



2019 Nebraska Safety Council Conference and Trade Show

Holthus Convention Center, York, NE
October 16, 2019

Register Online

bit.ly/ripple2019



Pre-Conference Session

October 15 \ 9:00 a.m.-4:00 p.m. \ One hour lunch, meal not provided
Holthus Convention Center \ 3130 Holen Avenue \ York, NE

Leadership Development

This day-long, dynamic leadership development seminar equips leaders to help their teams outperform every day. Participants will spend the day experiencing and learning to implement tools that will help them manage teams with a strength-based focus.

Additionally, each participant will have the opportunity to experience a Talent Plus assessment which will highlight your natural strengths as a leader. After completing the assessment you will be provided with a Talent Card which will begin your personal strength development journey, encouraging you to focus on your top talents.

Who should attend:

- Human Resource Professionals
- Wellness Coordinators/Directors
- Safety Coordinators/Directors
- Emerging Team Leaders/Supervisors
- Mid-Level Managers
- Safety and Wellness Team Members

Leadership Development:	Member*	Non-Member
Pre-Conference Only	\$199	\$249
With Conference	\$149	\$249

**Members of Nebraska Safety Council*

Registration Deadline: October 7, 2019

Leadership Development

Company/Organization: _____

Contact Name: _____

Address: _____

City, State, Zip: _____

Phone Number: _____ Fax Number: _____

Member: **Nebraska Safety Council**

Payment Method

Check payable to Nebraska Safety Council is enclosed.

Please invoice me.

Purchase Order No.: _____

Credit Card

Please do not send credit card information by email.
If paying by card, fax form to: 402.483.2513

Card #: _____

Exp. Date: _____ Security Code: _____

CANCELLATION POLICY: Advanced registration is required. Cancellation without penalty may be made up to five working days prior to the Pre-Conference. Cancellation after that date will be charged 50% of the fee. Registrants who cancel on the day of the Pre-Conference or are "no shows" are liable for the full fee.

Pre-Conference Session

October 15 \ 8:30 a.m.-4:30 p.m. \ One hour lunch, meal not provided
Holthus Convention Center \ 3130 Holen Avenue \ York, NE

Environmental Boot Camp

The 2019 Environmental Boot Camp will offer topics for individuals new to the environmental field as well as sessions for seasoned professionals! The first half of the day will cover EPA and Nebraska Department of Environment and Energy (NDEE) air, water, waste, and EPCRA programs. The second half of the day will dive into more advanced sessions, including a NDEE Panel discussion, Advanced Air Permits, Corporate Audit Policies, and Lesser Known Environmental Requirements and Interpretations.

Who should attend:

- Those individuals new to environmental responsibilities
- Individuals that have environmental staff report to them
- Plant Managers or Engineers
- Plant Superintendents
- Safety Managers or Directors

Environmental Boot Camp:	Member*	Non-Member
Pre-Conference Only	\$99	\$149
With Conference	\$79	\$149

*Members of Nebraska Safety Council or NICE

Learn more and register online or call 402.483.2511.

Environmental Boot Camp

Company/Organization: _____

Contact Name: _____

Address: _____

City, State, Zip: _____

Phone Number: _____ Fax Number: _____

Member: Nebraska Safety Council NICE

Payment Method

Check payable to Nebraska Safety Council is enclosed.

Please invoice me.

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Join the Ripple Effect

“The idea that everything is purposeful really changes the way you live. To think that everything that you do has a ripple effect, that every word you speak, every action you make affects other people.” Victoria Moran

Any new idea that gets dropped into the pond has the potential to transform both you and others around you. Every action can create a cascade of change. From speaking up when you see someone ignoring safety processes on the floor or encouraging a friend as they make a healthy meal choice, you have an infinite potential to evolve yourself, those around you, your culture at work, and even your friends and family.

This year we invite you to join us as we explore and learn about all of the ways we can make an impact. Let's be a part of the change we wish to see, together.

Your Nebraska Safety Council Team

Register Online
bit.ly/ripple2019

Worker 360°
RIPPLE EFFECT

2019 Keynote Speakers



Michael Hingson

On September 11, 2001, a blind man escaped the World Trade Center by walking down 78 flights of stairs with his guide dog, also saving the lives of his coworkers. That was Michael, who believes being prepared for emergencies is a way of life. Through his passionate stories you'll gain a new understanding of:

- how teamwork impacts outcomes in emergency situations
- the real value of safety and emergency preparedness in unexpected situations
- the benefits of learning from those who are different from you
- how relationships that help us survive emergencies may not involve just humans



Dr. Charlie Cartwright

Tap into the greatness of your people. Dr. Charlie Cartwright is an expert on employee engagement. From over 20 years of leadership experience at UPS and FedEx, Charlie found the key to success is empowering leaders to connect with their workforce. No matter the objective, an organization wants to achieve, the path always leads through its people. He will provide practical ways you can harness the power of praise and feedback to engage your team, bring out their best, and ignite a strong culture and morale to bring your business success.

Time	Audience	Topic	Speaker	Room
7:30-8:00 a.m.	Conference Participants	Registration and Breakfast Buffet		
8:00-9:00 a.m.	Opening Keynote	Living A Better Life: The Power of Trust and Teamwork (Includes Breakfast)	Michael Hingson	A
9:00-9:30 a.m.	Exhibitors	Connect with Vendors on the Trade Show Floor	Exhibitors	Lobby
9:30-11:00 a.m.	Worker Safety & Health 360°	Culture Matters	Dan Krick, Vice President of Organizational Development, Hexagon	B
9:30-11:00 a.m.	Safety	Information Security and Current Trends	Sgt. Scott Haugaard, Nebraska State Patrol	E
9:30-11:00 a.m.	Environmental	NDEE SLEIS Training	Dave Brown, Environmental Program Specialist II, NDEE	J
9:30-10:15 a.m.	Safety	Dynamic Dialogues: How to Say Something When You See Something	Courtney Olson, Trainer, Consultant, Health Coach, NeSC	I
9:30-10:15 a.m.	Leadership	Resiliency - Riding the Wave of Change	Joseph A. Leutzinger, Ph.D. Principal, Health Improvement Solutions	F/G
10:15-11 a.m.	Safety	Procuring Alcohol at Company Events: A Victim's Point of View	Andrea Frazier, MADD Victim Witness Panel	I
10:15-11 a.m.	Wellness	Making the Impossible, Possible	Christine Stein, Cynthia Thompson, Quality Brands and Nicole Osborne, NeSC	F/G
11:00 a.m.-12:00 p.m.	Exhibitors	Connect on the Trade Show Floor and Network with Peers	Exhibitors	Lobby
12:00-1:00 p.m.	All Attendees	Awards Luncheon	Rod Fowler	A
1:00-1:15 p.m.	Conference Participants	Exhibitors	Exhibitors	Lobby
1:15-2:05 p.m.	Worker Safety & Health 360°	Employee Stress: How It's Impacting Your Organization's Performance, Morale, and Safety	Valerie Echter and Becky Echter, Co-Founders of Get Good, LLC	B
1:15-2:05 p.m.	Safety	OSHA Activities and Updates	Matt Thurlby, Assistant Area Director, OSHA	E
1:15-2:05 p.m.	Safety	Connected Worker	Dennis Heckathorn, Blackline Safety	I
1:15-2:05 p.m.	Environmental	EHS Management Software Panel	Barry Brandstetter, Joseph Tell, and Brian Wanzenried	J
1:15-2:05 p.m.	Leadership	Impacting Culture - Investing in Our People	Amanda Sjuts and Jessica Sorensen	F/G
2:05-2:15 p.m.	Conference Participants	Break	Break	
2:15-3:05 p.m.	Worker Safety & Health 360°	Value Affirmation and the Happiness Scale	Kimberly Barrett, Well-Being Manager, Ameritas	B
2:15-3:05 p.m.	Leadership	4 on the Floor: Using Personality Drivers to Shift Change	Ric Voelker, Trainer and Consultant, NeSC	E
2:15-3:05 p.m.	Safety	Independent Contractors - What Is Your Liability?	Jill Gradwohl-Schroeder, J.D., Administrator of the NE Workers' Compensation Court	I
2:15-3:05 p.m.	Environmental	Effective Training	Brian Wanzenried and Becky Wehrman-Andersen	J
2:15-3:05 p.m.	Wellness	Vaping in the Workplace	Jamie Rodriguez, East Central District Health Department	F/G
3:05-3:15 p.m.	Conference Participants	Break	Break	
3:15-4:45 p.m.	Closing Keynote	Tap Into the Greatness of Your People	Dr. Charlie Cartwright	A

2019 Awards Luncheon

Wednesday, October 16 \ 12:00-1:00 p.m.

The **Nebraska Safety Council Workplace Safety Awards** recognizes organizations with exemplary safety programs. They are determined by a panel of safety and health professionals. The **Governor's Wellness Award** program honors organizations that have made notable efforts in providing quality wellness programs for their employees and demonstrated exceptional wellness leadership. The **American Heart Association Workplace Health Achievement Recognitions** will be presented to organizations that have implemented quality health programs and a culture of health best practices. We are also excited to bring back the **NICE Environmental Awards** this year, which recognize innovation, pollution prevention, sustainability, leadership, engagement, and natural resource conservation efforts of environmental professionals and organizations.

If you're only coming for the luncheon, arrive early and join the trade show!

Register A Table Of 8: Register Luncheon Only:

bit.ly/luncheon8

bit.ly/luncheononly

2019 Session Descriptions and Speaker Biographies

Dan Krick | Culture Matters

Learn how culture impacts overall business performance and how to intentionally design culture to obtain the results desired. Using real company examples and metrics, gain an understanding of the importance of culture as a key determinant in key result outcomes, what is meant by "intentional" design of culture, and key elements of creating the desired culture. Dan brings his expertise as the Vice President of Organizational Development at Hexagon.



Sgt. Scott Haugaard | Information Security and Current Trends

Information security can have simple solutions that come with little cost to a business. Learn what the top three information security threats are, how you play a role in safeguarding assets, and the importance of identity authentication. See how you can protect your business by advocating for open and positive communication. Sergeant Haugaard has been in the Nebraska State Patrol Internet Crimes Against Children Unit and Technical Crimes Division for the last 18 years. He has a Master's Degree in Security Management and thousands of hours of training in cybercrime, digital forensics, and network security.

Dave Brown | NDEE SLEIS Training

The NDEE is implementing an electronic reporting system called the State and Local Emissions Inventory System (SLEIS). Learn how to register in the system early in the process and gain an understanding of how you can utilize the system for reporting emissions in 2020 and beyond. Dave has worked with NDEE for over 25 years, primarily being responsible for collecting emission inventory reports from the regulated community.



Courtney Olson | Dynamic Dialogues: How to Say Something When You See Something

Spotting unsafe behavior is one thing, but addressing unsafe and unwell behavior is a whole different skill set. Integrating her health coaching and safety training experience, Courtney will share ways that you can open up conversations that will create real behavior change. Practice with interactive role-playing scenarios and then you'll be set to speak up when you see something, both on and off the job. Courtney is a Certified Health Education Specialist and ACE Certified Health Coach with a BS in Kinesiology and Health. She grew up working in the family construction company and has always been passionate about prevention.



Joseph A. Leutzinger, Ph.D. | Resiliency - Riding the Wave of Change

What is a Resilience Scale and how can it fit into a broader employee coping strategy program? See how this scale has been used by a variety of employers, how to interpret reporting outcomes, and the role middle managers play in addressing resilience. Dr. Leutzinger is the Founder of Health Improvement Solutions. He is the co-author and co-editor of several books, has given over 200 presentations in regional, national, and international forums, and authored over 35 publications. Serves on the board for the C. Everett Koop Health Project Awards and is the North American judge for the Global Centre for Healthy Workplaces.

2019 Session Descriptions and Speaker Biographies



Andrea Frazier, M.A. | Procuring Alcohol at Company Events: A Victim's Point of View

Get some eye-opening facts on impaired driving in Nebraska and learn more about the resources available through MADD. Hear about the community impact impaired driving crashes have had first-hand from local business owners. Andrea is the Program Director for Mothers Against Drunk Driving and has been with the organization for 12 years. She began her career as an intern with WorkWell and continued her training as a graduate assistant with the Wellness Councils of America.



Christine Stein, Cynthia Thompson, Nicole Osborne | Making the Impossible Possible

Quality Brands, an Anheuser-Busch Distributor, shares the process they took to implement a new wellness program that earned a Grower Level Governor's Wellness Award in just a year and half. Discover how they overcame barriers to reach all employees across five locations, how you can start a wellness program that fits the unique culture of your company, how it can be made accessible to all, and how to motivate employees to think about wellness.

Cynthia has been the HR Director since 2015 and Christine has been the HR Assistant since 2017. Nicole is the WorkWell Services Manager at the Nebraska Safety Council, holding her Masters in Health Promotion Management. She is a certified Diabetes Prevention Educator and health coach, as well as a nationally-recognized expert in breastfeeding in the workplace.



Becky Echter and Valerie Echter | Effective Employee Stress: How to Recognize Symptoms, Tips to Manage It, and Ways It's Impacting your Organization's Performance, Morale, & Safety

Understand how symptoms of stress are overlooked in the workplace, how you can facilitate and implement stress management best practices, and where employers tend to miss seeing the cost (and risk) associated with stressed employees. Becky and Valerie have over 22 years of combined stress management expertise, working across the country to help groups implement emotional and mental well-being programs and services.

Matt Thurlby | OSHA Activities and Update

Region VII OSHA office will discuss the latest statistics in our region and how they are impacting enforcement and compliance assistance efforts within the Omaha area office. Updates will be given regarding new areas of focus and changes in critical standards and requirements. Matt began his career with OSHA in 2000 as a Compliance Safety and Health Officer. During his 19-year tenure, he has also served as the Safety and Health Manager for Region VII. He has received many awards including OSHA Champion of the Year.



Dennis Heckathorn | Connected Worker

The landscape of the modern office has drastically changed thanks to technology. More and more workers now complete job tasks offsite, often alone. Do you understand the risks associated with lone workers? Gain a better understanding of the safety and health risks, along with the significant legal liability risks and costs. Get solutions for managing some of these risks and even improving productivity while reducing costs, liability, and more importantly, safety and health risks.



Barry Brandstetter, Joseph Tell, Brian Wanzenried | EHS Software Management Panel

Panel discussion on EHS Management Software systems: What can a new system do for you? How do you roll out a new system? How much does a system cost? Barry shares 21 years of knowledge from his experience spanning operations, commercial, and senior EHS leadership at Cargill. He has also served as an instructor for 15 years around safety, human and

organizational performance, and culture. He currently serves on the National Grain and Feed Association Safety, Health and Environmental Quality Committee. Joe is the owner and Director of Tellevate, has a B.S. in Civil Engineering, and over 20 years experience providing EHS support to various industry, municipal, university, and government clients. Brian brings over 28 years of experience in chemical and environmental engineering and is the Director of Environmental at Gavilon.

2019 Session Descriptions and Speaker Biographies



Amanda Sjuts and Jessica Sorensen | Impacting Culture - Investing In Our People

Get inspired and steal proven initiatives from the University of Nebraska Foundation. Through focused efforts with wellness and CliftonStrengths, they created a culture committed to personal growth and development. Review where they started, their strategy, where they are now, lessons learned, and best practices. Amanda is the Director of Talent, holding a BA in Communications and an M.A. in Educational Administration, Sports Management. Jessica is the Wellness and HR Administrator holding a B.A. in Journalism and Mass Communications and a M.A. in Critical and Creative Thinking.



Kimberly Barrett | Value Affirmation/Happiness Scale

Happiness and wellbeing... disentangled terminology? Explore happiness and the drivers of an individual's perceptions of personal happiness. Learn the primary pillars of wellbeing and the potential of an interconnectedness between employee happiness, worksite wellness programs, and organizational development. Kimberly holds a Master's in Educational Administration, a Bachelor's in Health Education, and numerous certifications. As the Well-Being Manager at Ameritas, she has over 21 years of experience in fitness, population health, and corporate wellbeing.



Ric Voelker | 4 on the Floor: Using Personality Drivers to Shift Change

What if simply understanding an employee's basic personality could allow you to mold any worker into a "model employee"? Using time-tested kinesic interviewing techniques and behaviors sciences, you'll learn to recognize the four basic personalities and how they drive employee desires and actions. From there, get unique verbal communication skills that will help you move employees from where they are to where you want them to be. Ric is a safety trainer and consultant with the Nebraska Safety Council. His extensive career and training in law enforcement and adult education allows him to use real-life examples in this engaging session.

Jill Gradwhol Schroeder, J.D. | Independent Contractors - What Is Your Liability?

Find out how to distinguish an employee from an independent contractor and how that distinction impacts your company's liability. Learn about recent Nebraska legislation and how the Workers' Compensation Court handles issues as to these types of workers. As workers in the economy shift the ways in which they do their jobs, be equipped with information to assess your company's exposure. Jill is currently the Administrator for the Nebraska Workers' Compensation Court after having been an Assistant Attorney General for the State of Nebraska and spent nearly 30 years in private practice.



Brian Wanzenried and Becky Wehrman-Andersen | Effective Training

The environmental health and safety regulations require extensive training and education of site personnel, which can be a financial and time-intensive burden on a company. Discover what factors make training unproductive and get ideas on how you can improve the success and efficiency of the training experience. Brian brings over 28 years of experience in chemical and environmental engineering. As the Director of Environmental at Gavilon, he oversees the programs for over a hundred facilities across the United States.

Becky is a Senior Consultant with Kestrel Management with over 20 years of experience with environmental and safety compliance, waste management, emergency response planning, regulatory permitting, and quality compliance training.

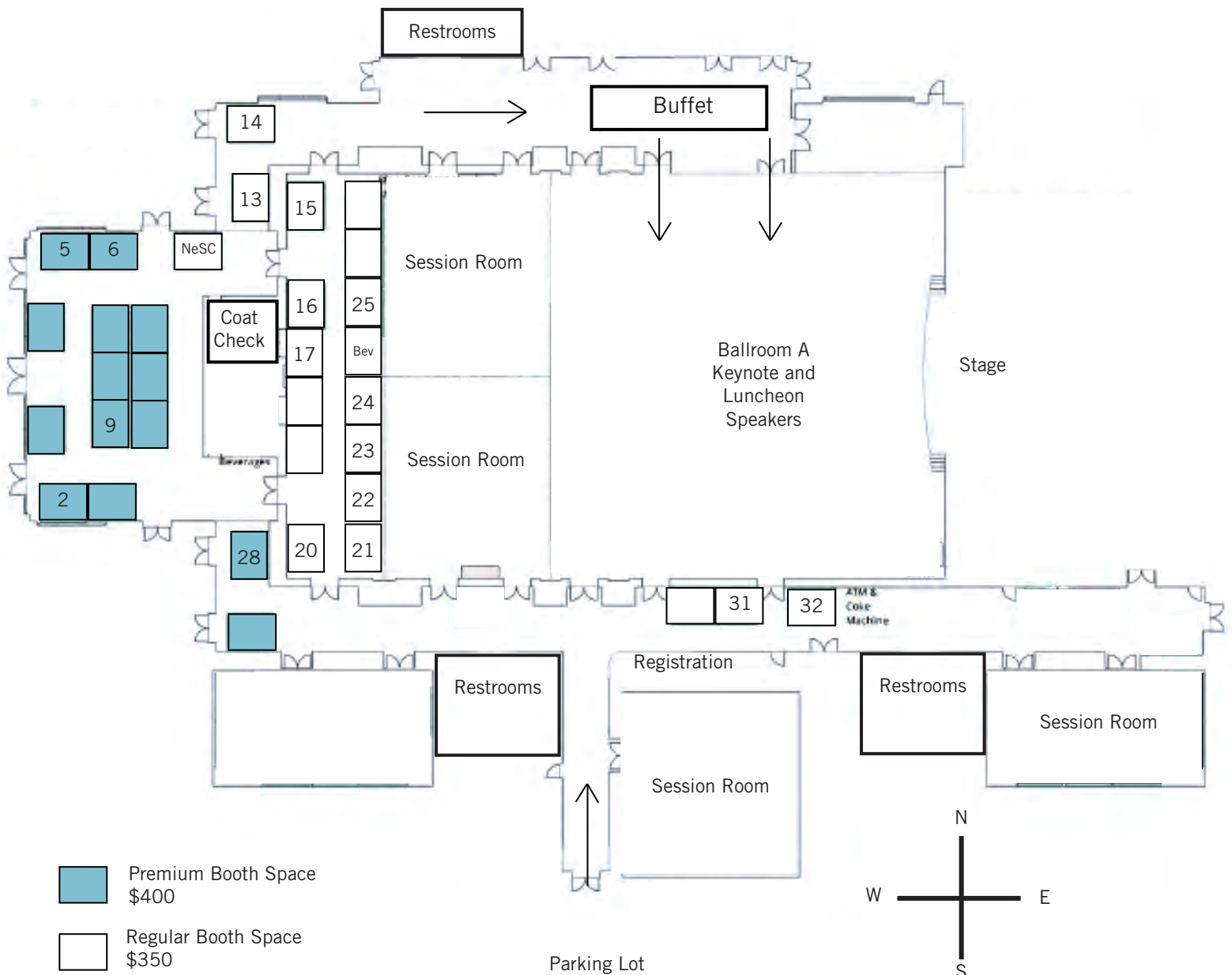


Jamie Rodriguez | Vaping In the Workplace

Drug use is becoming more commonplace with the growing use of e-cigarettes and vaping. Learn what you should be on the watch for, from drug-related clothing to paraphernalia to disguised vaping devices. Learn how to share information with employees, drug trends in Nebraska, and how to spot and stop drug use in the workplace. Jamie has her BS in Psychology and employed with the East Central District Health Department since 2011. In addition to extensive professional experience, Jamie is passionate about making a difference in her community, having lost her mother to lung cancer in 2005.

Register Online bit.ly/ripple2019

Exhibitor Map



Come Exhibit!

Booths are available.

Connect in person with safety, wellness, environmental, and human resource personnel.



Exhibitor Contract

2019 Nebraska Safety Council

Conference and Trade Show

October 16, 2019 \ Holthus Convention Center \ York, NE



Contact Information:

Contact Name: _____
Company Name: _____
Mailing Address: _____
City, State, Zip: _____
Telephone: (____) _____ Fax: (____) _____
Email Address: _____ Web Address: _____

Booth Choices:

Premium Booth: \$400

Regular Booth: \$350

Please reserve _____ booth(s). _____ 1st Choice _____ 2nd Choice _____ 3rd Choice

I will need electricity: Yes No

Brief Description of Services:

Booth Personnel:

 Please list the names of those who will be displaying at your booth:

1. _____ (This person will receive the ONE free lunch)
2. _____
3. _____

Payment Information:

Check Enclosed
 Credit Card VISA MasterCard

____ Number of Premium Booth(s) \$____
____ Number of Regular Booth(s) \$____
____ Number of Extra Lunch Passes (\$50 each) \$____

Credit Card No: _____

Total Payment \$ _____

Name on Card: _____

Expiration Date: ____--____ Security Code: _____

Send Contract and Payment Information to Natalie Whisler:

Email: nwhisler@nesafetycouncil.org

Fax: 402.483.2513



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