

# Advanced Bleeding Control

K Safety

## Kerry Gunter

June of 2016 I Co-founded K Safety, I have spent the last 10 Years helping business train their employees, in learning CPR, Advanced First Aid, AED and Advanced Bleeding Control. I have developed my own line of Advanced Bleeding Control Kits (KFAK), I am a certified instructor from American Heart and Health and Safety Institute. Among other subjects I teach are, Wilderness First Aid, Child Infant CPR, Respiratory Protection and Fit Testing, Forklift Instructor and Train the Trainer Forklift Instructor, Blood Borne Pathogen Instructor, A.V.E.R.T Active Violence Emergency Response Training. Train the trainer for CPR, Advanced First Aid, AED Instructor.

I have taught Advanced Bleeding Control for 9 years and have been able to train 1000's of people over the years facing life-or-death incidents. I have developed our own brand of Advanced Bleeding Control Kits. (KFAK) using products that are specifically designed to save a life in a bleeding control incident. I have been fortunate to work with fortune 500 companies down to the smallest of businesses and their employees across the country.

“Winner of the 2023 Utah Manufacture Association Small Business Leadership Award.

## **Description:** Course Curriculum

### Immediate Response to Life-Threatening Bleeding

- Identify the role of an immediate responder when life-threatening bleeding occurs.
- Identify the importance of 7:00 providing bleeding control for life-threatening bleeding.
- Identify the signs of life-threatening bleeding.
- Victims mental thought
- Being Calm vs Panic

### Direct Pressure & Wound Packing

- Identify how to apply direct pressure to a bleeding injury.
  - o Correctly demonstrate how to apply direct pressure to a bleeding injury.
- Identify how to pack a wound to maintain compression.
  - o Correctly demonstrate how to pack a wound to maintain compression.

### Tourniquets

- Difference in Tourniquets
  - o Show Examples

- o Correctly demonstrate location application of tourniquets
- o Correctly demonstrate application of tourniquets

#### Equipping Your Space - Bleeding Control Kits

- Difference of a Trauma or first responder Kit to a Bleeding Control Kit
- Show examples of different bleeding control kits, fails and positives.
- Identify best practice placement of bleeding control kits and the minimum of what they should contain.

## Aerial Work Platforms

Battelle Energy Alliance, INL

### Laurent Brown

Laurent J. Brown is a retired U.S. Navy Chief Petty Officer. A former instructor for the navy's nuclear power program, he has served on four attack submarines serving as an Engineering Watch Supervisor and senior mechanic. Following his career, he completed a B.S. degree in HR Training and Development from Idaho State University. An authorized OSHA 10/30 hour Construction instructor, he currently serves as the Work Management Subject Matter Expert/trainer at the Idaho National Laboratory.

**Description:** •Describe the training requirements for aerial work platforms•Discuss the center of gravity for an aerial work platform•Describe typical safety/operating features for an aerial work platform

## Boots on The Ground Ergonomics

Idaho National Laboratory (INL)

### Emily Sherman

Emily Sherman is an Industrial Hygienist and the Technical Point of contact for the ergonomics program at INL

### Deinse Serr

**Description:** Anticipating, recognizing, evaluating and controlling workplace hazards in the industrial workplace. Ergonomic solutions for industrial workers.

## Career Improvement: How to Make Yourself Marketable and Nail a Job Interview

Idaho Environmental Coalition (IEC)

### Russ Wood

**Description:** (For anyone hoping to further their career through applying for jobs and interviewing)

This course focuses on what you can do to make your resume more visible to a potential employer, and when selected for an interview, using techniques to “make your mark” on those conducting the interview. Real-world practical advice, not only for the potential employee, but for the employer as well.

## The Case for Conduct of Operations (Con Ops) for Everyday Lives

Idaho Environmental Coalition (IEC)

### Larry Friedman

Mr. Friedman has over 50 years of experience in the application of Conduct of Operations (ConOps) principles in the nuclear field. That experience includes US Navy, Department of Energy, and commercial power reactor operations, maintenance, training, and quality control. He has studied numerous non-nuclear industry events that demonstrate the need for a strong ConOps program by examining the consequences of ConOps failures.

### Anthony Vivino

Anthony Vivino is a United States Navy veteran and has been working in nuclear and industrial environments since 1984. His military experience is rich with operations and maintenance onboard several nuclear submarines and a shore based nuclear support facility. His civilian career includes seven different commercial nuclear powered generating stations, three different Department of Energy facilities and Anthony has over 16 years of instructional experience. Anthony has seen the results of good Conduct of Operations (ConOps). Unfortunately, he has also seen the results of bad ConOps and has become a strong believer in the principles of good conduct of operations. Co-developing this course, “The Case for ConOps” is one of his latest career achievements and Anthony truly believes this course will protect workers, the public and the environment.

**Description:** "The Case for ConOps" course offers a principle-based value proposition: Compliance with requirements saves lives, money, time, equipment, and careers. Through interactive case studies involving the cumulative loss of hundreds of lives, students are shown how day-to-day decisions can have catastrophic consequences when ConOps principles are violated, ignored or forgotten. The principles pertain to virtually any industry or enterprise. Their application, especially in the face of challenging conditions, yield results that allow individual and businesses to prosper.

## Coaching as a Management Technique

Idaho State University

### Scott Stephens

Scott works with businesses to develop customized training solutions to ensure their business stays relevant and successful. Using the resources of the Idaho State University College of Technology he provides training in technical fields like welding, safety, instrumentation, and programmable logic controllers. Lastly, he provides corporate and leadership training that is relevant and effective and is focused on getting results.

**Description:** Coaching is the newest trend in management training but very few know how to do it effectively. This class will teach you a successful model that will help bring out the best in your employees.

## Coaching Plain and Simple

**David Boyce**

Retired Formerly BEA-INL

**Description:** Coaching can be an effective tool to improve performance as it is used appropriately. We will present and demonstrate the "solutions-focused" approach, it is also called the plain and simple approach and because is so quick and efficient it is also called "brief-coaching" as the interactions tend to be brief. Test it out today, learn how to quickly and effectively improve performance at all levels.

## Confined Spaces

Idaho Environmental Coalition (IEC)

**Debra Nims**

Ms. Nims has more than 30 years of diverse experience as an occupational safety and health professional.

**Description:** This course is designed to help employers set up a confined space entry program that meets OSHA requirements contained in 29 CFR 1910.146 and 29 CFR 1926, Subpart AA, Confined Spaces in Construction. Topics covered include identification of confined spaces; evaluating hazards; use of a written permit system; required elements of a written program; employee training; program evaluation

## Construction Workers Rights for Correct Pay under Wage & Hour Laws

US Department of Labor WHD

**Andrea Rasmussen**

**Description:** This class will provide workers with an understanding of the rights under labor laws. Including illegal deductions from pay, overtime, pay for all hours worked, and child labor. Someone attending this class will come away understanding their rights, and who to contact if they have an issue.

## Effective Communication

Idaho Environmental Coalition (IEC)

**Russ Wood**

**Description:** (For anyone hoping to negotiate a pay-raise, understand their spouse better, or simply speak with more clarity) Do you ever feel like some of the things you say get "lost in translation?" In today's world of instant communication, there seems to be an ever-present disconnect to effectively conveying messages. In this class, you will learn how to say what you mean, and mean what you say.

## Effective Training Methods

State Insurance Fund (SIF)

### Dan Clark

Dan Clark spent most of his life in Washington and Idaho. He attended the University of Idaho where he obtained BS degrees in Operations Management and Information Systems with a minor in Spanish. He has worked as Operations Supervisor for United Parcel Service in Pullman, WA and Operations Manager for Reddaway Freight in Pocatello, ID. In 2010, he was hired by Glanbia Foods in a Training and Development/Safety role. In 2011, he began work in the Glanbia Foods Richfield plant as EHS Specialist and later served in the same role for Glanbia Twin Falls Cheese plant where he managed all safety and environmental aspects of the plant. He later served as Employee Development and Training Manager for Clif Bar Bakery of Twin Falls. He then accepted a position with Chobani as Safety and Security Manager. He currently works for the State Insurance Fund as Safety Services Supervisor. In 2016, he obtained his CSP level certification through the Board of Certified Safety Professionals (BCSP) and SHRM\_CP certification through the Society of Human Resources (SHRM).

**Description:** Getting the safety message across in a clear, concise way that employees understand and expecting learners to remember the information long after the training is a challenge every company faces. The methods we use to transmit safety information are of vital importance because let's face it, everyone learns differently. This course is designed to review and discuss the various safety training methods that can be employed to help employees learn and retain vital safety training information.

## Employee Well Being: A Holistic Approach

Idaho National Laboratory (INL)

### Cydnee Radford

Cydnee Radford is the Well-being, Engagement, and Development Lead at Idaho National Laboratory (INL). She is one of two laboratory point-of-contacts and representatives for the wellness program, Virgin Pulse, and leads all engagement and development initiatives for Environmental, Safety, Health, & Quality (ESH&Q).

She plans and facilitates wellness activities such as step challenges, healthy habit challenges, as well as employee safety team activities.

Cydnee attended Boise State University and Idaho State University where she earned a bachelor's degree in health sciences and a master's degree in human resource development.

### Tyler Atkinson

Tyler is a Certified Athletic Trainer who has been providing Wellness and Injury Prevention services for over 5 years. He was brought in as Health & Fitness Specialist for Idaho National Lab in January 2023. With experience working with federal law enforcement, large industry, and government, he has been able to apply health promotion and injury prevention techniques to a wide variety of work environments. Tyler earned his Bachelor of Science degree in Exercise Physiology from Brigham Young University - Idaho and a Master of Science Degree in Athletic Training from the University of Idaho.

Tyler has additional certifications in movement analysis and treatments such as Functional Movement Screening (FMS), MyoKinesthetics Systems (MYK), among others.

**Description:** A healthy employee is a safe employee, and a safe employee is a healthier employee! Do you want to increase your employee engagement and retention? INL is leading the way with their improved well-being program that offers benefits such as wellness programming, fitness centers, onsite medical clinics, physical therapy, employee assistance program, and the world's largest most comprehensive digital health and engagement platform.

## Excavation

Battelle Energy Alliance, INL

### Laurent Friedman

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**Description:** •Define an excavation •Discuss OSHA requirements for an excavation •Describe requirements for excavations of various depths •Describe the inspection requirements for an excavation

## Fall Protection

Battelle Energy Alliance, INL

### Laurent Brown

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**Description:** •Describe the requirements for all protection in construction •Describe when fall protection is required •Describe types of fall protection equipment/inspections

## First Aid - CPR

Idaho Environmental Coalition (IEC)

### Cindy Dabb

### Kara Green

Kara Green is a Training Instructor Specialist for Idaho Environmental Coalition at the DOE Idaho National Laboratory and has been employed at the site for 8 years. Her career at the nuclear site has provided her with opportunities in operations and currently Regulatory Training. Kara instructs

CPR/AED, First Aid and Personal Risk Evaluation Process. She holds a Bachelor of Science in Workplace Training Leadership; Organizational Learning and Performance.

**Description:** The Heartsaver First Aid and CPR AED courses are designed to meet OSHA requirements and covers first aid, cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED) use in a safe, timely, and effective manner. This course also teaches how to protect themselves and others from being exposed to blood or blood-containing material.

## Foundations of Safety Leadership

Battelle Energy Alliance, INL

### Laurent Brown

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**Description:** Discuss what is a Safety Leader • Describe the difference between Safety cultures/climate • Describe the qualities of a good Safety Leader • Participate in case studies on leadership skills.

## Front Line Leadership; Becoming a Super Supervisor

Idaho State University

### Scott Stephens

Scott works with businesses to develop customized training solutions to ensure their business stays relevant and successful. Using the resources of the Idaho State University College of Technology he provides training in technical fields like welding, safety, instrumentation, and programmable logic controllers. Lastly, he provides corporate and leadership training that is relevant and effective and is focused on getting results.

**Description:** Learn how supervisors can improve the work environment with a different approach that centers on positive reinforcement.

## HAZWOPER Refresher

MSC

### Bryan Hult

**Description:** Hazardous Waste Operations and Emergency Response. Required annual training for workers identified by OSHAs 1910.120 and 1926.65 standard.

## Hearing Conservation

Battelle Energy Alliance, INL

## Laurent Brown

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**Description:** Describe the requirements from OSHA 1910.95 for a Hearing Conservation program. • Describe the effects of noise on hearing. • Describe the typical noise levels in a work environment.

## Heat and Cold Stress

Idaho Environmental Coalition (IEC)

### Brian Petersen

This class will discuss the signs and symptoms of heat and cold related illnesses and available methods for evaluation and response to these hazards.

**Description:**

## Incident Investigations

State Insurance Fund (SIF)

### Dan Clark

Dan Clark spent most of his life in Washington and Idaho. He attended the University of Idaho where he obtained BS degrees in Operations Management and Information Systems with a minor in Spanish. He has worked as Operations Supervisor for United Parcel Service in Pullman, WA and Operations Manager for Reddaway Freight in Pocatello, ID. In 2010, he was hired by Glanbia Foods in a Training and Development/Safety role. In 2011, he began work in the Glanbia Foods Richfield plant as EHS Specialist and later served in the same role for Glanbia Twin Falls Cheese plant where he managed all safety and environmental aspects of the plant. He later served as Employee Development and Training Manager for Clif Bar Bakery of Twin Falls. He then accepted a position with Chobani as Safety and Security Manager. He currently works for the State Insurance Fund as Safety Services Supervisor. In 2016, he obtained his CSP level certification through the Board of Certified Safety Professionals (BCSP) and SHRM\_CP certification through the Society of Human Resources (SHRM).

**Description:** Incident investigations are of vital importance but they are still often overlooked. This course will review and discuss the various steps in conducting a thorough incident investigation.

## Implementing an Effective Respiratory Protection Program

Idaho Environmental Coalition (IEC)

### Debra Nims

Ms. Nims has more than 30 years of diverse experience as an occupational safety and health professional.



**Description:** This course will help anyone responsible for establishing and implementing a respiratory protection program to meet OSHA requirements contained in 29 CFR 1910.134. Topics covered: required elements of the program; exposure assessment; respirator selection; worker training; fit testing; medical surveillance; periodic program assessment.

## Intergenerational Synergy: Harnessing Diverse Perspectives for Success

Guide & Grow Training

### Ann Smith

**Description:** Have you ever wondered why some people prefer text, emails, phone calls or in person meetings? Today's workplaces witness the convergence of five distinct generations, an unprecedented scenario ripe for either tension or unparalleled innovation.

In this workshop, delve into the richness of generational diversity within the workforce. Discover how this mosaic of five generations offers both strengths and challenges, presenting an opportunity for collaborative synergy, rather than conflict. Learn insights and strategies to transcend generational biases, fostering harmonious collaboration and leveraging the unique strengths of each generation.

Workshop Objectives:

- Gain insight into the defining characteristics, strengths, and challenges of each generation: Traditionalists, Baby Boomers, Gen X, Millennials, and Gen Z
- Move beyond stereotypes, fostering a culture of mutual understanding and appreciation
- Avoid conflict and increase intergenerational collaboration
- Intentionally bring together the best qualities of each generation
- Adapt communication methods, formats, and tones to connect most effectively to individuals

## Is Your Workplace Psychologically Safe?

Eastern Idaho Safety Consultants

### Debbie Borek

Debbie has a background in Human Resources for more than 23 years at the senior executive level, and more than 5 years in higher education as the Program Director of Workforce Training & Continuing Education. Currently she is the Vice President of Operations at Eastern Idaho Safety Consultants.

The common thread running through each of her roles is a deep understanding of people and her expertise in working with them to be successful, especially with regard to training and communication. After all, the basis of everything in life is based on communication and our ability to do it successfully (or not)! Unfortunately, communication has become increasingly difficult and people's ability to coordinate, cooperate, and accomplish things has eroded, her goal is to reverse this downward trend.

Debbie holds a B.S. in Communication and an M.A in Transpersonal Psychology, she holds multiple certifications in program planning and communication, and held a professional certificate from SHRM as Senior Professional Human Resources for more than 15 years. She is an OSHA Authorized General Industry Trainer.

She runs the operations and marketing for Eastern Idaho Safety Consultants and provides training and consultation in leadership and communication.

**Description:** What is psychological safety and why does it matter? Do you have a high level of engagement from your employees? Do they make good decisions and participate in continuous improvement and learning? Finally, are they willing to take risks, ask questions and admit errors? If you cannot confidently say yes to all of the above, you will want to attend this class and consider how your environment may be affecting your employees.

## New Frontiers: Charting a Course for Personal and Professional Success in the Modern Workplace

Guide & Grow Training

### Ann Smith

**Description:** As the dynamics of workplaces continue to evolve, clinging to outdated norms risks losing valuable talent. In this workshop, we explore the novel frontiers of the modern workplace, where individuals seek environments that foster personal and professional growth. The key is creating cultures that align individuals with a company's purpose while acknowledging and supporting their personal lives. Join us to discover actionable insights for organizations, leaders, and individuals to not only thrive at work but also cultivate a fulfilling personal life.

Benefits and outcomes:

- Empower organizations with practical strategies to support their workforce, ensuring success on both personal and professional fronts.
- Equip leaders with human-centric approaches to inspire teams, foster connections, and encourage optimal performance across all aspects of employees' lives.
- Provide actionable tips for individuals to navigate the delicate balance between professional excellence and personal fulfillment, fostering success in both arenas.

## OSHA #7115 Lockout / Tagout

Pacific Northwest OSHA Education Center

### Ed Woodford

**Description:** This course covers the role and responsibility of the employer to develop and implement an energy control program, or lock-out/tag-out (LOTO) for the protection of workers while performing servicing and maintenance activities on machinery and equipment. Course topics include types of

hazardous energy, detecting hazardous conditions, implementing control measures as they relate to the control of hazardous energy, developing and implementing energy control programs including written isolation procedures, training of authorized and affected employees, and periodic inspection of energy control procedures using the OSHA Control of Hazardous Energy Standard. Upon course completion the student will have the ability to explain the importance of energy control programs, procedures, training, audits and methods of controlling hazardous energy.

## OSHA #7215 Silica in Construction, Maritime and General Industry

Pacific Northwest OSHA Education Center

### Ed Woodford

**Description:** This course covers the development and implementation of controls and strategies to prevent or mitigate silica exposures in construction, maritime, and general industries. Course topics include describing the requirements of OSHA's Respirable Crystalline Silica standards and recognizing the hazards and risks, assessment options, and exposure control measures associated with silica exposure.

## OSHA #7515 Job Hazard Analysis (JHA)

Pacific Northwest OSHA Education Center

### Ed Woodford

#### **Description:**

This course covers OSHA guidelines for developing a Job Hazard Analysis. Course topics include the purpose and requirements of a job hazard analysis, the relationship between worker tasks and tools in a work environment, identifying job hazards before they occur, and techniques for completing a job hazard analysis. Students will participate in activities about utilizing a job hazard analysis.

## OSHA #7410 Managing Excavation / Trenching Operations

Pacific Northwest OSHA Education Center

### Van Howell

**Description:** This course covers the requirements to manage excavation/trenching operations. The course will include an understanding of the OSHA excavation requirements, excavation/trenching hazards, and control measures. Additionally, participants will learn about soil analysis techniques and protective system requirements. At the conclusion of this course, participants will understand how to manage excavation/trenching operations.

## OSHA #7505 Introduction to Incident (Accident) Investigation

Pacific Northwest OSHA Education Center

### Van Howell

**Description:** This course covers an introduction to basic accident investigation procedures and describes accident analysis techniques. Course topics include reasons for conducting accident investigations, employer responsibilities related to workplace accident investigations, and a six step accident investigation procedure. The target audience is the employer, manager, employee or employee representative who is involved in conducting accident and/or near-miss investigations. Upon course completion students will have the basic skills necessary to conduct an effective accident investigation at the workplace.

## OSHA #7845 Recordkeeping Rule Seminar

Pacific Northwest OSHA Education Center

### Van Howell

**Description:** This course covers OSHA requirements for maintaining and posting records of occupational injuries and illnesses and reporting specific cases to OSHA. Upon course completion students will have the ability to identify OSHA requirements for recordkeeping, posting and reporting and to complete OSHA Form 300 Log of Work-Related Injuries and Illnesses, OSHA Form 300A Summary of Work-Related Injuries and Illnesses, and OSHA Form 301 Injury and Illness Incident Report.

## OSHA 10-Hour General Industry

Eastern Idaho Safety Consultants

### Debbie Borek

Debbie has a background in Human Resources for more than 23 years at the senior executive level, and more than 5 years in higher education as the Program Director of Workforce Training & Continuing Education. Currently she is the Vice President of Operations at Eastern Idaho Safety Consultants.

The common thread running through each of her roles is a deep understanding of people and her expertise in working with them to be successful, especially with regard to training and communication. After all, the basis of everything in life is based on communication and our ability to do it successfully (or not)! Unfortunately, communication has become increasingly difficult and people's ability to coordinate, cooperate, and accomplish things has eroded, her goal is to reverse this downward trend.

Debbie holds a B.S. in Communication and an M.A in Transpersonal Psychology, she holds multiple certifications in program planning and communication, and held a professional certificate from SHRM as Senior Professional Human Resources for more than 15 years. She is an OSHA Authorized General Industry Trainer.

She runs the operations and marketing for Eastern Idaho Safety Consultants and provides training and consultation in leadership and communication.

**Description:** The course explains workplace safety and health requirements for general industry, including fields such as manufacturing, health care, warehousing and more.

## Preparing for Difficult Conversations

Eastern Idaho Safety Consultants

### Debbie Borek

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She runs the operations and marketing for Eastern Idaho Safety Consultants and provides training and consultation in leadership and communication.

**Description:** We can all agree that each of us face conflict in our relationships at some point – how effective is your method of dealing with it? Having a difficult conversation will always be uncomfortable but you can reduce the discomfort and be more successful at conducting a discussion with the goal of creating better relationships, resolving interpersonal issues, and delivering “bad” news to an employee or a fellow team member. Spend an hour in this class and you will leave with a myriad of tools to improve your skills.

## Proven Highway Safety Countermeasures

The Federal Highway Administration (FHWA)

### Lance Johnson

**Description:** FHWA's Proven Safety Countermeasures initiative is a collection of 28 countermeasures and strategies effective in reducing roadway fatalities and serious injuries on our Nation's highways. This class will provide a brief overview of each of these strategies.

## Respiratory Protection

Battelle Energy Alliance, INL

### Laurent Brown

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and senior mechanic. Following his career, he completed a B.S. degree in HR Training and Development from Idaho State University. An authorized OSHA 10/30 hour Construction instructor, he currently serves as the Work Management Subject Matter Expert/trainer at the Idaho National Laboratory.

**Description:** Describe the requirements for a respirator program from OSHA 1910.134. • Describe the advantages/disadvantages of negative/positive/air supplied respirators. • Describe the requirements for respirator wear i.e. medical, training, fit tests • Discuss elements of a respirator program • Discuss elements of a respirator program. • Discuss respirator maintenance.

## Safe Digging

Idaho Division of Occupational and Professional Licenses-Damage Prevention Board

### Jeannien DeWitt

**Description:** The Safe Digging course provides a practical application of Idaho's underground facilities damage prevention laws. Learning objectives include best practices for following the safe digging process:

- White-lining proposed excavation areas.
- Complying with the 811/Call Before You Dig procedure.
- Reading utility locate marks.
- Critically surveying the area for clues of underground facilities.
- Using prudent excavation techniques for digging near underground facilities.
- Reporting of abandoned underground facilities.
- Reporting of damage to underground facilities.

## Scaffold User

Battelle Energy Alliance, INL

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**Description:** • Describe the training requirements for a scaffold user • Discuss the content for a pre-job briefing for a scaffold • Discuss the inspection criteria for a scaffold • Describe the load bearing capacity for a scaffold

## Team Building Process Improvement

Idaho State University

## **Scott Stephens**

Scott works with businesses to develop customized training solutions to ensure their business stays relevant and successful. Using the resources of the Idaho State University College of Technology he provides training in technical fields like welding, safety, instrumentation, and programmable logic controllers. Lastly, he provides corporate and leadership training that is relevant and effective and is focused on getting results.

**Description:** While most team building consists of trust falls and flag football this class focuses on relevant, yet fun, learning. You will be introduced to process improvement techniques in a fun environment that uses Lego bricks to mock up the work experience. Not only is it fun but this class teaches clear communication strategies, process improvement techniques, and teamwork skills that can be applied immediately.

## **The First 72 hours, Management and Documentation of Major Accident Scenes**

Idaho Environmental Coalition (IEC) - Performance Assurance Group, Sr. Cause Analysis SME

### **Thomas (Walt) Simms**

**Description:** From the occurrence of a "Trigger Event" to first 72 hours afterwards, you are in a finite window for the collection of erodible facts. This course will discuss the means of collection and the value of factual documentation. Also discussed the impact and roles of social media on your response to an event. We will also review the long-term liability of failing to have accurate event related documentation.

## **The History and Importance of the Life Safety Code (NFPA-101)**

Idaho Environmental Coalition (IEC)

### **Rob Nii**

**Description:** This presentation will provide basic information on fire, a brief history of the Life Safety Code (NFPA-101), a discussion on Means of Egress and Time, and home applications of the Life Safety Code.

## **The Power of Positive Thinking**

Idaho Environmental Coalition (IEC)

### **Russ Wood**

**Description:** (for anyone hoping to improve their outlook on life)

Optimism is more than just a word, it's a way of life! In this class, you will learn new, practical techniques to change your perspective and improve conditions in both work and personal life. Requires an open mind and a willingness to participate in the activities.

## Understanding Combustible Dust Hazards

Idaho National Laboratory (INL)

### David Young

Mr. Young is the Fire Marshal for the Department of Energy's Idaho National Laboratory, providing fire protection engineering technical expertise and code interpretation authority, as the contract Authority Having Jurisdiction. He is a graduate of the University of Idaho where he received a BS in Mechanical Engineering and a MS in Interdisciplinary Studies, focusing on fire protection engineering. He is a registered professional engineer in the discipline of fire protection engineering and is a Certified Fire Protection Specialist. Mr. Young is a fellow of the Society of Fire Protection Engineers and serves as a principal member on 5 National Fire Protection Association committees.

**Description:** This presentation will provide an overview of how to identify and help mitigate the hazards associated with combustible dusts. The objectives covered include an overview of what makes a dust combustible; a discussion on the five elements of a dust explosion; a discussion on the industries that have combustible dust hazards; the management of combustible dust area; the applicable codes and standards that help control and mitigate combustible dust hazards and a discussion on why the identification and management of combustible dusts is critical. The presentation will conclude with a discussion on case studies related to combustible dust fires and explosions.

## Untangling Performance Problems

### David Boyce

Retired formerly BEA-INL

**Description:** Have you ever come up with the best solution for the wrong problem? We will first address how to properly frame performance problems the using habit formation and behavior design principles provide you with the expertise to immediately untangle and build performance improvement strategies.

## Using Human Performance Improvement to Determine if you are Safe?

Idaho National Laboratory (INL)

### Brandy Young

Brandy Young is a human Performance Improvement (HPI) specialist who has worked with several industries including oil & gas, utilities, and nuclear laboratories just to name a few. She is affiliated with Paradigm Human Performance based out of the UK and Co-owns and operates BushCo HPI. Currently she works for the Idaho National Laboratory as an HPI subject matter expert.

**Description:** How do we know we are safe? Do we rely on stats and numbers such as TCIR/TRIRs to answer that question? This presentation will explain how to determine your actual safety based on Human Performance Improvement principles and concepts.

## What's New in the 11th Edition of the MUTCD

The Federal Highway Administration (FHWA)



## **Lance Johnson**

**Description:** The MUTCD is the national standard for all traffic control devices installed on any street, road, highway, or bikeway open to public travel. FHWA recently released the 11th Edition of the Manual on Uniform Traffic Control Devices (MUTCD), replacing the previous and outdated 2009 edition. This class will review some of the significant changes.

## **Work Comp 101**

State Insurance Fund (SIF)

## **Dan Clark**

Dan Clark spent most of his life in Washington and Idaho. He attended the University of Idaho where he obtained BS degrees in Operations Management and Information Systems with a minor in Spanish. He has worked as Operations Supervisor for United Parcel Service in Pullman, WA and Operations Manager for Reddaway Freight in Pocatello, ID. In 2010, he was hired by Glanbia Foods in a Training and Development/Safety role. In 2011, he began work in the Glanbia Foods Richfield plant as EHS Specialist and later served in the same role for Glanbia Twin Falls Cheese plant where he managed all safety and environmental aspects of the plant. He later served as Employee Development and Training Manager for Clif Bar Bakery of Twin Falls. He then accepted a position with Chobani as Safety and Security Manager. He currently works for the State Insurance Fund as Safety Services Supervisor. In 2016, he obtained his CSP level certification through the Board of Certified Safety Professionals (BCSP) and SHRM\_CP certification through the Society of Human Resources (SHRM).

**Description:** Review the basics of workers' compensation insurance, how it works, why it works the way it does as well as what are the most important aspects for a business to know.

## **Workplace Active Aggressor Preparedness**

Idaho National Laboratory (INL)

## **Dan Hammer**

Dan Hammer has worked for the INL since 2009. He worked for the INL Protective Force for eight years as a Security Police Officer, Special Response Team Member, sniper, and shoot team member. Dan spend 3 years working with the INL Emergency Management group as a Continuity of Operations coordinator and most recently serves as the Safeguard and Security Human Performance Improvement Lead. Dan has been the WAASPT Chairman for the last 3 years, a role which is focused on preparing employees for an active aggressor situation.

**Description:** This presentation will provide an overview of the INL Workplace Active Aggressor Safety Preparedness Team's composition and role. This presentation will highlight the importance of having a prepared employee population for an active aggressor situation and the resources available to help train employees.

## ZOOM - Heat Illness Prevention

US Department of Labor OSHA

**Adam Gerson**

**Description:** This course will provide an overview of prior case examples, define heat stress and the physiology of heat, review the importance of acclimatization, discuss heat disorders and how to measure heat relative to corresponding exposure limits, and describe elements of related controls and heat illness prevention programs.

## ZOOM - OSHA Case Studies

US Department of Labor OSHA

**Adam Gerson**

**Description:** This presentation will highlight recent accident investigations conducted by the OSHA Boise Area Office. Photos of enforcement activity with lessons learned will be featured. Examples of industries addressed include logging, framing, trench work, and wood product manufacturing.

## ZOOM - Silica Hazard Awareness for General Industry and Construction

US Department of Labor OSHA

**Adam Gerson**

**Description:** In this course, students will learn about the basics of Respirable Crystalline Silica encountered during many construction activities. This course will identify the basic health hazards associated with exposures to respirable crystalline silica, the common construction tasks that may result in exposures, and engineering control measures that employers may implement to protect workers from exposure. The course will also include basic PPE and air monitoring techniques for crystalline silica. Students will learn about the new OSHA standards concerning respirable crystalline silica including how to recognize what a “competent person” for respirable crystalline silica means.

## ZOOM - Trench and Excavation Hazard Awareness

US Department of Labor OSHA

**Adam Gerson**

**Description:** This course provides a brief overview (one hour) of OSHA Excavation Standard and the safety and Health aspects of excavation and trenching. As a general awareness class, it provides a photo review of hazards observed on Idaho sites during OSHA inspections.