



Aroostook County Safety Director's Association

Presents

The 7th Annual

Aroostook County Safety Symposium

NMCC 33 Edgemont St. Presque Isle ME

April 3, 4, 5, 2017

www.acsda1.com



NMCC is a Tobacco free Campus

The following list of training sessions may change at any time and ACSDA is not responsible for the changing sessions.

Aroostook County Safety Symposium

The Aroostook County Safety Directors Association is proud to once again offer the opportunity for a local safety symposium to benefit the businesses and municipalities in Aroostook County.

This year's conference features extended offerings, running over four days. The symposium is broken into sessions over the 4 day period and the cost for registration is listed with each session. You may attend as many or as few sessions as your schedule allows.

Please note: Pre-registration is required for the **M.U.S.T. Excavation Safety** session on Monday April 3, and the **10-Hour OSHA Construction and General Industry** classes on Monday April 3 and Tuesday April 4 .

You cannot sign up at the door for these three sessions.

WHO SHOULD ATTEND

- Safety Professionals
- Health Care Administrators
- Supervisors
- Construction Workers, Foremen and Supervisors
- Wood & Food Manufacturing Workers
- Area Businesses
- Municipal Workers

The Aroostook County Safety Symposium is proudly sponsored by:



MONDAY, APRIL 3, 2017

8:00 AM - 11:30 AM Morning Session – M.U.S.T Excavation Safety (Dig Safe)

7:00 AM – 8:00 AM

Registration - FREE

Reed Commons - Breakfast served at 7:30



Pre-registration required.

Register online at:

www.must-ne.com

Click on Safety Training & Events

Scroll to Maine-Presque Isle.

Click on “register now” button

Join us for our **FREE**, 3-hour safety seminar to prepare you and your crews for a safe excavation season ahead! Learn about the potential safety hazards of utility damage, the “Dig Safe” laws and rules, call center notification, best practices, utility marking standards, what to do if a line is damaged, and the enforcement process.

OSHA 10 Hr. Construction and OSHA 10 Hour General Industry

12 PM Registration, Rodney Smith Wellness Center Entrance

Monday 12:30 PM – 4:30 PM and

Tuesday 8:00 AM – 4:00 PM

Pre-registration required.

Limited Seating

\$20 Lunch and OSHA Card

Call 207-746-3938 or E-mail

info@acsda1.com

Printable Reg. Form www.acsda1.com

10 Hour Construction Standards

This 1-1/2 day course gives basic information on several of the OSHA standards for construction (29 CFR 1926). Attendees who complete the course will receive an OSHA 10-hour course completion certificate.

10 Hour General Industry Standards

The 1-1/2 day course offers basic information on a variety of general industry safety and health standards (29 CFR 1910). Attendees who complete the course will receive an OSHA 10-hour course completion certificate.

TUESDAY, APRIL 4, 2017

8:00 AM Registration, Rodney Smith Wellness Center Entrance

8:30AM – 4:00PM NFPA Life Safety Code 101 \$20 Registration fee includes lunch

Instructor Richard McCarthy, Assistant State Fire Marshal Prevention and Inspection Div.

Everything you wanted to know about the Life Safety Code-But were afraid to ask!

Unravel the mysteries of the NFPA’s Life Safety Code 101. The instructor will walk you through the use and application of this very important requirement for all Maine employers and employees.

8:30AM – 4:00PM First Aid/CPR \$70 Registration fee includes lunch and card

Instructor Tim Guerette, Retired from Caribou Fire and Ambulance, Paramedic, Certified Instructor for the American Heart Association for both Adult and Infant CPR/First Aid.

When completed the participant will receive a card certifying them in Infant/Adult CPR and First Aid

8:30AM – 2:30PM Defensive Driving \$50 Registration fee includes lunch and card

Instructor Dale Gilbert, Maine Bureau of Highway Safety

5 hour defensive driving course that when completed the participant will receive a three point credit on their driving record. Course includes discussion of collision avoidance techniques, safety issues, driver habits and attitudes and the basic elements that constantly challenge drivers on Maine's highways.

8:30AM – 2:00PM Beyond Zero Motivational Presentation \$20 Registration fee includes lunch

Instructor Michael Bennett, VP of Health, Safety, Environmental and Human Resources for Cianbro Corporation

This program looks to get a commitment from each participant to:
Personally work safe, Watch out for co-workers, Speak out when they recognize risk and Thank those who speak up for them.

All-Day Wednesday April 5, 2017 Session

7:30 AM - 8:00 AM Registration, Rodney Smith Wellness Center Entrance

Pre-registration suggested

\$40 Pre-Reg. - \$50 at door - \$20 Student

Lunch included

Register 207-746-3938 or e-mail info@acsda1.com

Printable Reg. Form www.acsda1.com

8:00 AM - 4:15PM Vendor Exhibits Open in the Gymnasium

AM Session A

8:30 – 11:00 Tractor Safety, Instructor Tom Hale, B.S. Agricultural Mechanization

Taught 38 years as the Agriculture Instructor and FFA Advisor, Caribou Tech Center

This course will instruct the hobby farmer, home owner or student the basic safe operation of today's ever popular compact tractor. Safe equipment use will be demonstrated as well as operator responsibilities.

8:30 – 9:30 Northern Maine Weather Safety,

Instructor, Darren Wood , Director Aroostook County Emergency Management Agency

This program will be discussing the impact of severe weather and natural disasters can have in Aroostook County.

8:30 – 9:30 Respirators/PPE, Instructor, Nate Allen, Captain Presque Isle Fire Dept.

This presentation will cover the basics of what to look for when choosing a respirator, the proper wear and application of a respirator, different types and medical concerns when choosing a respirator. Other necessary items of PPE will also be discussed.

8:30 – 9:30 Return to Work, Instructor, Adam Simoes, Occupational Therapist CPT

In this course you will learn ways to make sure your employee can perform essential duties of their job after an injury. We will discuss from the time of injury to the point to determine if they can return to work.

8:30 – 9:30 Walking/Work Surfaces, OSHA Standards,

Instructor Mark Heffron, Safety and Health Specialist Region 1 Boston

This class will discuss walking/working surfaces standard changes, includes Subpart D 1910.20 to 1910.30(new) and Subpart 1 (new) 1910.140 Fall Protection.

8:30 – 9:30 Fire Safety in the Home and Office,

Instructor Adam Rider, Deputy Chief Presque Isle Fire Dept.

This class will discuss fire safety in the home and office, covering topics such as: Checking and maintaining smoke alarm systems, Importance of Fire Extinguishers, Fire Escape planning.

8:30 – 9:30 Bullying in the Workplace,

Instructor, Ben Lothrop, HR Manger Maibec Lumber Inc.

This class will give hands on ideas and tactics to deal with the issues of bullying that occur in places of employment.

AM Session B

10:00 – 11:00 Safety Committees, Instructor, Miles Willams, Smith's Farm Inc. Safety Manager

This class will discuss what makes a good safety leader, what is an OSHA safety plan, why do I need a plan, what should the plan consist of, where can I get help to develop my plan.

10:00 – 11:00 Body Mechanics/Stretching in the Work Place

Instructor, Adam Simoes, Occupational Therapist CPT

This class will help you understand the anatomy and physiology and importance of proper body mechanics, this will be an interactive course.

10:00 – 11:00 Active Shooter, Instructor, Presque Isle PD Kevin Reed

This presentation will cover what to look for when an active shooter is suspected in the work place. What should you do, what should you not do, and how to prepare yourself in the event of an active shooter incident.

10:00 – 11:00 Business Preps, Cyber Security, Recovering from a Disaster

Instructor, Jesse Belanger, Deputy Director Aroostook County Emergency Management

Businesses play a significant roll before, during and after a disaster. This program will discuss how to apply emergency management principles to the private sector such as identifying threats, preparing for and recovering from man-made and natural disasters.

10:00 – 11:00 Worker’s Comp, M1 Guidelines,

Instructor Dr. Howard Jones, MD, MPH Medical Director WorkHealth LLC

We will discuss the most dreaded elements of the M1, the causality check boxes and treatment plan section wherein valuable record ability information can be passed to the keeper of the OSHA 300 log as an adjunct to the medical note.

10:00 – 11:00 Fall Protection, Instructor Joe Ditzel, N.H. Bragg

The new standards clearly identify the responsibility of the employer to; develop and implement a fall protection policy; provide adequate fall hazard abatement before employees can perform workplace activities; provide and verify that a continuous fall protection is available for their employees.

**11:30 PM – 1:00 PM General Session Key Note Speaker State Fire Marshall
Lunch
Edmunds Conference Center**

Afternoon Session C

2:30 – 3:30 Pesticide Safety,

Instructor, Jim Dwyer, Crop Specialist, Professor UM Cooperative Extension

This program will discuss basic pesticide safety for pesticide products used around the home, how to assess risk and how to minimize risk associated with pesticide use, understanding the label, product selection and proper PPE

2:30 – 3:30 Bullying in the Workplace,

Instructor, Ben Lothrop, HR Manger Maibec Lumber Inc.

This class will give hands on ideas and tactics to deal with the issues of bullying that occur in places of employment.

2:30 – 3:30 Safety for Seniors Instructor, Steve Farnham, Aroostook Area on Aging

2:30 – 3:30 Employer Substance Abuse Policies and Medical Marijuana

Instructor, Dr. Howard Jones, MD, MPH Medical Director WorkHealth LLC

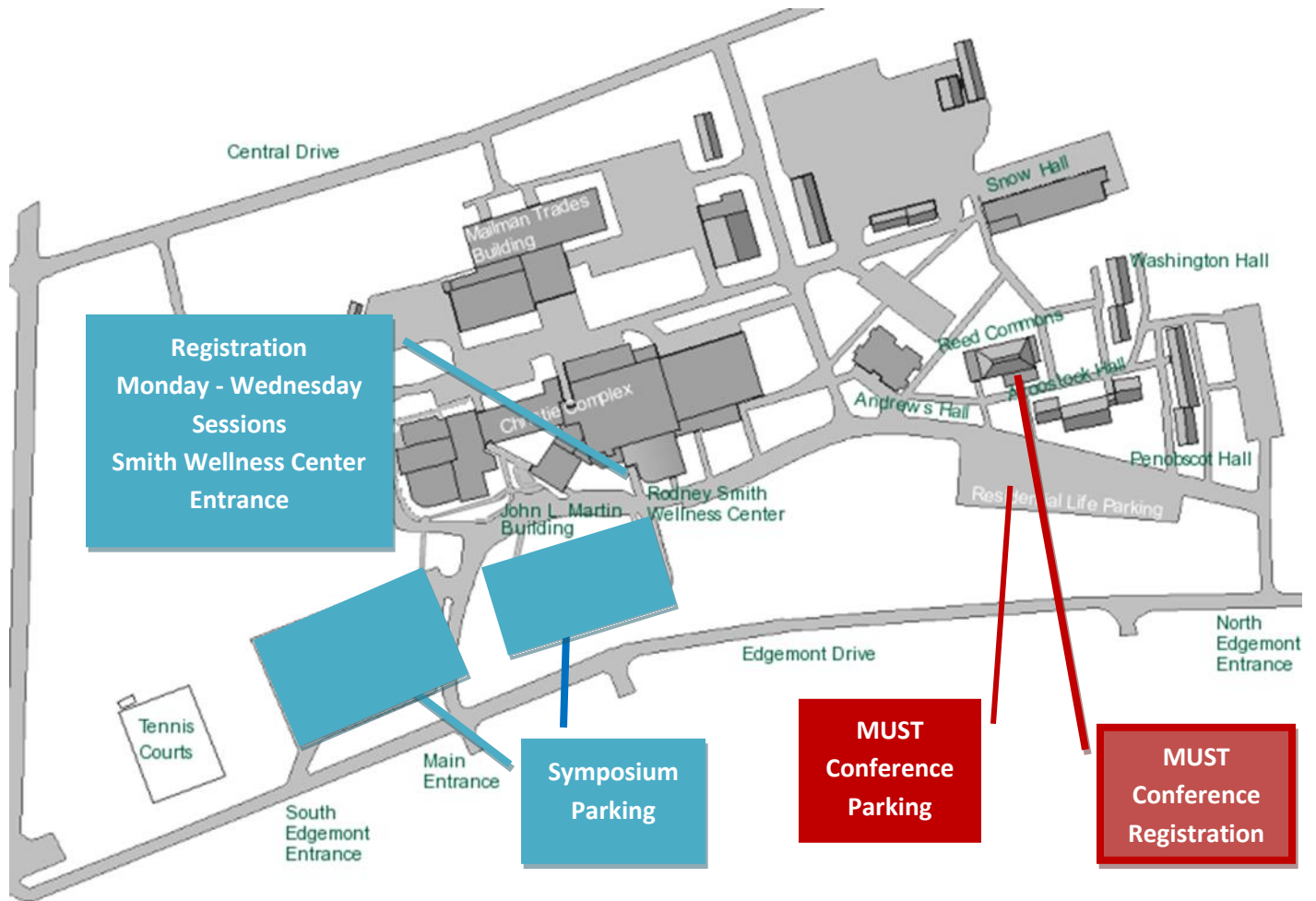
Far and away the most complex issue facing employers around the country is the issue of substance abuse and its effects on employee hiring and retention policies. We will discuss the implications these national policy changes may have on employer hiring and retention practices, and the state of the science or substance abuse testing and its relationship to injury prevention.

2:30 – 3:30 Active Shooter, Instructor, Presque Isle PD Kevin Reed

This presentation will cover what to look for when an active shooter is suspected in the work place. What should you do, what should you not do, and how to prepare yourself in the event of an active shooter incident.

3:30 – 4:00 Vendor Viewing

4:00 – 4:15 Closing Session



Directions

From South:

Exit I-95 in Houlton and travel to Presque Isle via Rt.1. Travel north through town and at the traffic light after WalMart, turn left onto Rt. 163 (Connector Street). Continue on Route 163 for one mile until you see a sign (to your right) for Skyway Industrial Park, Northern Maine Regional Airport and Northern Maine Community College. Turn right at that intersection onto Central Drive. Turn Right onto Edgemont Drive (first right on Central) until you see the sign for NMCC. Park in the General Purpose parking lot. Registration will take place in the lobby of the Smith Wellness Center Entrance.

From North:

Travel South on Rt. 1 into Presque Isle. Proceed straight through the first traffic signal (by the entrance to the Aroostook Centre Mall), remaining in the farthest right lane of traffic. Just prior to the next traffic signal the lane will merge right onto Rt. 163 (Connector Street). Continue on Route 163 for one mile until you see a sign (to your right) for Skyway Industrial Park, Northern Maine Regional Airport and Northern Maine Community College. Turn right at that intersection onto Central Avenue. Turn right onto Edgemont Drive (first right on Central) until you see the sign for NMCC. Park in the General Purpose parking lot. Registration will take place in the lobby of the Smith Wellness Center Entrance.

Aroostook County Safety Directors Association
 Safety Symposium 2017
 Presque Isle, ME - Northern Maine Community College



Monday April 3 – Wednesday April 5, 2017

Print your name exactly as you wish it to appear on your name badge. Add extra attendees on separate sheet

Attendee: _____ Attendee: _____

Company: _____

Address: _____

City _____ State: _____ ZIP _____

Phone: _____ E-mail _____

How did you hear about the conference?

- Mail E-mail Internet Radio/TV Co-worker/Friend Other _____

Monday April 3 12:30PM -4:30PM and Tuesday April 4 8:00AM – 4:00PM **\$20 Lunch and OSHA Card**

- 10 Hour Construction Standards 10 Hour General Industry

Tuesday April 4, 2017 8:30 - 4	Tuesday April 4, 2017 8:30 – 2:30
<input type="checkbox"/> NFPA Life Safety Code 101 \$20 Fee Includes Lunch <input type="checkbox"/> First Aid/CPR \$70 Lunch and Card	<input type="checkbox"/> Defensive Driving \$50 Lunch and Card <input type="checkbox"/> Beyond Zero \$20 Includes Lunch
Wednesday April 5, 2017	Wednesday April 5, 2017
Morning Session A \$40 Pre-Reg. \$50 at door (includes lunch) <input type="checkbox"/> 8:30 – 11 Tractor Safety <input type="checkbox"/> 8:30 – 9:30 Northern Maine Weather Safety <input type="checkbox"/> 8:30 – 9:30 Respirator/PPE <input type="checkbox"/> 8:30 – 9:30 Return to Work <input type="checkbox"/> 8:30 – 9:30 Walking/Work Surfaces <input type="checkbox"/> 8:30 – 9:30 Fire Safety <input type="checkbox"/> 8:30 – 9:30 Bullying in the work place	Morning Session B <input type="checkbox"/> 10 – 11 Safety Committees <input type="checkbox"/> 10 – 11 Body Mechanics/Stretching <input type="checkbox"/> 10 – 11 Active Shooter <input type="checkbox"/> 10 – 11 Recovering from a disaster <input type="checkbox"/> 10 – 11 Workers Comp <input type="checkbox"/> 10 – 11 Fall Protection
Wednesday April 5, 2017	Wed April 5, 2017
Afternoon Session C <input type="checkbox"/> 2:30 – 3:30 Pesticide Safety <input type="checkbox"/> 2:30 – 3:30 Bullying in the work place <input type="checkbox"/> 2:30 – 3:30 Safety for seniors	Afternoon Session C <input type="checkbox"/> 2:30 – 3:30 Active Shooter <input type="checkbox"/> Substance Abuse Policies /Medical Marijuana

Mail this form with payment to:
 (Make checks payable to Aroostook County Safety Directors Association)
 Geri Fraser, ACSDA
 47 Western Ave
 East Millinocket, ME 04430
 For more information: call 207-746-3938 or e-mail info@acsda1.com

**Register on or before
 March 24, 2017**