



## 2009 Breakout Session Class Descriptions

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General Sessions: General sessions are designed for all levels of experience. These sessions offer keynote addresses in a range of topics from culture, leadership and personal development, to key issues facing ESH professionals today.

Program Title	Session	Room	Level	Instructor	Instructor Contact Information	Description
Green Beans & Ice Cream--The Recipe for Behavior Change	Session 101	Expo Center Meeting Center	B,I,A	Bill Sims Jr.	Bill Sims Jr. President www.billsims.com c: 803 600 8325 bill.sims@billsims.net	Keynote Speaker Bill Sims Jr. will discuss how to design and implement successful behavior-based safety programs that dissuade injury hiding, enhance job satisfaction, and engage the middle manager. Participants will learn the benefits of proactive, prevention-focused programs and will explore the most "popular" recognition tools in use today and what the latest studies indicate about their effectiveness. Finally, the seminar addresses recognition for the middle manager--who is usually left out. Mr. Sims will demonstrate ways to involve the middle managers in the design and implementation of your program without "overwhelming" them with yet another job task.
CTPAT Standard: Guide for Successful Implementation	Session 102	Pilot	B,I	Carol Y. Trainor, PHR, Manual Woodworkers & Weavers	Carol Trainor, PHR Human Resource Manager The Manual Woodworkers and Weavers, Inc. 3737 Howard Gap Road Hendersonville, NC 28792 (828) 692-4865 ext. 2273 (828) 696-2961 fax carolw@manualww.com	C-TPAT (Can that package attract terrorists?) Does your company import goods from overseas and sometimes experience delays, resulting in not being able to meet deadlines? Are your parts, widgets and goods spending the holidays on some lonely dock while other containers breeze through customs and move on to their home in the states with no problem. In this day of terrorism where drugs and bombs are being placed in the unlikely places, becoming C-TPAT certified is the best practice. C-TPAT (Customs Trade Partnership Against Terrorism) is the largest and most successful government-private sector partnership to emerge from the terrorist attacks on 9/11. Today, more than 10,000 companies are part of the global supply chain and more apply each day. Come and see what CTPAT can do for your company.
How is Your Fall Protection Program?	Session 103	Dogwood	B	Kent Earle, Capital Safety (DBI Sala)	Kent Earle Territory Sales Manager Capital Safety, USA 803-370-0303 kearle@capitalsafety.com	Falls continue to be a major cause of workplace injuries. This presentation begins with a brief review of a comprehensively managed fall protection program as outlined in the newly adopted ANSI Z359.2 standard. Key presentation topics encompass the main aspects of the standard: policies, duties and training; fall protection procedures; eliminating and controlling fall hazards; rescue procedures; incident investigations; and evaluating program effectiveness. In this seminar you'll learn how to evaluate your current fall risks, what level of fall protection is best for your business, where OSHA and ANSI may have left some deadly gaps in their regulations and standards, how to provide additional protection for employees who work at heights over 30 feet, and how and when to incorporate medical testing and physical conditioning into your fall protection program.
Workers Compensation and the Upper Extremity	Session 104	Exposition Center	B	David C. Napoli, M.D., Blue Ridge Bone and Joint	David C. Napoli, M.D. Blue Ridge Bone & Joint 800 Fleming Street Hendersonville, NC 28791 828-698-4318	Dr. Napoli will present a brief overview of the history of comp, some challenges presented by the system, a description/explanation of some common hand/upper extremity maladies that find their way into the system, and a brief synopsis of his overall philosophy.
Management of High-Risk Injured Workers: Evidence-based or Not?	Session 105	Mitchell	I,A	Terence E. Fitzgerald, PhD, ABPP; The Center for Occupational Rehabilitation (COR), Asheville	Terence E. Fitzgerald, PhD, ABPP; The Center for Occupational Rehabilitation (COR), Asheville	During this session Dr. Fitzgerald will review with attendees the efficiency of the traditional management of high-risk injured workers, and important factors in predicting outcomes. He reviews, discusses and defines chronic pain vs. chronic disability, the importance of knowing your population, mediating factors in worse functional outcomes, the latest research on acute, early prediction of long-term disability, and evidence-based review of high-risk medical decision-making. He then uses this evidence to prescribe a program to better manage these cases.
Healthy Body: How Onsite PT Can Benefit the Workplace	Session 106	Pisgah	B,I	Charise Lord PT, CEAS, CWT, Care Partners	Charise Lord, PT, CEAS, CWT CarePartners located in Reuter YMCA 3 Town Square Blvd Asheville, NC 28803 (828) 209-0900 clord@carepartners.org	This session will explore Muscular Skeletal Disorders and their prevalence in the workplace. Factors like down sizing, an ageing workforce, overtime, can increase the incidents of work related injuries. In this session Ms. Lord will discuss how on-site physical therapy programs, can benefit by reducing medical claim incidents and early intervention can reduce costs. Ergonomic examples and stretch exercises will be shared as well as discussions regarding sample programs and implementation tactics.

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Program Title	Session	Room	Level	Instructor	Instructor Contact Information	Description
OSHA Update & Resources □	Session 107	Roan	OSH	Ric Cruz, Department of Labor OSHA, Lisa Foster-Morrow, CET, Continental	Lisa Foster-Morrow, CET Continental One Quality Way Fletcher, NC 28732 Phone: +1-828-654-2240 Cell: +1-828-215-2220 Fax: +1-828-654-2273  Lisa.Foster-Morrow@continental-corporation.com Ricardo Cruz-Segarra MESH C-MESH N.C. Dept. of Labor, OSH-W Safety & Health Supervisor 204 Charlotte HWY, Suite B Asheville, NC 28803 828-296-7226 Office 828-299-8266 Fax	This session will discuss the Occupational Safety and Health Administration, its structure, purpose, and various resources available. Statistics for the state and region will be communicated as well as comments on focus areas and upcoming topic of interest.
Why Plan For Disasters?	Session 108	Foxfire I	CEU	Jerry VeHaun, Buncombe County Emergency Management	<a href="mailto:jerry.vehaun@buncombecounty.org">Jerry VeHaun</a> 250-6601 <a href="mailto:jerry.vehaun@buncombecounty.org">jerry.vehaun@buncombecounty.org</a>	Companies develop disaster plans they feel will work in the event of an emergency. Some drills may be performed, table top discussions, reviews with management or even community emergency services groups. But what happens when disaster strikes? Will your plan work? Jerry VeHaun, Director Buncombe County Emergency Management will lead this session to help you understand the importance of planning for disasters. This will assist you in assessing your program to determine if you have covered all areas needed. This session will help in understanding that sometimes the best laid plans don't always work like clockwork and how you can manage situations that arise during emergency situations.
NCALGESO	Session 109	Foxfire II	C	Ben Stacy	This session is open to NCALGESO members only.	
Nanotechnology	Session 110	Pilot	I,A	Jim Lockridge, PE, CIH, CSP, Safety Professionals	Jim Lockridge, PE, CIH, CSP Certified Industrial Hygienist 230 Barnwell Ave.,NW Suite A Aiken, SC 29801 803-641-0483 <a href="mailto:lockridge2@aol.com">lockridge2@aol.com</a>	Nanotechnology is the art and science of manipulating matter at the nanoscale (down to 1/100,000 the width of a human hair) to create new and unique materials and products. Nanotechnology has enormous potential to change society. An estimated global research and development investment of nearly \$9 billion per year is anticipated to lead to new medical treatments and tools; more efficient energy production, storage and transmission; better access to clean water; more effective pollution reduction and prevention; and stronger, lighter materials. This technology however does pose some potential concerns and issues for the ESH professional. This session will define Nanotechnology, discuss where it is being used, potential impacts on human health and the environment, risk assessment and prevention, regulatory challenges, and much more. Mr. Lockridge will share his experiences working with the Department of Energy on this growing Health and Safety Issue.
OSHA 300 Log and the OSHA Recordkeeping Standard	Session 111	Dogwood	B,I,A	Marc Scripps, Eaton Corporation	Marc Scripps EHS Manager Eaton Corporation 828-687-3237 <a href="mailto:MarcAScripps@Eaton.com">MarcAScripps@Eaton.com</a>	During the ASSE 2009 Safety National Conference in San Antonio, TX acting OSHA administrator Jordan Barab advised attendees that OSHA is developing a new National Emphasis Program (NEP) on recordkeeping. This workshop will provide participants from government and private sector industries with the knowledge needed to ensure the OSHA recordkeeping requirements are being met. This course will discuss OSHA's Recordkeeping requirements for Injuries and Illnesses according to Part 1904. The course will focus on the determination process to decide if an injury/illness reported in the workplace is recordable. The required forms to document each recordable cases will also be discussed. The workshop will provide participants with the knowledge needed to ensure the OSHA recordkeeping requirements are being met at the individuals workplace.

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Skin Diseases and Outdoor Workers: Are You Legally Exposed?	Session 112	Exposition Center	B,I,A	Sarah Gayle, American Cancer Society, Sandra King, Attorney, Russell and King	Sarah Gayle Sarah.gayle@cancer.org 828-231-6931	There are more than one million new cases of skin cancer reported each year in the United States according to the National Cancer Institute (NCI). Based on these estimated 40 to 50 percent of Americans who live to age 65 will have skin cancer at least once in their lifetime. Overexposure to the sun is the leading cause of skin cancer. These facts make it important that we consider the health of Outdoor Workers relative to exposure to the sun. Recent legal actions have also made this an up and coming topic in Worker's Compensation Management. This class will discuss legal obligations of employers based on case law and OSHA regulations as well as facts about skin cancer, protecting employees and implementing education programs to reduce risk. If you employ outdoor workers, contractors for grounds maintenance, or want to educate employees about this as a home safety topic don't miss this class.
Trainer Tips: Tricks for Teaching Adults More Effectively	Session 113	Mitchell	B,I,A	Michelle Dunham, MSPH, MSM, Georgia Tech Research Institute, Safety and Health Consultation Program	Michelle L. Dunham, MSPH, MSM Industrial Hygienist/Senior Research Scientist Georgia Tech Research Institute Safety and Health Consultation Program Mail: 430 Tenth St. NW, North Bldg., Rm. 209B Atlanta, GA 30332-0837 E-mail: michelle.dunham@gtri.gatech.edu Office Phone: (404) 407-8284 Cell Phone: (404) 561-0101 (NEW) Fax: (404) 407-9284 OSHA Consultation Fax: (404) 407-8275 Website: www.oshainfo.gatech.edu	So you've landed the privilege of training your employees ....Now what? This interactive workshop will provide participants with ideas for making safety and health training fun and effective. This session will explore the many approaches to developing and delivering adult training on the following topics: safety and health training perceptions; new employee orientation training; annual refresher training; communicating with the young and the experienced workforce; training formats for different objectives, and "to test or not to test".
Contractor Program Management	Session 114	Pisgah	I,A	Mike Bingham, Duke Energy	Mike Bingham EHS Professional Carolinas EHS Field Support 828.369.4567 Office 828.273.1567 Cellular 828.273.1567 Pager michael.bingham@duke-energy.com	Contractor Management can be a challenge for any organization. To ensure the contractor is aware of your requirements, determining whose hot work program or lockout tagout program would be implemented, and training can be major factors in a successful relationship. Should you treat all contractor's the same. what about office workers versus electricians. How can you align your safety vision with their vision? What types of paperwork should you complete? Site Inspections, and many more important factors will be discussed.
How to Survive a Fire Prevention Inspection and Why	Session 115	Roan	B,I,A	Chief Joey Webb, Fire Chief Waynesville and Jason Rogers Code Administrator Town of Waynesville	Joey Webb Fire Chief, City of Waynesville chiefwebb@waynesvillefire.org (828) 456-6151	Are you often nervous when a fire inspector comes to your site? Having a good understanding of the requirements and being prepared to demonstrate your compliance is often critical in successfully navigating an inspection. In this session the instructors will discuss what is involved in a fire prevention inspection and how you can best prepare before the inspector arrives. In addition, explanations of the North Carolina Fire Codes will be provided and instructors will demonstrate the correlation between the code and why certain things are required as evidence of compliance. This course is designed for construction related fields but the course material is also relevant to general industry.
Examples of Disaster Plans	Session 116	Foxfire I	CEU	Jerry VeHaun, Buncombe County Emergency Management	Jerry VeHaun 250-6601 jerry.vehaun@buncombecounty.org	In this session attendees will discuss various aspects of a disaster plan and review samples of implemented programs. This interactive class will allow attendees to benchmark programs for possible implementation in their own programs.
NCALGESO	Session 117	Foxfire II	C	Ben Stacy	This session is open to NCALGESO members only.	

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Understanding NFPA 70E and Arc Flash Hazards	Session 118	Pilot	I,A	Jorge Cardenas, NCDOL	Jorge Cardenas Health Compliance Officer North Carolina Department of Labor Division of Occupational Safety and Health Bureau of Compliance East Telephone: (919) 779-8543 Fax: (919) 662-4709 E-mail: Jorge.Cardenas@labor.nc.gov USPS: NC DEPARTMENT OF LABOR DIVISION OF OCCUPATIONAL SAFETY AND HEALTH 1101 MAIL SERVICE CENTER RALEIGH NC 27699-1101 Toll free: 1-800-NC-LABOR or 1-800-625-2267	Arc flash is a growing source of concern for manufacturers and other employers, and OSHA has begun citing companies for arc flash violations. An Arc Flash is a short circuit that flashes from one exposed live conductor to another, or to ground. The resulting ionized air creates electrically conductive superheated plasma that can reach temperatures of 5000°F and above. The explosion takes less than one second and produces a brilliant flash, intense heat, and a pressure blast equivalent to several sticks of dynamite. All types of organizations have potential exposures and need to understand the steps to developing a program. In this course the instructor will lead the participants through the elements of an effective and compliant program, address questions relative to site arc flash hazard analysis and assessments, single line drawings, arc flash incident energy values, labeling requirements, barriers, PPE and much more.
Pandemic Flu Epidemiology and Planning	Session 119	Dogwood	B,I,A	Dr. Martha Salyers, MD, Team Leader, Public Health Regional Surveillance Team 6	Martha Salyers, MD, MPH Team Leader Public Health Regional Surveillance Team 6 (PHRST 6) 257 Biltmore Ave. Asheville, NC 28801 828 250 6933 (ofc) 828 778 1147 (cell) 828 250 6968 (fax)	In this presentation a leading expert in Public Health and Pandemic Flu Planning will provide an overview on how to prepare for a wide area disaster such as a pandemic flu. Basic aspects of pandemic flu will be discussed including current statistics. Additionally, contingency planning, preparedness, response, risk assessment, vaccination, infection control, training, drills, and outside emergency interface will be discussed.
Worker's Compensation Forum; Session A	Session 120	Exposition Center	B,I,A	Al Osbahr, MD; Jane Jackson, Attorney; Dawn Steadman, Adjuster		This interactive class will approach worker's compensation from the medical, legal, and insurance viewpoints. Attendees will be able to ask questions and receive valuable insight from experts in the field. Current case law will be discussed as well as important case handling tips. Dr. Al Osbahr, Director of Occupational Health, Catawba Valley Medical Center; Jane Jackson, partner in the legal firm of Robinson & Lawing; and Dawn Steadman, Senior Claims Representative, Hewitt Coleman, will provide expert answers and perspective to assist in improving your worker's compensation case handling.
Navigating The Bermuda Triangle: Interaction Between ADA, FMLA and Workers' Compensation	Session 121	Mitchell	I,A	Al Osbahr, MD		Dr. Al Osbahr will discuss three major players in department of labor regulations and how they relate to each other. This session will assist attendees in understanding the basic concepts of the American with Disabilities Act, Family Medical Leave Act, and worker's Compensation. Differences in the programs and how important it is to manage each effectively and which to use when.
Active Shooter Survival	Session 122	Mitchell	B,I,A	Johnny Lee, Peace@Work	Johnny Lee jlee@peaceatwork.org Peace@Work PO Box 41214 Raleigh, NC 27629	Have you ever wondered how to train your employees to protect themselves when a workplace violence incident occurs? Should you hide? Attempt to leave? Mr. Lee will discuss various cases of workplace violence and also provide attendees with details on what to do when you have an active shooter at your location.
Stairways, Ladders and Scaffolds □	Session 123	Roan	OSH	Ron Gildersleeve, SOS Consulting		A look at Subpart X of the Construction standard will be reviewed. General requirements for stairways and ladderways will be discussed as well as the do's and don'ts for using these tools safely in a construction environment.
Mass Fatalities and the Local Funeral Director	Session 124	Foxfire I	CEU	Jerry VeHaun, Buncombe County Emergency Management	Jerry VeHaun 250-6601 jerry.vehaun@buncombecounty.org	Mass fatalities may occur as the result of a variety of events including natural disasters, large disease outbreaks, airplane crashes, automobile accidents, or acts of terrorism. When these events occur a well developed plan and coordination between emergency response, hospitals, funeral homes are critical. This session will discuss the important aspects that should be considered and planned to best manage large scale disasters.
NCALGESO	Session 125	Foxfire II	C	Ben Stacy		This session is open to NCALGESO members only.

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Environment 101: Environmental Review for Safety Managers	Session 126	Pilot	B	Matthew Wallace, MACTEC and Spring Allen NCDENR	Spring Allen, Environmental Senior Specialist Hazardous Waste Compliance Branch Hazardous Waste Section, Division of Waste Management NC Department of Environment and Natural Resources PO Box 1318, Lake Junaluska, NC 28745 Phone/ Fax 828-456-6155 e-mail: Spring.Allen@ncdenr.gov  Matthew Wallace, P.E. MACTEC Engineering and Consulting, Inc. 1308 Patton Ave Asheville, NC 28806 Office: 828-252-8130 MEWALLACE@mactec.com	RCRA, CERCLA, SPCC, UST, Superfund, SARA, TSCA, Brownsfield, and the list goes on. Navigating environmental lingo and the regulations relative to environmental issues can be a challenging even for the experienced Environmental Manager. But what if you are the Safety Manager, Plant Engineer, or Human Resources Manager? More professionals from outside the "environmental world" are finding themselves addressing questions relative to the environment and finding they are expected to know and understand the regulations, and provide answers. This class will present the basic environmental areas (hazardous waste, wastewater pretreatment/discharge, air quality, stormwater, etc.) that a typical industry will encounter in complying with environmental regulations for operation. Environmental issues include knowledge of threshold levels for permitting, permit applications, monitoring and documenting compliance, and consequences and response for violations. The objective of the class is awareness of the regulated environmental programs with which an operating facility must comply.
NIMS	Session 127	Dogwood	B,I	Clint Gorman, Buncombe County Emergency Management	Buncombe County Emergency Services Training and Development 164 Erwin Hills Road Asheville, NC 28806 clint.gorman@buncombecounty.org Phone: 828-250-6633	Each day communities respond to local emergencies. Most often these are managed at the local level. However, there are some incidents that require a collaborative effort from multiple jurisdictions, practices, community groups, and levels of government. The National Incident Management System (NIMS) provides a systematic, proactive approach to guide departments and agencies at 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. In this session Clint Gorman from the Department of Emergency Services of Buncombe County will provide a brief overview of NIMS and why your company should know about it.
New Ideas for Safety Training/meetings	Session 128	Mitchell	B,I	Sean Barbee, Griffin Masonry	Sean Barbee Griffin Masonry 11310 Blair Road Charlotte, NC 28277 Phone: 704-545-2722 Sbarbee@griffinmasonry.com	Looking for new ideas to instruct your team? This session will provide some out of the box methods for getting the attention of your audience and allow you to convey your message in a memorable way. You will have some fun in this session discussing new techniques to ensure your message is heard.
Leadership Forum: "Do You Measure Up? The Safety Metrics that Matter to Management."	Session 129	Pisgah	B,I,A	David L. Clifton, Vice President ASMO North Carolina; Michael Poore, President & CEO of Haywood Regional Medical Center; Jim Jones, Director of Operations, Jeff Ramer, Director of Engineering, Aprotech	Jim Jones Director of Operations Aprotech Powertrain LLC Asheville, N.C. 28806 Phone: 828-253-1350 x212 Fax: 828-253-3602 Email: jjones@aprotechgroup.com  Jeff Ramer Director of Engineering Aprotech Powertrain LLC Asheville, N.C. 28806 Phone: 828-253-1350 Fax: 828-253-3602  David Clifton ASMO North Carolina, Inc. Lexington, NC	As safety professionals, we may often wonder how we measure up in the eyes of our company executives. Does the boss understand and care about our efforts to improve safety? Do we feel confident that our safety initiatives will be fully supported? Do we know what metrics and performance indicators are most important to our top executives? Do we have any idea how much top management is willing to invest in safety (money, time, resources, etc.)? Well, now we finally have the chance to ask. Join us for a discussion with a diverse panel of company owners, executives and top decision-makers. Find out what they believe is most important for measuring, promoting and assuring a successful safety program. Learn about their pet projects and their pet peeves when it comes to dealing with safety performance. Gather real insight into how you can be seen as a valuable contributor to your company's overall vision and goals. Do you measure up? Just ask!
Electrical Safety □	Session 130	Roan	OSH	Ron Gildersleeve, SOS Consulting		A basic overview of Electrical Safety and requirements outlined in subpart K of the Construction standard.
NCALGESO	Session 131	Foxfire II		Ben Stacy		This session is open to NCALGESO members only.

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Combustible Dust Hazards and Protection for your Plant	Session 132	Pilot	B	Don Cashman, FM Global	Donald E. Cashman, PE Assistant VP Group Manager, Field Engineering Office 770-777-3600 ext. 3714 Home Office 704-552-1350 Cell Phone 704-578-8592 donald.cashman@fmglobal.com	In this session attendees will find out what kind of dusts are explosive and why they explode. The group will evaluate what an explosion could do to your plant and the risk to your operations. Participants will learn various methods and protection features for your plant and equipment that will help mitigate or prevent an explosion from occurring.
Safety Committees	Session 133	Dogwood	B	Mike Bingham, Duke Energy	Mike Bingham EHS Professional Carolinas EHS Field Support 828.369.4567 Office 828.273.1567 Cellular 828.273.1567 Pager michael.bingham@duke-energy.com	Safety Committees can be a valuable and important aspect of a well-rounded, effective safety program. How does our team measure up? Do you need ideas to breathe new life into your group? This session will explore important aspects that should be included in a successful program as well as ideas to rejuvenate existing teams.
Worker's Compensation Forum; Session B	Session 134	Exposition Center	B	Al Osbahr, MD; Jane Jackson, Attorney; Dawn Steadman, Adjuster		This interactive class will approach worker's compensation from the medical, legal, and insurance viewpoints. Attendees will be able to ask questions and receive valuable insight from experts in the field. Current case law will be discussed as well as important case handling tips. Dr. Al Osbahr, Director of Occupational Health, Catawba Valley Medical Center; Jane Jackson, partner in the legal firm of Robinson & Lawing; and Dawn Steadman, Senior Claims Representative, Hewitt Coleman, will provide expert answers and perspective to assist in improving your worker's compensation case handling.
Ergonomics	Session 135	Mitchell	B,I	Ron Hoechstetter, Care Partners	Ron Hoechstetter, M.S., E.P. Care Partners 68 Sweeten Creek Road Asheville, NC 28803 828-574-2400 x 4225 RHoechstetter@CarePartners.org	This lively and interactive session will discuss ergonomics is a new way. Attendees will be entertained and leave with new ideas to get even the most passive employees involved in your program.
Training for Back Injury Prevention in Industrial Settings.	Session 136	Pisgah	B,I	Jeremy Nauert, Colbond	Jeremy Nauert Colbond, Inc. P.O. Box 1057 Enka, NC 28728 828-665-5089 Direct 800-365-7391 Toll Free 828-337-3532 Mobile 828-665-5002 Fax jeremy.nauert@colbond.com	We all know that training is an essential part of any industrial back injury prevention program. Most of us can easily relate the basic principles of proper lifting. But is there any more information we can give our employees that could help them make the right decisions to protect their back? Yes, there is! This course will provide a detailed (but simple) review of the architecture and engineering of the human spine and how your employees can safely use their backs for material handling challenges. You will be able to give your employees insight into the inherent capabilities and vulnerabilities of their backs and how to plan and accomplish lifting tasks without injury. The knowledge you bring back to your employees will not only be informative, but also motivating.
Tools, Hand and Power Safety □	Session 137	Roan	OSH	Steve Davis, Department of Labor	Steve Davis Compliance Safety and Health Officer NC DOL OSH Direct: 828-296-7222 Office: 828-299-8232	Tools that are essential in assisting us to complete our work are often objects that cause injury. This session will cover some important aspects of hand and power tool safety as defined in Subpart I of the construction standard.
Mutual Aid and Other Resources	Session 138	Foxfire I	CEU	Jerry VeHaun, Buncombe County Emergency Management	Jerry VeHaun 250-6601 jerry.vehaun@buncombecounty.org	Community resources, mutual aid agreements, and other options you may not have considered to assist in an emergency will be discussed. How to find them, how to establish relationships, and important factors to ensuring your relationship works will be discussed.
Distracted Driving: What You Need to Know and How You Can Prevent Incidents.	Session 139	Dogwood	B	Brendan Byrnes, Vice-president AAA Carolinas Foundation for Traffic Safety, AAA Carolinas		This course will cover the facts and realities about the most dangerous sober activity facing motorists today. Distracted Driving, and specifically cell phone use while driving, is reaching epidemic proportions and can cost your company thousands of dollars per incident. Learn helpful statistics and information to share with your employees and create a safer more conscientious work force.

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Cyber Security	Session 140	Mitchell	B,I,A	Alan Flora, District Computer Crimes Agent, Cyber Crime Task Force, FBI, and Detective Jeff Sluder Computer Forensic Analyst Cyber Crime Task Force, Buncombe County Sheriff's Department		Every three and a half minutes a crime is committed on the streets of New York City. Every two and a half minutes a crime is committed on the streets of Tokyo. But every three seconds, an identity is stolen online. Cyber crime has surpassed illegal drug trafficking as a criminal money maker and one in every five persons will become a victim. Companies are also at great risk. As almost everything today is relying on computers and the internet how is your company prepared to prevent a disaster relative to information theft. The objective of computer security includes protection of information and property from theft, corruption, or natural disaster, while allowing the information and property to remain accessible and productive to its intended users. Find out if you are vulnerable in this session presented by the a representative of the Federal Bureau of Investigation.
Safety Motivation and Incentives with a Zero Budget	Session 141	Foxfire II	B,I,A	Jeremy Nauert, Colbond	Jeremy Nauert Colbond, Inc. P.O. Box 1057 Enka, NC 28728 828-665-5089 Direct 800-365-7391 Toll Free 828-337-3532 Mobile 828-665-5002 Fax jeremy.nauert@colbond.com	Nearly all of us in the workplace are challenged to do more with less. In the current economic climate, we may even be expected to achieve our safety goals with virtually no budget. Many of the most common safety motivation and incentive programs require a significant financial investment, and often that investment needs to grow each year. In this course, we will review several motivational exercises and programs that can elevate your safety program to new heights, with little more than the cost of a few candy bars.
Health Hazards in Construction, Hazard Identification and Avoidance □	Session 142	Roan	OSH	Sean Barbee, Griffin Masonry	Sean Barbee Griffin Masonry 11310 Blair Road Charlotte, NC 28277 Phone: 704-545-2722 Sbarbee@griffinmasonry.com	The basic aspects of health hazards and protection needed will be discussed. The class will then take an interactive journey through hazard identification and avoidance on a construction site. This interactive class will allow attendees to put to use the tips provided by the instructor.
Bloodborne Pathogens	Session 143	Foxfire I	B,I	Patricia Cruse		This presentation discusses the most common types of bloodborne pathogens, reviews the OSHA Bloodborne Pathogens standard, and addresses means to protect employees from exposure. In the review of the OSHA standard the presentation highlights items found frequently in OSHA inspection at funeral homes in North Carolina over the past 10 years. This session is an opportunity to discuss what makes a bloodborne pathogens program successful.
Is that the Truth?	Session 144	Dogwood	B,I,A	Don Rabun	<a href="mailto:dwrabun@msn.com">dwrabun@msn.com</a>	Mr. Rabun specializes in investigative and interviewing techniques used in evaluating depositions, narratives and other forms of discourse. His goal in a situation where a person with information might be uncooperative is to successfully interview that person in such a way that the information is yielded freely and honestly. Mr. Rabun will talk about deception (concealment and falsification), how you identify it, and what techniques you can use for effective inquiry.
The New and Modified NFPA Regulations	Session 145	Pilot	B,I,A	Wayne Hamilton, City of Asheville Fire and Rescue, Fire Marshal	Wayne Hamilton City of Asheville Fire and Rescue Fire Marshal whamilton@ashevillenc.gov	The presenter will cover many new standards just released that impact those responsible for fire safety and risk management. This class will provide an overview of these regulatory requirements and provide attendees with a starting place to determine how they are impacted and what they need to implement to comply.
You are the New Safety Manager...Now What??	Session 146	Pisgah	B	Andy Spradley, Biltmore	<a href="mailto:aspradley@biltmore.com">aspradley@biltmore.com</a>	You have recently been promoted...to Safety Manager. Or maybe this is a new extension of your current responsibilities. This role is out of your area of expertise and you are not sure where to turn for assistance. How do you determine if your program is effective? How do you even begin to establish a program where none exists? Where can you find regulatory guidance? Are all the answers found in the Code of Federal Regulations? How do you handle inspections, OSHA Visits, accident investigation, and all the many aspects of Safety and Health Management? While this session does not have all the answers it is a must for new players to this field and experienced professionals can also learn a thing or two about resources.

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Program Title	Session	Room	Level	Instructor	Instructor Contact Information	Description
Enhancing Workplace Safety with Visual Work Instructions	Session 147	Exposition Center	B	Benjamin Farmer	Benjamin M. Farmer Training Administrator Colbond, Inc. P.O. Box 1057 Enka, NC 28728 828-665-3543 Direct 828-665-5002 Fax ben.farmer@colbond.com	This session will explore Visual Plant techniques and aspects of creating effective work instructions to communicate messages to employees including safety. The instructor will provide examples and discuss how they have been effectively implemented in a local manufacturing facility.
Preventing Violence in the Workplace: A Case Study	Session 148	Pisgah	B, I, A	Kevin Kopp, Roberts and Stevens, P.A.	Roberts and Stevens, P.A. BB&T Building Suite 1100 1 west Pack Square Asheville, NC 28801 kkopp@roberts-stevens.com Phone: (828)252-6600	By discussing a specific case of violence this presenter will provide guidance on company liability, signs to look for, early intervention, and means to train and educate your team members.
Confined Space Entry, Trenching and Excavation □	Session 149	Roan	OSH	Lisa Foster-Morrow, CET, Continental	Lisa Foster-Morrow, CET Continental One Quality Way Fletcher, NC 28732 Phone: +1-828-654-2240 Cell: +1-828-215-2220 Fax: +1-828-654-2273 Lisa.Foster-Morrow@continental-corporation.com	Over 1 1/2 million workers enter confined spaces on an annual basis. Serious injury or death in a confined space can be the result of asphyxiation, engulfment, electric shock, falls, and heat stress. The Occupational Safety and Health Administration (OSHA) estimates that 85 percent of these accidents can be prevented if proper safety precautions at job sites are initiated. The OSHA Confined Space Standard establishes uniform requirements to ensure that the hazards of confined spaces in U.S. workplaces are evaluated, safety procedures implemented, and that the proper hazard information is transmitted to all affected workers. Trenching and Excavation projects pose additional hazards to employees who interact with them. Basic safety precautions for all of these activities will be discussed.
Designing and Conducting Mold Investigations	Session 150	Foxfire I	I, A	Jim Lockridge, PE, CIH, CSP, Safety Professionals	Jim Lockridge, PE, CIH, CSP Safety Professionals Certified Industrial Hygienist 230 Barnwell Ave., NW Suite A Aiken, SC 29801 803-641-0483 lockridge2@aol.com	This course will provide an overview of the most recent understanding of mold, its origins and potential health effects and methods for designing and conducting mold investigations. Topics to be addressed include visual inspections, moisture detection, pros and cons of sampling for mold, criteria for assessing if there is a mold problem, and report preparation. Additional topics that will also be briefly addressed include mold litigation issues, use of particle counters in screening for mold, and an overview of the most useful technical publications associated with conducting mold investigations.
NFPA 70E: An Introduction to the Standard and PPE	Session 152	Pilot	B, I	Kevin Wiedman Cintas Corporation	Kevin Wiedman Cintas Corporation Regional Director Protective Apparel Office: 205-424-2250 Cell: 205-516-1213	Arc flash is a growing source of concern for manufacturers and other employers, and OSHA has begun citing companies for arc flash violations. An Arc Flash is a short circuit that flashes from one exposed live conductor to another, or to ground. The resulting ionized air creates electrically conductive superheated plasma that can reach temperatures of 5000°F and above. The explosion takes less than one second and produces a brilliant flash, intense heat, and a pressure blast equivalent to several sticks of dynamite. All types of organizations have potential exposures and need to understand the steps to developing a program. I this course the instructor will lead the participants through the elements of an effective an compliant program, address questions relative to site arc flash hazard analysis and assessments, single line drawings, arc flash incident energy values, labeling requirements, barriers, PPE and much more.
Case Study: Thinking Outside the Box for a Solution to Eliminate Hand Injuries	Session 153	Dogwood	B, I, A	ESSR	Johnny Wyrick 864-295-3728 Phone 864-295-3745 Fax sales@ESSRsafety.com	Many times we encounter safety problems we must solve. Sometimes it is an easy solution through the installation of a guard or control or purchase of an item of personal protective equipment. But sometimes the path to resolution is not so clear. Many times all attempts fail. This course will review some methods to thinking outside the box by reviewing a case study of a problem , the steps to determining a solution, and the implementation of a solution the virtually eliminated the major cause of injuries at this workplace.

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Program Title	Session	Room	Level	Instructor	Instructor Contact Information	Description
Safety as a Profit Center While Protecting your Company's Brand/Reputation	Session 154	Exposition Center	B, I, A	Edwin Foulke Jr., Fisher and Phillips LLP	Edwin Foulke, Jr. Fisher and Phillips LLP Attorneys at Law 1500 Resurgens Plaza 945 East Paces Ferry Road Atlanta, Georgia 30326-1125 efoulke@laborlawyers.com	How well do you juggle safety as profit center for your facility, integrating into your business model, and still protect people? This program will focus on the following key factors: The top safety issues that businesses will have to face in the future, the elements of an effective safety and health management system, how having an effective safety and health management system can make companies more profitable and competitive, how a company's safety program can assist in improving the company's sustainability, growth, image and employee leadership development, why having an effective wellness program will be critical for a company's survival in the future, and the elements of a effective wellness program.
The Nature Lesson (Biology 101) or How to Thin a Herd and Stay Safe	Session 155	Mitchell	B	Jonathan Gobble, CET, Western Carolina Industries	Jonathan S. Gobble Director – Safety, Health & Environmental Services WCI, Inc. 828-210-1213 jgobble@wciinc.org	This class is a frank discussion on keeping focused on safety when a downturn in the economy causes budget and staff cuts. Using both humor and a fresh new approach to developing a strong safety culture the instructor will lead the class through leading safety change. Attendees will learn how to continue to focus the team on driving safety practices in the organization even with budget cuts and resource reductions which put a strain on any organization.
Diabetes: How Diabetes and Obesity are Changing the Workplace.	Session 156	Pisgah	B, I, A	Brian J. Caveney, MD, JD, MPH, President, Carolinas Occupational & Environmental Medicine Association, Clinical Associate, Division of Occupational & Environmental Medicine, Duke University Medical Center	Brian J. Caveney, MD, JD, MPH Duke University Medical Center 2200 West Main Street Duke University Occupational Suite 400 Durham, NC 27705	When a person is overweight and if their BMI, or Body Mass Index, measures 30 or more, then the person is considered as obese. Obesity is one of the common problems that lead to many other diseases. Obesity is a risk factor for several other conditions like hypertension, type II diabetes, heart disease, stroke and cancer. Obesity has risen to epidemic levels in the United States. Almost one-third of the adult population in the U.S. (32%) is considered obese. Obesity's impact on health can't be underestimated. It is associated with shorter life expectancy: both men and women living with obesity generally have 50% to 100% higher mortality rates than those with a healthy weight. It can also lead to serious health conditions, often referred to as comorbidities or comorbid conditions such as type 2 diabetes, heart disease, high blood pressure, high cholesterol, cancer, and depression. These factors play a part in our workforce. This session will discuss how they are changing the face of today's workplace.
PPE for Construction and Outdoor Work	Session 157	Roan	OSH	Mark Weaver, QSSP, Hagemeyer	Mark Weaver, QSSP Safety Business Development Mgr. MWeaver@hagemeyerna.com 336.878.4671 Office 336.337.9077 Mobile	All aspects of personal protective equipment used in construction will be discussed. This includes, but is not limited to hard hats, gloves, fall protections, welding gloves/shields, safety shoes, respirators.
Continuity of Operations after Emergencies	Session 158	Foxfire I		TBA		This session will focus on what steps should be taken after an emergency to assume business as usual. A review of items that should be considered and integrated into a site emergency contingency plan. Real world experiences will be shared and tips to make the transition a smooth one will be provided.
Flagger Rules	Session 159	Foxfire II	B, I	Sara McHone, City of Asheville Water Administration	Sara McHone, smchone@ashevillenc.gov Quality Assurance Coordinator City of Asheville Water Administration 828-259-5971	The Department of Transportation has developed new rules and regulations for flagger safety. This session will provide an overview of those requirements and assist attendees in understanding the regulation as well as provide guidance on methods of training and implementation.
The New OSHA: Changes in the New Administration and What's Down the Road	Session 160	Pilot	B, I, A	Kevin D. Beauregard, CSP, CPM Assistant Deputy Commissioner N.C. Department of Labor, Division of Occupational Safety and Health	Kevin D. Beauregard, CSP, CPM Assistant Deputy Commissioner N.C. Department of Labor, Division of Occupational Safety and Health kevin.beauregard@labor.nc.gov Phone: (919)-807-2863 Fax: (919) 807-2856	As with any change in leadership goals and objectives of organizations change. OSHA is not exception. Assistant Deputy Director NC Department of Labor, Kevin Beauregard, will discuss possible federal change in administration and changes that we anticipate on both a state and federal level. Course content will also include a general overview of the administration and its goals and outreach programs. This session also allow participants the opportunity to ask topic related questions of the speaker.
Wellness Programs: How to Effectively Implement and Motivate Employees to Participate	Session 162	Exposition Center	B, I, A	Elisabeth Fouts, District Fitness Manager - Asheville, RUSH Fitness		How do you develop and implement a program that can benefit your workforce? And, once it is implemented how do you get your team to participate and reap the rewards? This is often a difficult task but the instructor for this course will show you how. Through personal stories and ideas to take your wellness program to the next level.

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Accident Investigation: The Herd is Thin and a Member is injured.....Now What?	Session 163	Mitchell	I,A	Jonathan Gobble, CET, Western Carolina Industries	Jonathan Gobble WCI 324 Ridgefield Court Asheville, NC 28806 828-210-1213 jgobble@wciinc.org	A continuation of The Nature Lesson, this class goes beyond "operator error" to discover the true root causes of an incident and steps to take to prevent it from occurring again. The instructor will lead the class through the art of accident investigation using tools that can easily translate to any industry.
Asheville & Beyond... Improving Care and Reducing Costs	Session 164	Pisgah	I,A	John Miall, AA, BA, ARM	John Miall, AA, BA, ARM Miall Consulting, President john@miallconsulting.com Phone is 828 777 8873	In this session attendees will take a look at the expanded 12 year history of "The Asheville Project®" and its broad replication nationwide. The presentation will highlight one of the most successful and published innovations in health care in the last 12 years. By re-aligning financial incentives and by creating collaborative models of care the model demonstrates how we can improve clinical outcomes of chronic disease patients, reduce their overall costs of care and improve their quality of life and productivity in the workplace.
Modifications to the Crane and Derricks Standard. Are you in Compliance?	Session 165	Roan	B,I,A	Tom Savage, NC Department of Labor	Tom Savage Safety Standards Officer NC Dept of Labor/Education, Training and Technical Assistance tom.savage@labor.nc.com Phone: 919/807-2881 Fax: 919/807-2888	Recently NC OSHA adopted a new Crane and Derricks Standard, 13 NCAC 07F.0901, which defines new requirements for power-operated equipment used in the construction industry to hoist, lower, and move horizontally a suspended load. As of October 1, 2009 OSHA is looking for compliance to that standard on job sites. The instructor in this course will discuss the new requirements, who this standard applies to and provide guidance on how to implement the programs to ensure the safety of your team and comply with the new regulatory requirements.
ANSI's New Slip, Trip and Fall Standards and How They Will Affect You	Session 166	Foxfire I	B,I,A	Allen McCullough, Blue Ridge Community College		The American National Standards Institute (ANSI) B101 committee on Slip, Trip and Fall Prevention has developed several new walkway safety standards that define three slip resistance risk categories for floors. These three slip resistance ranges will serve as a basis for determining the likelihood of a slip and fall event, which employers can use to prevent slips and falls. Learn how the new ANSI B101.0 and B101.1 standards will impact you and other tips for Slip, Trip, Fall Prevention.
How to Sell Safety to Upper Management	Session 167	Foxfire II	B,I,A	Dennis Parnell, Safety Director, NC Industrial Commission		Upper Management can sometimes be a struggle for many environmental, health, and safety professionals. This session will discuss putting safety in business terms, modeling servant leadership, negotiating outcomes, and qualities of selling yourself. All these methods will assist attendees in gaining a better understanding of how to speak to management in terms they understand.
Breakthrough Leadership	Session 168	Exposition Center	B,I,A	Brian Biro		This one-of-a-kind presentation ignites the energy and true leadership potential in every participant. Breakthrough Leadership is full spectrum leadership that teaches every participant how to shape the future, energize the team, build effective relationships, drive results, and model personal excellence, integrity, and accountability. In this vibrant, engaging presentation, you'll gain new appreciation for your impact on others and how you can make a genuine difference! The session creates a fresh, new, and exciting vision of leadership that includes: Igniting "E" Power in your team—the #1 key to igniting others and self, being fully present, the key to building people, trust, and balance, the most surprising and powerful essentials to recognition, acknowledgement, and appreciation, and the critical importance of becoming a master of questions.