



NORTH DAKOTA SAFETY COUNCIL

SAFETY+HEALTH CONFERENCE

51st ANNUAL

Join us at the region's largest safety event

February 21 - 23, 2024

Bismarck Event Center • Bismarck, ND

Pre-Conference February 19 & 20

Over 100
sessions, over 100
exhibitors, keynote
speakers, event
social, interactive
games, silent
auction and
much more.



We invite you to join us!



NORTH DAKOTA SAFETY COUNCIL

SAFETY+HEALTH CONFERENCE

51st ANNUAL



The NDSC is thrilled to announce that registration is now open for the 51st Annual Safety + Health Conference in 2024!

Throughout the planning process for this event, we have maintained our collaboration with numerous companies and industries to identify unmet safety needs and to address the trending safety and health issues that you encounter daily. Artificial intelligence, lone workers, slips, trips, and falls, and becoming a more active and involved safety leader are just a few of the concerns we've identified as key session topics for the Conference.

The most recent statistics from the Bureau of Labor for 2021 reveal an alarming nearly 9% increase in fatal work injuries compared to 2020. While statistics can sometimes appear as mere figures on a page, we at NDSC view our Annual Conference as a week-long opportunity to transform these statistics into tangible action. Through continuous education and the unity of our safety community, we can all make meaningful changes.

“ WE KNOW WHEN PEOPLE
FEEL SAFE AT WORK, THEY
FLOURISH IN THEIR CAREERS. ”

Our goal is to maintain a motivational conference that recharges your safety batteries. With 50 successful conferences behind us, we remain dedicated to supporting you and your teams on your safety journey. We know when people feel safe at work, they flourish in their careers. They are no longer in survival mode, instead living and working in the confidence that their work environment is giving them the opportunity to succeed. You need to feel safe to be safe.

We encourage you to view the 2024 Conference as another opportunity to invest in yourself and enhance your capacity to influence others, whether at home, in your communities, or within your workplace. We look forward to seeing you in February!

Sincerely,

Chuck Clairmont
Executive Director
North Dakota Safety Council

NDSC

NORTH DAKOTA SAFETY COUNCIL
A private non-profit.

1710 Canary Ave • Bismarck, ND 58501
800-932-8890 • www.ndsc.org

NDSC is dedicated to

**PREVENTING INJURIES
and SAVING LIVES.**

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BOARD OF DIRECTORS

The North Dakota Safety Council is a private non-profit organization supported through grants, donations, training and memberships.

COST & ATTENDANCE Options

The NDSC Annual Safety + Health Conference is an affordable opportunity to network, learn and enjoy! With a variety of registration options, you can take part no matter your budget.

Pre-Conference

Courses priced individually (see pages 9-11 for prices)
Choose from a wide array of Pre-Conference courses on Monday, Feb. 19 and Tuesday, Feb. 20. **Lunch included!**

Full Conference

\$465 (if you qualify for all the discounts)
Receive access to three top-notch keynotes, all breakout sessions Wednesday thru Friday, exhibitor show, breakfast and lunch Wednesday and Thursday, Event Social Wednesday night, bacon breakfast on Friday morning and much more!

Wednesday or Thursday Only

\$320 (if you qualify for all the discounts)
Access to one keynote, breakout sessions on Wednesday or Thursday, exhibitor show, Event Social Wednesday night and one day of breakfast and lunch.

Friday Only

\$210 (if you qualify for all the discounts)
Access to Friday's breakout sessions, bacon breakfast and closing keynote.

Virtual Conference

\$595 (if you qualify for all the discounts)
Access to three top-notch keynotes, and your choice of different breakout sessions on Wednesday and Thursday, plus a bonus session on Friday livestreamed to the comfort of your own office or home.

Tradeshow Attendee

\$70 (if you qualify for all the discounts)
Access to breakfast, exhibits and keynotes on Wednesday and Thursday. **Lunch not included.**

REGISTER NOW AT
NDSC.ORG

All prices based on full discount available.

Cancellation Policy: A refund (minus 3% processing fee) will be issued for cancellations received by Feb. 12, 2024. Refunds will NOT be issued for cancellations made after this date.

REGISTER EARLY!

Some classes have a maximum number of students allowed.

DISCOUNTS AVAILABLE

Three ways to save big on your conference registration!

- 1 Become a member. Annual membership fees begin at \$329 and your full conference membership discount is \$205. Become a member and save! [NDSC.org/membership](https://ndsc.org/membership)
- 2 Early bird discount through Jan. 26, 2024. **Save \$10-\$50 per registration** with our early bird discount.
- 3 WSI Scholarships. WSI policy holders can **save \$100-\$250 per registration**.



Thank you to our **SPONSORS**

Our purpose is to make North Dakota the safest state in the nation. While that vision inspires us and drives our daily work, it is impossible to achieve without our members, supporters and partners. Thank you for all you do to keep North Dakotans safe and for your support of the North Dakota Safety Council.

EVENT CHAMPION



PREMIER



Thank you to our SPONSORS

PLATINUM



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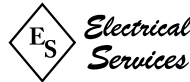


We host the conference. Our sponsors make it possible.

TOGETHER, WE *Save Lives.*

NDSC
NORTH DAKOTA SAFETY COUNCIL

GOLD



SILVER

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Northern Improvement Company
Red River Valley & Western Railroad
Southwest Area Safety Association
Trevor's Story
Verendrye Electric Co-op

SPEAKER

Spotlight

Don't miss these fantastic speakers at the 2024 Conference!



**JASON
KUNZ**

With over a decade of experience with the 3M company, Jason demonstrates his passion for the safety and health profession across multiple platforms. His life journey, blessings, and struggles have inspired a commitment to building professional communities that ensure an empowerment of their people.

See Jason's sessions:
**PC06, PC18,
A05, A12**



**JOE
TANTARELLI**

Joe is a passionate presenter who leaves his audiences feeling inspired. His down-to-earth presentation style is a direct result of over 40 years of experience in construction. He became a human error management expert after discovering that his near-fatal trench collapse accident could have been prevented.

See Joe's sessions:
**B26, B31,
C05, C15**



**MIKE
EVANS**

Mike is an award-winning author/speaker and has developed a unique perspective from 20+ years of working alongside world-renowned thought leaders. Mike works with organizations around the globe and in virtually every arena, from the tech sector to manufacturing, health care, the US Government and more.

See Mike's sessions:
**B01, B16, B30,
C06, C16**



**ADELE
ABRAMS**

Adele is an attorney, safety professional and trainer and president of the Law Office of Adele L. Abrams P.C., a national firm focusing on safety, health and employment law. Adele is an ASP and certified mine safety professional, and she provides legal defense, consultation, safety audits and training services.

See Adele's sessions:
**PC13, A15,
B05**



**YOAV
SUPRUN**

Dr. Yoav Suprun is an author, TEDx Speaker and a spine specialist. He is highly sought after for his expertise and innovation in treating and preventing neck and back pain. He empowers his clients to self-treat and prevent common mechanical lower back pain, sciatica, neck pain and stiffness.

See Yoav's sessions:
**PC05, PC17,
A17, B18**



**RYAN
BOUDA**

Ryan is a dynamic speaker, coach, and trainer with years of experience taking leaders, teams and organizations to their next level of greatness. He has a master's degree in leadership development and is certified in Conversational Intelligence®. His passion is to develop a company's greatest asset: their people.

See Ryan's sessions:
**A20, A22, B08,
B17, C02, C12**

PRE-CONFERENCE COURSES

MONDAY, FEB. 19 & TUESDAY, FEB. 20

Monday Course

See full course descriptions at ndsc.org

PC01 • ASC Team Safety

\$350 NDSC Member, \$450 Non-Member
Rick Halldorson, NDSC

8:00am-5:00pm, All Levels

Whether you call them safety committees, workforce committees, or safety teams, this course is designed for safety, health and management personnel responsible for putting these teams together, but who may lack experience in team building. Learn how to build an effective safety team, or get the most from an established team.

PC02 • H2S Clear

\$155 NDSC Member, \$185 Non-Member
Dennis Snodgrass, NDSC

8:00am-12:00pm, All Levels

This course will help you improve employee safety performance for general industry workers who may come in contact with hydrogen sulfide during their regular day to day job duties. While not only improving safety performance, this course also prepares general industry workers by providing crucial knowledge of the dangers of H2S and the precautions, tools and controls necessary when working in H2S environments.

PC03 • Compliance Rescue Refresher™

\$370 NDSC Member, \$470 Non-Member
Chris Carlson/Brad Warr, ROCO Rescue

8:00am-5:00pm, Intermediate

A real emergency demands rescue proficiency. To maintain proficiency, refresher training and regular practice drills are vital. OSHA 1910.146 requires that rescue team members practice making permit space rescues at least once every 12 months from actual or representative confined spaces. NFPA 1670 states that teams must undergo an annual performance evaluation, and NFPA 1006 says individuals shall demonstrate competency on an annual basis. *Max: 20 attendees*

PC04 • CPR/AED/First Aid Adult

\$90 NDSC Member, \$95 Non-Member
Aglae Young, NDSC

8:00am-1:00pm, Basic

Do you know how to respond if your colleague collapsed on the job site? This course teaches students to take action in a medical emergency and prepares them to respond to choking, breathing and cardiac emergencies. Participants will learn how to use an automated external defibrillator (AED) in conjunction with CPR. First Aid is taught using a combination of instructor-led lecture, "watch-then-practice" videos, and hands-on training. Upon completion, receive an Adult 2-year CPR/AED and 2-year First Aid certificate.

PC05 • Executive Sit, Stand, Stretch - Self Care Techniques and Prevention Strategies of Back and Neck Pain

\$200 NDSC Member, \$225 Non-Member
Yoav Suprun, www.DrYoav.com

8:00am-12:00pm, All Levels

Lower back and neck pain has cost billions of dollars in workers compensation and reduced productivity. These days it is a true epidemic requiring the corporate culture to shift to prevention strategies. Key discussion points in this talk will be:

- The true reason many suffer from back pain and how to self-treat and prevent it.
- Neck pain and stiffness are very prevalent. What one should know in order to treat and prevent it?
- What is the secret to aging with a perfect posture?

PC06 • Elevating Safety Leadership: Actionable Strategies in Communication, Influence, and Worker Engagement

\$250 NDSC Member, \$285 Non-Member
Jason Kunz, 3M

8:00am-12:00pm, All Levels

Surveys from business and organizational

executives confirm that employers want strong leadership and communication skills in their safety and health (S&H) professionals in addition to sound technical and scientific attributes. Understanding key principles and building leadership skills is what makes the difference in achieving organizational and individual success.*

PC07 • Mental Health First Aid

\$175 NDSC Member, \$195 Non-Member
Erika Erb, NDSC

8:00am-5:00pm, All Levels

Mental Health First Aid (MHFA) is skills-based training that teaches people how to identify, understand and respond to signs and symptoms of a mental health or substance use challenge. Similar to physical First Aid and CPR, MHFA helps you assist someone experiencing a mental health or substance use crisis until professional assistance is obtained or the crisis is resolved. Nearly 1 in 5 in the U.S. live with a mental illness, and on average, 130 people die by suicide every day. MHFA gives you the skills to respond with confidence. *Max: 15 attendees*



COURSE FEATURES

Look for these icons throughout the book to see specific course options and qualifications.



Course includes
Hands-On Training



Course qualifies for the NSC
Advanced Safety Certificate



Course available as Virtual
Conference option

(See page 23 for more information)

PRE-CONFERENCE COURSES

PC08 • OSHA 7410 Managing Excavation/ Trenching Operations

\$185 NDSC Member, \$185 Non-Member

John Young, NDSC

8:00am-5:00pm, Intermediate

This course is designed as a training program to inform employers and employees of the best practices in trenching and excavation safety. You will learn about the role and responsibility of the employer to assign a "competent person" to the excavation site and provide that person the knowledge of key excavation hazards.

PC09 • OSHA Field Leadership

\$220 NDSC Member, \$255 Non-Member

Don Moseman, NDSC

8:00am-12:00pm, Intermediate

This course was created in a cooperative effort between several OSHA Training Institutes. There is a statistical link between safety in the workplace and the level of proper leadership. This course will help supervisors discover specific reasons people do not perform to expectations and tools to help you lead them to perform better.

PC10 • ASC Safety Inspections

\$350 NDSC Member, \$450 Non-Member

Rick Halldorson, NDSC

8:00am-5:00pm, All Levels

A safety and health inspection is a monitoring system conducted to detect potential hazards so they can be corrected before an incident occurs. This class provides an overview of the safety and health inspection process and covers techniques to improve the process. During this course you will discover the purpose and benefits of safety inspections and learn how to plan and conduct an effective safety inspection

PC11 • ASC Job Safety Analysis

\$350 NDSC Member, \$450 Non-Member

Jay Skarphol, NDSC

8:00am-5:00pm, All Levels

Workplace hazards are a major threat for many of today's organizations. This class covers the process for hazard identification and control to help reduce hazards and operating costs. You'll learn how to enlist participation from frontline employees, supervisors and upper management, to help reduce personal injuries and build a hazard-free workplace.

PC12 • Qualified Rigging and Signalperson Training

\$295 NDSC Member, \$365 Non-Member

Daniel Wells, NDSC

8:00am-5:00pm, Basic

This course is designed to meet the requirements for Riggers and Signalpersons to be qualified under the new rule, 29 CFR 1926, Subpart CC. Course will address safe rigging practices and procedures, methods to calculate sling loading, ASME hand and voice signals, ASME responsibilities of signalpersons, and more.

PC13 • Spring Thaw

\$55 NDSC Member, \$65 Non-Member

Greg Dehne, John Woutat, Adele Abrams, NDSC

9:00am-5:00pm, All Levels

Statistics show that incidents tend to increase during April and May when many mining operations begin producing again, often with new employees who are unaware of the hazards of mining. Spring Thaw is designed to increase awareness of hazards for both surface coal and sand and gravel mines, and improve mine safety and health. During

this educational event, safety professionals from mining companies, the NDSC and government will share information and experiences in dealing with a range of mining dangers, and provide an annual update covering new initiatives.

PC14 • Hazwoper Refresher

\$225 NDSC Member, \$255 Non-Member

Mike Adams, NDSC

8:00am-5:00pm, Intermediate

This refresher course fulfills the requirements of the HAZWOPER Standard for Construction and General Industry and includes updates on and an overview of HAZWOPER requirements with a hands-on approach. Focus will be placed on identification, evaluation and control of a hazmat scene or incident. Course will also cover respiratory protection, DOT ERG, NIOSH pocket guide, and other topics.

PC15 • Arc Flash, The NFPA 70E Standard and Your Electrical Maintenance. ARE YOU PREPARED?

\$220 NDSC Member, \$255 Non-Member

Joe Schommer, RESA Power

8:00am-12:00pm, Basic - Intermediate

The world of electrical hazards, protection and accident prevention can be a confusing place. Hundreds of deaths and thousands of injuries can be avoided each year by following the NFPA 70E: Standard for Electrical Safety in the Workplace. Be prepared by arming yourself with the knowledge of the types of electrical hazards and the effects of electrical shock and flash. This session will identify the need for electrical safety as well as electrical maintenance and safety programs.

Affordable
FIRST
RATE
Training

Thanks to support from Workforce Safety & Insurance, we are able to keep our conference rates affordable for every size of business. With WSI's scholarships, policy holders can save up to \$250 per individual registration.

FULL CONFERENCE

WSI Policy Holders

\$250 OFF

NDSC Members

\$205 OFF

Register by Friday, January 26, 2024
to save up to an additional \$50!

SAVE UP TO
\$505!



WSI
North Dakota Workforce
Safety & Insurance

PRE-CONFERENCE COURSES

PC16 • DOT Compliance

\$220 NDSC Member, \$255 Non-Member

Peter Juarez, NDSC

8:00am-12:00pm, All Levels

Personnel responsible for managing commercial vehicles and drivers, such as fleet safety managers, driver managers, safety supervisors, HR professionals and administrative support personnel, can benefit from this course. During this workshop, the instructor will provide a detailed overview of the Compliance, Safety & Accountability system, and training that is critical for carrier or fleet safety management.

PC17 • Repeat - Executive Sit, Stand, Stretch - Self Care Techniques and Prevention Strategies of Back and Neck Pain

\$200 NDSC Member, \$225 Non-Member

Yoav Suprun, www.DrYoav.com

1:00pm-5:00pm, All Levels

Lower back and neck pain has cost billions of dollars in workers compensation and reduced productivity. These days it is a true epidemic requiring the corporate culture to shift to prevention strategies. Key discussion points in this talk will be:

- The true reason many suffer from back pain and how to self-treat and prevent it.
- Neck pain and stiffness are very prevalent. What one should know in order to treat and prevent it?
- What is the secret to aging with a perfect posture?

PC18 • Repeat - Elevating Safety Leadership: Actionable Strategies in Communication, Influence, and Worker Engagement

\$250 NDSC Member, \$285 Non-Member

Jason Kunz, 3M

1:00pm-5:00pm, All Levels

Surveys from business and organizational executives confirm that employers want strong leadership and communication skills in their safety and health (S&H) professionals in addition to sound technical and scientific attributes. Understanding key principles and building leadership skills is what makes the difference in achieving organizational and individual success.*

PC19 • Emergency Response for Employees

\$220 NDSC Member, \$255 Non-Member

Don Moseman, NDSC

1:00pm-5:00pm, Basic

OSHA requires each employer to have a plan for all emergencies and then train employees on that plan. This session will cover the suggested emergency response protocol for most types of situations from FEMA and the U.S. Department of Homeland Security. Attendees will come away from the session with a better understanding of what emergency plan training should look like for their workplace.

PC20 • Do you transport Hazmat? Are you doing it correctly?

\$220 NDSC Member, \$255 Non-Member

Mitch Rumble, Compliance Services LLC

1:00pm – 5:00pm, Basic

Hazmat Training - This training will cover the following topics: 1. General Awareness 2. Safety 3. Security Awareness 4. Highway Transportation 5. Labeling 6. Markings 7. Placarding 8. Incident Reporting 9. Shipping Papers

This training session is designed for employers and employees who transport hazardous materials in commerce.

PC21 • Reasonable Suspicion for Supervisors

\$125 NDSC Member, \$150 Non-Member

Peter Juarez, NDSC

1:00pm-5:00pm, All Levels

This classroom course will give supervisors from all industries valuable training on the management of drug and alcohol abuse in the workplace. Supervisors will learn what to look for, and actions to take if someone seems unfit for duty. In addition to learning how to perform reasonable suspicion/cause testing, they will also learn WHY it is important to do so.

TO REGISTER FOR PRE-CONFERENCE

Click "yes" to add on Pre-Conference courses during your registration.

PRE-CONFERENCE MEMBER DISCOUNT

NDSC Members receive discounts on Pre-Conference courses. Just enter **MEMBER24** in the discount column at the beginning of registration.



Photo provided by CD Specialty Contractors

WEDNESDAY COURSES

WEDNESDAY KEYNOTE SPEAKER

JOHNNY QUINN

Keynote Speaker & U.S. Olympian

AKN • “Breaking Through the Barriers”

WEDNESDAY, FEB. 21 • 8:00 am - 9:45 am, All Levels



Breaking Through the Barriers explores the challenges and obstacles that can hold us back in life and work, and shows how to overcome them. This talk will cover the importance of resilience, determination, and a growth mindset in facing and conquering challenges, and will provide practical tools and techniques for developing these qualities. Through inspiring stories and expert insights, attendees will learn how to break through their own barriers and achieve their full potential. Whether you are looking to overcome personal or professional challenges, this speech is a must-see for anyone looking to break through to the next level. *

A01 - VA01 • Think Like an Olympian



Johnny Quinn, Johnny Quinn Speaker, U.S. Olympian

11:00am-12:00pm, All Levels

Nothing happens without taking action. Ultra-performers are men and women who find a way to get the job done with current available resources. Johnny powerfully simplifies elite action steps he acquired in the Olympics and professional football to help everyone in your organization become an ultra-performer and win the marketplace.

A02 • Small Team Tactics Workshop

Chris Carlson/Brad Warr, ROCO Rescue

11:00am-5:00pm, Basic



This hands-on session will put students together in small 3-5 person teams to solve increasingly complex rescue problems. The real-world struggle of low manpower rescue teams cannot always be solved with equipment and technique, but this workshop will give you a fighting chance. *Max: 20 attendees*

A03 • Fall Protection: Protecting Workers at Heights Demonstration

Tyler Vujovich, 3M

11:00am-12:00pm, Basic-Intermediate

This session will focus on the importance of fall protection. It will provide an overview of fall protection standards, hazard recognition, a review of fall arrest systems available, and a live demonstration. Fall protection has topped the list of OSHA's top ten violations for many years. Protecting workers at heights takes constant training.

A04 - VA04 • Friend or Foe: How is your EHS Team viewed?



Christin Fine, The Energy & Environmental Research Center at the University of North Dakota

11:00am-12:00pm, Basic

The role of EHS professionals in an organization's safety culture is critical in whether safety is a value or a hindrance. EHS professionals are not only charged with knowing the in's and out's of regulations, but also the education of employees, investigation of incidents for corrective actions, and evaluations of workspaces for compliance. The success of these interactions with employees in these manners will shape the relationship of an EHS Team and their employee base.*

A05 • Seven Habits of Highly Effective Safety and Health Professionals

Jason Kunz, 3M

11:00am-12:00pm, All Levels

According to researchers at Duke University, habits account for at least 40 percent of our behaviors. Understanding how to build new habits (and refine your current ones) is essential for making progress in your health, relationships, levels of overall fulfillment, and life in general. As an emerging, established, or executive safety and health professional, the quality of your habits are in direct proportion to the quality of your leadership and the quality of your life. Our research shows the highest performing safety and health professionals have intentionally established habits that support their ability to lead, learn and grow, and create loyalty with the people around them.*

A06 • Mind and Body in Sync: Unraveling the Correlation Between Mental Health and Ergonomics in the Workplace

Kevin Lombardo, DORN Companies

11:00am-12:00pm, Intermediate

On the heels of the global disruption caused by a pandemic and its economic fallout, workforces in 2023 are facing heightened stress factors that compound injury risks and impact another key topic: employee mental health. Questions around mental health in the workplace have never been more prevalent, and the data reflects those growing concerns. And while employers are increasing their investment in mental health support, there remains work to be done in exploring how mental health is connected to physical wellness.*

A07 • Advances in Cooling Technologies for Addressing Heat Stress and Injuries in the Workplace

Mitchell Abrahamsen, Xena Cool

11:00am-12:00pm, Basic

Employees experiencing heat stress can diminish physical and mental performance greatly and can increase the chance for bodily harm or workplace incidents. The failure of employers to mitigate the effects of heat stress on workers causes preventable heat-related illness, injuries and compromised operational efficiencies costing the U.S. economy more than \$100 billion annually. With new national guidelines being developed, effective solutions for addressing heat stress will be critical for maintaining a safe work environment.*

WEDNESDAY COURSES

A08 • Psychosocial Hazards - The Silent Killer

Shelly Meadows/Martin Franchi, Navigation Consulting & Training

11:00am-12:00pm, Intermediate-Advanced

Are unmitigated psychosocial hazards killing your organization...killing your productivity, your effectiveness, your bottom line, and ultimately your people? Join us as we explore why psychological health & safety needs to have parity with physical health & safety in the workplace, how to obtain leadership buy in, and participate in the discussion as we explore psychosocial hazards relevant to your organization on your path to success (based on CSA Z1003 & IOS 45003).

A09 • The Silent Enemy: A Closer Look at Welding Fume Hazards

Preston Johnson, OSHA

11:00am-12:00pm, Basic

In this session we will discuss the safety and health hazards involved with welding fumes. We will discuss what chemicals are in welding fumes that could cause serious health risks and the factors that mitigate and aggravate them.

A10 • WSI's Ergonomic Grant Program...How Can It Help Your Company?

Randy Wegge, WSI

11:00am-12:00pm, Basic

This session will give an overview of WSI's ergonomic grant program. Some of the topics that will be discussed include program eligibility, key components of the program, grant levels, and Q & A. Attendees will gain a better understanding of the program process and the benefits of participating.

A11 • NFPA 70e-The 101's of the Standard

Kam Alipour, Cintas Corporation

11:00am-12:00pm, Basic-Intermediate

During this session you will learn the 101's of NFPA 70E when it comes to PPE, Risk Assessments, clothing options and program types to help keep your employees safe when working on, around or near electrical hazards. Make sure you know the key changes in NFPA 70e over the past years and how that can impact your organization.

A12 - VA12 • Repeat - Seven Habits of Highly Effective Safety and Health Professionals

Jason Kunz, 3M

1:30pm-2:30pm, All Levels

According to researchers at Duke University, habits account for at least 40 percent of our behaviors. Understanding how to build new habits (and refine your current ones) is essential for making progress in your health, relationships, levels of overall fulfillment, and life in general. As an emerging, established, or executive safety and health professional, the quality of your habits are in direct proportion to the quality of your leadership and the quality of your life. *

A13 • Trauma Post Suspension: A Patient Care Scenario

SIM-ND, SIM ND

1:30pm-2:30pm, Basic

Participants in this interactive hands-on session will use female patient simulators to practice assessing and providing first aid to a patient following a fall and suspension. Techniques on management of injuries related to suspension shock trauma with a focus on hemodynamic factors will be covered. *Max: 30 attendees*

A14 - VA14 • OSHA Insights: Navigating the Latest Regulatory Landscape

Scott Overson, OSHA

1:30pm-2:30pm, All Levels

Join us for an engaging and informative session that goes beyond the surface. Our "OSHA Insights" presentation offers an in-depth look at the latest rulemaking activities, providing a comprehensive understanding of how these developments impact businesses and industries.*

A15 • Cannabis in ND? Drug Testing and Substance Abuse Prevention

Adele Abrams, Law Office of Adele L Abrams PC

1:30pm-5:00pm, All Levels

Marijuana is now legal for medicinal use in over 80% of the US and complicates post-incident drug testing policies. This program explains the latest legal and safety rules affecting drug testing programs, substance abuse prevention, and the interface of medical cannabis laws with state and federal ADA laws. The forecast for new laws after the November elections will be included. The session will also address states' medical cannabis laws with protections for applicants and employees, and trends in impairment assessment technology.*

A16 • Hydrogen Horizons: Preparing for the Next Energy Wave

Christin Fine, The Energy & Environmental Research Center at the University of North Dakota

1:30pm-2:30pm, Basic-Intermediate

Hydrogen is a rapidly growing field in the energy industry, but it also presents unique safety challenges. This presentation will outline the specific hazards of hydrogen and review hazard recognition techniques, controls, and best management practices for the prevention of incidents.



Photo provided by Minnkota

WEDNESDAY COURSES

A17 • Back In Action - Prevention Strategies For Mechanical Back And Neck Pain

Yoav Suprun, www.DrYoav.com

1:30pm-5:00pm, All Levels

Got chronic pain? Stiff neck? Slow to transition from sitting to standing? Slouched over your keyboard on an all-day zoom meeting? Headaches? Back pain? Sciatica? In this fun and educational presentation Dr. Yoav will explain what mechanical pain is and provide strategies for prevention. He will provide an entertaining explanation of how the spine works, why certain structures might fail, and will present literature to show how pinched nerves could cause pain to radiate to seemingly unrelated locations. *

A18 • Workplace Stress - Is Resiliency Failing Us?

Shelly Meadows/Martin Franchi, *Navigation Consulting & Training*

1:30pm-2:30pm, Intermediate-Advanced

Workplace stress is unavoidable - at least some of it is. Your people are the barometer for the health of your organization's environment; They are the canaries; Your workplace is the metaphorical coal mine. Are you listening to what your employees are saying (or not saying, but are showing) about workplace stress and how to best combat it? Or are you solely relying on their personal resilience to carry them through? Let's chat about this important health & safety issue!

A19 • Evaluating or Prescreening your Contractor's Safety Performance

Mark Miner, *Consolidated Construction Company*

1:30pm-2:30pm, Intermediate-Advanced

This program will provide a fresh viewpoint to the contractor evaluation process. The presenter will share multiple methods that are different from the "standard/typical" metrics often used to evaluate a contractor's safety performance.

A20 • A View from the Top: Embracing "The Leadership Balcony"

Ryan Bouda, *LEAP Training & Coaching*

1:30pm-2:30pm, All Levels

Yes, Great Leaders Do That! They empower their teams, engage their workforce, and encourage each person's contribution. When Leaders ask themselves: What would a Great Leader do or say right now, they access their creative, intelligent, and brilliant minds. This presentation delivers exceptional leadership principles to access The Leadership Balcony. The ability for leaders to become agile in interactions, handle the daily fires that occur, and be the leader needed in each situation is what takes our organizations to their next level of greatness. Through this presentation, your audience will receive key leadership tools and skills to become the effective leaders we need to be successful today.

A21 • Choices In Safety - What Does It Take?

Harlan Olson, *WSI*

1:30pm-2:30pm, All Levels

Attendees will gain an understanding of the significance of making the right choices whether on or off the job. They will discover first-hand what can happen when safety rules are ignored as well as the tremendous costs of such actions. Methods of incident prevention will be discussed.

A22 • VA22 • From Silence to Success: Building a Culture of Psychological Safety

Ryan Bouda, *LEAP Training & Coaching*

3:30pm-5:00pm, All Levels

Did you know that only 3 in 10 people believe their opinion is valued at work? This presentation is designed to explore the fundamentals of psychological safety: speak up, listen up and follow up that cultivate an environment where people can be their fullest contribution. This presentation will

introduce your audience to the importance of psychological safety in the workplace and the research that supports the need to cultivate it within your teams and organizations. *

A23 • Trench Collapse with Traumatic Asphyxiation: A Patient Care Scenario

SIM-ND, SIM ND

3:30pm-5:00pm, Basic

Participants in this interactive hands-on session will use female patient simulators to practice assessing and providing first aid to a patient who was recently rescued from a trench collapse. Topics will include scene safety, EMS activation, traumatic asphyxiation, spinal stabilization, fractures, crush syndrome, hypothermia, teamwork, and communication in an emergency environment.

Max: 30 attendees

A24 • VA24 • The Opioid Pandemic - Narcan in the Workplace

John Woutat, *NDSC*

3:30pm-5:00pm, All Levels

Discuss overview of the opioid pandemic nationally and locally, signs and symptoms of opioid use and overdose, legal requirements for Narcan in the workplace, it's use and training requirements.

A25 • Lone Worker Safety in the Field: Who, What, and How?

Christin Fine, *The Energy & Environmental Research Center at the University of North Dakota*

3:30pm-5:00pm, Basic

Following a series of lone worker incidents, an audit of the hazards exposed to employees performing activities alone in the field was conducted. This audit led to the evaluation of 3 different styles of lone worker program management and eventually, the selection and rollout of a final lone worker management system. This presentation discusses the audit process, program selection, and the development and roll out process.

A26 • How Language Is Becoming a Powerful Disruption Force for Worker Safety

Barry Nelson, *FactorLab*

3:30pm-5:00pm, Intermediate-Advanced

At the heart of any transformative initiative lies an often underestimated element: a good daily planning conversation. Yet assessing the aspects of how effective leaders communicate & engage their teams has been difficult to pin down. Prepare to embark on an exciting journey to discover how organizations from across diverse industries are leveraging conversation data, projects to transform their work practices, culture & also lower incidents. Don't miss this chance to learn how you can elevate the quality of your daily planning conversations and cultivate a robust work culture dedicated to forging a safer, more productive workplace! *



Photo provided by ContiTech USA, Inc

WEDNESDAY COURSES

A27 • Success is only a Record of the Past Mark Miner, Consolidated Construction Company 3:30pm-5:00pm, All Levels

This presentation provides a real-life experience of the presenter during the construction of a \$1.2 billion highway expansion. The presenter will share an insider's view of the unique and innovative incident prevention efforts and successes. The program will also include two real life incidents that changed the presenter forever. Hence the title "Success is only a Record of the Past."

A28 • Workers' Compensation Fraud in North Dakota Stacey Kautzman, WSI

3:30pm-5:00pm, Basic

This session will give you an overview of WSI's Special Investigation Unit and explain the types of workers' compensation investigations they conduct. This session will also highlight some successful fraud investigations.

A29 • Spark of Safety: Welding Hazard Awareness & PPE Mastery Leland Vetter, Welding Inspection Services 3:30pm-5:00pm, All Levels

Welders and others can be exposed to a variety of hazards including heat, electrical shock, radiation, and sparks from the arc. Learn how to protect yourself and others by using the proper PPE and welding screens. This session will make you more aware and knowledgeable about safety in a very practical way. Be prepared for some fun and protect yourself and others.

Conference

EVENTS

The fun side of safety!

Event Social

Wednesday, Feb. 21, 5:30-7:30 pm

Bismarck Hotel, 800 3rd Street, Bismarck

Network with colleagues, enjoy delicious appetizers and a cash bar. Hospitality Suites available for \$200! Reserve yours today by emailing ndsafetyconference@ndsc.org.

Exhibitor Show

Wed, Feb. 21, 7 am - 5 pm and

Thur, Feb. 22, 7 am - 1:30 pm

More than 100 exhibitors to help you with solutions and insights! Booth prices start at just \$715, reserve yours today at ndsc.org.

Fun & Games

Find the **Search for Safety** and the new **Safety Scavenger Hunt** game pages in the Program Guide for a chance to win one of TWO \$150 Visa gift cards. And don't miss the **Selfie Station**! Watch ndsc.org and your inbox for more details.

Silent Auction

(In-person & virtually)

Place your bids in-person or virtually and help save lives. All proceeds go toward NDSC efforts to prevent injuries and save lives. Donate by emailing

lisah@ndsc.org. Auction closes Thursday at 1:30 pm.



THURSDAY COURSES

THURSDAY KEYNOTE SPEAKER

JIM CRAIG

1980 U.S. Men's Hockey Olympic Gold Medalist; CEO, Gold Medal Strategies; Author, 'Gold Medal Strategies' and 'We Win!'

BKN • "Inside the Winning Locker Room"

THURSDAY, FEB. 22 • 8:00 am - 9:30 am, All Levels



When Coach Herb Brooks began building the 1980 U.S. Olympic Hockey Team, he said, "I'm not looking for the best players – I'm looking for the right ones." Herb understood the importance of recruiting over hiring, and invested the appropriate time, research and energy into ensuring he had the right players on his roster. Herb's meticulous recruiting paid off, as is evidenced by the inspiring victory by one of the greatest underdog teams in Olympic history. Through this session, learn best practices from the 'Miracle' team's goalie himself on how to carefully qualify everyone you attach to your business, to recruit only the type of players who will best serve your team, and how to uncover your captain and team leader as you create the future for your teams and thereby your companies. Jim will share how his team was able to overcome unanticipated obstacles and provide you with a framework to develop yourself and your own teams. Anything is possible if you Believe!

B01 - VB01 • FUTURE WORK - Thrive in the New World of Work

Mike Evans, Mike Evans - Author/Speaker

10:30am-12:00pm, All Levels

Seven powerful forces have joined together and are gunning for your job, to displace your department and to reinvent and disrupt your industry. Leveraging talent, ideas, speed, distinction, and leadership are the keys to thrive in the new world of work. We are in a brawl with few rules, where the fast, flexible, and agile will eat and spit out the slow, over-thinking, and complacent. Adapting to and embracing change - igniting engagement, passion, ownership, and creativity that is often lacking during times of disruption, is the preeminent competency individuals and teams must cultivate.*

B02 • How's it Hanging

Chris Carlson/Brad Warr, ROCO Rescue

10:30am-2:30pm, Basic

A hands-on comparative look at the traditional technique of a dedicated mainline and a dedicated belay vs the popular Dual Mainline system. Students will lower and raise live loads while dissecting the many benefits and occasional downfalls of the two popular systems. Max: 20 attendees

B03 • Fall From Height Head Injury: A Patient Care Scenario

SIM-ND, SIM ND

10:30am-12:00pm, Basic

Using high-tech patient simulators, attendees will practice assessing and providing first aid to a female patient with a head injury following a fall from height. Topics will include scene safety, spinal stabilization, signs and symptoms of traumatic brain injury, and teamwork and communication in an emergency environment. Max: 30 attendees

B04 • Repeat - Fall Protection: Protecting Workers at Heights Demonstration

Tyler Vujovich, 3M

10:30am-12:00pm, Basic-Intermediate

This session will focus on the importance of fall protection. It will provide an overview of fall protection standards, hazard recognition, a review of fall arrest systems available, and a live demonstration. Fall protection has topped the list of OSHA's top ten violations for many years. Protecting workers at heights takes constant training.

B05 - VB05 • OSHA/MSHA Initiatives 2024

Adele Abrams, Law Office of Adele L Abrams PC

10:30am-12:00pm, All Levels

Federal OSHA and the Mine Safety and Health Administration have launched several enforcement initiatives in the past few years, and significant rules are on the way. This session will explain, in detail, the enforcement programs that can result in significant fines - and even criminal penalties. These include OSHA's revamped Severe Violator Enforcement Program: which citations will serve as "triggers" for follow-up inspections, how removal from SVEP works and how changes to the definitions of "joint employer" alter the scope of follow-up inspections.*

B06 • Strategies for Effective Safety Committee Leadership

Christin Fine, The Energy & Environmental Research Center at the University of North Dakota

10:30am-12:00pm, Basic

This course will review the fundamentals and intent behind safety committees within organizations. Participants will learn how to effectively build, select, and engage employees in a safety committee, tips for efficient meeting management, and strategies to build committee objectives and expand the organization's safety culture.*

CALL FOR NOMINATIONS

Know someone who goes above and beyond for safety?

Deadline to submit nominations for the NDSC's **Duane Kuehn Outstanding Safety Professional Award** is January 19, 2024.

Find the application online at ndsc.org/awards

THURSDAY COURSES

B07 • The Winning Formula for Safety Excellence

Joe Melton, CCSI

10:30am-12:00pm, Intermediate

In this session, Joe will review the safety climate and the steps that it takes to move from good to great. He will focus on developing a world-class, top of your industry safety organization and share dashboard ideas on how to get there. Joe will take a deep dive into what formulas foster a clear path to safety excellence, with a diverse culture, commitment, and accountability. Every organization is in a different place in their journey, in this session Joe will address and provide clear objectives for how to gain success from all vantage points in the journey of safety excellence.

B08 • Don't Just Throw the Chair: Handling Tough Conversations with More Ease

Ryan Bouda, LEAP Training & Coaching

10:30am-12:00pm, All Levels

Learn how to connect and build relationships even during the most difficult of conversations. In this session, we will explore the nine steps of difficult conversations in an interactive and experiential environment. Your audience will walk away with an implementable action plan for having difficult conversations. This is one of the most transformative sessions on managing, communicating, and building relationships through conversations. It is time to transform uncomfortable conversations into opportunities for growth!

B09 • Solving YOUR biggest Workforce Challenges by Being the Most Innovative Company You Know

Jodie Mjoen, Impact Dakota

10:30am-12:00pm, All Levels

Key information about how your organization is going to solve their greatest challenge- Workforce! Where are all the Workers? NOW and over the next decade it is essential to educate, enable and empower the workforce you already have. This is vital to be in existence tomorrow and to remain or become the industry leader in what key products & services your organization produces.

B10 • Introduction to Workers Compensation - Claims 101

Reyne Richter, WSI

10:30am-12:00pm, Basic

When someone is injured at work, do you know what to do? Introduction to Workers Compensation - Claims 101 will focus on the claims process and philosophies. We will focus on the importance of having a claims management philosophy, the importance of injury reporting timeliness and developing a return-to-work program. Managing a claim is a team effort, so we will also talk about the team players.

B11 • Trenching and Excavation

Mark Miner, Consolidated Construction Company

10:30am-12:00pm, All Levels

This program will cut to the chase regarding working safely in an excavation environment.

This program has been designed to empower the participants to recognize, evaluate and select the proper methods to abate those hazards. Bring your questions and challenges.

B12 - VB12 • Influencing Up

Joe Melton, CCSI

1:30pm-2:30pm, Intermediate

Influential leadership is the key attribute that separates individuals who can manage a team versus those who can influence without authority even when they are not physically present. Influencing subordinates or providing direction is a practice that has been targeted as a critical soft skill development for a few decades now; the gap in many of these developmental programs is targeting our ability to influence those we do not have authority over, as well as influencing those up the chain of command. In this keynote, we will dive into the four domains of effective influential leadership provided by the US Army Rangers that all Rangers are a leader. *

B13 • What's Wrong with Wilma? A Patient Care Scenario

SIM-ND, SIM ND

1:30pm-3:45pm, Basic

Using high-fidelity simulators, purposeful debriefing, and deliberate practice techniques learners will have a hands-on opportunity to manage 3 different kinds of female patients.

Learners will be confident recognizing signs of a stroke, managing an opioid overdose, and using a team-based approach to CPR with an AED.

B14 - VB14 • Unlocking the Digital Dilemma: Navigating the Dangers of Digital Addiction

Pat Traynor, Dakota Medical & Impact Foundations

1:30pm-2:30pm, All Levels

In our increasingly interconnected world, the allure of digital devices and platforms can become a double-edged sword, leading down the road to a health and cultural issue known as digital addiction. We will dive deep into the intricate web of digital media use, shedding light on its far-reaching consequences on our health, relationships, and society as a whole.*

B15 • Humor in Safety

Tim Page-Bottorff, SafeStart

1:30pm-2:30pm, All Levels

Safety doesn't have to be boring-the best way to increase employee engagement has proven to be through humor. With a topic as serious as safety, people often worry that humor will take away from the importance of the message. Injecting funny stories, videos and images into safety conversations, training and meetings are the best way to get started. This session will uncover how humor can bring people together.*



Photo provided by Aces & Eights Trucking LLC

THURSDAY COURSES

B16 • Create Your Optimal Peak-Performing Culture - Culture Shaping

Mike Evans, Mike Evans - Author/Speaker

1:30pm-2:30pm, All Levels

Culture, simply put, is the convergence of the way your employees think and act. That culture is producing your organization's every result (financial, operational, customer, employee, etc.). If your future desired results are loftier, more difficult, of just different than those you are achieving today, will your current culture be able to deliver? Most often, the results teams and organizations must achieve in the future will require employees to think and act differently. *

B17 • Transforming Teams: Where Art and Science Collide for Extraordinary Results

Ryan Bouda, LEAP Training & Coaching

1:30pm-2:30pm, All Levels

According to Gallup, roughly 7 in 10 employees are struggling. With that in mind, this presentation is designed to explore the art and science of exceptional teams. Research has given us the "ingredients," or actually chemistry, we all need to work as collaborative and effective teams. This presentation will deliver exceptional knowledge, relatable case studies, and implementable techniques to becoming the effective team we need to be successful. It's time to reach your medical team's next level of greatness! *

B18 • Repeat - Back In Action - Prevention Strategies For Mechanical Back And Neck Pain

Yoav Suprun, www.DrYoav.com

1:30pm-5:00pm, All Levels

Got chronic pain? Stiff neck? Slow to transition from sitting to standing? Slouched over your keyboard on an all-day zoom meeting? Headaches? Back pain? Sciatica? In this fun and educational presentation Dr. Yoav will explain what mechanical pain is and provide strategies for prevention. He will provide entertaining explanation of how the spine works, why certain structures might fail, and will present literature to show how pinched nerves could cause pain to radiate to seemingly unrelated locations. *

B19 • Fact or Fiction - Myths and Misconceptions Surrounding Flame Resistant/Arc Rated Clothing

Derek Sang, Bulwark Protection

1:30pm-2:30pm, Intermediate-Advanced

The proper selection of PPE is very important. There is still a lot of misleading, inaccurate and incorrect information regarding selecting the proper Flame Resistant/Arc Rated Clothing. In this session, you will see that though the thermal hazards may be different for different industries the basics for selection of FR/AR Clothing share many similarities. Flame Resistant/Arc Rated clothing is used in the petroleum industry, electrical industry, O&G Exploration and where there is a danger of a worker being injured by accidental exposure to thermal hazards. *

B20 • Facilitation Fundamentals: Basic Elements to Further the Art of Effective Classroom Facilitation

Rick Halldorson, NDSC

1:30pm-5:00pm, Basic

Are you ready to start building skills that will allow you to be a more effective facilitator in the classroom? Join our entry-level course, "Facilitation Fundamentals," and discover keys that will open the path to becoming a better facilitator. Whether you're a novice or seeking to refine your skills, this session will equip you with the essential tools and insights needed to start building your skills in the art of teaching and presenting. * Max: 25 attendees

B21 • Critical Lifts

Mark Miner, Consolidated

Construction Company

1:30pm-2:30pm, All Levels

This program will address the key components of the development of critical lift plans for crane operations. This program goes beyond the standard boiler plate plans and real-life examples of lifts will be presented. Examples of crane operational failures will be discussed.

B22 - VB22 • The Value of Venting: Encouraging Employee Feedback for Improved Safety Outcomes

Tim Page-Bottorff, SafeStart

2:45pm-3:45pm, Intermediate

Continuous improvements in safety are only possible through continuous feedback. Employees can provide invaluable feedback on the gaps in your SMS but only if they feel safe and empowered to do so. In this session, we will look at the importance of both psychological safety and the impact of supervisor communication skills on safety outcomes. *

B23 • Knotology

Chris Carlson/Brad Warr, ROCO Rescue

2:45pm-5:00pm, Basic

A knot so deep dive into how the knots we tie in rescue can make our everyday lives easier. From the bed of the truck at the Home Depot to camping with the family, to hanging that once in a lifetime buck, knowing how to tie and use a few well-chosen knots can make our load in life as secure as a winning Powerball ticket. Max: 30 attendees

B24 - VB24 • Recognizing Drugs in the Human Body

Tarek Chase, ND Highway Patrol

2:45pm-3:45pm, Basic

This session will teach participants to better identify signs and symptoms of drugs, both legal and illegal, in the human body. Identification will be discussed by observing human behaviors, mannerisms, movements, and speech patterns. Participants will also be introduced to common drugs of abuse associated with specific types of drug ingestion.

B25 • Designing Out Crime

Sean Sugden, EAPC Architects Engineers

2:45pm-3:45pm, Basic

This presentation explores how EAPC Architects Engineers incorporates Crime Prevention Through Environmental Design (CPTED)

principles to enhance facility safety. Presented by a CPTED-certified expert in the AE field, the session outlines key design principles such as Natural Surveillance, Natural Access Control, Territorial Reinforcement, and Maintenance. Practical aspects focus on the "outside-in" approach for risk mitigation, moving from external perimeters to interior spaces, and highlight the role of local law enforcement collaboration in safety implementation. *

B26 • What is REALLY wrong with BBS

Joe Tantarelli, Safestart

2:45pm-3:45pm, Basic-Intermediate

BBS was supposed to steer us by providing precious leading indicators. So what went wrong? In this session you'll hear the top reasons why so many have abandoned this valuable tool. Some are clear, but most are subtle. If you want a complete human factors management approach it must include BBS. Joe goes over why most fail, how to revive your process and how to work in human factors into every observation.

B27 • Guardians of Workplace Rights: A Comprehensive Guide to OSHA's Whistleblower Protections

Tandy Zitkus, OSHA

2:45pm-3:45pm, Basic

Dive deep into the intricacies of OSHA's Whistleblower Protection Program with our illuminating course, "Guardians of Workplace Rights." Designed to empower employers, HR professionals, and employees alike, this comprehensive overview will equip you with the knowledge and skills needed to navigate the complex landscape of whistleblower protections. *

B28 • Are you Safe or are you Compliant? Should we Implement an FR Clothing Program?

Derek Sang, Bulwark Protection

2:45pm-3:45pm, Intermediate-Advanced

Safety Professionals have many challenges in today's world when balancing regulations, standards, and best practices to keep their team safe. One of the greatest challenges today is around flash fire protection and the decision to implement a daily wear vs. a task-based solution to protecting their team. When challenged with balancing what's in the best interest of safety and internal push back from change or perception regarding PPE safety professionals need to drive beyond compliance. *

B29 • High Levels of TENORM in the Bakken. Where is it found? Is it a risk to workers?

Kurt Rhea, Radiation Pros

2:45pm-3:45pm, Intermediate

Technologically Enhanced Naturally Occurring Radioactive Material (TENORM) is widely reported to be present in North Dakota, sometimes at very high levels. Knowing where to look for it, how to protect yourself, and what are the licensing and regulatory implications are all vital to working effectively in the region's oilfield. Come find out the truth in this informative session. *

THURSDAY COURSES

B30 - VB30 • Exemplary Leadership - Unleash Leadership at all Levels

Mike Evans, Mike Evans - Author/Speaker

4:00pm-5:00pm, All Levels

Discover the practices demonstrated by exemplary leaders that result in others voluntarily choosing to follow them. Leadership is a choice and can be learned, nurtured, and refined – by employees at all levels. Grasp an understanding of the most desired leadership traits employees crave from their leaders. Embrace memorable principles that can be put into practice immediately. Whatever the desired results you wish to achieve or challenges within your organization – employee engagement, culture change, breaking down silos, improving collaboration, raising employee morale, merging cultures, doing more with less – it is through your people that you will either succeed or fail. *



B31 - VB31 • Buried Alive: What a Trench Collapse Survivor Wants You to Know

Joe Tantarelli, Safestart

4:00pm-5:00pm, Basic-Intermediate

2022 was the deadliest year in almost two decades for workers in trenches or excavations. A large percentage of these deaths are caused by human factors. Regardless of what industry people work in, their perception of risk changes the more they're exposed to it. Complacency can alter risk perception, causing people to dismiss the risks altogether or increase the amount of risk they're willing to tolerate. Learn what can go wrong when you focus only on compliance and engineering solutions. Joe Tantarelli will recount the day he almost died in a trench collapse. *



B32 • Soft Skills 101: Essential Attributes for Safety Professionals

Tim Page-Bottorff, SafeStart

4:00pm-5:00pm, Basic-Intermediate

Soft skills are the personal attributes (people skills) that enable safety professionals to effectively interact with others. Traditional safety training focuses on teaching workers how to follow compliance rules but when

you don't relate to workers on a human level, there's bound to be a disconnect. This session will explain how soft skills can help safety professionals win the hearts and minds of workers and dramatically boost compliance rates as a result. *

B33 • Applying Artificial Intelligence Technologies to Improve Environment, Health, and Safety (EHS) Performance

Aaron Butler, Slalom Consulting

4:00pm-5:00pm, All Levels

In Environmental, Health, & Safety (EHS), efficiency and safety are closely connected. Operational excellence, defined by data-informed decisions, is boosted by technologies like Natural Language Processing (NLP) and Generative AI. Traditional safety methods, hindered by outdated data, lead to inconsistent evaluations and delayed insights. NLP deciphers safety data in free text, unveiling patterns that help safety leaders anticipate risks. Generative AI, combined with Machine Learning, enhances data analysis. Predictive analytics anticipates risks from historical data, while machine learning detects hazards autonomously. Integrating NLP and Generative AI in EHS promotes an advanced improvement cycle. *

B34 • Guardians of Workplace Rights: A Comprehensive Guide to OSHA's Whistleblower Protections

Tandy Zitkus, OSHA

4:00pm-5:00pm, Basic

Dive deep into the intricacies of OSHA's Whistleblower Protection Program with our illuminating course, "Guardians of Workplace Rights." *

B35 • Empowering Diversity: Overcoming Challenges for Women in Male-Dominated Industries

Erica MacDiarmid, Midwest Industrial Maintenance, LLC

4:00pm-5:00pm, All Levels

The ultimate goal of this town hall meeting is to foster a sense of integration for women in

male-dominated industries. We will explore how organizations can create environments that value diversity, ensuring that every voice is heard, and every talent is recognized. By championing a workplace culture that thrives on inclusivity, we can collectively contribute to the creation of a level playing field. By exchanging ideas, we can collectively brainstorm innovative solutions that can be implemented in diverse professional settings. *

B36 • Understanding your Workers' Compensation Coverage Requirements

Nicole Spoor, WSI

4:00pm-5:00pm, All Levels

The landscape of today's workforce is ever-changing. Employers are faced with many complex issues, understanding workers' compensation coverage doesn't have to be one of them. In this session you will learn about:

- Insurance requirements for operations in North Dakota
- Definition of significant contact for out of state employers
- Extension of coverage for exposure outside the state of North Dakota
- Elective coverage options for owner/officers and family members
- Hiring independent contractors and subcontractors
- Liability of general contractors with uninsured workers on their job sites

B37 • You need a crane for your project: Where do you start?

Rodger Schmidt, Borsheim Crane Services

4:00pm-5:00pm, Basic

Your project calls for a crane but you don't know where to start. What safety concerns should you have? Is that operator capable of doing this lift safely? Can my site handle a crane? What do I need to do to ensure this project runs smoothly? This session will work through many of these considerations, discuss key hazards associated with cranes, and give someone new to cranes the knowledge to oversee a project with a crane.



Photo provided by Northern Improvement

FRIDAY COURSES

FRIDAY KEYNOTE SPEAKER

MATT BOOTH

CKN • “Basically Incredible”

FRIDAY, FEB. 23 • 11:00 am - 12:15 pm, All Levels



There's no question that having a great attitude, being able to communicate effectively, taking care of ourselves, and having a plan are all essential ingredients for a great life. But what if I told you that basic doesn't mean easy?

It's definitely worthwhile though! And when these things are done consistently, they lead to incredible outcomes. Are you ready to live a basically incredible life?

C01 - VC01 • Communicate with Attitude



Matt Booth, Matt Booth

8:00am-9:15am, All Levels

In a world characterized by clutter, confusion, information overload, and misinformation, the ability to communicate information clearly and succinctly is vital. This presentation highlights critical mistakes in communication and how to avoid them. Attendees will be given specific tools and techniques to help them better connect with others both virtually and in person.

C02 • Repeat - From Silence to Success: Building a Culture of Psychological Safety

Ryan Bouda, LEAP Training & Coaching

8:00am-9:15am, All Levels

Did you know that only 3 in 10 people believe their opinion is valued at work? This presentation is designed to explore the fundamentals of psychological safety: speak up, listen up and follow up that cultivate an environment where people can be their fullest contribution. This presentation will introduce your audience to the importance of psychological safety in the workplace. *

C03 • Repeat - OSHA Insights: Navigating the Latest Regulatory Landscape

Scott Overson, OSHA

8:00am-9:15am, All Levels

Join us for an engaging and informative session that goes beyond the surface. Our “OSHA Insights” presentation offers an in-depth look at the latest rulemaking activities, providing a comprehensive understanding of how these developments impact businesses and industries. *

C04 • Did you see That? Hazard Recognition At All Levels

Joe Melton, CCSI

8:00am-9:15am, Intermediate

In this session, we will discuss different techniques for a highly effective safety walk and hazard recognition. The multiple level inspection processes will be discussed and shared; we will discuss how this process can activate the slow brain and help fight complacency. The presenter will share best practices and experiences from nearly two decades of experience with formal Regulatory Audits, performing Abatement Audits, and Mock OSHA Inspections while leading initiatives for Safety Committee Safety Inspections. *

C05 • 7 Things Everyone Can Learn from Near-Death Experiences

Joe Tantarelli, Safestart

8:00am-9:15am, Basic-Intermediate

Regardless of the industry they work in, people's perception of risk changes the more they're exposed to it. It often takes a near-death experience to break the “it won't happen to me” syndrome. This session will demonstrate that you don't need to wait for your own near-death experience to learn how to maintain situational awareness. Joe Tantarelli will talk about the day he almost died - and the personal safety skills he wished he'd known back then. *

C06 • Repeat - FUTURE WORK - Thrive in the New World of Work

Mike Evans, Mike Evans - Author/Speaker

8:00am-9:15am, All Levels

Seven powerful forces have joined together and are gunning for your job, to displace your

department and to reinvent and disrupt your industry. Leveraging talent, ideas, speed, distinction, and leadership are the keys to thrive in the new world of work. We are in a brawl with few rules, where the fast, flexible, and agile will eat and spit out the slow, over-thinking, and complacent. Adapting to and embracing change - igniting engagement, passion, ownership, and creativity that is often lacking during times of disruption, is the preeminent competency individuals and teams must cultivate. *

C07 • Confined Space Entry

Chris Carlson/Brad Warr, ROCO Rescue

8:00am-9:15am, Basic

A Team Sport. Defining the roles of those involved in a Confined Space Entry is the first step to keeping our employees safe. This hour-long session will finish with an open forum to allow attendees to tailor their questions to their own situation.

C08 • Successful Approaches for the Safe Use of Unmanned Aircraft Systems

Paul Snyder, UND Research

8:00am-9:15am, Basic

The use of Unmanned Aircraft Systems (UAS) or Drones has gained ever-increasing attention and resources dedicated to the application and operation of unmanned aircraft systems (UASs) to be used to accomplish the dangerous, repetitive, and often dirty jobs that need to be done. The speaker will share a collection of recommendations organizations should consider when getting started using a UAS/Drones.

FRIDAY COURSES

C09 • Safety vs. Risk Management: The Balancing Act

Jason Uhler, Minnkota Power Coop., Inc.

8:00am-9:15am, Intermediate

Safety and Risk Management are two important topics for businesses that commonly get confused. Even more challenging is the fact that often the two topics are “hats” worn by the same manager. This session is intended to cover the basic principles of “safety” and “risk management” and focus on the times these two topics don’t exactly align. Participants will leave with a better understanding of each topic, and strategies that can be used to help limit liability to themselves or their companies.

C10 • Radioactive and hazardous waste management – What you need to know for safety and compliance

Kurt Rhea, Radiation Pros

8:00am-9:15am, Basic-Intermediate

Understanding the safety and compliance issues related to radioactive and hazardous waste can feel like an overwhelming responsibility. The oil and gas and mining industries generate a wide variety of waste streams that fall into the broad category of “special” waste. This can include E & P exempt waste streams as well as those governed under RCRA and the EPA. *

C11 • “Wanna get high?” - A look at current drug trends

Tarek Chase, ND Highway Patrol

8:00am-9:15am, Basic

This session will discuss current drug trends, both across the United States and locally in North Dakota. The substances of abuse range from legally, easily accessible items to Federally illegal substances. Participants will be shown examples of each substance discussed in the session which will also lead to be able to better identify seemingly harmless items as substances of abuse.

C12 • The Gen Effect: Igniting Collaboration in Today's Multi-Generational Workplace

Ryan Bouda, LEAP Training & Coaching

9:30am-10:30am, All Levels

Leading The Most Generationally-Diverse Workforce in History is focused on teaching you the communication and leadership challenges that exist between generations but, more importantly, the tools and skills needed to successfully navigate these interactions. Once we understand and break down the different communication, motivation, and leadership styles of the generations, we can open up a whole new understanding of our engagements.*

C13 • How did I get here and am I too old for this?

Kevin Baumgarn, Devils Lake Public Schools

9:30am-10:30am, All Levels

Things I've learned in my 30 years of education... It is important to “not sweat the small stuff” that life throws at us. After a life-threatening heart attack, I've learned to live in the moment and enjoy life as we don't really know how long we will be here.

C14 • They did it? It was their fault.

Joe Melton, CCSI

9:30am-10:30am, Basic

In this session we will take incident investigation beyond the initial blame. Injuries, and workplace incidents are in many ways a company's worst day, in this session we will review the 10 step model for fact finding, root cause analysis and corrective action assignment. We will dig into Severe Incident and Fatality prevention and mitigation, attendees will be exposed to different decision trees, and tools that they incorporate into their business. We will also discuss the cost of an injury, and how to prevent exposure.

C15 • Repeat - Buried Alive: What a Trench Collapse Survivor Wants You to Know

Joe Tantarelli, Safestart

9:30am-10:30am, Basic-Intermediate

2022 was the deadliest year in almost two decades for workers in trenches or excavations. A large percentage of these deaths are caused by human factors. Regardless of what industry people work in, their perception of risk changes the more they're exposed to it. Complacency can alter risk perception, causing people to dismiss the risks altogether or increase the amount of risk they're willing to tolerate. Learn what can go wrong when you focus only on compliance and engineering solutions. Joe Tantarelli will recount the day he almost died in a trench collapse. *

C16 • Repeat - Create Your Optimal Peak-Performing Culture - Culture Shaping

Mike Evans, Mike Evans - Author/Speaker

9:30am-10:30am, All Levels

Culture, simply put, is the convergence of the way your employees think and act. That culture is producing your organization's every result (financial, operational, customer, employee, etc.). If your future desired results are loftier, more difficult, of just different than those you are achieving today, will your current culture be able to deliver? Most often, the results teams and organizations must achieve in the future will require employees to think and act differently. *

C17 • Improving your Lockout-Tagout Program and Procedures: They Save Lives

David Kraft, WSI

9:30am-10:30am, All Levels

With busy schedules and high employee turnover, now is the time to review your lockout/tagout and machine guarding programs to mitigate injuries and keep your place of employment safe! Learn from WSI safety consultants that have had prior industry experience to help improve your programs. You will learn about safety issues noticed as a consultant along with some best practices to help with employee safety and compliance.

BACON BREAKFAST

7:00 am - 8:00 am
Friday, February 23

CALLING ALL BACON LOVERS! Join us for a hot breakfast
Friday morning, featuring delicious Cloverdale bacon.



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FRIDAY COURSES

C18 • Ethics for the Safety Professional

John Young, NDSC

9:30am-10:30am, Basic

This presentation is the first of a five-part installment to be presented annually at the NDSC Conference designed to meet the Board of Certified Safety Professionals (BCSP) requirement of .5 CEU's of continuing education in professional ethics. During this introductory presentation we will discuss what ethics is and is not. How ethics are established. How ethics may vary by country. *

C19 • Safety isn't Safe Without Passion

Amanda Norton, VP Williston Area Safety Association

9:30am-10:30am, Intermediate-Advanced

The effect of enthusiasm, dedication, and passion in the safety department can change the culture throughout a company and can reach even further. The effect of one person can move like a ripple, and being a driving force through positivity can make large noticeable

changes. In this presentation I will touch on ideas, attitudes, and actions that we as safety professionals can use to get buy in and steer change towards a more positive safety culture.

C20 • Windshield Time: Managing Safety with your Drivers and Fleet

Jason Uhler, Minnkota Power Coop., Inc.

9:30am-10:30am, All Levels

Will cover strategies that can be used to reduce risk related to company vehicles and employee miles driven. Driving being one of the most dangerous things employees do daily, this session will provide many options to help companies improve the safety performance of both their drivers and their fleet.

C21 • Top 10 Secrets for Effective Regulatory Relationships

Kurt Rhea, Radiation Pros

9:30am-10:30am, Basic-Intermediate

Regulators can be helpful and valuable resources in our efforts to be compliant with rules and regulations. They can also create

issues for us when we don't manage those relationships effectively. Knowing who you are dealing with - a regulator who you call a friend, someone who is "all business," or the occasional Barney Fife - really makes a difference! This session will provide valuable tips and tricks to help you manage regulatory relationships and create a win/win environment.

C22 • Warehouse Safety and OSHA's Emphasis Program

Travis Clark, OSHA

9:30am-10:30am, Basic-Intermediate

Many facets of warehouse safety including:

- Powered Industrial Vehicles
- Battery Charging Areas
- Dock Safety
- Traffic Control Plans
- Storage Racks
- Loading and Unloading Operations
- Indoor Air Quality

See you in February!

2024 CONFERENCE ATTENDEE FEES

	Pre-Conference	Full Conference	Wednesday Only	Thursday Only	Friday Only	Tradeshow Attendee	VIRTUAL Conference
ADMISSION TYPE	PC	FC	WO	TO	FO	TA	VC
Base Rate	Varies	\$970	\$615	\$615	\$410	\$100	\$795
DISCOUNTS							
Early Bird (by Jan. 26)	N/A	-\$50	-\$30	-\$30	-\$20	-\$10	-\$50
NDSC Member	Varies	-\$205	-\$105	-\$105	-\$80	-\$20	-\$150
WSI Scholarship	N/A	-\$250	-\$160	-\$160	-\$100	N/A	N/A
Your Price <i>If you qualify for all discounts</i>	Varies	\$465	\$320	\$320	\$210	\$70	\$595

CEUs AVAILABLE



All our Conference sessions are being reviewed for CEUs to meet the criteria for:

- Board of Certified Safety Professionals
- Society for Human Resource Management
- American Board of Industrial Hygiene
- American Board for Occupational Health Nurses
- Alliance of Hazardous Materials Professionals

Select sessions are also being reviewed for CEUs for EMS and law enforcement. Visit ndsc.org or watch your inbox for full details.

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Attend our Virtual Safety Conference from the comfort of your own home or office!
Choose from 18 virtual sessions below that will be livestreamed to wherever you are.
If you qualify for all discounts, the Virtual Conference is only \$595!
Register now at ndsc.org/annualconference

WEDNESDAY, FEBRUARY 21

INCLUDED!

WEDNESDAY MORNING KEYNOTE

8:00am - 9:45am
Johnny Quinn

VAKN Keynote
Breaking Through the Barriers

WEDNESDAY AM BREAKOUT SESSION OPTIONS

11am - 12pm
Johnny Quinn

VA01
Think Like an Olympian

OR

11am - 12pm
Christin Fine

VA04 • Friend or Foe: How is your EHS Team viewed?

WEDNESDAY PM BREAKOUT SESSION OPTIONS - BLOCK 1

1:30pm - 2:30pm
Jason Kunz

VA12 • Seven Habits of Highly Effective Safety and Health Professionals

OR

1:30pm - 2:30pm
Scott Overson

VA14 • OSHA Insights: Navigating the Latest Regulatory Landscape

WEDNESDAY PM BREAKOUT SESSION OPTIONS - BLOCK 2

3:30pm - 5pm
Ryan Bouda

VA22 • From Silence to Success: Building a Culture of Psychological Safety

OR

3:30pm - 5pm
John Woutat

VA24 • The Opioid Pandemic - Narcan in the Workplace

THURSDAY, FEBRUARY 22

INCLUDED!

THURSDAY MORNING KEYNOTE

8am - 9:30am
Jim Craig

VBKN Keynote
Inside the Winning Locker Room

THURSDAY AM BREAKOUT SESSION OPTIONS

10:30am - 12pm
Mike Evans

VB01 • FUTURE WORK - Thrive in the New World of Work

OR

10:30am - 12pm
Adele Abrams

VB05
OSHA/MSHA Initiatives 2024

THURSDAY PM BREAKOUT SESSION OPTIONS - BLOCK 1

1:30pm - 2:30pm
Joe Melton

VB12
Influencing Up

OR

1:30pm - 2:30pm
Pat Traynor

VB14 • Unlocking the Digital Dilemma: Navigating the Dangers of Digital Addiction

THURSDAY PM BREAKOUT SESSION OPTIONS - BLOCK 2

2:45pm - 3:45pm
Tim Page-Bottorff

VB22 • The Value of Venting: Encouraging Employee Feedback for Improved Safety Outcomes

OR

2:45pm - 3:45pm
Tarek Chase

VB24
Recognizing Drugs in the Human Body

THURSDAY PM BREAKOUT SESSION OPTIONS - BLOCK 3

4pm - 5pm
Mike Evans

VB30 • Exemplary Leadership - Unleash Leadership at all Levels

OR

4pm - 5pm
Joe Tantarelli

VB31 • Buried Alive: What a Trench Collapse Survivor Wants You to Know

FRIDAY, FEBRUARY 23

INCLUDED!

FRIDAY MORNING KEYNOTE

11am - 12:15pm
Matt Booth

VCKN Keynote
Basically Incredible

FRIDAY AM BREAKOUT SESSION OPTION

8am - 9:15am
Matt Booth

VC01 • Communicate with Attitude



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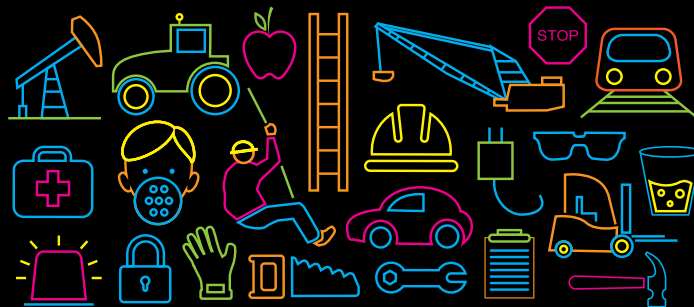
Earn credits designed to meet the criteria for BCSP, SHRM, ABIH and more!



NETWORKING OPPORTUNITIES

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SAFETY FOR ALL



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Register to join us February 21-23, 2024. Your presence and participation are crucial in our collective effort to prevent injuries and save lives.

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