

Events, Sessions, and Demos

WEDNESDAY, OCTOBER 7

12th Annual Forklift Rodeo

WEDNESDAY, 9:00 AM – 1:00 PM, EXHIBIT HALL

Watch skilled forklift operators as they navigate a fun and challenging driving course that includes various tasks and hazards. Drivers are evaluated on the safe, efficient, skillful, and proper completion of the course using accepted forklift operation standards.

After the Storm

WEDNESDAY, 11:00 AM – NOON, ROOM 318

Laura Goudreau, Washington State Emergency Management Division

Sponsored by the Chemical and Petroleum Panel

In 2005, Hurricane Katrina devastated areas of the Gulf Coast forcing the state to respond to challenges never before seen. This presentation will focus on those challenges and the successes. Participants will learn how to prepare for disasters that threaten Washington State and how businesses can take a beneficial role in the response and recovery.

Are You Ready for Cranes (2010)?

WEDNESDAY, 4:00 – 5:00 PM, ROOM 404

Mandi Kime, Associated General Contractors of Washington

Chuck Lemon, Dept. of Labor & Industries

Sponsored by the Construction Panel

The intent of this session is to give a brief overview of all the steps necessary for a contractor to be in compliance with the new Crane regulations. Participants will get a checklist to take back to their companies and verify their steps have been completed.

Cell Tower Rescue Demonstration

THURSDAY, 7:00 AM – 11:30 AM, 12:30 – 5:00 PM EXHIBIT HALL

Cell Tower Rescue demo

Combating Distracted Driving

WEDNESDAY, 11:00 AM – NOON, VENICE 1, MURANO

Tom Anderson, Interstate Distributor Co.

Dave Kerns, Haney TK Line

Craig Lockwood, Boise Cascade Trucking

Sponsored by the Vehicle and Fleet Panel

Distracted driving has been the cause of some huge collisions recently. In this session, participants will learn more about the cause of those collisions and the strategies and policies companies are using to eliminate distractions. Various types of in-cab and out-of-cab distractions will be identified and discussed.

Designing for Construction Safety: Concepts and Practice

WEDNESDAY, 1:30 – 2:30 PM, ROOM 404

John Gambatese, Oregon State University

Sponsored by the Construction Panel

This presentation is intended to give participants an account of the “design for construction safety” concepts and practices used in the US construction industry, including the resources and tools available for application in practice. Participants will gain an understanding of the goals and benefits of employing safety in design techniques and the future of designing for safety, as well as methods to keep up with new developments.

Doing More with Less: Downsizing, Closures, Budget Cuts and Layoffs

WEDNESDAY, 1:30 – 2:30 PM, BALLROOM C

Greg Bussell, North Pacific Paper Corporation

Steve Fluke, Woodworkers/IAM District Lodge 1

Terry Alexander, Jim Thomas, Jesse Walters,

The Weyerhaeuser Company

Sponsored by the Forest/Pulp and Paper Products Panel

This panel will consist of safety leaders who have helped implement changes at both Weyerhaeuser and Boeing. They will talk about how they handled issues and share their best ideas on how to cut back and help employees in the transition. This will be an interactive workshop with questions and discussion topics from the audience. Reference materials will be provided.

Easy Incident & Accident Investigations

WEDNESDAY, 11:00 AM – NOON, BALLROOM

Joe Angyus, TOC Management Services

BLOCKBUSTER!

This presentation will include basic philosophies of incident investigations that are easily implemented into any workplace and guaranteed to improve your investigation process.

Electrical High Voltage Demo

WEDNESDAY, 11:30 AM – 12:00 PM, 2:00 PM – 2:30 PM, AND 5:00 PM - 5:30 PM, AMPHITHEATRE, MARRIOTT

Gain an understanding of the dangers of electrical power at this exciting demonstration presented throughout the day by Avista.

Equipment Options for Safe Patient Handling – A Hands-On Approach

WEDNESDAY, 1:30 – 2:30 PM; 2:45 – 3:45 PM, ROOM 407

Lynn LaSalle, MultiCare Health System

Jeannette Murphy, St Luke’s Rehabilitation Institution

Leslie Pickett, Swedish Medical Center

Sponsored by the Health Care Panel

Come to this session and learn quick and easy methods for assessing a patient’s transfer and mobility status, allowing

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you to choose the right equipment for the right patient at the right time. The use of transfer aids and assistive devices that can be used for safe transfers in home settings will also be demonstrated.

Fall Protection

WEDNESDAY, 2:45 – 3:45 PM, ROOM 404

Dan McMurdie, Dept. of Labor & Industries

Sponsored by the Construction Panel

This session is an update on the Fall Protection Rule.

Fall Protection Demonstrations

WEDNESDAY, 8:00 AM – 9:00 AM, EXHIBIT HALL

Why are falls still the leading cause of death and critical injury in the workplace? Come and learn about the hazards of elongation systems and other hazards that have not been exposed and explained.

Fall Protection for the Electrical Industry

WEDNESDAY, 1:30–2:30 PM, MT. BAKER, MARRIOTT

Rick Maurice, Capital Safety, Inc.

Sponsored by the Electrical Utilities Panel

This class will give you the necessary tools to understand the various components of your fall arrest system. It will cover the ABCD's of inspection, installation and evaluation. In addition, you will understand the current ASTM standard relating to Arc Flash products. Attendees will get to see various types of rescue equipment and how it functions.

Familiarity Breeds Contempt. Complacency Can Kill.

WEDNESDAY, 2:45 – 3:45 PM, MT. TAHOMA, MARRIOTT

Eric Tofte, Evergreen Safety Council

Sponsored by the Mining, Tunneling and Aggregates Panel

It seems as if the more we work around the same equipment and areas, the more we tend to get used to it and forget that we can get injured or killed. This session will discuss the risk of complacency on the job, especially around moving equipment, and the importance of knowing what you are exposed to at all times. We will also discuss when equipment has a “no zone” where the operator of the equipment cannot see you even though you may think they can.

H1N1 Flu Health Fair

WEDNESDAY, 4:00 PM – 5:00 PM, ROOM 407

Find out about the latest updates on H1N1 Flu and how to protect yourself and your family. State and local healthcare groups will be on-site to answer your questions, provide handouts and perform demonstrations.

Hard Economic Times Affect the Safety Program, Too

WEDNESDAY, 11:00 – NOON, ROOM 317

Ray Clouatre, Frank Coluccio Construction Co.

Sponsored by the Public Employees Panel

During hard economic times every organization looks for ways to save money. The safety program is an integral part of the whole organization and is not exempt from budget restraints. In this interactive discussion, we will look at items in the safety program that can be trimmed and not affect overall safety, and dangerous items that should not be cut because they directly affect safety. Participants will receive a reference list to use in reviewing their own safety programs.

The Hazards of Working Near Backing Equipment (Panel)

WEDNESDAY, 1:30 – 2:30 PM, MT. TAHOMA, MARRIOTT

Doug Buman, Laborers' International Unions of North America

Michael O'Neil, Lakeside Industries

Sponsored by the Mining, Tunneling and Aggregates Panel

This session will provide a review of fatal accidents involving pedestrians and equipment on work sites. We'll address the root causes of these accidents and how to address these hazards.

High Angle Building Rescue

WEDNESDAY, 1:00 PM – 1:30 PM, PROJECTION BOX–15TH STREET

William Wright, Gravitec Systems, Inc.

We will demonstrate a top-down rescue which involves using a rope system attached to an anchor point at, or near, the roof level. The scenario involves a window washer that has a medical emergency and is hanging in a harness or scaffolding. We will lower a rescuer and a stokes basket down the face of the building to the victim's location using a mainline and a belay line (safety) system. When the stokes basket reaches the victim's location, the rescuer will transition it from the horizontal to the vertical position and scoop the victim into it. Once secure, and the necessary medical care provided, the person will be lowered to the ground where a medic unit will be waiting for immediate transport.

How to Become a Disaster Resilient Business

WEDNESDAY, 1:30 – 2:30 PM, ROOM 318

Wendy Freitag, Military Department Emergency Management Division

Sponsored by the Chemical and Petroleum Panel

According to the US Census Bureau, small businesses employ more than half of all Americans. They are the backbone of the US economy, yet they remain the most vulnerable to disasters. This session will showcase the unique web-based tools that Washington Emergency Management Division has developed to assist Washington businesses with improving their disaster resilience.

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How to Develop Effective Wellness Programs (Panel)

WEDNESDAY, 2:45 – 3:45 PM, BALLROOM C

Bruce Coulter, Doug Spohn, Dept. of Labor & Industries
Mike Heuer, Woodworkers/International Aerospace Machinists
Bruce Valentine, Black Lake Timber, Inc.

Sponsored by the Forest, Pulp and Paper Products Panel

This panel will give guidelines for developing company-wide wellness programs for both large and small companies, as well as single and multiple-site organizations. The panel will discuss creating a wellness culture (exercise, nutrition, stress, health screening, etc.), what works and doesn't work and how to use incentives.

Investigating and Resolving Indoor Air Quality Complaints

WEDNESDAY, 2:45 – 3:45 PM, ROOM 316

Rene Irish, The Boeing Company

Sponsored by the Aerospace Panel

Indoor air quality can encompass a variety of issues. Sometimes it is mysterious odors, stuffiness, or employees experiencing allergy symptoms. This presentation will address common complaints and helpful approaches to investigating the causes. Aircraft cabin indoor air quality will also be discussed.

Ladders and Scaffolding

WEDNESDAY, 4:00 – 5:00 PM, ROOM 406

Tom Odegaard, Evergreen Safety Council

Sponsored by the Natural Gas Panel

Ladders and scaffolding are two areas where complacency often leads to unnecessary – and frequently serious – accidents. This presentation will concentrate on safety requirements, as well as how to eliminate those common mistakes born from complacency.

Lifesaving Awards

WEDNESDAY, 9:30 AM – 11:00 AM, BALLROOMS

The Governor's Lifesaving Award recognizes those who have performed a courageous act in an attempt to save someone's life, or who have unselfishly assisted in an emergency situation without regard for their own personal safety. Heroes from all over Washington State will be honored. Please join us in recognizing the 2009 Lifesaving Award recipients.

Managing Our Driving Behaviors

WEDNESDAY, 4:00 – 5:00 PM, ROOM 316

Syd Muzzy, Traffic Safety Consultant

Sponsored by the Aerospace Panel

Many companies and agencies use drivers in their business, and these drivers need to be kept up to date in the latest traffic laws and best driving practices. Using best teaching practices and demonstrations, this session will inform,

entertain, educate, and inspire participants in a fast-paced presentation of "Defensive Driving Practices" that will increase and enhance their safe driving behaviors.

Meth Lab Awareness

WEDNESDAY, 1:30 – 2:30 PM, VENICE 2, MURANO

Ira Stephens, Tacoma Police Department Clandestine Lab Team

Sponsored by the Communications Panel

This session will provide an overview of the progression of methamphetamine production and use within the state of Washington and the current status of domestic production and distribution.

No Regulations, No Codes...You can do it!

WEDNESDAY, 11:00 AM – NOON, ROOM 405

Jim Norris, Robert Rotz, Dept. of Labor & Industries

Safety rules, regulations and codes are all important parts of safety efforts, but if that is what drives your safety program, you probably feel like something is missing – and you are right! Come and hear how you can make a difference by becoming a safety leader. Safety success is all about people and our ability to do the right thing because we care.

Pedestrian Safety

WEDNESDAY, 2:45 – 3:45 PM, ROOM 403

Tim Eacrett, The Boeing Company

Lou Flores, Dept. of Labor & Industries

Sponsored by the Materials Handling Panel

This presentation will use a case study to provide useful information for the prevention of pedestrian accidents around forklifts.

Poletop Rescue Competition

WEDNESDAY, 2:30 PM – 5:00 PM, AMPHITHEATRE

Year after year, observers hold their breath as contestants in the poletop-rescue competition climb high in the air. The contest simulates the critical rescue skills utility crews must master and hope never to use.

Product Stewardship in the Northwest

WEDNESDAY, 2:45 – 3:45 PM, ROOM 318

Jeff Ketchel, Public Health Seattle-King County

Sponsored by the Chemical and Petroleum Panel

Product stewardship is an environmental management strategy that means whoever designs, produces, sells, or uses a product takes responsibility for minimizing the product's environmental impact throughout all stages of the product's life cycle. Current and future product stewardship efforts in Washington State will be discussed with a special emphasis on E-Cycle Washington, Washington State's new electronics take-back program.

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Recent Changes in the CDL Program

WEDNESDAY, 2:45 – 3:45 PM, VENICE 1, MURANO

Tandy Alexander, Dept. of Licensing

Sponsored by the Vehicle and Fleet Panel

Session Description Not Available.

Reducing Exhaust Omissions: Green Technology

WEDNESDAY, 4:00 – 5:00 PM, ROOM 403

Brian DePue, Papé Material Handling

Sponsored by the Materials Handling Panel

This presentation will provide a quick overview of the California Air Resources Boards' Emissions Regulations for Lift Trucks and other Industrial Equipment. We will cover emission regulations for large spark ignited engine powered gas, LP gas-fueled, and for diesel powered equipment. We will also focus on the reasons behind the regulations and how you can act now to reduce emissions.

Regulatory Update

WEDNESDAY, 11:00 AM – NOON, MT. BAKER, MARRIOTT

Rick Evans, Dick Maxwell, Jim Voss, Dept. of Labor & Industries

Sponsored by the Electrical Utilities Panel

In this session we'll review changes to WAC 45 (the Electrical Worker Safety Rule for the Transmission and Distribution Industry), go over how to use the L&I web site to find what you need, review the high-voltage inspection checklist that inspectors use when they go out into the field, and conclude with a question-and-answer session.

Rejuvenate With Deep Relaxation

WEDNESDAY, 2:45 – 3:45 PM, MT. BAKER, MARRIOTT

Patricia Bartley

Rejuvenate body, mind and spirit with deep relaxation, and soothe jangled nerves and relieve stress with guided relaxation. Learn to use breathing techniques to help calm and focus the mind and create a deep sense of well being.

Respiratory Protection: Myth vs. Reality

WEDNESDAY, 1:30 – 2:30 PM, ROOM 315

Rick Gleason, University of WA

Sponsored by the Accident Prevention Panel

The presentation will present an overview of the respiratory protection standard under OSHA 29 CFR 1910, 134 and WAC 296- 842. It will cover assigned protection factors as well as the voluntary-use filtering facepiece (dust mask) exemption of OSHA and DOSH.

Radio Frequency (RF) Safety: It's Priceless

WEDNESDAY, 11:00 AM – NOON, VENICE 2

Steve Walz, Radiofrequency Safety International Corporation

Sponsored by the Communications Panel

Education is the key to a successful site compliance program. This session provides participants with clear-cut

best practices for RF safety. RSI uses real world examples and experiences to bring these issues into focus and highlight appropriate work practices. Attendees receive a high level overview on preparation and implementation of compliance steps, effective safety procedures, and more. Knowledge is power and this seminar will empower you to work safer.

Rigging Basics

WEDNESDAY, 2:45 – 3:45 PM, ROOM 315

Art Stanley, West Coast Wire Rope

Sponsored by the Accident Prevention Panel

The session will cover the use of slings of wire rope, chain, nylon & polyester. Lifting hardware such as shackles, turnbuckles, hooks, plate clamps, forged eye bolts and wire rope clips will be covered. Extensive handouts, technical bulletins and "Rigger's Pocket Guides" will be provided to all attending. We'll conclude with a discussion on the effects of angles on slings and review an easy method to determine sling angles in the field.

Rigging Inspections

WEDNESDAY, 4:00 – 5:00 PM, ROOM 315

Art Stanley, West Coast Wire Rope

Sponsored by the Accident Prevention Panel

The program will cover the use of, inspection and removal criteria for wire rope on hoists, slings of wire rope, chain, nylon and polyester. Lifting hardware such as shackles, turnbuckles, hooks, plate clamps, forged eye bolts and wire rope clips will be covered. Extensive handouts, technical bulletins & Riggers Pocket Guides will be provided to all attending. A discussion on the effects of angles on slings will be covered with an easy method to determine sling angles in the field.

Rules of the Road that Apply to You

WEDNESDAY, 1:30 – 2:30 PM, VENICE 1, MURANO

Sgt. Johnny Alexander, Trooper J.J. Gundermann, WA State Patrol

Sponsored by the Vehicle and Fleet Panel

This presentation will provide information on new driver distraction laws such as the "no hand held cell phone when driving a motor vehicle" law. We'll also talk about text messaging while driving, information about littering, and also respond to questions from the audience.

Safer and Leaner: Improving the Movement of People, Vehicles and Materials in a Manufacturing Environment

WEDNESDAY, 11:30 AM – 12:30 PM, ROOM 316

John Larson, The Boeing Company

Sponsored by the Aerospace Panel

In this session, John Larson will describe a project undertaken by The Boeing Company's Everett site to facilitate the safe and efficient movement of people, vehicles, and product at a site with a population rivaling

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many small cities. Discussion will include the challenges, solutions, and lessons-learned in the application of traditional transportation engineering theories to a manufacturing environment.

Scaffolding/Staging

WEDNESDAY, 11:00 AM – NOON, ST. HELENS, MARRIOTT

William Harbison, Levitator Scaffold

Sponsored by the Maritime and Waterfront-Related Activities Panel

This session will discuss what new methods of erecting and dismantling are being used, and what new safety products are being incorporated into those processes.

Sidecar/Trike Demonstration

WEDNESDAY, 8:00 AM – 5:00 PM, PARKING LOT C, TACOMA DOME

Certified instructors will demonstrate the different handling characteristics of 3-wheeled vehicles such as sidecars and trikes.

S-T-R-E-T-C-H Management for Workers

WEDNESDAY, 1:30 – 2:30 PM, ROOM 405

Patricia Bartley

Learn gentle stretching and breathing techniques you can do at work to reduce muscle tension and fatigue. You will also learn “stress busters” you can integrate into your workday. The techniques presented are suitable for all abilities, and most techniques can be done while sitting in a chair.

Student Program

WEDNESDAY, 9:00 AM – 12:00 PM, VENICE 3, MURANO

For students and teachers, this special program introduces tomorrow’s adult workers – and today’s young workers – to the importance of workplace safety and health. High school students accompanied by a teacher, counselor, or other adult may attend this free program. Space is limited.

Survival Strategies for Small Business

WEDNESDAY, 1:30 – 5:00 PM, ROOM 405

Eric Hahn, General Plastic Manufacturing Co.

Bonnie Jackson, CJC HR & Business Liaisons

Herb Maxey, Farmers Insurance Group

Sponsored by the Small Business Panel

This timely workshop is taught by industry professionals and will give you tools you can use to keep your business strong during the downturn, and be ready to ride the economic recovery to success. Topics covered will include: Keys to success in any economic time; Keeping your “A-Team” together and preparing staff for the recovery; and Workplace safety and profitability as partners. Attendees will also receive additional resources to help your business succeed, and free admission to the workplace safety trade show accompanying the conference.

Telescopic Boom Crane Demonstration

WEDNESDAY, 7:00 AM – 5:00 PM, PARKING LOT C, TACOMA DOME

There will be a 55-ton Telescopic Boom Crane set up at the Tacoma Dome parking lot (courtesy of Sickelsteel Cranes). The setup will also include the National Commission for the Certification of Crane Operators (NCCCO) practical examination course. Participants will be able to see what it takes to successfully pass the practical exam. Come give this a try and see if you have what it takes to become a certified crane operator.

Trenching and Shoring

WEDNESDAY, 2:45 – 3:45 PM, ROOM 406

Stan Burwell, Allwest Underground, Inc.

Sponsored by the Natural Gas Panel

This presentation will provide an overview of common hazards in trenching work, general requirements of the standards, and the types of protection systems used in the field. This session will address OSHA Standard 1926, Subpart P, and WAC 296-155, Subpart N, the safety standards that require employees be protected when working in a trench or excavation.

Tunneling Hazards

WEDNESDAY, 11:00 AM – NOON, MT. TAHOMA, MARRIOTT

Robert Taaffe, Sound Transit/Puget Sound Regional Transit Authority

Sponsored by the Mining, Tunneling and Aggregates Panel

Tunneling has all the hazards of other construction and many unique ones. Work can be miles in the ground and several hundred feet underground, and encounter both very soft wet ground, as well as hard rocky ground. Many tunnels today require workers to work in compressed air, which has the same health hazards as diving over a hundred feet underwater. We will discuss both underground construction and hyperbaric precautions to combat these hazards.

Video Showcase

WEDNESDAY, 7:30 AM – 4:00 PM, PREFUNCTION AREA, 5TH FLOOR

Stop by L&I’s Safety & Health Video Showcase for new ideas for your safety meetings or trainings. Learn about our library services, all the safety training resources we offer, and pick up a free L&I DVD or required DOSH posters while supplies last. L&I’s Safety and Health Video Library and Resource Center has over 2,400 safety VHS and DVDs to loan; checkout is free and easy.

Waterside Rescue (Panel)

WEDNESDAY, 1:30 – 2:30 PM, ST. HELENS, MARRIOTT

Sponsored by the Maritime and Waterfront-Related Activities Panel

This session will focus on process and communication in waterside rescues.

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What Does an Inspector Look For? (Roundtable)

WEDNESDAY, 11:00 AM - NOON, ROOM 406

Cheryl Christian, Dept of Labor and Industries

Tom Jannings, Avista Corporation

Grant Jensen, Williams Northwest Pipeline

Lezlie Perrin, Dept. of Labor & Industries

Troy Shopin, Puget Sound Energy

Sponsored by the Natural Gas Panel

Roundtable discussion on what L&I, the UTC, and DOSH are looking for in an inspection. This will be a broad-based discussion with questions from attendees encouraged.

What is a JHA and How Do I Use It?

WEDNESDAY, 11:00 – NOON, ROOM 315

Bill Jividan, Starbucks Coffee Company

Sponsored by the Accident Prevention Panel

This presentation will cover the difference between Job Hazard Analysis (JHA) and Job Safety Analysis (JSA), what each is used for, and how they differ.

What You Don't Know About CPR Can Kill Them

WEDNESDAY, 1:30 – 2:30 PM, ROOM 317

George Schoettle, Tacoma Fire Dept

Sponsored by the Public Employees Panel

This presentation will give an overview of past and present CPR/AED approaches with a few common sense examples and real life stories of what works, and what doesn't work, when trying to perform CPR.

What's New With Pipeline Safety?

WEDNESDAY, 1:30 – 2:30 PM, ROOM 406

Joe Subits, Washington Utilities and Transportation Commission

Sponsored by the Natural Gas Panel

Pipeline Safety Rules are constantly evolving. Two recent initiatives, "Operator Qualifications" and "Distribution Integrity Management," will be discussed in this session. We'll also cover how Washington State is stepping up its efforts in managing third party damage. The presentation will include overviews and discussion of these and other related initiatives.

Why National Incident Management Systems (NIMS)?

WEDNESDAY, 2:45 – 3:45 PM, ROOM 317

Paul McNeil, Emergency Management Division, WA St. Military Dept.

Sponsored by the Public Employees Panel

The National Incident Management System (NIMS) provides a systematic, proactive approach to guide all levels of government, nongovernmental organizations, and the private sector to work seamlessly to prevent, protect against, respond to, recover from, and mitigate the effects of incidents, regardless of cause, size, location, or complexity, in order to reduce the loss of life and property and harm to the environment.

Workplace Violence and Stress: Cocaine of Modern America

WEDNESDAY, 1:30 – 2:30 PM, ROOM 316

Dr. Lennie Mees, Kennis Corporation

Sponsored by the Aerospace Panel

Did you know that stress kills by the same biochemical mechanism as cocaine? And did you also know that stress is a primary reason for workplace violence? Stress lurks as an omnipresent danger, yet we seem to ignore the lethal risks of stress because it has become integral in our modern day existence. Join Dr. Lennie Mees and learn life-saving information about this wily adversary. As he emphasizes prevention, you'll learn how to live a life that doesn't need a stress management program. Dr. Mees will also provide you a list of functional techniques to lessen the likelihood of injury or death from stress or workplace violence.

Worksite Housekeeping

WEDNESDAY, 11:00 AM – NOON, ROOM 404

Doug Donegan, Granite Northwest Inc.

Sponsored by the Construction Panel

Poor jobsite housekeeping is more than just a nuisance; housekeeping is directly proportional to safety, efficiency, production, and morale. This presentation will examine the results of poor housekeeping using fundamental safety processes, as well as the "Motion is Money Process", developed by CNA insurance. This program helps companies recognize motion on the jobsite and to minimize excessive or non-valued movement in order to be more profitable while reducing injuries.

You Are Your Brother's Keeper: How to Avoid Multi-Employer Liability

WEDNESDAY, 2:45 – 3:45 PM, ST. HELENS , MARRIOTT

Aaron Owada, AMS Law, P.C.

Sponsored by the Maritime and Waterfront-Related Activities Panel

In this session you will learn how to avoid liability for WISHA citations connected by lower trend subcontractors.

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After the Fall

THURSDAY, 11:30 AM – 12:30 PM, ROOM 407

Russel Youngstrom

Sponsored by the Chemical and Petroleum Panel

It was a normal day fourteen years ago when Russell went to work. He and his crew had just completed a safety meeting and were going to begin work. What he didn't plan on was getting hurt. A bad decision changed his life and the life of his family. Come hear his story of life "after the fall" and how the ripples affected his co-workers, family, and friends.

Are You Ready for Cranes?

THURSDAY, 11:30 AM – 12:30 PM, ROOM 404

Chuck Lemon, Dept. of Labor & Industries

Sponsored by the Electrical Utilities Panel

Washington State's new construction-crane safety law goes into full effect on January 1, 2010. Are you ready? This session will cover the new requirements for certification of construction cranes and their operators, followed by a question-and-answer period.

Automotive Safety Systems – Buying a Smarter, Safer Car

THURSDAY, 11:30 AM – 12:30 PM, VENICE 1, MURANO

Allen Deen, Terry Powers, Jesse Schemm, Titus-Will Ford

Sponsored by the Vehicle and Fleet Panel

Representatives from Titus-Will Ford will present a short segment regarding buying a smarter and safer car.

Cell Tower Rescue

THURSDAY, 11:30 AM – 12:30 PM, ROOM 316

William Wright, Gravitec Systems, Inc.

Sponsored by the Communications Panel

When an accident occurs and the need for rescue arises, developing a plan on the spot is not the best way to ensure the fallen workers safety. This presentation on tower rescue will focus on ways to prevent accidents, apply a hierarchy to performing rescues, discuss the tools for accomplishing rescues and training for high angle rescue.

Compressed Gas Safety

THURSDAY, 11:30 AM – 12:30 PM, ROOM 406

Keith Garman, Airgas

Sponsored by the Natural Gas Panel

This presentation will cover compressed gas safety, highlighting propane adaptors, high-pressure cylinders, and acetylene.

Cell Tower Rescue Demonstration

THURSDAY, 7:00 AM – NOON, EXHIBIT HALL

Cell tower rescue demonstration.

Consequences of Drowsy Driving and Sleep Deprivation on Traffic and Occupational Safety

THURSDAY, 8:00 – 9:30 AM; REPEATED 9:45 – 11:15 AM, ROOM 318

Ralph Pascualy, Sleep Medicine Associates

According to a study by the National Sleep Foundation, about 60 percent of adult drivers – 168 million people – say they have driven a vehicle in the past year while feeling drowsy, with many admitting to falling asleep at the wheel and having accidents or near misses. Drowsy driving crashes come with high personal and economic costs, such as multi-million dollar settlements families of crash victims. Come to this workshop and hear from Dr. Pascualy about the science of sleepiness and how families, organizations, companies and public policy makers can address this problem.

Dominoes – Don't Just Watch Them Fall

THURSDAY, 11:30 AM – 12:30 PM, ST. HELENS, MARRIOTT

Brad Gardner, Helping Hands Presentations

Sponsored by the Maritime and Waterfront-Related Activities Panel

Brad Gardner will bring new life and energy to your safety program. His engaging style leaves people with a detailed understanding of his own experience. You'll learn what it's like to survive an accident and how it could change your life forever. His message resonates with every level of an organization – from warehouse labor to executive teams, everyone can learn what they can do to help ensure a safe working environment.

DOSH Program Update

THURSDAY, 10:00 – 11:30 AM, ROOM 405

Dept. of Labor & Industries

With the harsh economic climate of the past year, workplace safety changes have not only occurred for employers and employees, but for DOSH, too. In this session we'll cover program highlights; what worked well at DOSH the past year; updating the way DOSH targets its resources into your workplaces; how poor performers must improve – visiting the Top 100 High Value Targets; current high profile standards and policies; and looking at the OSHA crystal ball – federal changes that will affect DOSH.

Electrical High Voltage Demo

THURSDAY, 9:30 AM - 10:00 AM & 11:30 AM – 12:00 PM,

AMPHITHEATRE, MARRIOTT

Gain an understanding of the dangers of electrical power at this exciting demonstration presented throughout the day by Avista.



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Fall Protection Equipment Inspection: What You Need to Know

THURSDAY, 11:30 AM – 12:30 PM, MT. BAKER, MARRIOTT

Brent Knight, Safety and Supply Company

Sponsored by the Accident Prevention Panel

This presentation will cover the requirements for the inspection and maintenance of personal fall arrest and restraint equipment. I will cover the recordkeeping requirements, inspection criteria, product life expectations and much more. You should attend this training if you currently own fall protection equipment and do not have a strong inspection process and program in place.

Fall Protection Demonstrations

THURSDAY, 8:30 AM - 9:30 AM, EXHIBIT HALL

Why are falls still the leading cause of death and critical injury in the workplace? Come and learn about the hazards of elongation systems and other hazards that have not been exposed and explained.

How to Achieve an Ergonomic Computer Workstation in Any Setting

THURSDAY, 11:30 AM – 12:30 PM, ROOM 405

Lynn LaSalle, MultiCare Health System

Jeannette Murphy, St Luke's Rehabilitation Institution

Leslie Pickett, Swedish Medical Center

Sponsored by the Health Care Panel

This session will cover medical specialty set-ups for computer stations, such as WOW's and wall-mounted units.

Information on OSHA Recordkeeping Requirements

THURSDAY, 10:00 – 11:30 AM, ROOM 406

Darrell Keith, Dept. of Labor & Industries

Participants will learn which types of injuries and illnesses are recordable under OSHA/WISHA, and how to make entries on the OSHA recordkeeping forms. The session will also cover the OSHA 300 posting requirements and the annual survey of occupational injuries and illnesses.

Leading with Leading Indicators

THURSDAY, 11:30 AM – 12:30 PM, ROOM 315

Steve Prevette, Fluor Hanford

Sponsored by the Construction Panel

Fluor, a contractor to the Department of Energy at the Hanford Site in southeast Washington, is the world's largest environmental cleanup project. Much of the work involves handling hazardous materials and requires working in cramped quarters and potentially radioactive environments. Because the work environment parallels that of a typical industrial or construction site, other industries can benefit from Fluor's approach to achieving "zero injuries." Participants will learn how Fluor uses management

leadership, statistical methodology, and a Human Performance Improvement process to achieve its goal.

Material Handling Equipment Demonstrations – Going Green

THURSDAY, 8:00 AM – 11:00 AM, EXHIBIT HALL

Session Description Not Available.

NLN Disease (No Longer Nineteen)

THURSDAY, 11:30 AM – 12:30 PM, ROOM 318

Bruce Madsen, Sports Therapy Associates

Sponsored by the Public Employees Panel

The aging workforce suffers from appearance and performance deficits that by and large can be remedied with lifestyle changes. This seminar will address the seven major pillars to a long and productive life and how to devise an action plan to get there.

No Regulations, No Codes...You Can Do It!

THURSDAY, 11:30 AM – 12:30 PM, ROOM 403

Jim Norris, Robert Rotz, Dept. of Labor & Industries

Safety rules, regulations and codes are all important parts of safety efforts, but if that is what drives your safety program, you probably feel like something is missing—and you are right! Come and hear how you can make a difference by becoming a safety leader. Safety success is all about people and our ability to do the right thing because we care.

Rough Terrain Forklifts (PIT or Telehandler Units)

THURSDAY, 11:30 AM – 12:30 PM, ROOM 317

Rob Vetter, Ives Training & Compliance Group, Inc.

Sponsored by the Materials Handling Panel

Variable-reach rough terrain forklifts, or telehandlers, have become the darling of the construction industry. Many users of telehandlers erroneously assume that previous training of their operators is adequate; this can often lead to disaster as it does not prepare operators for the unique operating systems and characteristics common to telehandlers. Attendees of this session will learn about telehandler characteristics and how their differences impact their use as they relate to operator training.

Safety Tips: "Loaded" Trees and Tree Falling

THURSDAY, 9:45 – 11:15 AM, ROOM 404

Don Bankson, Snohomish County PUD

Sponsored by the Electrical Utilities Panel

Trees that have fallen onto utility lines present the potential for serious injury and further property damage. This discussion will cover safely removing trees that have fallen onto utility lines, and also avoiding potential disaster when falling trees.

Events, Sessions, and Demos

THURSDAY, OCTOBER 8

Sidecar/Trike Demonstration

THURSDAY, 8:00 AM – 12:00 PM, PARKING LOT C, TACOMA DOME

Certified instructors will demonstrate the different handling characteristics of 3-wheeled vehicles such as sidecars and trikes.

Silica: It's Not Just Dust

THURSDAY, 11:30 AM – 12:30 PM, MT. TAHOMA, MARRIOTT

Rick Gleason, University of Washington

Sponsored by the Mining, Tunneling and Aggregates Panel

This one-hour presentation will cover the health hazards of silica dust exposure, as well as respiratory protection requirements. A brief history of silicosis will be provided. The session will conclude with questions and answers.

Strains and Sprains

THURSDAY, 9:45 – 11:15 AM, ROOM 407

Bruce Madsen, Sports Therapy Associates

Sponsored by the Public Employees Panel

Soft tissue injuries are the number one reason people miss work and are permanently disabled, and associated costs are estimated at over \$60 billion annually in the USA. This session will identify root causes and non-drug and non-surgical solutions for major soft tissue injuries.

Telescopic Boom Crane Demonstration

THURSDAY, 7:00 AM – 12:00 PM, PARKING LOT C, TACOMA DOME

There will be a 55 ton Telescopic Boom Crane set up at the Tacoma Dome parking lot (courtesy of Sickelsteel Cranes). The setup will also include the National Commission for the Certification of Crane Operators (NCCCCO) practical examination course. Participants will be able to see what it takes to successfully pass the practical exam. Come give this a try and see if you have what it takes to become a certified crane operator. Next year we are planning on having a Crane Rodeo to go along with our

The Story of Flight 232

THURSDAY, 8:00 – 9:30 AM; REPEAT 9:45 – 11:15 AM, ROOM 315-316

Captain Al Haynes, Ret. Aviation Pilot

On July 19, 1989, United Airlines flight 232 departed Denver at 2:09 p.m. and climbed to 37,000 feet. At 3:16 p.m., the flight notified Minneapolis Air Traffic Control that the number 2 engine had failed and the aircraft was marginally controllable. Captain Al Haynes' narrative of his "against all odds" crash landing is a tremendous teaching tool. There were 184 survivors that day, but Captain Haynes' goal is to now save many more future lives by sharing this valuable information. Now retired from the airlines, Captain Haynes has tirelessly spoken to over a thousand audiences, including other pilots, controllers, flight attendants, emergency crews and emergency planners, so that they all can learn from his experience.

Traffic Work Zone Safety

THURSDAY, 8:00 – 9:30 AM, ROOM 404

Mike Burke, Dicke Safety Products

Sponsored by the Electrical Utilities Panel

This PowerPoint presentation will include pictures of real work zones and what went wrong. The session will also cover liability, responsibility, updated codes, including NCHRP350 crashworthy standards, new MUTCD, and the new high visibility standard.

Trust in Safety

THURSDAY, 8:00 – 9:30 AM; REPEAT 9:45 – 11:15 AM, ROOM 317

Bill Kessler, TOC Management Services

In this session, we will discuss how building trust is essential to gaining buy-in and becoming more effective at leading safety efforts.

Video Showcase

THURSDAY, 7:00 AM – 12:00 PM, PREFUNCTION AREA, 5TH FLOOR

Stop by L&I's Safety & Health video showcase for new ideas for your safety meetings or trainings. Learn about our library services, all the safety training resources we offer, and pick up a free L&I DVD or required DOSH posters while supplies last. L&I's Safety and Health Video Library and Resource Center has over 2,400 safety VHS and DVDs to loan; checkout is free and easy.

