

## MEET YOUR 2023 CONFERENCE SPEAKERS



**Christian Bonds,**  
Project Coordinator

**Oklahoma State  
Department of Health**



### **Preventing Injury with Trauma-Informed Workplaces**

In this session, attendees will learn what trauma-informed workplaces are, the impact of trauma-informed approaches on injury prevention in the workplace, and how trauma-informed policies can improve economic outcomes. The presentation will detail specific, easy to implement, workplace policies, strategies, and resources to become a trauma-informed Oklahoma business. The session will include information regarding the financial burden of traumatic experiences on businesses; the benefits of workplace initiatives to support employees and implement trauma-informed practices; and the positive outcomes to both businesses and their communities of being a trauma-informed workplace. This presentation is intended to provide education and actionable takeaways across the spectrum of workforce leadership and health/safety program leaders to reduce injury-related morbidity and mortality.

### **Christian Bonds | Biography**

Christian Bonds is an Unintentional Injury Project Coordinator from the Injury Prevention Service at the Oklahoma State Department of Health. Injury and violence are predictable, preventable, and interconnected. Therefore, the Injury Prevention Service works for an Oklahoma where all people's lives are free from injury and violence. We do this by recognizing the unique strengths and needs of different communities; collecting, analyzing, utilizing, and disseminating data; collaborating with communities and organizational partners to identify needs, find solutions, and implement prevention initiatives; and informing policies that seek to protect Oklahomans from injury and violence



**Joe Bourland,**  
Physician Assistant

### **DOI-MMI, Efficient Access to Effective Outcomes**

Date of Injury/First Appointment, Hot Line/Health Line/Triage, Telemedicine visit with treatment options. Urgent Care 8 a.m.-7 p.m. 7 days a week. Same day/Next day Orthopedic Access (splint, cast, crutch, brace, x-ray, injection, etc. follow up for nonsurgical dx). Prescription, Physical Therapy, Special Imaging (3.OT, Wide Bore, Short Core), Rapid response specialists.

Educate practitioners in the ways of Worker's Compensation. Initially address Causation. Document Return to Work Status at every visit. (TTD only when necessary). Project estimated Maximum Medical Improvement. Release upon achievement of Maximum Medical Improvement and document.

### **Joe Bourland | Biography**

Working in Oklahoma as an Orthopedic P.A. for over 25 years, Joe believes in "Outcome based" management of his orthopedic patients. He has developed relationships with many local surgeons/therapists and is familiar with their practices. This sets the stage for the best and most efficient outcomes, solutions, resolutions. Joe was fortunate enough to have a Workman's Compensation nurse case manager direct his clinic from 2007-2010. Susie Johnston, RN educated him in the ways of Work Comp. This opportunity has allowed him to go on and appropriately treat injured employees while routinely communicating with the employers, supervisors, nurse case managers and adjusters.

# MEET YOUR 2023 CONFERENCE SPEAKERS



**Houston Brittain**  
President/CEO

**Brittain Risk Management**



## Behavior Based Safety

This presentation will walk you through changing the safety culture of your company by implementing several steps to create a successful Behavior Based Safety program which will improve safety culture. You will learn the seven steps to BBS as well as the roadblocks that prevent a great safety culture. You will learn the roles of management, the roles of your employees, and the methods to correct behavior. BBS focuses on what people do, analyzes why they do it, and then applies research supported intervention strategy to improve what people do.

## .Houston Brittain | Biography

Houston Brittain SSH, COSH Houston has 30 years of hands-on experience in Safety & Risk Management, including Fleet Maintenance, Operations Management, Regulatory Compliance, Workman's Compensation, Security, DOT transportation, distribution, manufacturing, and warehousing industries. Houston is an expert in C-TPAT Customs-Trade Partnership Against Terrorism, Behavior Based Safety programs, transportation safety, and project management. He currently sits as Chairman of the Board of Directors for the Oklahoma Safety Council, Oklahoma Safety Security Council, Oklahoma Trucking Association Board of Directors, and many other organizations. He owns his own consulting company Brittain Risk Management Services. Houston is married to Jennifer Brittain, and he has three children: Shane Brittain, 33, Colby Brittain, 27, and Nora Brittain, 24. Certifications: SSH, COSH from The University of Texas Arlington, and BS from the University of Oklahoma and Northeastern State University.

## 2023 OSHC CONFERENCE AGENDA

### TUESDAY, JULY 25

7:00 am - 8:00 am Registration Open for Pre-Conference Sessions  
 8:00 am - 2:00 pm Golf Tournament - Battle Creek Golf Club  
 8:00 am - 5:00 pm Pre-Conference Workshops  
 8:00 am - 5:00 pm Exhibitor Move-In  
 Noon - 1:00 pm Lunch on Own  
 Noon - 1:00 pm Roundtable Discussion - Hot Topics Q&A

### WEDNESDAY, JULY 26

6:00 am - 7:00 am Exhibitor Move-In  
 7:00 am - 9:00 am Registration Open  
 7:30 am - 9:00 am Continental Breakfast in Expo Hall  
 9:00 am - 10:30 am Conference Grand Opening in Ballroom  
 10:30 am - 12:30 pm Blood Drive  
 10:30 am - 10:45 am Conference Break in Expo Halls  
 10:45 am - 11:45 am Educational Sessions  
 11:45 am - 12:45 pm Networking Luncheon  
 12:45 pm - 1:30 pm Expo Networking in Expo Hall  
 1:30 pm - 2:30 pm Educational Sessions  
 2:30 pm - 3:15 pm Expo Networking in Expo Hall  
 3:15 pm - 4:15 pm Educational Sessions  
 4:15 pm - 5:00 pm Expo Networking in Expo Hall  
 5:00 pm - 7:00 pm Social, 80's Themed Entertainment, Live Auction & Raffle Prizes

### THURSDAY, JULY 27

7:00 am - Noon Registration Open  
 7:00 am - 8:00 am Continental Breakfast in Expo Hall  
 8:00 am - 9:00 am Educational Sessions  
 9:00 am - 9:30 am Full Conference Break in Expo Hall  
 9:30 am - 10:30 am Educational Session  
 10:30 am - 10:45 am Conference Break in Expo Hall  
 10:45 am - 11:45 pm Educational Session  
 11:45 pm - 1:30 pm Awards Luncheon with Door Prizes  
 1:30 pm - 3:30 pm Expo Closed - Exhibitor Breakdown & Exit

THANK YOU FOR ATTENDING!

## MEET YOUR 2023 CONFERENCE SPEAKERS



**Kristen Cederlind,**  
OTR/L, Director of  
Clinical Services

**WorkWell Prevention &  
Care**

### **Foundation of Safety: Understanding the Physical Demands of Work**

This session dives into the importance of understanding and documenting the physical demands of jobs and the value this can create throughout your organization, impacting everything from employee management, ergonomics/risk assessment and health/wellness initiatives. Throughout the lifespan of employment, the documented knowledge of job demands aids in supporting informed hiring decisions, medical management and safe return to work for injured employees. When done well, having solid functional job descriptions in place can decrease work-related injuries, and result in fewer workdays lost and lower workers' compensation costs. Safety professionals from any industry can benefit from building their knowledge and understanding of these concepts.

#### **Kristen Cederlind | Biography**

As an Occupational Therapist for over 30 years, Kristen currently serves as the Director of Clinical Services for WorkWell Prevention and Care. In her role at WorkWell, she has collaborated with manufacturing employers and therapists across the country to develop customized onsite injury prevention and treatment services designed to improve employee health and safety. Her background includes program development and management of a hospital rehabilitation department, which also included championing ergonomics initiatives to promote employee and patient safety. Kristen has developed and taught occupational health-focused training content for physical and occupational therapists and has presented at national and regional conferences on various work injury prevention and management topics.



**Lewis Chambers,**  
EHS Manager

**Georg Fischer Central  
Plastics**

### **Learn From My Mistakes: How Unconscious Bias Can Lead to Mistakes in Incident Investigations and Hazard Assessments**

This presentation is for anyone involved in EHS investigations and employee engagement. This presentation will identify bias which can be both conscious and unconscious in society and EHS. The presentation will discuss the top bias found during safety investigations and hazard assessments. The presentation will discuss real life incidents that were affected by unconscious bias that the investigators had during investigations.

#### **Lewis Chambers | Biography**

EHS Manager at Georg Fischer Central Plastics. Lewis has worked in the Safety field for 22 years, he has a B.S in Industrial Safety and an M.S. in Safety, Security, and Emergency Management. Georg Fischer was VPP certified in 2019, named One of Americas Safest companies in 2020 by EHS Today magazine, received the Pinnacle of Safety Award in 2022 by the OSC, and named in the Top 10 of Most Sustainable Run Companies by the Wall Street Journal. While implementing processes to reduce injuries, Lewis has learned one key to reducing and maintaining a low incident rate is thorough investigations that effectively eliminate or control the hazards. Having several years' experience conducting investigations, Lewis has been able to identify some Unconscious Bias he experienced during Incident Investigations and Hazard Assessments. Come and learn from his mistakes while he discusses bias which caused his team to overlook unsafe situations and hazards, which led to repeated incidents.



# MEET YOUR 2023 CONFERENCE SPEAKERS



**Brittany Currier,**  
Founder, CEO & Principal  
Consultant

## **Empowered Solutions**



## **Psychological Safety: How Mental Well-Being Impacts Physical Safety**

This presentation discusses how physical safety and mental wellbeing are immediately connected. This topic is essential for Safety professionals, HR professionals and business leaders to understand and discuss collectively in order to achieve business goals. Employee wellbeing and company success is truly a symbiotic relationship. During this session, participants will learn what psychological safety is (and isn't), why it is important for business and how to create a psychologically safe culture within your organization.

### **Brittany Currier | Biography**

Brittany Currier, SHRM-CP is the Founder, CEO and Principal Consultant at Empowered Solutions. She is a passionate and goal-oriented HR professional dedicated to improving workplaces and growing businesses through strategic HR solutions.

Brittany earned her bachelor's degree in human sciences from Oklahoma State University and also holds her SHRM-CP certification. She has gained her business and HR experience by working as a practitioner in human resources, recruiting, client relations and sales. Brittany has assisted organizations and clients across a variety of industries and sizes. She is passionate about helping strengthen small businesses by building relationships, empowering leaders and developing people to be their best.

Brittany has received many awards for her work, such as the New Professional of the Year Award from the Tulsa Area Human Resources Association in 2019, the Emerging Leader Award from OKHR in 2021 and the New Professional of the Year Award from the Bixby Metro Chamber of Commerce in 2022.

Brittany is currently serving as the VP of Public Relations for the Tulsa Area Human Resources Association (TAHRA) and as a talent committee member for the Oklahoma Manufacturers Alliance. Previously, Brittany served as a Board of Director Member for the Bixby Metro Chamber of Commerce.

## MEET YOUR 2023 CONFERENCE SPEAKERS



**Gary Downey,**  
Ergonomist

**The Ergonomics Center  
(North Carolina State  
University)**



### **Game On!**

Join us for a fun and upbeat introduction to some gamification methods you can use to energize your company's safety training. We will review some of the more common tools/apps and then play a game. BYOP (bring your own phone) because you'll be using it to play. Points will be awarded based on the speed at which you answer correctly. But don't sweat it too much, you won't have to buy a vowel – everything is FREE. Be sure to phone a friend and tell them to come on down and enjoy this brief break from the typical conference slide show.

### **Gary Downey | Biography**

Gary Downey is a Master Ergonomist at The Ergonomics Center, housed in the Edward P. Fitts Department of Industrial Systems Engineering at North Carolina State University. He received his Master's degree in Biomedical Engineering with a focus in ergonomics, assistive technology, and biomechanics from The University of Tennessee and his Bachelor's degree in Mechanical Engineering from Iowa State University. Gary is a Board-Certified Professional Ergonomist (CPE) and a licensed Professional Engineer (PE). His role involves providing ergonomic job evaluations, training and mentoring to employees at companies throughout the United States.



**Scott Francis,**  
Technical Sales Manager

**Westex: A Milliken  
Brand**



### **Time to Review Arc Flash Risk Assessments? NFPA 70E Changes May Impact PPE Best Practices**

When did your facility become NFPA 70E compliant? It may be time to review your facility's arc flash risk assessment, equipment labeling and PPE best practices utilizing sustainably manufactured PPE. Changes to the electrical distribution system and the addition of new equipment will likely affect the assessment results, the accuracy of the information on equipment labels and the resultant FR/AR PPE choices. Per NFPA 70E, the assessment needs to be reviewed for accuracy at least every 5 years or when changes occur to the electrical distribution system.

Whether you use the incident energy analysis method or the PPE category method for FR/AR PPE selection, the latest edition of 70E provides the most up-to-date information so you can best protect workers from the arc flash hazard. Discover the role of human performance on arc flash incidents, learn how to improve the incident energy analysis with updated IEEE 1584 calculations and gain clarity on the 70E risk assessment and PPE selection tables. This presentation highlights enhanced arc flash risk assessments, best practice selection of sustainably made PPE and improved worker performance and protection.

### **Scott Francis | Biography**

Scott graduated from Augustana College and the University of Iowa with a M.S. in Inorganic Chemistry. Scott has been involved with the Safety Industry since 1991 and has extensive experience with protective apparel fabrics, PPE and knowledge of thermal hazard related NFPA standards and OSHA regulations. Scott frequently addresses trade associations and companies regarding electric arc, flash fire, combustible dust hazards, body burn injury, the protective performance of flame-resistant clothing, PPE best practices and related topics. On a personal note, Scott loves football and sometimes loves golf. He lives with his wife and two sons in the Chicago area.

## MEET YOUR 2023 CONFERENCE SPEAKERS



**Mike Gole**  
Director of Occupational  
Safety & Health

**Manhattan  
Construction**



### **Foundations For Safety Leadership**

CPWR developed this training in response to OSHA's requirement to have a leadership component built into OSHA 30-hour classes. It teaches participants about the costs of ineffective, and the benefits of effective safety leadership. Most importantly, it teaches about 5 critical leadership skills they can use on the jobsite to more effectively communicate and work with their team members and how doing so leads to a stronger jobsite safety climate.

This presentation is a scaled back version of a 3-hour facilitation.

### **Mike Gole | Biography**

I am a United States Air Force Veteran who served faithfully and honorably for 26 years and am now a Safety Professional with 9+ years under my belt. The opportunities and mentors that I had while in the USAF provided me with foundational principles in many areas, the most impactful being effective and influential leadership skills.

I began my safety career with Flint Energy Services and then, through mergers, with AECOM. The experiences as a Safety Training Manager and Safety Advisor gave me the KSAs that have led to my current role as the Director of Occupational Safety & Health with Manhattan Construction Group. In this role I lead and facilitate the OSH cultures and safety management systems for the five self-performing companies within the group; Manhattan Road & Bridge, Manhattan Pipeline, Cantera Concrete Company, Spectrum & SafeZone.



**M.G. Govia**  
Education & Outreach  
Liaison

**OKIE811**



### **Safe Digging and Damage Prevention**

An overview of the Oklahoma Underground Facilities Damage Prevention Act (OUFDPA), current policies and procedures for requesting locates, safe excavation practices, and responsibilities of owner/operators of underground facilities.

### **M.G. Govia | Biography**

Mr. Govia is the Education & Outreach Liaison for Oklahoma One-Call System, Inc, also known as OKIE811. OKIE811 is a non-profit corporation established as part of Oklahoma's Underground Damage Prevention Act. M.G. has been with OKIE811 for 10 years. His current role is to promote safe digging and damage prevention for excavators and facility owners throughout the state of Oklahoma. You can follow M.G. and OKIE811 educational resources through our Podcast "Digging Deep" and our YouTube channel. When he isn't wearing an OKIE811 cape, he loves craft beer, sports, and his dog, Stout.

## MEET YOUR 2023 CONFERENCE SPEAKERS



**Jeremy Green,**  
Owner and Director of  
Marketing

**Singularis Workplace  
Solutions**



### **Recent Use THC Testing**

Presentation focused on the hurdles that THC has created for employers and the decisions they have had to make based on "medicinal" use THC and more importantly the looming legalization.

Introducing an industry first technology that helps close the gaps between recruiting safety, risk, production and how we can all function SAFE (or SAFER) in an era of THC acceptance.

### **Jeremy Green | Biography**

Jeremy Green is one of the owners and Director of Marketing at Work Health Solutions. Green became involved with Work Health Solutions during the fourth quarter of 2012. In addition to his work with WHS, he is the owner of several other businesses. He has a great passion for the work WHS does and the employees, companies and communities it supports.

Green comes from a physical therapy and personal training background. His father, Russell Green, started WHS, and he has been involved in some capacity since the beginning. Green's role at WHS is to educate people on risk management strategies and help them design cost-effective and efficient plans that reduce the total cost of occupational medicine.



**Shawn Helton,**  
Safety Advisor

**Linetec Services**



### **Challenges Facing Young Safety Professionals**

*(presenting with Charles Hightower, Energy Transfer)*

It's no secret that the world of health and safety has a wide range of challenges. Workplace safety is not a straightforward or easy responsibility to uphold and this can get overwhelming for the professionals who work in the field. It can be particularly challenging for young safety professionals to find their professional footing right out of school. This presentation will provide safety professionals with guidance/advice to avoid some of the common pitfalls that come with being new to the field.

### **Shawn Helton | Biography**

Shawn Helton currently serves as a Safety Advisor for LineTec Services. He has 13 years of experience in the safety industry and has worked in the manufacturing, oil & gas, and electric utility sectors. Shawn holds a B.S. in Environmental & Safety Management from Northeastern State University and M.S. in Occupational Safety & Health from Southeastern Oklahoma State University. He has also earned the designation of Certified Safety Professional (CSP). Shawn is a long time Executive Committee member of the Oklahoma City Chapter of ASSP.

# MEET YOUR 2023 CONFERENCE SPEAKERS



**Charles Hightower,**  
Safety Services Manager

## Energy Transfer

### **Challenges Facing Young Safety Professionals** *(presenting with Shawn Helton, Linetec Services)*

It's no secret that the world of health and safety has a wide range of challenges. Workplace safety is not a straightforward or easy responsibility to uphold and this can get overwhelming for the professionals who work in the field. It can be particularly challenging for young safety professionals to find their professional footing right out of school. This presentation will provide safety professionals with guidance/advice to avoid some of the common pitfalls that come with being new to the field.

### **Charles Hightower | Biography**

Charles lives in Oklahoma City, Oklahoma with his beautiful wife Charnay, nine-year-old son Charles Hightower III (Tripp), and four-year-old daughter Camille Hightower (Cami). Charles enjoys playing golf, lifting weights, and watching the Dallas Cowboys and OKC Thunder in his spare time. Charles has 14 years of Environmental, Health, and Safety experience. Charles currently works for Energy Transfer as the Corporate Safety Manager. Charles received his Bachelor's degree in Industrial Safety from the University of Central Oklahoma (2010) and obtained his Master's Degree in Fire and Emergency Management from Oklahoma State University (2014). In 2016, he accomplished a career goal of becoming a Certified Safety Professional. Charles Hightower serves on the Board of Directors for the Oklahoma Safety Council. He also serves as part of the Industrial Safety Curriculum Advisory Committee for the University of Central Oklahoma and is an ASSP Executive Committee Member. Charles is a passionate Health and Safety professional that believes no job is too big for safety, and he gives 100% effort in helping ensure that all workers make it home safely.



**Scott Houck,**  
Cybersecurity Program  
Manager

## Oklahoma Office of Homeland Security

### **Cybersecurity Threats and Mitigation**

This presentation includes three learning objectives:

- 1) Identification of Cybersecurity threat and intrusion techniques.
- 2) Awareness of threat platforms, payloads and key indicators.
- 3) Understand human tendencies to organize and prevent a successful cyber-attack.

### **Scott Houck | Biography**

Scott Houck is CyberSecurity Program Manager for the Oklahoma Department of Emergency Management and Homeland Security. Scott holds a Masters of Public Administration from the University of Oklahoma and a Masters of Science in Criminal Justice and Law Enforcement Administration from the University of Central Oklahoma.

Scott served in the U.S. Army for nearly 20 years, where he has received numerous honors and awards including the Legion of Merit (2019), Knowlton Award-Military Intelligence Lifetime Achievement (2017) and is Command and General Staff Officer College Honor Graduate (2008).



# MEET YOUR 2023 CONFERENCE SPEAKERS



**Tyler Jackson**  
Senior Industrial Hygienist

**Phillips 66**



## **Beyond Compliance - Driving IH Excellence**

Industrial Hygiene is a vital subset of HSE and is integral to the overall health of the workforce and company as a whole in our industry. Driving Industrial Hygiene excellence is more than collecting quality samples, analyzing data and applying appropriate controls. A holistic approach of frontline employee engagement, field presence, and back-end communication across all levels of the organization can help improve the overall health of the Industrial Hygiene program and thus, the health of the employees as well. Generating buy-in at all levels of the organization is critical and ensuring Industrial Hygiene concerns are addressed as part of the job planning process (Projects, Turnarounds, and daily routine maintenance) can also help to ensure a boost in the overall health of the program, workforce and company as a whole. This presentation covers key elements of an effective Industrial Hygiene program and also introduces practical initiatives that have proven to be highly effective in driving organizational buy-in at all levels (upper management to front-line).

## **Silica Success - Controlling Workplace Exposure**

The presentation will cover the basics of silica exposure (approximately 5-10 minutes) and the health consequences thereof. The main objective is to introduce safety and health professionals to best practices in assessing silica exposures (Parallel Particle Impactor) and cover real-world exposure evaluations that have been conducted in the workplace. The presentation is also intended to introduce a easy-to-use exposure assessment tool that helps employers comply with silica exposure limits, in the absence of sampling, that can help achieve compliance with OSHA.

## **Tyler Jackson | Biography**

Tyler Jackson began working for Phillips 66 in 2012 as an Industrial Hygienist. He graduated from East Central University with a B.S. in Environmental Health Science. Tyler also holds a M.S. in Environmental Science from the University of Oklahoma Health Science Center.



**Chris Koester,**  
Owner/Safety Consultant

**Priority One Safe-T, LLC**



## **Emergency Response Risk Management for Confined Spaces**

1. Understanding the Emergency Response Risk Management model.
2. How to perform a risk analysis for 1910.146 permit required confined spaces.
3. How to help mitigate the risks with training and equipment.

## **Chris Koester | Biography**

Chris Koester is a safety consultant and the owner of Priority One Safe-T, LLC, an industrial emergency response safety training and rescue services firm. He has over 20 years of experience in Public Fire Service and Industrial emergency response, holds numerous firefighting and instructor certifications, and is internationally recognized as an expert in confined space entry and rescue. In addition to providing safety training, emergency response consulting and rescue services for his clients, Chris teaches Confined Space Entry and Rescue, Hazmat, Fall Protection and Rope Rescue, and Medical Response classes with hands-on technical training at the Northeast Rescue Training Center in Pryor, OK. Chris has been a Hazardous Materials Technician for over 15 years and is a member of the Southwest Missouri Incident Support Team, the Hazardous Materials Training and Research Institute (HMTRI), the Partnership for Environmental Technology Education (PETE), the Community College Consortium for Health & Safety Training (CCCHST), the National Institute of Environmental Health and Safety (NIEHS) and the American Society of Safety Professionals (ASSP). He is also a frequent contributing author for Occupational Health & Safety Magazine (OHS) and a guest speaker for the OHS Webinar series.

## MEET YOUR 2023 CONFERENCE SPEAKERS



**Steven A. Kirby**  
Area Director

**U.S. Dept. of  
Labor/OSHA**

### **OSHA Office Update and Current Status**

This Session will cover current alliance groups, emphasis programs, along with regional and national statistics. Topics will also include heat, fall prevention, caught in and struck by, and how the inspection process take place. There will be time for questions and answers as well.

#### **Steven A. Kirby | Biography**

Steven grew up in rural northeastern Oklahoma near Vinita on small family owned farm and Graduated from Oklahoma State University with a B.S. in Chemistry. He began his professional career as a chemist with Dept. of Defense at Tinker AFB in 1985. Then moved into teaching in 1993 where he taught at Ketchum and Vinita until 2008. From 1996 to 2008 Steven also worked in residential construction with his father. He began work for OSHA in 2008 as a Compliance Officer, becoming the Assistant Area Director in January 2012 and Area Director in June 2019.



**Doug Martin**  
Assistant Professor/  
Program Coordinator

**Northeastern  
State  
University**

### **Reaching the Unreachable Colleagues**

Safety professionals occasionally encounter colleagues, the "unreachable," who do not value safe operations and may overtly share their disdain for safety management professionals and anything safety related. Positive interactions with "unreachable" personnel are essential for the success of an organization's safety management system and the development of a proactive safety culture. In the presentation Dr. Martin identifies possible explanations for "bad attitudes" possessed by some personnel. Strategies for managing "bad attitudes" and reaching the "unreachable" will be presented for discussion among session participants.

#### **Doug Martin | Biography**

Doug Martin is an Oklahoman--A graduate of Adair High School, Northeastern State University, and earned a Ph.D. from Oklahoma State University. Doug Has 20 years' experience in construction safety management and an additional 15 years of work experience in higher education. Dr. Martin is currently serving as an assistant professor and program coordinator in the Environmental, Health, and Safety Management Program at Northeastern State University. In his free time, he enjoys cabinet building, building speaker systems for hi-fi stereo systems, trying to fend off the aging process by remaining active in a variety of fitness activities, music from all genres, reading, landscaping/gardening, cooking Italian dishes, and working with border collies.



## MEET YOUR 2023 CONFERENCE SPEAKERS



**Tim Martin,**  
Safety & Risk Consultant

**Insurica**



### **Risky Rigs**

Due uncertainty in the market and investors wanting to trim expenses, oil & gas companies are looking to service rigs to squeeze production from older wells rather than drilling new wells. From an economic standpoint service rigs can be more cost efficient to flatten production curves, but they can also be much more hazardous and carry higher levels of risk. Statistically speaking, service rigs are more dangerous than drilling rigs and most other sectors in the oil & gas industry. My presentation will cover some of the common accidents with service rigs, particular areas where inspections should be directed, and shortcuts often taken by rig hands. I also will address engineering controls that could be put into place to make this work safer. Because this presentation is technical, I will use a lot of pictures to convey how these rigs work and show accidents that have occurred.

### **Tim Martin | Biography**

Tim currently works as a Safety & Risk Consultant at INSURICA in Tulsa. Tim has worked in risk management and safety since graduating college in 2006. He has a Bachelor of Science in Fire Protection from Oklahoma State University. Tim is currently pursuing a Master's in Engineering Management from Oklahoma State University. Tim is a Certified Safety Professional (CSP) and Certified Fire Protection Specialist (CFPS). He is the past President of the Tulsa Chapter of the American Society of Safety Professionals (ASSP).



**Ryan McAliney**  
Regional Manager

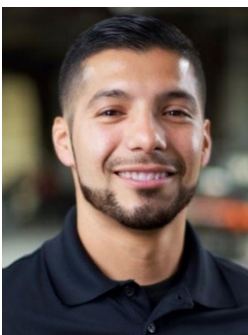
**United States Dept  
of Labor | OSHA  
Dallas Regional  
Office**

### **OSHA's Occupational Noise Exposure**

A general overview of OSHA's occupational noise standard in the following industries: general industry (29 CFR 1910), construction (29 CFR 1926). This presentation will discuss the purpose, scope, and the requirements of each of the above standards. The presentation will also discuss how to conduct an industrial hygiene exposure assessment regarding occupational noise in the workplace. Also, this presentation will discuss the specific requirements of OSHA's occupational noise standard in the following industries: general industry (29 CFR 1910) and construction (29 CFR 1926). This presentation is for mid-level safety and health professionals who have responsibilities in managing industrial hygiene programs in general industry and construction industries.

### **Ryan McAliney | Biography**

Ryan McAliney is a graduate of Columbia Southern University where he received his Masters of Science of Occupational Safety and Health. He is also a graduate of the University of North Texas where he received his Bachelors of Science in Biology. He started with OSHA in 2012 as an Industrial Hygienist in the Fort Worth Area Office. He moved to the Dallas Area Office in 2013 as an Industrial Hygienist. In 2021 he served on a Roads Detail as the Emergency Management Coordinator for OSHA Dallas Regional Office- Cooperative & State Programs Unit. In 2022 he became the Regional Consultation Program Manager for the OSHA Dallas Regional Office- Cooperative & State Programs Unit. He is also a Certified Industrial Hygienist (CIH).



**Oscar Melendez, Jr.**  
HSE Director

**R&R Oilfield Services**



### **¿Comprende? Overcoming the Language Barrier in Safety**

I begin the presentation by speaking and presenting in a language that is not English, confusing the crowd and making it uncomfortable for everyone. I switch over to English at the climax right before anybody leaves believing they are in the wrong room. I explain to them that this is what employees feel like when they are trained or explained a task they cannot understand. Then we send them out to do work, oftentimes dangerous or hazardous work. We do this knowing they do not fully understand, but we believe there is no solution and simply continue putting people at risk simply because they do not understand or because we are not taking the time or using our resources to help them understand.

### **Oscar Melendez, Jr. | Biography**

A son of immigrant parents, Oscar works as a safety professional in the oil & gas industry. He trains employees at his company full time, while teaching at technical schools as an adjunct instructor. He believes there is much work to do in bridging gaps in this industry, and is committed to not only creating change, but inspiring others to do the same.

## MEET YOUR 2023 CONFERENCE SPEAKERS



**Drs. David & Indira Murr**  
Physicians

**Blue Sparrow Wellness**



### **Habits of the Healthy**

What makes for a healthy organization? A healthy workforce! We all want to "be healthy," but what does that actually mean? What factors are important for vibrant living, avoiding illness and injury, and enjoying day-to-day activities? Have you taken inventory of your own health-promoting practices and found room for improvement? Learn the key features of health and ways to enhance your personal well-being and the health of your organization, starting today!

### **Drs. David & Indira Murr | Biography**

Drs. David and Indira Murr are Tulsa-based physicians, graduates of Baylor College of Medicine, and have over 40 years of combined medical experience. They are co-founders of Blue Sparrow Wellness, a Lifestyle Medicine practice specializing in nutrition, exercise, sleep, and stress management. They also work directly with companies for best practices in corporate wellness.



**Mellena Nichols,**  
Assistant Professor

**Southeastern Oklahoma State University**



### **Fatigue Management for Emergency Responders**

Fatigue is a recognized contributor to increased accidents, injuries, and a variety of health conditions. In 2007 the International Association of Fire Chiefs published a report on the impact of fatigue. The report recommended that fire departments develop management plans to mitigate these risks. Recent research indicates that, over a decade later, fatigue is still having a significant impact on firefighters and EMS workers working both 24- and 48-hour shifts. In 2020-2021, 254 full-time, professional firefighters were monitored for a two-week period. Cognitive performance tests indicated approximately one quarter of the participants were so cognitively fatigued, while on duty, that their performance was impaired to the same extent as a person who is alcohol impaired. Additionally, these firefighters reported feeling more alert despite continually declining cognitive performance. Identifying and controlling fatigue within the workplace can have a significant impact on the health and well-being of firefighters.

### **Mellena Nichols | Biography**

Mellena Nichols is an Assistant Professor in the Department of Occupational Safety and Health at Southeastern Oklahoma State University. She received her Bachelor of Science in Occupational Safety and Health from Southeastern Oklahoma State University in 2003; a Master of Science in Safety, Security, and Emergency Management from Eastern Kentucky University in 2013; and is a Doctoral Degree in Fire and Emergency Management Administration at Oklahoma State University. Dr. Nichols has over 10 years of experience in Industry. Her experience is very diverse and includes two years in metal fabrication, five years in the food industry, five years consulting in the transportation industry and eight years in higher education.



**Tim Page-Bottorff**  
Senior Safety Consultant

**SafeStart**

### **The Value of Venting: Encouraging Employee Feedback for Improved Safety Outcomes**

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. In addition, Tim will introduce a human factors framework that will help organizations learn how the human and technical systems connect to produce more reliable outcomes.

### **Tim Page-Bottorff | Biography**

Tim is a certified safety professional with over 20 years of occupational health, safety and environmental experience. He is an author, a highly motivating speaker, and one of the most sought-after consultants in the industry due to the humor and contagious enthusiasm that make his sessions engaging and memorable. Water Environment Federation. He is also the author of *The Core of Four: 4 Tools To Navigate Roadblocks To Great Human Performance*.



# MEET YOUR 2023 CONFERENCE SPEAKERS



**Ed Pratt, CSP Director**  
Risk Services

**Midlands Management**



A Safety National® Company

## Anger Management - Conflict Resolution

*I'm madder than Hell and I'm not going to take it anymore* – sound familiar? Unfortunately workplace violence is one of the leading causes of occupational fatalities. Anger management is paramount in addressing this exposure. How do we get from rhetoric to rampage, from disagreements to destruction? In this fast paced presentation, Ed breaks down the 4 categories of workplace violence. He discusses the concept of conflict escalation and de-escalation and how rapidly situations can deteriorate. What are the signs/tells that things are beginning to unravel? How we react can add fuel to fire or help extinguish an escalating situation.

### Ed Pratt | Biography

Ed has worked for Midlands 26 years and in accident prevention for over 40 years. Ed graduated from the University of Mary Hardin Baylor with a degree in biology and a chemistry minor. Ed has been on the OSC Board for years.



**Donna Rynda**  
Speaker/Trainer/Author

**MAKE IT MATTER!**

## Four FREE Ways to Reduce Your Leadership Stress & Fatigue Starting Today!\*

This presentation discusses how physical safety and mental wellbeing are immediately connected. This topic is essential for Safety professionals, HR professionals and business leaders to understand and discuss collectively in order to achieve business goals. Employee wellbeing and company success is truly a symbiotic relationship. During this session, participants will learn what psychological safety is (and isn't), why it is important for business and how to create a psychologically safe culture within your organization. (\*Donna is also presenting with Bill Young on "MORE TIPS: How to Succeed by Leading Yourself.")

### Donna Rynda | Biography

Since starting her own business as Training Specialist & Motivational Speaker in 2005, Donna Rynda's speaking engagements have included keynote addresses, conference sessions, and leadership retreats for more than 100 state and national organizations. Before becoming her own boss, Donna worked for various organizations (including Sonic Corporation) as a Training Manager and/or Human Resources Director for several years. All of her experiences and nationwide travels served as the inspiration to name her company MAKE IT MATTER because she truly believes that "no matter what we do, we all want to make it matter!" Besides addressing several ASSP Conferences & Meetings in both OKC and Tulsa these past many years, Donna has been a Breakout-Session Speaker for almost every OSC State Conference since 2010.

# MEET YOUR 2023 CONFERENCE SPEAKERS



**Leslie Stockel**  
Associate Professors of  
Professional Practice

**Oklahoma  
State University**



## **Flames Unleashed: Unmasking the Hazards of Combustible Dust**

Step into a world where the tiniest spark can ignite a catastrophic inferno. Join us for a heart-pounding, seminar as we delve into the riveting realm of combustible dust hazards, through the mesmerizing world of fine particles that possess the power to transform an ordinary workplace into a fiery battleground.

We will unravel the mysteries of combustible dust, its deceptive nature, and its devastating consequences. Discover the truth as we dissect real-life case studies that highlight the catastrophic accidents that have left industries in ruins and lives forever altered.

Discover the power of knowledge to save lives and protect businesses in this exploration of combustible dust hazards, forever changing your understanding of this deadly phenomenon.

## **Incident Investigations: A Study of SIF Precursors and Corrective Actions**

Was Heinrich wrong? or simply misunderstood? The recent emphasis on Significant Incident and Fatality (SIF) Precursors have challenged safety professionals to rethink long held assumptions of the causes of workplace accidents. This session will report on the findings of a recent study of SIF precursors in high risk workplace incidents. Experienced safety professionals can benefit from rethinking the incident investigation process to determine accident causation and corrective actions in a more effective way.

## **Leslie Stockel | Biography**

Leslie Rex Stockel is an Associate Professor of Professional Practice at Oklahoma State University in Fire Protection & Safety Engineering Technology as well as Instructional Director for the OSU OSHA Education Center.

Additionally, Leslie serves as a member of the Board of Directors for the Board of Certified Safety Professionals. Leslie holds a PhD in Technical Communication and Rhetoric from Texas Tech University, a Masters of Science in Engineering Technology Management, and a Bachelors of Science in Fire Protection and Safety Engineering Technology from Oklahoma State University.

Dr. Stockel holds the Certified Safety Professional (CSP) and Safety Management Specialist (SMS) designations with the Board of Certified Safety Professionals.

## MEET YOUR 2023 CONFERENCE SPEAKERS



**DeMarcus Strange,**  
Project Coordinator

**INSURICA**



### **Strategic Risk Management - Why Safety Matters Too**

This session encourages listeners to consider what strategies they are using in their organization to prevent loss. It will demonstrate how leaders can seize overlooked opportunities, specifically related to safety. Participants will hear real-world statistics that shows how safety has been able to significantly reduce loss in organization which saves companies money on their bottom line. It also helps reduce claim cost related to insurance as well as avoid litigious situations and fines. Who should attend? Anyone with risk management responsibilities, managers, controllers and business owners.

#### **DeMarcus Strange | Biography**

DeMarcus Strange is part of INSURICA's Risk Management Department in Richardson Texas. He heads up the loss control efforts for the North Texas Region. Prior to joining INSURICA, DeMarcus was the Safety Director for a general contractor in Oklahoma City. He also co-founded ReResolve Resource Safety Solutions, a risk management consulting firm and spent time with Schlumberger managing the safety program for their Western US Completions Business Unit. DeMarcus is a Certified Health and Safety Professional with credit marks through the National Examination Board in Occupational Safety and Health and Safety Management Specialist with the Board of Certified Safety Professionals. His passion lies with helping clients manage risks as it relates to the specific needs in their organization.



**Tom West**  
Vice President

**MakuSafe**  
Wearable Tech



### **How Workforce Wearable Tech Provides EHS Leading Indicators That are Reducing Incidents and Claims!**

This session will discuss how wearable safety technology, machine learning, AI and cloud computing are helping safety leaders gain valuable insight into understanding workplace risks, keeping workers safe, and mitigating hazards before incidents and claims occur. Case studies from deployments of wearables in a variety of industrial environments will be examined and examples provided of how the data gathered from wearables has led to; work changes and process improvements, environmental hazards detected, uncovering harmful human motion, and positively impacting safety culture while respecting employee privacy.

#### **Tom West | Biography**

Tom West is Vice President at MakuSafe, as well as being a SHRM & HRCI Senior Certified Human Resources Professional and Certified Occupational Safety Specialist. Over the years, Tom has held executive leadership roles with many companies providing learning & development tools, technology, and services. Tom also served as a College Professor for over 28 years, teaching Management, Marketing, and Small Business Entrepreneurship. Tom is an Avetta Fellow and a professional member of the National Speaker's Association.

# MEET YOUR 2023 CONFERENCE SPEAKERS



**Paul Williams**  
Construction Manager /  
Safety Consultant

**Williams Business  
Strategies of  
Oklahoma, LLC**

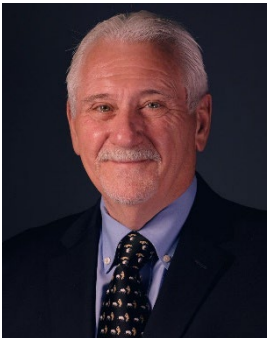


## Working From Heights

Description and examples from my experience as an HSE advisor involving falls on location. Discussion about the leading indicators, root causes, and the injuries sustained as a result. I'll talk about how fall protection citations often include a "failure to train" or "Failure to Inspect" usually from the lack of proper documentation. I will then lead into what OSHA 1910/1926 subpart M where I will talk about how to apply those standards in an easy-to-follow step by step guide outlining what we do, how we do it, how we train on it, how we ensure comprehension and compliance, and most importantly how we document it all. Then I will circle back around with a few more statistics, talk about OSHA's new declaration on Fall Protection and answer any questions.

## Paul Williams | Biography

Paul Williams ~ Founder of Williams Business Strategies of Oklahoma, LLC is a project manager with 20 years of experience in the development & management of Quality, Safety, & Environmental Management Systems. Paul earned his bachelor's degree in Safety & Environmental Management from NSU, served in several industries including construction, industrial manufacturing, and emergency management. Paul served as the Lead Safety Officer for FEMA Region VI during Hurricane Harvey. He now works as an independent HSE auditor/construction contractor and volunteers for many community organizations including the Oklahoma Safety Council.



**Bill Young,**  
Manager of Safety  
Services

**OGE Energy  
Corporation**



## MORE TIPS: How to SUCCEED by Leading YOURSELF!

*(presenting with Donna Rynda, Make It Matter)*

WE'RE BACK -- with the Part 2 Follow-Up to last year's standing-room-only breakout session with this same title! And the original purpose for this session remains the same: In order to LEAD OTHERS, we must first be able to LEAD OURSELVES! That can be a difficult expectation -- because, too often, we have been given the title of "Leader" even before we have received all of the necessary training to professionally exemplify that title. So...if that has ever happened to you -- or if you are responsible for training your company's potential leaders -- then THIS session is designed for YOU!

## Bill Young | Biography

A longtime member of the Oklahoma Safety Council's Board of Directors, Bill Young has been one of THE most-popular presenters at the OSC State Conferences all these past many years! Bill is the Manager of Safety Services for the OGE Energy Corporation and also shares his leadership knowledge/expertise as an adjunct faculty member at the University of Central Oklahoma. As a member of the ASSP Executive Committee for several years, Bill is also a "favorite speaker" at ASSP Conferences.