

Occupational Safety and Health Administration  
1320 W. Commerce Drive, Suite 800  
Peoria, Illinois 61615

# DIOSH DAY 2017

**Wednesday, March 1, 2017**  
**Peoria Civic Center, Peoria, Illinois**

## DIOSH DAY 2017— Agenda

7:00 a.m.	Registration Complimentary Refreshments in Exhibit Area
7:00 – 1:30 p.m.	<b>Mini Health Fair</b>
7:00 – 2:35 p.m.	Exhibit Area Open
9:00 – 2:00 p.m.	Concession Stand
8:00 - 8:50 a.m.	Breakout Session 1
9:15 - 10:05 a.m.	Breakout Session 2
10:30 - 11:20 a.m.	Breakout Session 3
11:20 - 12:40 p.m.	<b>Hot Buffet Lunch</b>
12:10 p.m.	<b>Presentation of Governor's Award</b>
12:40 - 1:30 p.m.	Breakout Session 4
1:50 - 2:40 p.m.	Breakout Session 5
2:55 - 3:45 p.m.	Breakout Session 6

## DIOSH Day Mini Health Fair

7:00 a.m. – 1:30 p.m. in Exhibit Hall C

Blood Pressure/Cholesterol/Blood Glucose\*

Spirometry - Hormone Screening

Spinal Health Screenings - Trigger Point Massage

Healthy Living Tips

*\*Open until noon. To participate, you must fast 8-12 hours beforehand*

## Breakout Sessions DIOSH DAY 2017

### Breakout Session 1 • 8:00 - 8:50 a.m.

#### **1A SIT UP! Office Ergonomics Made Easy - Room 222** Marc Wycoff, IWIRC

Ergonomics is not a one-size fits all proposition. There is no "average person." We exist in all sizes, shapes, and abilities. Workers engage with their environment individually. However, everyone can improve their exposure to ergonomic risks.

#### **1B The Shocking Need for Electrical Safety & Protecting the Products that Protect You— Room 401** Richard Rivkin, Saf-T-Gard

OSHA rules and the NFPA 70E standard make the use of rubber insulating products mandatory when even the smallest probability of contact with 50 volts AC or higher exists. Regardless of the heavy fines, serious injuries and deaths that occur from arc flash and electrical incidents, compliance continues to remain an issue. As such, awareness is paramount. Not only about the requirements for use, but also about the requirements for in-service inspection and testing of rubber insulating equipment. This presentation will examine and answer some of the most frequently asked questions to help employers and workers better identify the need for arc flash and electrical safety and how to best utilize and maintain rubber insulating equipment for long-term safety, compliance and cost savings

#### **1C OSHA Update – Room 220** Ken Nishiyama Atha, OSHA

The new Regional Administrator for OSHA Region V will provide a presentation on OSHA's direction following the election. If you want insight into where OSHA is heading from the source, then this is the session for you.

#### **1D A to Z Lockout/Tagout Programs – Room 135-136**

##### **Joshua Maestas, LP Management Services**

Do you know that you need a LOTO Program but are unsure how to set one up? Do you have a LOTO program and are looking for ways to improve its effectiveness? Join us as we go over the various components of an effective LOTO program. We'll discuss how to set up a program from scratch, including what to include in a written policy, what materials you need, and how to effectively train and qualify employees. We will also cover how to maintain an active program through continued assessments and reviews

### Breakout Session 2 • 9:15 - 10:05 a.m.

#### **2A Hazard Recognition: Tools of When, How and Who – Room 222**

##### **Tom Grey, Grey & Associates**

Recognizing hazardous conditions is the beginning of everything we do on a daily basis, 24/7. Whether we are driving our vehicle on vacation with the kids or starting a project on the jobsite. This presentation will discuss what we need to do to prepare our work day and the tools we need to anticipate, evaluate and decide the right course of action to have an injury free day - the ultimate goal.

#### **2B Electrical Safety You Need to Know— Room 401** Jeff Myers, Ameren

For organizations working with and around electrical hazards, it's a key priority to keep your employees and contractors safe. In this session, Jeff will focus on the top prevention and protection methods to keep you safe in the workplace.

#### **2C OSHA Accident Investigation – Room 220** Tom Bielema, OSHA

The Peoria OSHA office Area Director will guide participants through the hazards that have caused serious injuries and fatalities in central Illinois. Tom will walk you through several investigations and discuss the controls that you can implement to prevent incidents

#### **2D Environmental Assistance for Small Business: Improving Air Safety through Regulatory Compliance – Room 135-136**

##### **Annette Fulgenzi, Program Manager Illinois Small Business Environmental Assistance Program, Illinois Department of Commerce & Economic Opportunity**

Environmental regulations impact a wide range of businesses – from dry cleaners and autobody shops to office buildings that have emergency generators; there are State and federal rules with different compliance requirements for companies to follow. While this can be daunting for the small business owner the staff at the Small Business Environmental Assistance Program (SBEAP) are here to assist businesses. Annette Fulgenzi will be presenting on the services offered by the Illinois SBEAP and provide some guidance on the basics of environmental permitting issues for small businesses.

## Breakout Session 3 • 10:30 - 11:20 a.m.

### **3A How to Effectively Manage for Risk – Room 222** **John Remsey, IMEC**

Risk is everywhere and it impacts companies large and small. It doesn't sleep and it often shows up uninvited. This session will help you address triggers for risk events and the importance of developing a plan to mitigate them when they do occur. Through proper risk assessment, mitigation and contingency planning, companies can tackle risk management more effectively

### **3B OSHA's New Silica Standard – Room 401** **Ed Marshall, OSHA**

This session will provide participants a look at OSHA's new silica standard for general industry and construction. In this session, participants will become familiar with Table 1, the medical surveillance requirements, frequently asked questions and OSHA's enforcement timelines.

### **3C Managing Liability Risks for Your Organization and Yourself – Room 220** **Mark Briggs, Safety Management Resources Corp.**

Contractor employees, temporary workers, customers and clients, the public, vendors, and more routinely present liability risks to your organization, your employees – and to you personally. Potential liability is created by our daily activities, when we invite others into our facilities, when we perform work at a customer's location, and simply driving from point-to-point. Add to the equation an inadvertent or accidental act, knowingly or willingly failing to do what society expects of us, or failing to adhere to established standards of care and the potential liability can increase exponentially. This session will focus on practical and straightforward steps that you can take to manage the risks associated with our professional lives. We will explore the concept of liability and provide information that will set you on a path to lessen the likelihood and impact of liability claims while proactively protecting the assets and reputation of your organization – and yourself.

### **3D What is Retaliation and Reasonable Suspicion Drug Testing – Room 135-136** **Matthew Sadler, OSHA & Physician, OSF Business & Community Health**

In this session, John will provide an overview of the common substance abuse issues in the workplace including alcohol and its effects, reasonable suspicion signs and symptoms, and common drugs of abuse and their effects. Matthew will address when it is considered retaliation for drug testing and other prohibited practices.

## 11:20 - 12:40 p.m. Hot Buffet Lunch and Presentation of Governor's Award for Contributions in Health and Safety

## Breakout Session 4 • 12:40 - 1:30 p.m.

### **4A Your Role as a Leader – Room 222** **Donna Moody, AAIM**

New managers and supervisors are often not prepared for the challenges that come with being responsible for managing others. Succeeding in a supervisory role requires more than operational expertise – it takes understanding the expectations others have of you, learning to balance operational and personnel demands, establishing your personal credibility and authority, and creating a productive environment. Topics covered include 'Making the Transition – Supervising, Managing and Leading Others' and 'Four Basic Leadership Styles'.

### **4B OSHA Standards You Need to Know – Room 401** **Brian Bothast, OSHA**

This session will address 50 OSHA standards every worker should know and management should enforce to prevent injuries in the workplace. Be ready for a fast paced session focused on workplace hazards and the OSHA standards that have been developed to control workplace injuries.

### **4C Illinois Work Comp - The Sound and The Fury – Room 220**

#### **Adam Haight, IWIRC**

Illinois enacted workers' compensation changes in 2011 that impacted everyone involved with work comp in the state; some drastic that made a lot of headlines and some more subtle that people don't talk about as much. Several years have passed and we can now review data and studies that have been performed comparing the WC landscape in Illinois pre-2011 and post-2011. Join us as we review those 2011 changes, what the data shows for post-2011 WC in Illinois, and discuss where we should go from here.

### **4D OSHA Construction Update – Room 135-136** **Mark Rzasa, OSHA**

Mark will address OSHA's focus in the construction industry. Participants will learn the types of hazards OSHA inspectors will be looking for and the safety and health programs business should have in place to manage and control potential hazards

## Breakout Session 5 • 1:50 - 2:40 p.m.

### **5A Safeguarding for (Metalworking) Cutting/Turning Machines – Room 222** **Roger Harrison, Rockford Systems**

"Safeguarding for (Metalworking) Cutting/Turning Machines" will reference ANSI B11 Safety Standards as a guideline for protecting people from point of operation hazards, along with chips/coolant, and rotating work holders. Suggested electrical updates from NFPA 79 "Electrical Standard for Industrial Machines" will also be included. Specifically referenced from the ANSI series will be: B11.6 Lathes, B11.8 Drills, Mills, B11.9 Grinders, B11.10 Saws, B11.19 Safeguarding Methods, and ASME B20.1 2012 Conveyors and related equipment.

### **5B 51 Additional Standards It is Good to Know – Room 401**

#### **Brian Bothast, OSHA**

This session will address 51 different OSHA standards from the previous hour that everyone should know. Because you need to know more than just the first 50, you will want to stick around for 51 more standards that need to be enforced to prevent injuries in the workplace.

### **5C Being Healthier on the Job - Unhealthy Workplace Habits and How to Break Them – Room 220** **Blair Gorsuch, OSF Saint Francis Medical Center**

Stress and demands of the job can keep you focused only on your work and not on your physical well-being. This can lead to 40 hours of poor habits each week. But with a few adjustments, you can break the routine and be healthier at work. We will talk about unhealthy workplace habits and how to break them.

## **5D OSHA Hazard Communication – Room 135-136 Joneen McElligott, OSHA**

Joneen will address the changes to the OSHA requirements of the hazard communication standard and enforcement of the new rules. This session will address appropriate labelling, requirements for reviewing safety data sheets, contractor issues and ensuring your employees are trained in accordance with the new standard.

## **Breakout Session 6 • 2:55 - 3:45 p.m.**

### **6A Embracing Effective Communication Skills – Room 222**

**Justin Ganschow, Caterpillar**

This presentation will focus on key communication skills that can drive safety excellence in a company's organization when properly implemented. The communication skills that will be covered in this workshop are: building trust through effective feedback and listening, and developing a positive safety culture through recognition. Participants will be able to apply the five simple steps in giving and receiving feedback, and understand the power of recognition in influencing behaviors.

### **6B OSHA Recordkeeping & Reporting – Room 401**

**Brian Bothast, OSHA**

Brian will provide an update on the new OSHA reporting requirements and the recording of work related injuries and illnesses. Brian will share actual OSHA citations for failure to report and record incidents in accordance with the standard and allow time for your recordkeeping questions.

### **6C OSHA General Duty Clause – Room 220**

**Justin Sternes, OSHA**

Justin will walk participants through the elements of a general duty violation and discuss the use of consensus standards. Justin will also provide specific examples of citations OSHA has issued to address hazards that are not addressed by an existing OSHA standard

### **6D Flammable and Combustible Liquids Safety - How Does Your Facility Rate? – Room 135-136**

**Glen Carter, Justrite Manufacturing Company**  
It is very unfortunate when accidents result in a loss of property, injury, or loss of life. Fortunately, all accidents are preventable. Is your facility safe when it comes to flammable and combustible liquids? Do you understand the laws (OSHA, MSHA, EPA, NFPA 1, NFPA 30, and the IFC), pertaining to flammable and combustible liquid compliance?

## **Presenter Biographies**

**Tom Bielema** is the Area Director for the OSHA office in Peoria. He joined OSHA in 1995 and has worked as an Assistant Area Director and Industrial Hygienist. He has also worked as a Safety Director in private industry. Tom is a 1995 graduate of Purdue University with a B.S. in Environmental Health Science/Industrial Hygiene.

**Brian Bothast** is a Lead Safety and Occupational Health Specialist with the Occupational Safety and Health Administration (OSHA) in Peoria, Illinois. He has worked for Caterpillar in the Environmental, Health, and Safety Department and as an Industrial Hygienist with OSHA. He is a 1988 graduate of Illinois State University with a B.S. in Environmental Health

**Mark Briggs** serves as the Vice President of Safety Management Resources Corporation (SMRC), a full-service consulting firm delivering world-class risk management and safety services, supporting the efforts of corporations and organizations around the world. Mark is a frequent keynote and session speaker for associations and corporations, delivering educational, captivating, motivational, and just plain fun programs that participants remember and incorporate into their own professional world.

**Glen Carter** serves as the Sr. Product Design and Development Engineer for Justrite Manufacturing Company LLC a leader in safety products for flammable and combustible liquids and hazardous materials. Glen holds Undergraduate Degrees in Architecture and a Graduate Degree in Business. Glen serves on the NFPA 30 Flammable and Combustible Liquids Code Committee and the UL/ANSI Committees: STP 0030 Portable Flammable Liquid Containers, STP 0032 Solid Waste Containers, STP 1275 Flammable Liquid Storage Cabinets, and ASTM Subcommittee F15.10. Glen has over 36 years of experience in safety products design development with strict conformance to laws and standards.

**Annette Fulgenzi** has assisted Illinois companies in complying with the Clean Air Act since 1993, as well as other environmental rules through the Small Business Environmental Assistance Program. She has served on numerous state and federal working groups to advocate for small business considerations including simplified assistance tools and guidance in the regulatory process. In addition, she has served as the National Chairman, Vice Chairman, and Promotional Subcommittee Chairman of the State Small Business Ombudsmen/Small Business Environmental Assistance Programs and was appointed by the USEPA Administrator to serve on the National Advisory Council for Environmental Policy and Technology (NACEPT) Compliance Assistance Advisory Committee. The Illinois program was recognized at the National Conference of Small Business Environmental Assistance Programs in 2015, receiving the state program award for excellence.

**Justin Ganschow** has nearly 15 years of experience in the Environment, Health and Safety field. Most of his career has been at Caterpillar improving EHS within our own facilities. He has first-hand experience implementing the Zero-Incident Performance (ZIP™) Process at a Caterpillar manufacturing facility resulting in a 74% reduction in Recordable Incident Frequency rates and a very engaged workforce. Since joining Caterpillar Safety Services as a consultant, he has served organizations in the construction, logging, manufacturing, mining, aggregates, and utilities industries. Justin is passionate about empowering front line employees, involving supervisors and engaging leaders in the safety culture improvement process. With experience in Six Sigma, the Caterpillar Production System and facilitating Continuous Improvement Teams, Justin has proven experience with continuous improvement models and methodologies. Justin is a Certified Hazardous Materials Manager (CHMM) and Certified Safety Professional (CSP). He has a Bachelor of Science in Environmental Science – Biology and a Master of Science in Biology from Bradley University.

**Blair Gorsuch** has a Master's Degree in Exercise Physiology and comes to OSF from IPMR as their new Supervisor of Employee Wellness. Previously he was an Instructor in the Department of Athletics at Yale University and directed their Human Performance Lab. He then Directed the Burklund Cardiac Rehabilitation Center at Proctor Hospital. While there he was also a part-time Instructor in the Health and Movement Science Department at Bradley University teaching exercise physiology and kinesiology. Prior to coming to IPMR as their Director of Wellness, he was employed by Healogics as Program Director of the UnityPoint- Methodist Center for Wound Care and Hyperbaric Medicine. He is currently active as a coach in the running, cycling, and triathlon community.

**Tom Grey** is President of Grey and Associates. He is a highly skilled trainer and coach in employer and employee development of safety performances. He has over 28 years of hands-on experience as a former plant manager, human resources manager, and quality control manager in manufacturing, distribution, and trucking industries. His manufacturing experience ranges from automotive, food processing and packaging to consumer products and personal care products. He has been trained in the STOP program, Key Concept to Safety Program, OSHA Outreach, and more.

**Adam Haight** has lived in the Peoria area since 2005. After graduating from Wartburg College in Iowa with a Bachelor's Degree in Public Relations, he worked in the Admissions office at Bradley University before starting at IWIRC in March 2008. Adam's strengths in public speaking and networking have served him well in his position as Director of Business Development. "I have the opportunity to interact with new people every day and to continue to build relationships with existing clients, many of whom have been established since IWIRC opened their doors in 2003. I love working with new companies to ensure that their employees receive the best occupational health services available here at IWIRC."

**Roger Harrison** is the Director of Training for Rockford Systems, Inc. As such, he has conducted numerous seminars on the subject of Machine Safeguarding. These include 2.5-day monthly sessions at their Rockford, Illinois Training Center as well as on-site sessions for groups across the country. Previously, Roger worked as Project Manager for V-TIP (Video Technical Instructional Programs) where he developed two performance-based video training systems: Manually-fed Press Operators and Die setters, and Coil-fed Press Operators and Die setters. He also spent time as an Educational Coordinator for the Fabricating Manufacturers Association (FMA) where he organized a wide variety of metal fabricating conferences and seminars across the country. Roger has a Bachelor of Science in Business Administration from Northern Illinois University.

**Joshua Maestas'** background includes over 11 years as an Electrician and Operator in the Navy, serving on multiple nuclear power and propulsion plants. He was qualified as an Electrical operator and Engineering Watch Supervisor, and is experienced on operation and maintenance of medium voltage AC and DC distribution systems and equipment. His experience includes training program development, safety, project management, and mechanical/electrical maintenance and troubleshooting. Maestas has many years training classrooms, small groups, and OJT. He has led the electrical divisions on two separate nuclear powered submarines in a hands-on capacity. Maestas is a certified IFSAC Level II Firefighter, Hazmat Level I Responder, National Registry EMT, authorized OSHA 10 and 30 Hour General Industry Instructor, and a Board Certified Occupational Health and Safety Technologist (OHST).

**Ed Marshall** is an Industrial Hygienist in the Peoria Area OSHA office. He is a graduate of Illinois State University with a B.S. in Environmental Health and has worked for OSHA since 2007. His prior work experience includes public health, clinical laboratory and military service.

**Joneen McElligott** is an Industrial Hygienist in the Peoria Area OSHA office. She holds a Juris Doctorate, Masters of Science in Chemistry, and Bachelor's degrees in Chemistry and psychology. Her prior work experience includes safety, health, environmental, and hazardous materials transportation management in government research, healthcare, and agricultural facilities.

**Donna Moody** is an expert on cultural diversity, She is an inspirational and humorous motivator who empowers people of all backgrounds to improve. She has been a Diversity Consultant for over 20 years in higher education and civic communities. In addition to her position at AAIM, she is an adjunct professor at St. Louis University providing instruction in the areas of Human Resources, Team Dynamics, Interpersonal Communication, Cross Cultural Competency, Diversity, Public Speaking and Leadership. Donna holds a bachelor's degree from St. Louis University and a master's degree from Webster University. Both are in Human Resources and Industrial Relations.

**Jeff Myers** is currently the Manager of Safety for Ameren Illinois, a Gas and Electric Distribution company with approximately 3300 employees providing service to over 50,000 square miles in downstate Illinois. Ameren Illinois is a subsidiary of the Ameren Corporation, an electrical transmission, distribution, generation and gas utility that serves customers in Missouri and Illinois. Jeff earned a Bachelor's of Science Degree in Electrical Engineering Technology from Bradley University. He has worked in safety and risk management roles at the utility for over 35 years. He is also an Adjunct Professor at the University of Illinois in Urbana Illinois

**Ken Nishiyama Atha** was appointed to the Senior Executive Service on April 27, 2008 as Regional Administrator for the Occupational Safety and Health Administration (OSHA) serving first in San Francisco and then Seattle. On July 24, 2016 he was assigned as the Regional Administrator in Chicago where he leads a diverse team of professionals to improve workplace safety and health and promote fair and high-quality work environments by protecting workers' rights. He has over 30 years of Federal service that includes various positions throughout OSHA and also is a retired veteran, having served in the Air Force and Air National Guard.

**John Remsey** is a Senior Technical Specialist for the Illinois Manufacturing Excellence Center (IMEC) with more than 20 years of business and manufacturing experience with an emphasis on Supply Chain Optimization, Information Technology, Lean Manufacturing, and Production Control. John has earned a Bachelor of Science in Finance, a Bachelor of Science in Business Economics, and a Master of Business Administration from Southern Illinois University, Carbondale. In addition to on-going technical training, John is an OSHA Authorized trainer and has been trained on the Shingo Prize standards for Operational Excellence.

**Richard A. Rivkin** is President and Chief Executive Officer of Saf-T-Gard International, Inc., a privately-held family-owned and operated global supplier of industrial safety products based in Northbrook, Illinois. Rivkin graduated from the University of Pennsylvania with a Bachelor's degree in Economics, Management. He also holds a MBA in Marketing from Northwestern University.

**Mark Rzasa** is a Safety Compliance Officer in the Peoria Area OSHA office. He is a graduate of the University of Dubuque with a B.S. in Environmental Science and has worked for OSHA since 2007. His prior work experience was as an Environmental, Health, and Safety Manager in the mining industry.

**Matthew Sadler** is a Senior Federal Whistleblower Investigator with OSHA in Peoria, Illinois. He joined OSHA in 2007 after being employed by Tazewell County Health Department where he was an Environmental Health Specialist. He is a 2003 graduate of Illinois State University with a B.S. in Environmental Health. He has conducted hundreds of whistleblower investigations for OSHA covering the different whistleblower statues.

**Justin Sternes** is an Industrial Hygienist in the Peoria Area OSHA office. He has worked in that capacity since 2001 and conducted inspections in a variety of industries including process safety management. He received a B.S. in Environmental Science from the University of Dubuque.

**Marc Wyckoff, PT,** is the Director of Industrial Rehabilitation Services for Illinois Work Injury Resource Center. He has expertise in the field of physical therapy with specialties in orthopedics and sports medicine with a mechanical approach. Mr. Wyckoff's practice focus is in the occupational medicine/rehabilitation and workers' compensation field with an emphasis on functional testing, pre-employment screening, and ergonomic analysis. In 2006 he completed his credentialing in Mechanical Diagnosis and Therapy through the McKenzie Institute USA. He completed his certificate in Ergonomic Analysis through the Back School of Atlanta in 2014.

## DIOSH Day

DIOSH Day is for employers, employees, and all others interested in safety and health. Experts in the field will present a program on the most current issues in safety and health today. Many governmental agencies will have booths in the exhibit area. This is a great opportunity to get your workplace safety questions answered in a neutral setting.

## Exhibit Area

Take advantage of this opportunity to network with hundreds of other safety professionals and learn about resources available to downstate Illinois businesses and employers. In addition to governmental and nonprofit organizations, more than 40 other exhibitors will demonstrate many useful and innovative products and services to help accomplish your safety and health goals—and you can get your questions answered on the spot by knowledgeable company representatives. Be sure to bring plenty of business cards to network within the local safety and health community.

**Exhibit Area Hours: 7:00 a.m.-2:35 p.m.**

## Annual Governor's Award for Contributions in Health and Safety

This award will be presented to a person who has made significant contributions in the areas of safety and/or health through training and/or research which have had a lasting impact on workers in the downstate Illinois area.

Nominations are accepted from:

- 1) Someone making the nomination, or
- 2) Self-nomination.

Nomination forms are available at [www.dioshday.com](http://www.dioshday.com) and should be submitted no later than January 2, 2017.

## Sponsors

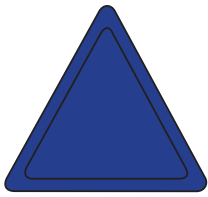
AAIM Employers' Association • American Industrial Hygiene Association, Prairie Section • American Society of Safety Engineers, Central Illinois Chapter • Greater Peoria Contractors & Suppliers Association, Inc. • Illinois OSHA • IMEC • United States Occupational Safety and Health Administration, Peoria Area Office

## In Cooperation with:

Associated General Contractors of Illinois • Caterpillar Inc. • Central Illinois Builders of AGC • Central Illinois Chapter, National Electrical Contractors Association • Central Illinois Chapter of SMACNA • Central Illinois Mason Contractors Association • Grain and Feed Association of Illinois • Illinois Association of Plumbing, Heating and Cooling Contractors • Illinois Chapter, National Electrical Contractors Association • Illinois Farm Bureau - Illinois Agricultural Association • Illinois Fertilizer & Chemical Association • Illinois Manufacturers Association • Illinois Municipal League Risk Management Association • Illinois Society of Professional Farm Managers & Rural Appraisers • Illinois State University, Department of Health Sciences • Mid-Illini Mechanical Contractors • Northern Illinois University - National Safety Education Center • On-Site Safety and Health Consultation Program, DCEO • OSF Center for Occupational Health • Peoria Area Chamber of Commerce • Prairie Branch, APWA • Quad City Chapter, National Electrical Contractors Association • Southern Illinois Builders Association of AGC • State Farm Insurance Company • Tri-County Construction Labor-Management Council • University of Illinois Hazardous Materials Training Program • West Central Illinois Building and Construction Trades Council



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8:00 - 8:50	1	<b>SIT UPI Office Ergonomics Made Easy</b> Marc Wycoff, IWIRC	222	<b>The Shocking Need for Electrical Safety &amp; Protecting the Products that Protect You</b> Richard Rivkin, Saf-T-Gard	401	<b>OSHA Update Program</b> Ken Nishiyama Atha, OSHA	220	<b>A to Z Lockout / Tagout Programs</b> Joshua Maestas, LP Management Services	135-136
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10:30 - 11:20	3	<b>How to Effectively Manage for Risk</b> John Remsey, IMEC	222	<b>OSHA's New Silica Standards</b> Ed Marshall, OSHA	401	<b>Managing Liability Risks for Your Organization and Yourself</b> Mark Briggs, Safety Mgmt Resources Corp (SMRC)	220	<b>What is Retaliation and Reasonable Suspicion Drug Testing</b> Matthew Sadler, OSHA John Bouppha, OSF	135-136
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12:10 - Governor's Award									
12:40 - 1:30	4	<b>Your Role as a Leader</b> Donna Moody, AAIM	222	<b>50 OSHA standards You Need to Know</b> Brian Bothast, OSHA	401	<b>Illinois' Work Comp - The Sound and The Fury</b> Adam Haight, IWIRC	220	<b>OSHA Construction Update</b> Mark Rzasa, OSHA	135-136
1:50 - 2:40	5	<b>Safeguarding for (Metalworking) Cutting/Turning Machines</b> Roger Harrison, Rockford Systems	222	<b>51 additional OSHA Standards it is good to know</b> Brian Bothast, OSHA	401	<b>Being Healthier on the Job</b> Blair Gorsuch, OSF	220	<b>OSHA Hazard Communication</b> Joneen McElligott, OSHA	135-136
2:55 - 3:45	6	<b>Embracing Effective Communication Skills</b> Justin Ganschow, Caterpillar	222	<b>OSHA Reporting &amp; Recordkeeping</b> Brian Bothast, OSHA	401	<b>OSHA General Duty Clause</b> Justin Sternes, OSHA	220	<b>Flammable &amp; Combustible Liquids Safety Compliance</b> Glen Carter, Justrite Manufacturing Company	135-136

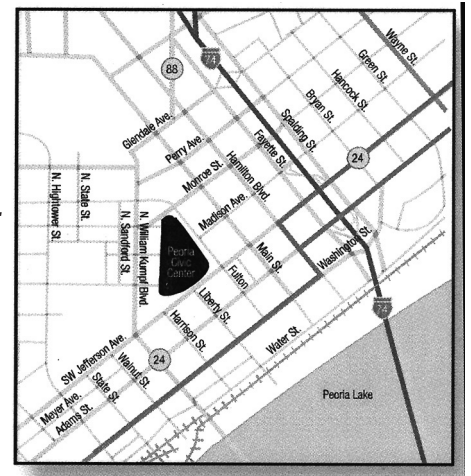


# DIOSH DAY 2017

Early registration is encouraged, but on-site registration is available. Take advantage of a \$50 discount for reservations made by February 25. Fees must be paid by cash, check, or credit card at the time of registration. Reservations are transferable but not refundable. **Confirmation and check-in information is e-mailed to each individual registrant, so it is imperative that you provide an e-mail address.**

**Online registrations are preferred. Registrations will also be accepted by mail or in person:**

- **Online** at [www.DIOSHDay.com](http://www.DIOSHDay.com)
- **By mail** (with check\* or Credit Card) to: 401 NE Jefferson Avenue, Peoria, IL 61603
- **In person** (with cash, check\*, or Credit Card) at: 401 NE Jefferson Avenue, Peoria, IL 61603



\*Make checks payable to DIOSH Day. For more information visit our website at [www.DIOSHDay.com](http://www.DIOSHDay.com) or call 1-877-DIOSH-DAY (877-346-7432). If special accommodations are needed, please notify the DIOSH registrar in advance.

## Registration Form

### Online Registration at [www.DIOSHDay.com](http://www.DIOSHDay.com)



**26TH ANNUAL DOWNSTATE ILLINOIS OCCUPATIONAL SAFETY AND HEALTH DAY**  
**WEDNESDAY, MARCH 1, 2017 • 7 A.M. - 3:45 P.M.**

Only one registrant per form; photocopy form for additional registrants. Please check one:

**Full Registration.**

Fee: \$110/person (\$160 after February 25)—Includes morning refreshments, mini health fair, choice of break-out sessions, handouts, entrance to the exhibit hall, and hot buffet lunch.

**Full Registration for Full-time Students.**

Fee: \$35/person—Includes morning refreshments, Mini Health Fair, choice of breakout sessions, handouts, entrance to the exhibit hall, and hot buffet lunch.

**Trade Show only.**

Fee: \$10/person

Please provide the following information. We must have your e-mail address in order to send confirmation and check-in information. Please print legibly.

NAME \_\_\_\_\_

TITLE \_\_\_\_\_

COMPANY \_\_\_\_\_

STREET \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE (\_\_\_\_) \_\_\_\_\_ E-MAIL \_\_\_\_\_

MasterCard  Visa  Discover  Diner's Club  American Express

Account # \_\_\_\_\_

Exp. Date \_\_\_\_\_ CVV/Security Code \_\_\_\_\_

Cardholder's Name \_\_\_\_\_

Signature \_\_\_\_\_

Please indicate at right each breakout session you plan to attend by circling your choice next to each session. This information will be used strictly to assist in advance planning for determining classroom size. You will not be held to attend the session you indicated; you may change your mind at any time.

Privacy Statement: All DIOSH Day related correspondence and materials will be emailed or mailed to the address provided on the registration form. This information will also be provided to exhibitors participating in DIOSH Day 2017. If you do NOT want your information provided to exhibitors, please check here

Session 1:	1A	1B	1C	1D
Session 2:	2A	2B	2C	2D
Session 3:	3A	3B	3C	3D
Session 4:	4A	4B	4C	4D
Session 5:	5A	5B	5C	5D
Session 6:	6A	6B	6C	6D

Make your nomination for the Governor's Health & Safety Award.  
Nomination form available on the DIOSH Day website.