

49th Annual

New Hampshire Safety & Health Conference

June 9 & 10, 2020 Virtual Conference



Welcome! To The 49th Annual New Hampshire Safety & Health Conference

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

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Conference Breakout Session Key



Regulatory Compliance



Safety Leadership



Transportation: Compliance & Safety



Wellness / Ergonomics



Emergency Planning / Security

8:00 AM OPENING WELCOME & 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 BREAK / VIRTUAL VENDOR HALL

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. Visit the virtual Vendor Hall to chat with exhibitors.

9:30 AM BREAKOUT SESSIONS



CHANGING THE CULTURE SURROUNDING MENTAL ILLNESS IN THE WORKPLACE

Philip Adamo, MD, MPH—Section Chief and Medical Director of Occupational and Environmental Medicine, Dartmouth-Hitchcock Medical Center

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

Dr. Adamo and John Broderick will continue the discussion of mental health from the workplace perspective. What should employers and co-workers know about mental health? What are some "best practices" to address concerns regarding mental illness? What are some of the common legal concerns that employers have regarding employees that may have mental health issues? What resources are available? Join us to learn the answers to these and other questions.



HAZARDS IN EMERGENCY PLANNING

Robert Zalewski—Trainer, The New England Consortium

Preparation is a key consideration in business continuity and resiliency. We will explore the "All Hazards" concept of pre-planning.



CASE STUDIES IN WEARABLE TECHNOLOGY

Ben Zavitz— Chief Ergonomist, Ergo Human Performance LLC

Smart and wearable technology is all the rage, but can it be used to effectively identify cost effective solutions in industry and convince management of the need to make an improvement? This presentation will provide an overview of some of the technology available today and the challenges and benefits of using various smart and wearable technologies and measurement equipment. A series of industrial projects related to material handling, equipment design and selection, whole body vibration and vehicle seats, hand arm vibration of power tools, and evaluation of PPE will be shared with the audience to demonstrate how various types of technology were used to evaluate the impact of ergonomics solutions. Examples of technology that will be shared include: motion capture suits, heart rate monitors, wireless EMG, phone based apps, accelerometers and pressure sensors.

10:30 AM BREAK / VIRTUAL VENDOR HALL

11:00 AM BREAKOUT SESSIONS



A S.A.F.E. WAY OUT OF SLIPS AND FALLS

Adam Levesque—Safety Management Consultant, The MEMIC Group Jeremiah LaCross—Safety Management Consultant, The MEMIC Group

Are you actively looking at your workplace for hazards? Do you prioritize those risks? Preventing slips and falls is far more than just telling employees to "be careful." Formal assessment activities should be utilized just as we do for risks such as a confined space and/or machine guarding. Fall prevention is a critical element to any safety program. Regardless of industry, falls remain one of the leading causes of workplace injury.

In this session we will take participants through the SAFE Acronym (Surface, Awareness, Footwear and Environment), focusing on proactive Slip, Trip and Fall prevention strategies. Participants will also complete a formal strategic assessment activity, focusing on the assessment and prioritization of slip, trip and fall hazards.



TALK SAVES LIVES: AN INTRODUCTION TO SUICIDE PREVENTION

Shamera Simpson—Area Director, American Foundation For Suicide Prevention

Suicide is a serious health concern and can be prevented. Talk Saves Lives™ is an introductory presentation on mental health and suicide prevention, including the most up-to-date suicide data and research, and what can be done to fight this leading cause of death. Participants will learn the common factors that increase a person's risk for suicide, how to spot the warning signs in others, and how to keep ourselves, our loved ones, and those in our community safe.



WORKING WITH THE YOUNGER WORKER

Donald Olesen PE.CSP.MBA- Principle Consultant, NuTera Safety Solutions

Each generation presents it's own unique set of challenges. We also know that inexperience can create a multitude of issues. Today, more than ever, our young workers (Millennials and Generation Z) are less work-hardened, less experienced, and more in tuned with electrical devices that mechanical devices. Many are sensitized to serious injury. We know we need their energy, ideas, education, and enthusiasm. However, we do hear some young workers that have taken a factory job say, "I don't want to work that hard." We also see young workers taking chances thinking that "It won't happen to me." This session will briefly discuss the problem companies face hiring today's young workers and then focus on some things we can do to help prevent major illnesses and injuries.

12:00 PM LUNCH

12:30 PM LUNCH SESSION



MENTAL HEALTH IN THE VIRTUAL WORKPLACE

Jaime Corwin– Vice President of Human Resources, Riverbend Community Mental Health

This presentation will discuss the "new normal" and how work in today's environment has shifted. We'll discuss ways to keep it all in check, how to give staff guidance, communication, and a few ideas from the HR perspective on what's happening now and what's coming next.

1:00 PM BREAK / VIRTUAL VENDOR HALL

1:30 PM BREAKOUT SESSIONS



LOTO: PRACTICAL STRATEGIES TO MAINTAIN COMPLIANCE AND PREVENT INJURIES

Adam Levesque—Safety Management Consultant, The MEMIC Group Jeremiah LaCross—Safety Management Consultant, The MEMIC Group

Is your LOTO program working for you? In this session, we will look at LOTO from both compliance and practical viewpoints. This session will look at activities according to OSHA's Lockout/Tagout regulations and discuss strategies on how to manage compliance while balancing operational priorities. Concepts include a review of OSHA's Lockout/Tagout standards, instructions for creating and adhering to written lockout procedures, lockout program components, methods of training employees in the recognition and control of hazardous energy, developing machine specific procedures, and integrating LOTO into everyday business practices.



WELCOME TO THE SAFETY PROFESSION; NOW WHAT?

Eric Grant, CSP-Loss Control Consultant, Acadia Insurance

This session is intended for working professionals who have been tasked with managing the companies' safety program and has minimal formal training or experience. Prevention is not just knowing OSHA compliance standards. Safety professionals need to consider many other aspects of prevention. Understanding how to establish internal allies and effectively utilize external resources will be key factors in making a successful transition into your new role. The session would also benefit any recent safety program graduates looking for their first opportunity in the industry.



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

Jason Climer—Protective Security Advisor, NH District, US Dept. of Homeland Security

DHS 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.



COMMERCIAL MOTOR VEHICLES & THE 7 SAFETY CATEGORIES

Roy Roberts—Owner, Roy T. Roberts Consulting Group

US DOT and the Seven Dwarfs:

- Dopey- Drug and Alcohol testing
- Sleepy- Unsafe Driving
- Sneezy- Driver Fitness

- Doc- HazMat
- Bashful- Hours of Service
- Grumpy- Crash Indicator
- Happy- Vehicle Maintenance

Motor Carrier Safety is no accident: Knowing your 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 is 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 your operational needs.

2:30 PM BREAK / VIRTUAL VENDOR HALL

3:00 PM BREAKOUT SESSIONS



FALL PROTECTIONS TRAINING WITH VIRTUAL REALITY

Christopher Mayne, CLM—EHS Project Manager, GZA GeoEnvironmental, Inc.

Training is a cornerstone of every successful fall protection program. How we communicate about fall hazards, prevention, and protection is of critical importance to effectively minimize risk to workers. Traditional training methods can get old and become ineffective in leading workers to safe work behaviors and practices. Fortunately, virtual reality technology provides an opportunity to deliver engaging and effective training to our workforce.

This session will focus on using virtual reality technology to enhance fall protection training, engage students, and promote information retention. This session will also include an expanded discussion of using virtual reality training tools to strategically enhance your existing safety training programs including the benefits and the challenges of incorporating virtual reality into an existing program.



HEAT STRESS: RISK FACTORS, EVALUATING AND CONTROLLING WORKER EXPOSURE

David May, ScD, CIH, PE—Consultant, Concord Cymorth, LLC.

Background: According to the BLS, there were over 28,000 lost time injuries due to environmental heat exposure from the years 2011 to 2018 in the US. This past July, the US House of Representatives introduced a bill to direct OSHA to adopt a heat stress standard. What can be done now to protect workers? This session will review causes of occupational heat stress, several methods of evaluating the degree of heat stress in the workplace and provide common methods of controlling this hazard.



LET'S HELP OUR EMPLOYEES DRIVE SAFELY! DROWSY & DISTRACTED DRIVING

Timothy McCarty, MCS, CSP, ARM, ALCM, CSSM, CPSI—Director Safety & Risk Consultant, Clark Insurance

Driving is a challenging task, which too often, our employees take for granted. Two of the major causal factors of collisions on our roadways are distractions and fatigue which are difficult areas for management to monitor and control. Mr. McCarty will share some strategies around these topics including how to improve your fleet safety program and reduce the likelihood of collisions and the resulting injuries or deaths.

4:00 PM

NETWORKING SOCIAL

Join Us!

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LIVE Music, LIVE Chatrooms, DOOR PRIZES

This year's social networking event is BYOB, but it's still an excellent opportunity to network with other safety professionals!

Join us in the "MAIN CHAT ROOM" or visit the other rooms to find your peers working in construction, general industry or those involved with ASSP.

Visit the VIRTUAL VENDOR HALL

Experts from these well-known companies and organizations will be on hand to answer questions and provide you with the latest safety products, services, technologies, and resources.



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New Hampshire Safety & Health Conference



WEDNESDAY, June 10th, 2020

Conference Breakout Session Key



Regulatory Compliance



Safety Leadership



Transportation: Compliance & Safety



Wellness / Ergonomics



Emergency Planning / Security

8:00 AM DAY 2 OPENING / KEYNOTE



A SAFER TOMORROW: NAVIGATING THE CHANGED WORLD OF WORK John Dony —Director, Campbell Institute of National Safety Council

This Spring the world was turned on its head, and no industry has been unaffected by the global impact of COVID-19. While there is no doubt that the past several months have been a trying time, many organizations have risen to the challenge of keeping their people safe throughout this crisis.

In April, The National Safety Council convened a national task force of such employers, along with trade associations, governments and organizations, doctors, mental health experts, andf perspectives from the legal, HR and labor communities. Dubbed SAFER (Safe Actions for Employee Returns), this Task Force has proposed recommendations and provided tools for employers readying to return to or expend operations. This session will share some key ongoing recommendations from the task force as we enter into the next phase of our shared mission to keep our people safe, from the workplace to anyplace.

John Dony is the director of the Campbell Institute, the global environmental, health and safety center of excellence. John sets Institute vision and strategy, develops leading-edge research, and oversees event, partnership and outreach initiatives. He works closely with EHS, sustainability and operations executives, researchers and thought leaders from more than 40 member organizations and partners to share best practices from around the

9:00 AM BREAK / VIRTUAL VENDOR HALL

Visit the Vendor Hall to learn more about the latest products, technologies, and services available to safety professionals.

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NFPA 2113: SELECTION, CARE AND MAINTENANCE FOR FR CLOTHING

Derek Sang, QSSSP, IASHEP (CSHEP)- Technical Training Manager, Bulwark Protection

NFPA 2113 is the companion standard to NFPA 2112 and describes in-detail NFPA guidelines for the selection, care, use, storage and maintenance of FR clothing used to protect against flash fire. This session will cover best-practices and how to create a safe and useful program for employees required to wear FR Clothing.



AGING WORKFORCE

Scott Lawson—Owner, The Lawson Group

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As the workforce ages around the globe, it will present a special set of problems that go way beyond safety and health on the job. This workshop will explore some of these challenges and what changes can be made now to lessen the impact as time passes.



BOOTS ON THE GROUND, DRONES IN THE AIR

Lindsey Mitchell- -Office Operations Manager/UAS Pilot, ARE Corporate Jon Budreski—Director of Business Development, ARE Corporate

UAS (drones) can improve the safety of collecting data for inspections or mapping an area, but if not done correctly you may be trading one risk for another. This session will focus on pre-flight preparation and the steps required to ensure safe and productive aerial data collection.



DRUG AND ALCOHOL CLEARINGHOUSE

Steve Piwowarski—Division Administrator, FMCSA

The Drug and Alcohol Clearinghouse is a secure, online database that will give employers and other authorized users real-time information about commercial driver's license (CDL) and commercial learner's permit (CLP) holders' drug and alcohol program violations, thus improving safety on our Nation's roadways.

Effective January 6, 2020 employers are required to report drug & alcohol violations to the Clearinghouse. Employers are also required to guery all new and current CDL drivers.

This session will cover the requirements of the Drug & Alcohol Clearinghouse. Define the responsibilities of the users and understand how the new requirements will improve safety.

10:30 AM BREAK / VIRTUAL VENDOR HALL

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WEDNESDAY, June 10th

11:00 AM BREAKOUT SESSIONS



ADVICE FOR MANAGING AN OSHA INSPECTION

James F. Laboe—Attorney, Orr & Reno, P.A.

This session will teach you how to successfully manage an OSHA inspection thereby reducing your exposure to OSHA citations as well as downstream liability (e.g. third party lawsuits, criminal exposure, repeat citations, etc.).



EEOC HARASSMENT PREVENTION & "KINDNESS" TRAINING

Joe Ralbovsky—Account Executive, The Rowley Agency, Inc. Tyler Halstead—Account Executive, 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 session will help you focus on the struggles of conflict resolution and relationship management within your work environment in 2020.



ISO 45001 - THE "NEW" SAFETY STANDARD

Randall Pittman—EHS Business Unit Manager, 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. Managing all of the processes to ensure compliance is equally important. ISO 45001 is the OS&H management system standard designed to manage safety risks and opportunities within the scope of 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 in this session.



CANNABIS: NEW RULES, NEW PRODUCTS, NEW CONCERNS

Laurie Warnock—New Hampshire Education Coordinator, Northern New England Poison Center

Our conversations about marijuana are changing as states move to legalize cannabis products for therapeutic and/or retail sale. There are new rules, new products and new concerns. This session will include:

- The current legal status in New England states
- The medical conditions for which marijuana is often used therapeutically
- The types of cannabis products and cannabis infused products available
- The mechanism of actions, signs and symptoms of marijuana impairment

12:00 PM LUNCH

12:30 PM VIRTUAL VENDOR HALL

Resources and updates for safety professionals

WEDNESDAY, June 10th

1:00 PM CLOSEOUT SESSION



NEW HAMPSHIRE GOVERNOR'S RECOVERY FRIENDLY WORKPLACE INITIATIVE

Shannon Bresaw—Program Director

New Hampshire is often identified as one of the healthiest states in the nation, but residents are not immune to the challenges facing all states, particularly related to opioid misuse and addiction. New Hampshire has seen a significant increase in overdose deaths from 163 in 2012 to 488 in 2017 and is among the top 5 states with the highest opioid-involved death rates.

Untreated addiction costs New Hampshire's economy \$2.36 Billion. 66% of that cost (\$1.5 Billion) is incurred by businesses in the form of impaired productivity and absenteeism. Nationwide, 75% of U.S. employers feel that they have been affected by employee opioid use, yet only 17% feel prepared to deal with the issue.

This session will explore the development and implementation of New Hampshire's Recovery Friendly Workplace (RFW) initiative, established by Governor Chris Sununu in 2018. It empowers businesses to promote health and wellness by creating work environments that address substance use concerns head on. The initiative gives businesses the resources and support they need to foster a supportive environment that encourages the success of their employees in recovery — empowering workplaces to proactively challenge stigma, provide support for people recovering from substance use disorder, and prevent substance misuse.

On December 17, 2019 Governor Sununu signed an alliance with OSHA to increase awareness of and access to the Recovery Friendly Workplace Initiative. More than 190 New Hampshire businesses representing tens of thousands of employees have joined this effort. Ms. Bresaw will identify early successes, lessons learned, and opportunities for replication and expansion.

Thank you for joining us for the 49th annual New Hampshire Safety and Health Conference. We hope to see you at one of other upcoming conferences.

Save the Dates!



93rd Annual

Maine Safety & Health Conference September 22 - 24, 2020



Safety & Health Conference April 6 & 7, 2021

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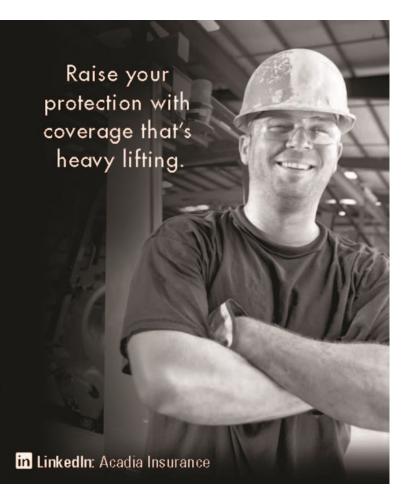


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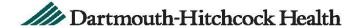
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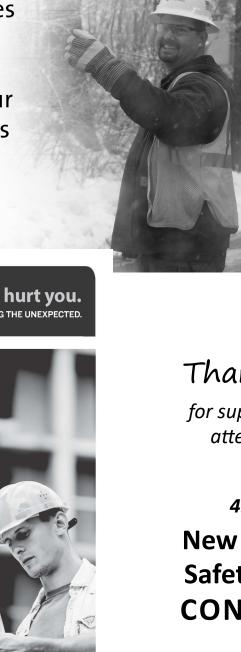
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