programming
- Early intervention programming
- Wellbeing integration/programming options

#### **PART 2 (AFTERNOON) SLEEP AND THE WORKFORCE**

*Kenji Saito, MD, JD, Chair, Medical Specialties MaineGeneral Health, Medical Director, Workplace Health*

According to the CDC a third of US adults report that they usually get less than the recommended amount of sleep. Not getting enough sleep is linked with many chronic diseases and conditions—such as type 2 diabetes, heart disease, stroke, and depression—that threaten the health of your workforce.

Fatigue and poor sleep also contribute to productivity losses costing employers \$1,967 per employee per year and adding up to approximately 1.23 million lost working days annually.

Getting enough sleep is not a luxury—it is something people need for good health. Sleep disorders can also increase a person's risk of health problems. However, these disorders can be diagnosed and treated, bringing relief to those who suffer from them.



### **PDC 4 FUNDAMENTALS OF AIR SAMPLING WITH EMPHASIS ON RESPIRABLE CRYSTALLINE SILICA**

*Luis F. Pieretti, PhD, CIH, CSP, WCP, Manager Industrial Hygiene, The MEMIC Group (SPONSOR)*

*Stephen E. Badger, CSP, OHST, WCP, Safety Management Consultant, The MEMIC Group (SPONSOR)*

This session will introduce attendees to the basic concepts of industrial hygiene sampling with focus on respirable crystalline silica. Includes hands on experience with sampling pumps, media, calibration procedures and interpretation of laboratory reports.

Attendees are welcome to bring industrial hygiene reports to discuss in class. Please note that if you decide to share the laboratory report, all attendees will see the information shared. It is recommended to hide any information/identifiers from the report that you don't wish to share.

Once you have completed this session you will:

- Recognize some of the principles of industrial hygiene air monitoring
- Perform basic calculations required to do when performing air monitoring and estimating the employees exposure (time-weighted average).
- Recognize the different OSHA standards and sampling strategies related to respirable crystalline silica
- Distinguish different resources available related to industrial hygiene air monitoring



### PDC 5 LIFE SAFETY CODES

This Life Safety Codes session covers how construction, protection, and occupancy features work together to minimize danger to life from fires, smoke, fumes, or panic before buildings are vacated.

This session will cover the following:

- Code organization
- General provisions
- Occupancy classification
- Means of egress
- Fire protections
- Protection of vertical openings
- Much, much more!



### PDC 6 CREATING AN EHS SYSTEM THAT WORKS (Half Day 8:30am to 12:00pm)

*Nicholas Bull, US Manufacturing Excellence Manager, Molnlycke Health Care*

If you do not ensure a strong, self-sustaining system in place and monitor your EHS, you might be wasting lots of time with “retraining”, constant “reminders”, and being the human glue that holds things together. Learn how to create an EHS system that creates continuous improvement, puts the ownership into the hands of the employees, and frees up your time to multiply your value! \*No technology required!



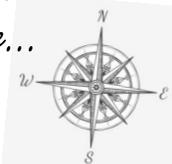
### PDC 7 STRATEGIES TO DIFFUSE AND PROTECT AGAINST AGGRESSIVE INDIVIDUALS (Half Day 8:30am to 12:00pm)

An overview on how to diffuse angry, upset individuals, to include recognizing and managing aggressive behaviors to prevent escalation. Should attempts to diffuse angry, upset individuals be unsuccessful, learn how to protect oneself and others from physical attack. Demonstration with voluntary participation of the physical defensive skills will be included.

\*Please Note as this session ends at noon, participants are welcome to join the afternoon session of PDC 3, **SLEEP AND THE WORKFORCE**

PLEASE NOTE: If you would like to attend a PDC Session, you must select the course you would like to attend when registering. If you choose a full day session, please attend the full day.

*Navigating the next  
two days of the  
conference...*



- TRACK 1: Compliance
- TRACK 2: Safety Management / Culture
- TRACK 3: Health / Wellness/ Ergonomics
- TRACK 4: Leadership
- TRACK 5: Environmental Health & Safety / Industrial Hygiene
- TRACK 6: Security / Emergency Action
- TRACK 7: Transportation

# WEDNESDAY– October 16, 2019

**7:30 AM ATTENDEE REGISTRATION/ VENDOR HALL/ CONTINENTAL BREAKFAST**

**8:00 AM VETERAN HONOR GUARD / ANNOUNCEMENTS**

**8:15 AM OPENING KEYNOTE SESSION**



## **KEYNOTE SESSION: THE CIANBRO STORY**

*Peter Vigue, Chairman, The Cianbro Companies*

Mr. Vigue will share the Cianbro story in regards to their safety evolution, company history, and what drove them to be an industry leader in safety.

**9:15 AM VENDOR NETWORKING**

**10:00 AM BREAKOUT SESSIONS**

### **TRACK 1: SAFE STRATEGIES FOR SLIP AND FALL PREVENTION**

*Peter Koch, Safety Management Consultant, The MEMIC Group (SPONSOR)*

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.

### **TRACK 2: SAFETY MANAGEMENT SYSTEMS**

*Kimberly Simoneau, CSP, Sr. Manager of Safety, LL Bean, Inc. (SPONSOR)*

This session will help attendees to understand the differences and similarities between the three primary occupational health and safety management systems.

Mrs. Simoneau will cover:

- OSHA's Voluntary Protection Program (VPP)
- American National Standards Institute's (ANSI) Z10 standard
- International Standards Organization (ISO) 45001 standard

### **TRACK 3: EXOSKELETON TECHNOLOGIES AND THE RELATIONSHIP BETWEEN RESEARCH, PRACTICE, 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*

As the exoskeleton industry emerges, a consensus standard is needed that will establish design specifications and testing procedures that ensure durability and reliability, as well as establish protocols to ensure functionality, compatibility, and user safety.

Understanding common specifications and protocols from latest research and practices is a critical step towards the development of a safe and practical exoskeleton standard that emphasizes the interoperability of several technologies and systems, including human systems and Human Machine Interfacing (HMI).

# WEDNESDAY- October 16, 2019

## 10:00 AM BREAKOUT SESSIONS— CONTINUED

### TRACK 4: **WHAT I WISH I KNEW - ENVIRONMENTAL HEALTH AND SAFETY PROFESSIONAL JOURNEY**

*Skip Pratt, CIH, Retired*

The Environmental Safety and Health Profession is one of continual learning – through formal education, training and, often, life experiences. Did you ever wish that someone could save you some of the bumps and bruises (figuratively not physical) of this long journey? After all, it is about the destination and not the journey isn't it – “an incident/injury free workplace”?

Mr. Pratt will share some of the valuable lessons learned during 42 years of EHS work in Maine's Pulp & Paper Industry. Mr. Pratt will discuss the pivotal life and work lessons that shaped his career and got him to the destination. As a recent retiree, Mr. Pratt leaves with the gratitude of an employer well served, a workforce safer and healthier for his labors and the Maine Safety Community thankful for his friendship and contributions.

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### TRACK 5: **WHAT ARE NANOPARTICLES?**

*Luis F. Pieretti, PhD, CIH, CSP, WCP, Manager, Industrial Hygiene, The MEMIC Group (SPONSOR)*

This session will introduce participants to the basic principles of nanoparticles, as well as how it affects the workplace.

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### TRACK 6: **CIVILIAN / WORKER RESPONSE: DETERRENCE, DETECTION, DELAYING AND DEFENDING**

*Christopher Gandia, Director, Strategic Training & Response Systems, LLC*  
*Ryan Kearney, Director, Critical Incident Preparedness Systems, LLC*

This session is interactive to show how through training, awareness, and preparation, risks can be alleviated. This session will cover civilian/worker response to an active threat by applying the principles of “Deterrence, Detection, Delaying, and Defending.”

Topics to be covered:

- Application of workforce training
- Department of Homeland Security - “Run, Hide, Fight” concept
- Collaborative efforts with local first responders to help establish proper policies and procedure and set expectations during a critical incident

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### TRACK 7: **COMMERCIAL MOTOR VEHICLES AND THE SEVEN SAFETY CATEGORIES**

*Roy Roberts, Owner, Roy T. Roberts Consulting Group*

US DOT and the Seven Dwarfs:

- Dopey-Drug
- Sleepy-Unsafe Driving
- Sneezzy-Driver Fitness
- Doc-Haz Mat
- Alcohol Testing
- Grumpy-Crash Indicator
- Bashful-Hours of Service
- Happy-Vehicle Maintenance

Motor Carrier Safety is no Accident: Knowing your very public US DOT safety rating is the key to avoiding monetary losses in insurance premiums, lost business, bad publicity, and potential compliance fines. The first step - understanding what rules are applicable to your fleet. Do you know if you own a commercial motor vehicle?

Your drivers are the key to these ratings that emerge from two driving factors - Road Side Inspections and Vehicle Crashes. The US DOT Safety Management System is the industry standard for transportation safety and is applicable to all your operational needs.

# WEDNESDAY– October 16, 2019

**11:30 AM LUNCH / VENDOR HALL**

**12:30 PM AFTERNOON KEYNOTE SPEAKER**



**KEYNOTE SESSION:  
WORKFORCE OPPORTUNITIES OF THE 21st CENTURY**

*Michael Bourque, President & CEO, The MEMIC Group (SPONSOR)*

Maine's changing population is the challenge of this century. Preparing for this new world is an imperative for every Maine business. Hear how some are successfully navigating this new world by engaging in the renewal of our beloved home state. Cultural change in the workplace, as the revolution in workplace safety culture did starting with the 1992 workers' comp reforms, will be a key driver in our economic future.

**1:30 PM VENDOR HALL**

**2:30 PM BREAKOUT SESSIONS**

**TRACK 1: CONTROLLING HAZARDOUS ENERGY - KNOWLEDGE FOR COMPLIANCE**

*Hartley B. Webb, CSP, CHST, Safety Management Specialist, The MEMIC Group (SPONSOR)*

In-depth training on how to safely implement lockout activities according to OSHA's Lockout/Tagout regulations:

Course outline includes:

- Areas of focus for compliance
- Guidelines for creating and adhering to written lockout procedures
- Management understanding and leadership for successful program
- Need for reviewing, revising, and retraining

**TRACK 2: METHODS FOR CONDUCTING AND DOCUMENTING ACCIDENT INVESTIGATION**

*Alan Cote, Loss Prevention Manager, Associated Grocers of New England*

*Jim Gaudet, Senior Loss Prevention Investigator, Associated Grocers of New England*

This session will educate and inform participants on the proper methods for conducting and documenting accident investigations in the workplace – whether in a warehouse or manufacturing plant, corporate office or retail environment. Mr. Cote and Mr. Gaudet will discuss their experience and training compiling and providing defensible reports as well as:

- Basic accident investigation procedures
- Describing accident analysis techniques
- Characteristics of an effective accident investigation program
- Process for conducting accident investigations

**TRACK 3: ERGONOMICS IS ERGONOMICS: FROM THE GARDEN TO THE WORKPLACE, FROM HOE TO SHOVEL ... GOOD PRACTICES WILL SERVE YOU WELL AT HOME, AT WORK, AND AT PLAY**

*Ellen Gibson, Farm Education Specialist, Maine AgrAbility*

Wielding a garden shovel is the same as a patching shovel. Use good postural techniques wherever you are, from your snowed-in driveway, to your vegetable garden, to the workplace. Learn techniques to simplify your work and conserve your energy. Making small changes in your routines can have big rewards in the way you feel at the end of the day.

### TRACK 4: **ACRONYMS AND HOW TO ACHIEVE THEM**

*Alexis Westin, MS, OHST, WCP, ASP, CSP, Safety Management Consultant, The MEMIC Group (SPONSOR)*

*Michael Sauda, Environmental Scientist, CES, Inc.*

*Scott A Knowlen, CSP, CET, CHMM, Director of HSE, The Cianbro Companies*

*Tim McCarty, MSc, CSP, ARM, CSSM, CPSI, ABPC, Director - Safety and Risk Consulting, Clark Insurance (SPONSOR)*

There are a wide variety of acronyms that are associated with the safety & risk management field. So are they worth pursuing? Which ones are really valuable? How do you get started? Our panel will share their experiences and help you understand how you might take the next step in your career.

### TRACK 5: **INDOOR AIR QUALITY**

*Skip Pratt, CIH, Retired*

*Sharon Holmes, Occupational Health Specialist, Maine BLS*

Indoor Air Quality is a very diverse topic that is affected in almost every work environment, in every type of business. Often the sources of poor indoor air quality are difficult to find based upon the symptoms expressed by the workers. Air quality is not only an office concern, it can be very important to the workers on the floor of a shop or industrial facility. The DEAIHA will present another informative session on Indoor Air Quality using a format that leads everyone to participate and to learn from the vast experiences of the Industrial Hygienists in the association.

### TRACK 6: **PERSONAL INTERACTION WITH LAW ENFORCEMENT**

*Captain Scott Stewart, Cumberland County Sheriff's Office*

Guide to successful interaction with Law Enforcement

- What to do...and NOT to do
- Various types of interactions
- What is required vs. what is not?
- What is expected of Law Enforcement?
- How to expedite time delays associated with interactions

### TRACK 7: **COMMERCIAL MOTOR VEHICLE INSPECTIONS: A HANDS ON APPROACH**

*Roy Roberts, Owner, Roy T. Roberts Consulting Group*

Vehicle Inspections are not only a requirement of the DOT, but most importantly to help ensure the vehicle is road-worthy before it leaves the yard. Organizations have the opportunity to engage their driver population and ensure that this important function is complete, efficiently and effectively.

This session will use a combination of classroom time and a hands-on review of a commercial motor vehicle to demonstrate not only good procedure, but also how to assist our drivers with the task. Attendees will understand the components of a successful program, in addition to how to oversee the process to ensure not just compliance, but that a vehicle is safe and ready to roll.

**THURSDAY-** October 17, 2019



**7:00 AM REGISTRATION OPENS / VENDOR HALL / CONTINENTAL BREAKFAST**

**8:15 AM OPENING KEYNOTE SPEAKER**



**KEYNOTE SESSION: ADDRESSING CURRENT CHALLENGES AND FUTURE TRENDS IN WORKPLACE SAFETY TRAINING**

*Kim Shambrook, Vice President, Safety Education, Training & Services, National Safety Council*

Join us as Ms. Shambrook talks about the challenges that businesses face today in providing timely and high quality workplace training in a climate of rapidly evolving technology and workforce challenges. Learn about evolving trends and some new ideas about the future of workplace safety training!

**9:00 AM BREAKOUT SESSIONS**

**TRACK 1: FALL PROTECTION - WORKING AT HEIGHTS IS DANGEROUS**

*Clifford A. Berry, Occupational Safety Engineer, Maine Department of Labor*

Due to the recognition that working at heights is dangerous, governing bodies and standards associations such as American National Standards Institute (ANSI), Occupational Safety, and Health Administration (OSHA) have created stringent requirements for fall protection. Failure to effectively implement correct fall protection and fall protection programs have resulted in severe penalties and has now become one of the most frequently cited standards violations.

**TRACK 2: HOW HEALTH COACHING IN YOUR COMPANY CAN IMPACT YOUR BOTTOM LINE AND CREATE A HAPPY AND HEALTHY WORKFORCE**

*Chris Guild, Senior Account Manager/Director of Training, OMC, A Wellness Workdays Company*

Learn how a personalized approach to employee wellness differs from the traditional “educate and hope for the best” approach and how focusing your wellness efforts on the individual can not only help your bottom line but create a happy, healthy, and more productive workforce.

**TRACK 3: WORKER FOCUSED PREVENTION FOR SLIPS, TRIPS, AND FALLS**

*Kathryn Morrison, Physical Therapist & Ergonomics Specialist, InterMed*

Slips, trips and falls make up 20% of worker injuries and result in an average of 11 days out of work! Learn about Worker Focused Preventive Programs that can help!! Understand the anatomy and physiology of why workers fall and participate in fun and simple program demonstrations to prevent slips, trips and falls in your industry!

# THURSDAY- October 17, 2019

## 9:00 AM BREAKOUT SESSIONS—CONTINUED

### TRACK 4: **BATTLING HUMAN ERROR: HOW NFPA 70E RISK ASSESSMENT CHANGES AND INNOVATIVE PPE PROGRAMS COMBAT ERROR, REDUCE INJURY RISK**

*Scott Francis, Technical Sales Manager, Milliken & Company - Performance & Protective Textiles*

The NFPA 70E risk assessment procedure now addresses human error and has shed new light on arc flash PPE program "best practices". Error precursors, such as complacency – a safety killer, must be countered with human performance tools. Learn about performance tools and "best practice" PPE programs that reduce injury risk, improve safety culture, productivity, and bottom line.

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### TRACK 5: **WHAT A WASTE...**

*Mike Rioux, CHMM, Sr. Regulatory Specialist, St. Germain Collins*

This session will explore what a "waste" is and how it is defined by the Maine Department of Environmental Protection (Maine DEP) and how it is stricter here in Maine than in most other states. We'll also be discussing the different Maine DEP and EPA requirements associated with the use, reuse, reclamation and recycling of hazardous waste. It will clear up the confusion that is associated with the many definitions of "hazardous" by various regulatory agencies. Participants will gain helpful information related to the required and recommended inspection items associated with hazardous waste satellite accumulation and storage areas.

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### TRACK 6: **ENJOYING THE GREAT MAINE OUTDOORS - AND STAYING SAFE**

*Michael Sawyer, Recreational Safety Officer, Maine Department of Inland Fisheries and Wildlife  
Philip DuPerry, Safety & Health, DEAIHA*

With any luck, we are all working at a workplace that emphasizes safety every single day. For most workers in Maine, the workplace is the safest location and activities they will experience throughout the year. Driving for many is the time of greatest exposure to hazards – whether as part of work or "just trying to get there from here". So why do we hear about so many good Maine folks, some we may have worked with, who venture off to the woods and waters of Maine and end up hurt, ill or worse?

Come hear from the Maine Department of Inland Fisheries and Wildlife Recreational Safety Office and the Maine Warden Service as they share their many efforts to ensure recreational safety in our great State. The session will emphasize the many ways that outdoor recreation can be done safely with proper training, planning and awareness to environmental conditions!

For companies emphasizing safety both on AND off the job, this session addresses a large area of risk to their workforce.

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### TRACK 7: **DISTRACTED / FATIGUE DRIVING**

*Tim McCarty, MCS, CSP, ARM, ALCM, CSSM, CPSI, Director Safety & Risk Consulting, Clark Insurance (SPONSOR)*

Driving is a challenging task that too often, our employees take for granted. Two of the major causal factors of collisions on our roadways are Distractions and Fatigue, difficult areas for management to monitor and control. Tim will share some strategies around these topics and how to improve your fleet safety program and reduce the likelihood of collisions and the resulting injuries or deaths. Let's help our employees drive safely!

# THURSDAY- October 17, 2019

**10:30 AM VENDOR HALL**

**11:30 AM BREAKOUT SESSIONS**

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## TRACK 1: **OSHA AND BLS UPDATE**

*Samuel Kondrup, Supervisory Safety and Health Specialist, USDOL-OSHA*

*Steve Greeley, Director, Workplace Safety and Health Division, 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 hear the latest from 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.

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## TRACK 2: **DEMYSTIFYING THE SELECTION, USE, CARE AND MAINTENANCE FOR FR/AR CLOTHING**

*Duncan Blaine, NE Territory Sales Manager, VF Workwear, Inc.*

PPE is the last line of defense, but if it is not the correct PPE for the hazard or if it is not worn properly and/or maintained correctly it will fail when you need it most. There is still a lot of misleading, inaccurate, and incorrect information regarding selection of the proper FR Clothing – regulations and standards make it clear that training on PPE is required. How do you train on FR/AR clothing? What is your responsibility for care and maintenance of your FR/AR clothing? We will cover what guidance is provided by the standards and review best practices in selecting, using, and caring for your FR clothing to assist in your organization being compliant.

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## TRACK 3: **BUGS, PLANTS AND SCARY STUFF**

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

Learn about poisonous plants, ticks, stinging insects, biting flies, and harmful caterpillars. This session will focus on identification, habitat, disease transmission, time of year, and control.

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## TRACK 4: **THE SAFETY PROFESSIONAL RUT: THINKING LIKE A RISK MANAGER**

*Ted Clark, Loss Control Consultant, Acadia Insurance (SPONSOR)*

The benefit of taking a broader approach to risk management by looking at the large loss exposures that lie beyond personnel safety. This session will take an in depth look into how non-injury losses can affect your company's safety culture and bottom line.

### TRACK 5: **SILICA**

*Stephen E. Badger, CPS, OHST, WCP®, Safety Management Consultant, The MEMIC Group (SPONSOR)*

This session will focus on the OSHA General Industry and Construction standards regarding silica in the workplace. While on the surface these regulations seem similar in many ways, there are some notable differences worth investigating. This presentation will also include any new information regarding OSHA's enforcement of these two standards.

### TRACK 6: **PERSONAL IDENTITY THEFT**

*David Leach, MPA, Principal Examiner, Maine Bureau of Consumer Credit Protection*

Proactively preventing identity theft in the age of data breaches.

### TRACK 7: **FLEET SAFETY BEGINS IN THE SHOP**

*Randy Klatt, Loss Control Director, The MEMIC Group (SPONSOR)*

Fleet safety starts with maintenance supervisors and individual shop technicians. Hazards abound in the garage including hazardous materials, ergonomic challenges, auto lifts, and tire inflation hazards to name a few. This session will focus on those hazards, the proper controls, and required training for maintenance personnel. Keep the garage staff injury free so the fleet can hit the road in top condition.



National Safety Council of  
Northern New England

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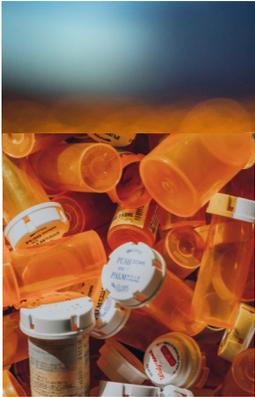
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# THURSDAY- October 17, 2019

**12:30 PM LUNCH / VENDOR NETWORKING**

**1:30 PM CLOSEOUT SESSION**



## IMPAIRMENT WITH A FOCUS ON OPIOIDS USE AND ABUSE

*Panel:*

*Chief Robert Moulton, Scarborough Police Department*

*Jenny Burke, JD, MS, Sr. Director, Advocacy, National Safety Council*

*Local Testimony to be announced*

*Michael Botticelli, Executive Director, Grayken Center for Addiction at Boston Medical Center*

*Amanda O'Leary, Planning and Research Associate II, Maine Department of Labor, BLS*

The opioid epidemic is significantly affecting communities throughout New England and nationally. Drug overdoses killed over 70,000 Americans in 2017 (more than peak HIV, gun, or automobile accident deaths). No community is untouched, also, New England states, are among the most severely impacted.

Beyond the human toll, the economic impact, tallied in measures including lost productivity and increased health costs, is staggering. Estimates run as high as \$740 billion nationally. Organizations and individuals are struggling to respond, but the good news is that there is a range of practical steps anyone can take. Hopefully this closeout session will providing participants with solid, practical advice they can use in their own lives and organizations.

*Thank you to the volunteers of the Maine Conference Committee whose hard work and dedication make this annual event possible.*

### MAINE CONFERENCE COMMITTEE

**Justin Ladd, CUSP, Chair, Board**

Safety Manager, Power & Energy- CIANBRO

**Janice Arsenaault**

Director of Health/Wellness and Occupational Safety Maine  
Department of Transportation

**Bob Burdick**

Owner- Burdick Training & Safety Consulting Services

**Lenny Dercolo, QSSP**

Safety Specialist- NH Bragg

**Beth Stowell**

Retired from MEMIC

**Phil DuPerry, MBA, AIT**

Health & Safety Manager, IMG Academy

**Steven Greeley, Board**

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

**Les Knight, CUSP**

Environmental Health & Safety Manager- Avangrid Networks /  
CMP

**Robert Knowles, CIH, CSP**

IH Manager- Bath Iron Works

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Director Safety & Risk Consulting- Clark Insurance

**John Reed**

Director of EH&S - NorthernLights Mercy Hospital

**Kimberly Simoneau, CSP**

Senior Manager of Corporate Safety L.L. Bean

**Emily Tannebring**

Environmental Health & Safety Lead - Abbott Rapid Diagnostics

**Gary Thebarge**

Manager of Dispatch & Administration- Dead River Company

**Robert Thomas**

Loss Control Manager- Maine Municipal Association

**Sean Turner, CHSP, CSP**

Project Safety Manager- Turner Construction

**Jean Wheat, CSP**

Safety & IH- Sappi North America

### NSCNNE STAFF

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**Susan Chuala** - Accounting Services Coordinator, [susanc@nscnne.org](mailto:susanc@nscnne.org)

# REGISTERING FOR THE MAINE SAFETY & HEALTH CONFERENCE

3 EASY WAYS TO REGISTER ...

1. **Register On-line:** at [www.nscnne.org](http://www.nscnne.org)
2. **Register by E-mail:** Send your completed registration form to: [susanc@nscnne.org](mailto:susanc@nscnne.org)
3. **Register by Mail:** Mail your completed registration form with payment to:  
NSCNNE, 2 Whitney Rd, Suite. 11, Concord, NH 03301, Attn: Susan Chuvala

## EARLY BIRD REGISTRATION DISCOUNT

NSCNNE is pleased to offer a discounted registration price available if we receive your *PAID* registration on or before **August 31, 2019**. When completing the registration form, if you are unsure of all of the employees' names who will be attending but still want to take advantage of the early bird discount, simply indicate how many slots you would like us to hold for your company. We must have the names of the attendees no later than **October 1, 2019**

## GROUP REGISTRATION DISCOUNT

\*Register 5 Attendees and send a 6th Attendee for **FREE**. The 6th Attendee's registration must be of equal or lesser value than the other registered attendees.

## HOTEL ACCOMODATIONS

Hotel reservations must be made separately from your conference registration. Please reference the conference codes listed below to secure the discounted conference rate.

- Best Western: \$86.00 per night / call (207) 622-4751 / ask for **MESAFE** / Deadline Sept. 15, 2019
- Comfort Inn: \$86.00 per night / call (207) 623-1000 / ask for **MESAFE** / Deadline Sept. 15, 2019
- Fairfield Inn: \$99.00 per night / call (207) 623-2200 / ask for **MESAFE** / Deadline Sept. 23, 2019
- Hampton Inn: \$99.00 per night / call (207) 622-4077 / ask for **MESAFE** / Deadline Sept. 23, 2019

## NSC MEMBER DISCOUNTED RATES

Early Bird Paid on/or before August 31, 2019		
PDC	(Tues only)	\$135
1 Day	(Wed or Thurs)	\$150
2 Days	(Both Wed & Thurs)	\$250
Paid After August 31, 2019		
PDC	(Tues only)	\$165
1 Day	(Wed or Thurs)	\$180
2 Days	(Both Wed & Thurs)	\$300

## NON-MEMBER RATES

Early Bird Paid on/or before August 31, 2019		
PDC	(Tues only)	\$175
1 Day	(Wed or Thurs)	\$185
2 Days	(Both Wed & Thurs)	\$305
Paid after August 31, 2019		
PDC	(Tues only)	\$200
1 Day	(Wed or Thurs)	\$205
2 Days	(Both Wed & Thurs)	\$350

Questions? Contact NSCNNE at  
[melissaw@nscnne.org](mailto:melissaw@nscnne.org) 1-888-396-2047



**BECOME A NSC MEMBER!**  
Join the National Safety Council at  
[www.nscnne.org/membership.html](http://www.nscnne.org/membership.html)

## CANCELLATION REFUNDS

If you need to cancel your conference registration, you must do so prior to **October 1, 2019**, and you will receive a 100% refund. No refunds will be issued after **October 1, 2019**, due to marketing and administrative costs incurred. If you need to cancel, we must have it in writing, emailed to [melissaw@nscnne.org](mailto:melissaw@nscnne.org)



# 2019 Maine Safety & Health Conference Registration Form

Company Name:
Address:
Contact Person:
Email:
Phone:

## Pre-Conference Professional Development Classes (PDC) Tuesday, October 15, 2019

	Attendee Name	Attendee Email	PDC #	Amount
1.				
2.				
3.				
4.				
5.				
6.*				\$0 <sup>(6/5)</sup>

## Wednesday, October 16<sup>th</sup> and/or Thursday, October 17<sup>th</sup>, 2019

	Attendee Name	Attendee Email	Wed. Only	Thurs. Only	Wed.& Thurs.	Amount
1.						
2.						
3.						
4.						
5.						
6.*						\$0 <sup>(6/5)</sup>

<i>NSC Members on/or before August 31, 2019</i>		
PDC	(Tues only)	\$135
1 Day	(Wed or Thurs)	\$150
2 Days	(Both Wed & Thurs)	\$250
<i>NSC Members after August 31, 2019</i>		
PDC	(Tues only)	\$165
1 Day	(Wed or Thurs)	\$180
2 Days	(Both Wed & Thurs)	\$300

<i>Non-members on/or before August 31, 2019</i>		
PDC	(Tues only)	\$175
1 Day	(Wed or Thurs)	\$185
2 Days	(Both Wed & Thurs)	\$305
<i>Non-members after August 31, 2019</i>		
PDC	(Tues only)	\$200
1 Day	(Wed or Thurs)	\$205
2 Days	(Both Wed & Thurs)	\$350

**\*Register 5 Attendees and send a 6<sup>th</sup> Attendee for FREE.**  
 The 6th Attendee's registration must be of equal or lesser value than the other registered attendees.

<b>PDC Total:</b>	
<b>Conference Total:</b>	
<b>Total to be charged:</b>	

Card No:	
Expiration Date:	Security Code:
Name on card:	Signature:

Top 3 Reasons  
to Join NSC...

# MEMBERS GET MORE!

NSC Member Benefits include exclusive Discounts,  
Access to Resources, Trainings and So Much More!



National Safety Council of  
Northern New England

## 1 Enjoy Discounts

- Save up to 30% on online, classroom and certification trainings.
- Discounted Registration for your local Maine and New Hampshire Safety & Health Conferences as well as the annual NSC Congress and Expo.
- Discounts on NSC products, publications and training materials

## 2 Access the Latest in Safety Information

- 24/7 Access to nsc.org member exclusive resources, where you will find downloadable safety talks, PowerPoint presentations, posters, and the latest information and up-to-date resources.
- Membership News Alert: Top-rated safety news delivered to your inbox every week
- Safety + Health monthly magazine, a \$67 value, available to your safety and management teams.
- OSHA Up To Date or Traffic Safety monthly newsletters
- Safety motivation and Recognition awards

## 3 Take Advantage of Learning Opportunities

- Safety Audio Library with more than 200 recorded seminars
- Unlimited Pod casts
- More than 50 downloadable Safety Webinars
- Live NSC Safety Webinar (a \$119 value)
- FREE use of the NSC Knowledge Center– Let us do the research for you!
- Industry– Specific Division networking Groups and Benchmarking Opportunities

Our award-winning  
Instructors can provide training  
at **Our site, Your site or Online!**

### Membership Dues\*

Number of Employees	1 Year Membership	2-Year Membership	3-Year Membership
1-49	<b>\$425</b>	<b>\$765</b>	<b>\$1080</b>
50-99	<b>\$495</b>	<b>\$890</b>	<b>\$1255</b>
100+	<b>\$650 + \$1 per employee over 100</b>	<b>\$1170 + \$2 per employee over 100</b>	<b>\$1650 + \$3 per employee over 100</b>



Get More information about  
NSC Membership from your  
local chapter at:

[www.nsnne.org](http://www.nsnne.org)

1-800-834-6472

Note: Dues are capped at \$21,000 for organizations with 20,450 employees or more.  
\*\$35.11 of the membership dues is for an annual subscription to **Safety+Health**® magazine

# SAVE the DATES

Learn more about our other upcoming  
Safety & Health Conferences at

**[www.nscnne.org](http://www.nscnne.org)**

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The 49<sup>th</sup>

## **New Hampshire Safety & Health Conference**

April 7 & 8, 2020

Nashua, NH



National Safety Council of  
Northern New England



## **NSC Congress and Expos**

### **San Diego, CA 2019**

Congress: Sept. 7—13, 2019

Expo: Sept. 9 –11, 2019

### **Indianapolis, IN 2020**

Congress: Oct. 3 –9, 2020

Expo: Oct. 5 –7, 2020

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### *What People are Saying about Our Conferences...*

“A great networking opportunity as well as a valuable learning opportunity. Definitely a must for everyone serious about safety and health.”

- Joe Ditzel, NH Bragg

“My National Sales Manager was with me when we did the Maine Safety Conference. His remark was it was the best-organized state safety show he has ever attended. As you know, we travel a long way to attend and present our products at the Maine Safety Conference. This is not a small expense for us to incur... Everyone involved tries to make our time and experience there as positive as possible. The attendees are as responsive to our products as we are to their making our efforts (Vendors) to come all the way from Washington State a very positive experience. We plan to attend again next year. Thank you for your efforts!”

- John M. Damo, Vice President, Majestic Glove

Pittsfield, Maine Sept. 30th—Oct. 4, 2019



# CERTIFIED OCCUPATIONAL SAFETY SPECIALIST TRAINING

Certified Occupational Safety Specialist

## WHY SHOULD I TAKE COSS?

COSS is a unique, curriculum-based program that builds a solid foundation in safety knowledge for the beginning practitioner as well as the experienced professional. A recent survey indicated 95 percent of graduates believed COSS training would help them do their jobs better, and 90 percent of those surveyed said the way the material was presented made them feel confident that they could apply all they learned to their jobs.

## WHAT SETS COSS APART?

The COSS program blends safety management development with regulatory training. Training covers regulations and rules but also focuses on how those regulations apply to everyday life. Graduates return to their jobs with a much greater understanding of how safety regulations come into play in their roles and responsibilities.

## WHAT SHOULD I EXPECT?

The program consists of 40 hours of hands-on, face-to-face learning, which is delivered by an OSHA-authorized trainer. Case studies and workshops are used extensively to bring learning objectives into focus. Guest speakers from OSHA and other governmental agencies are used to enhance the learning experience. Student presentations, daily quizzes, practical reviews and a comprehensive final exam allow participants to demonstrate their competency.

## IS COSS NATIONALLY ACCEPTED?

COSS has received national recognition for its rigorous safety standards. The program meets

the requirements outlined in ANSI Z490.1 – Criteria for Accepted Practices in Safety, Health, & Environmental Training Standard. COSS has also been established as a mandatory course for students in the construction management program at Louisiana State University, and is now being accepted as a three-hour elective toward the Associate of Applied Science in Occupational Safety & Health and the Bachelor of Science in Occupational Safety & Health through Columbia Southern University.

## WILL I QUALIFY FOR COSS?

The only prerequisite for the COSS program is a high school diploma or equivalent. Unlike other safety certifications and designations, COSS does not require a bachelor's degree from an accredited institution. Workers can begin building upon their safety careers today, ensuring they make a real impact on the job.



Learn More about the  
COSS® Program at

[www.nscnne.org](http://www.nscnne.org)

[www.coss.net](http://www.coss.net)

Become a  
Certified Occupational Safety Specialist

COSS Pricing:  
\$1,799 Member | \$2,295 Non-Member

- \* Pittsfield, ME - Sept. 30-Oct. 4, 2019
- \* Bennington, VT - Dec. 9-13, 2019



National Safety Council of Northern New England  
PO Box 317  
South Portland, ME 04116

## 2019 Maine Safety & Health Conference

*Join us!*

**October 15-17, 2019**

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