



# 12th Annual Alleghenies Regional Safety Conference

***October 7, 2014***

8:00 a.m. - 4:00 p.m.

Frank. J. Pasquerilla Conference Center  
301 Napoleon Street  
Johnstown, PA 15901

Hosted By:

JARI

Cambria/Somerset County Safety Consortium

Sponsored By:

North American Hoganas

Pennsylvania Highlands Community College

Galliker Dairy - Lowe's - Snyder's of Berlin

**7:30 - 8:15 a.m.**     ***Registration & Breakfast***

**8:15 - 8:20 a.m.**     ***Welcome & National Anthem***

**Ballroom**             Welcome  
National Anthem

**8:30 - 9:15 a.m.**     ***Opening Session***

**Ballroom**             **Safety by Choice, Behavior Based Safety**  
*Eric Nelson & Chad Schilling, Steel City Safety*

The opening session will introduce participants to the concept of behavior based safety with the intent of creating an understanding of what influences employees to change unsafe behaviors.

**9:30 - 10:30 a.m.**   ***Workshop Series 1***

**Classroom 1**         **Preparing for an OSHA Site Visit and OSHA Updates**  
*Bob Carroll, Compliance Assistance Specialist, OSHA*

An OSHA update will be presented reviewing leadership chances, the current regulatory agenda, inspection targeting, and agency focused areas/initiatives. In addition, frequently cited standards, local fatality statistics, and website resources will be reviewed. The information presented will enable attendees to increase their OSHA knowledge base and assist in better preparing them for any interactions with OSHA.

**Classroom 2**         **Bullying in the Workplace**  
*Rebecca Bywater, Director, Treat Assessment, Penn State University Police & Public Safety*

Everyone has a responsibility to collectively work together to prevent workplace bullying. This presentation addresses the nature of workplace bullying and the rationale for preventing and stopping it. The following questions are addressed: What is workplace bullying?; What are the impacts of the workplace bullying climate?; What are the types of bullies?; Where does it occur?; What can be done about bullying? Action steps for Employees and Employers

**Classroom 3**         **Slips, Trips and Falls**  
*Steel City Safety*

This workshop will spotlight the most common and preventable causes of serious injuries and deaths due to slips, trips and falls and offer tips on general practices to help avoid these types of injuries.

## **11:00 - 12:00 p.m. Workshop Series 2**

### **Classroom 1      Preparing for an OSHA Site Visit and OSHA Updates**

*Bob Carroll, Compliance Assistance Specialist, OSHA*

An OSHA update will be presented reviewing leadership changes, the current regulatory agenda, inspection targeting, and agency focused areas/initiatives. In addition, frequently cited standards, local fatality statistics, and website resources will be reviewed. The information presented will enable attendees to increase their OSHA knowledge base and assist in better preparing them for any interactions with OSHA.

### **Classroom 2      Active Shooter Situations**

*Jamie Evanick, President, ReliaSafe*

This workshop will present information on Emergency Preparedness for active shooter situations at work and in public places. The presenter will discuss how to conduct active shooter workplace safety assessments, key areas of concern, and strategies to strengthen the level of safety in the event there's an active shooter situation. The workshop will also cover the key elements in a workplace Emergency Action Plan for an active shooter situation.

### **Classroom 3      Carpal Tunnel Syndrome: Pathogenesis & Prevention**

*Jeff Hiserman, Physical Therapist - Certified Ergonomic Technician, Phoenix Rehabilitation*

This workshop deals with basic anatomy and pathophysiology along with the various factors and preventative measures that can be done in various settings in the industrial world.

## **12:00 - 1:15 p.m. Keynote Presentation**

### **Ballroom      HEROES - Put Prevention First - Prevention & Behaviors to Wellness, Health & Safety**

*Steve and Judy Uzelac, Heroes Putting Safety First*

The purpose of our presentation is to present you with an opportunity to take a good look at your attitude/behavior toward your safety, your health, and your future. We want to stay focused on your well-being before and after retirement. This could be your wake-up call! When it comes to your well-being, please don't push the envelope.

## **1:15 - 1:30 p.m. Final Vendor Visits**

**1:30- 2:30 p.m.      *Workshop Series 3***

**Classroom 1      *Understanding Alcohol and Its Impact on the Workplace***

*Jan Nedin and Tom Kolock, Sr. Account Managers at UPMC's LifeSolutions' Employee Assistance Program*

While there's much to talk about how drugs can negatively affect the workplace, alcohol is often the forgotten drug. It's easily available, it's legal and it's socially acceptable to sometimes drink to much. How can alcohol use affect your employee's safety and performance? How does someone become an alcoholic? How can you prepare in advance to effectively handle an employee with this kind of problem? What can you do if you smell alcohol on an employee's breath or suspect they have a problem?

**Classroom 2      *Hazard Awareness***

*Colton Young, Manager of Health & Safety, Compliance Management International*

This workshop will cover the following: What are hazards as defined by Occupational Safety and Health; Hazards at work and at the home; Mitigating hazards; Controlling hazards, Hazard identification picture exercise; and How to prioritize hazards,

**2:40 - 3:40 p.m.      *Closing Session***

**Ballroom      *Working with the Media When an Critical Incident Occurs***

*Chip Minemyer, Editor, Tribune Democrat and Marc Stemka, Web Producer, WJAC 6 News*

Media experts Chip Minemyer and Marc Stemka will provide insight into how the media covers news stories when a critical incident occurs and what information company representatives would be asked by the reporters on scene. Participants will have the opportunity to ask questions.

**3:40 - 4:00 p.m.      *Q&A, Door Prize Distribution and Closing***

Thank you to our 2014 Safety Conference Committee Members for all of your hardwork and dedication!

Debi Balog, JARI

Sherry Click, JARI

Jeff Dick, PA CareerLink Cambria County

George Erisman, Galliker Dairy

Dave Johnson, North American Hoganas

Tessa Minnick, American Red Cross

Paul Seitz, Phoenix Rehabilitation & Workplace Health



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## ONLINE SAFETY COURSES

### **HazWoper 24-Hour Moderate Risk**

This course provides 24 hours of interactive training for those needing Moderate Risk certification (29 CFR 1910.120). Topics include exercises on PPE, Regulations, Site Characterization, Confined Space, Decontamination, etc. The course consists of an online text, interactive exercises, web links, self-grading quizzes, and final exam.

Cost: \$365

### **OSHA - 30 Hour Construction Industry Training**

This course combines the OSHA 30 Hour Construction Industry Outreach training with the OSHA 30 Hour Construction Industry Study Guide. This course is a comprehensive safety program designed for anyone involved in the construction industry. Specifically devised for safety directors, foremen and field supervisors.

Cost: \$625

### **OSHA - 30 Hour General Industry Training**

This course includes the OSHA 30 Hour General Industry Outreach Training with the OSHA 30 Hour General Industry Study Guide. This course is a comprehensive safety program designed for anyone involved in the general industry. Specifically devised for safety directors, foremen and field supervisors.

Cost: \$625

### **Household Hazardous Waste Operations**

This course will provide you with a comprehensive look at household hazardous waste operations. This course will meet or exceed requirements for the educational components of certification and/or licensing required for solid waste professionals.

Cost: \$245

## North American Höganäs



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Regional Safety Conference**

**October 6, 2015**

**A Special Thank you to our In-Kind Contributors**

Galliker Dairy - Iced Tea

Lowe's

Snyder's of Berlin - Chips

# 2014 Vendors & Contact Information

<b>Action Supply Products, Inc.</b> Bob Brown 724.695.2721	<b>EQUIPCO</b> Charlie Adams 412.221.2800 / cadams@equipco.com
<b>AFLAC</b> Mary Ann Ruff 724.910.9260 / maryann_ruff@us.aflac.com	<b>Greater Johnstown Career &amp; Techology Center</b> Anna Hershberger 814.266.6073 / ahershberger@gjctc.org
<b>American Red Cross</b> Ken Geary 814.262.3175 / ken.geary@redcross.org	<b>Johnstown Material Handling Inc.</b> Dino Tessari 814.266.3492 / dtessari@aol.com
<b>BP Insurance</b> J Diane Robinson 724.238.2148 / robinj19@nationwide.com	<b>Johnstown Safety Services, LLC</b> B.J. Opett 814.619.1391 / johnstownsafety@ymail.com
<b>Bucks County Community College</b> Mike Reil 215.497.8794 / michael.reil@bucks.edu	<b>Kaza Fire Equipment Company</b> Jody Gibbons 814.472.8650 / jgibbons@kazafire.com
<b>Cambria Care Center and Amber Hills</b> Chris Lucas 814.472.8100 / calucas@grane.com	<b>Pennsylvania Highlands Community College</b> Larry Coco 814.262.3812 / lcoco@pennhighlands.edu
<b>CED/Mosebach Electric Supply</b> Justin Irvin 814.329.3075 / jirvin@cedaltoona.com	<b>Phoenix Rehab &amp; Health Serv. / WorkPlace Health</b> Lisa Pohley 724.471.2431 / lpohley@phoenixrehab.com
<b>Cintas First Aid &amp; Safety</b> Rochelle Jedinak Burgunder 412.257.1896 / jedinakr@cintas.com	<b>Pro-Am Safety</b> Mike Arrisher 724.776.1818 / mikea@pro-am.com
<b>Compliance Management International</b> Pam Walaski 412.525.7000 / pwalaski@complianceplace.com	<b>Safety Shoe Distributors</b> Craig Campbell 724.777.3556 / craig@ssdohio.com
<b>Control Analytics, Inc.</b> Bob Coll 724.387.2367 / sales@controlanalytics.com	<b>Shannon Safety Products</b> Joe Yunetz 412.257.4700 / jkyunetz@shannonsafety.com
<b>Crichton Rehabilitation Center</b> Deneen Ault 814.534.7926 / dault@conemaugh.org	<b>Walnut Medical Services</b> Michael J. Sossong 814.533.0901 / msossong@walnutmedical.com