



# Sacramento Safety & Health Summit

Tuesday, October 4, 2022  
The Wyndham Sacramento  
Sacramento, CA

**8:00 AM – 9:15 AM**

**Welcome / Introductions / Opening Keynote  
Leaving a Safety Legacy  
Wylie Davidson**

Leaving a Safety Legacy is a refreshing look at a presentation designed for attendees to put a stronger value on what matters most; their own personal safety as well as the people around them, both on the job and at home. Through a lecture style format this presentation is delivered with the perfect mix of high energy, humor, and thought-provoking anecdotes that attendees enjoy and take away from.

One of the best benefits of this presentation is that every attendee can relate to it at some point on a personal level. By challenging the What's in it for me mentality, which is just part of our human nature, attendees discover what and who those pieces represent and as a result close the gap between having to be safe and wanting to be.

If you are looking for an informative, creative, and energetic session to keep your attendees leaning in and making the connection, then this presentation is for you!

Learning Objectives:

1. Attendees gain a stronger understanding of how their safe actions impact themselves, as well as others, creating a clearer vision of their personal impact.
2. Attendees reset their personal values to better align with safety standards, creating a larger impact both on and off the job.
3. Attendees gain real world tools that they can utilize to create their own foundation to leaving a safety legacy.

Wylie Davidson is a motivational speaker and safety culture specialist from Buffalo NY. His ability to energize audiences while getting them to rethink their own personal safety values has been an effective resource with hundreds of companies at facilities all over the US, Canada and Mexico. His unique ability to add fun and humor to a safety message have made him a desired speaker with companies looking to reset their own safety culture or to give a charge to an existing one.

With over 10 years in the safety world, coupled with 20 years in management, working his way up from the start, he has seen both sides of what an effective safety culture looks like, and his insight resonates with his audience. Attendees find him both engaging and heartfelt often referring to him as one of us.

Wylie has been the Keynote or Featured presenter at numerous national and regional accounts that include John Deere, Exxon-Mobil, Kellogg's, Georgia-Pacific, Anheuser-Busch and Toyota as well as numerous National and Regional conferences throughout the United States and Canada. He has visited and toured hundreds of manufacturing plants and job sites that include virtually every aspect of industry, construction, municipality, and utility.

Having spent the last 5 years traveling the country both speaking and creating effective safety cultures on how and why it is important to be safe, both on and off the job has made a tremendous impact on Wylie. Seeing firsthand the impact that a presentation can do for someone has been his driving force in continuing this journey.

**Breakout Session #1A - 9:30 AM - 10:30 AM**  
**Effective Tools for Managing Physical And Emotional Stress**  
**Rachelle Zemlok, Psy.D.**

This presentation will cover common life stressors everyone can relate to and bring to light signs and symptoms of distress in individuals. The content will encourage individuals to consider their own greatest stressors and the signs they may ignore, that are actually providing them with good information about the stress they are emotionally and physically carrying. A variety of coping skills will be covered including cognitive, behavioral, and physical tools for effectively managing and reducing emotional and physical stress. The coping skills covered will be things everyone has immediate access to so they can be empowered to try new ways to cope immediately. Real experiences from my clinical work as a psychologist will be used to help the audience connect with the information and examples. The presentation will be dynamic and interactive.

**Learning Objectives:**

1. Attendees will be able to identify 2 signs of distress in themselves.
2. Attendees will be able to identify at least 1 cognitive tool to help them better manage their physical and emotional stress.
3. Attendees will be able to identify at least 1 behavioral tool to help manage their physical and emotional stress.



Doctor Rachelle Zemlok is a licensed clinical psychologist from California. She owns her own psychology practice that specializes in supporting and educating first responder families. She also works full-time as a strategic wellness director at Lexipol, a national organization that supports over a million first responders nationwide. Her role there supports the content and strategy related to first responder mental health and wellness, with a special focus on supporting the spouse and family. In her role she develops written and video content on an ongoing basis, participates in webinars that draws in thousands of viewers, helps to develop national and international strategic partnerships, and speaks at national and international conferences on first responder mental health and wellness.



**Breakout Session #1B - 9:30 AM - 10:30 AM**  
**What Happens When World Class Safety Is Not Good Enough**  
**Michael Jaurena, CSP, OHST**

Discuss what world class is and why achieving world class is just part of the journey and strategies to help continue your journey to zero.

Learning Objectives:

1. Define World Class
2. Why is World Class not Good Enough
3. Fundamental Agreements
4. Strategies to move to Zero

Michael Jaurena worked for Chevron for 18 years both domestically and internationally. In 2002 Mike started Safety and Training Consultants, Inc and sold his business with 45 full time employees to Safety Management Systems, LLC in 2012. Known for his field based approach Mike has worked with various World Class Organizations and enjoys working with those at the Point of Risk.

## **Breakout Session #1C - 9:30 AM - 10:30 AM – Construction Track Confined Space Safety For The Construction Industry**

**Kent Freeman**

**State Fire Training Division, Certified Senior Instructor for  
Confined Space Rescue Technician, Trench Rescue Technician**

This program will assist attendees in evaluating whether their confined space program is compliant with current regulations regarding confined space work. We will cover the evolution of the confined space regulation for the construction industry and reveal the reason for the changes. Discussing mandatory components of a compliant program and practical techniques in developing a defensible confined space safety program.

Learning Objectives:

1. Attendees will understand the hazards of confined space work
2. Attendees will understand the history and changes to regulations regarding confined space work in the construction industry.
3. Attendees will understand the mandatory and optional components of their confined space program



Kent Freeman is 30 year veteran of the Fire Service. He has worked extensively in the area of Confined Space Entry/Rescue and Trenching/Excavation Rescue. He has worked with California State Fire Training developing curriculum for Confined Space Rescue and Trench

Rescue. He operates and small company, California Health & Rescue Training, where he provides safety and rescue training for private industry, public works organizations and Fire Departments throughout the Western United States.

**Breakout Session #1D - 9:30 AM - 10:30 AM**  
**Quantitative vs Qualitative Fit Testing: Understanding The Gaps In Your Respiratory Protection Program**  
**Dylan Staack, MPH**

An in-depth look at qualitative and quantitative methods for respirator fit testing. The discussion will look at the differences in the two methods, describe the materials needed to execute each test, identify the limitations/obstacles of each methodology. This discussion will help to guide the health and safety professional in their fit test decision making process.

Learning Objectives:

1. Understand the true definition of a fit test and the limitations of respirator accreditations.
2. Identify the OSHA approved methods for fit testing and the applications they are suited for.
3. Be able to evaluate your current method and determine if it is acceptable for your company.

Dylan is the in-house industrial hygienist for REPSS; specializing in helping health and safety professionals select and sample with the proper equipment for their monitoring needs. Dylan spent 3 years at the University of Arizona as a research project manager. His work focused on the respiratory protection of firefighters at various stages of fighting fires. Since Dylan has worked as an industrial hygiene consultant and has continued to support the University of Arizona with educational session on instrumentation and research equipment.

**Breakout Session #2A - 11:00 AM - 12:00 PM**  
**Safety Leadership**  
**Kasey Wiesen, CHST and OSHA Authorized Trainer**

Session will last approximately 30 minutes. I will explain safety leadership and what it means to me, as well as soliciting input from the audience to obtain a well-rounded explanation. Then I will explain the importance and provide personal examples. I will close with some pointers and methods for effective Safety Leadership.

Learning Objectives:

1. Definition of Safety Leadership
2. Why Safety leadership is important
3. Effective methods of leading as a Safety Professional

Kasey Wiesen joined the USMC in 2003. He started out as an Aviation Ordnance Technician, getting involved in the Safety world as a Collateral Duty Inspector in 2007. He permanently transferred to Safety Department in 2012 as a Quality Assurance/Safety Observer. Kasey managed Health and Safety for a squadron of 160 Marines in all different work environments, including Construction sites. He retired in 2018 and transitioned into Construction Safety after taking OSHA 10 and 30. His first Job was New Natural Resources Headquarters in Downtown Sacramento. Kasey is now the Safety Manager for MarketOne Builders.

**Breakout Session #2B - 11:00 AM - 12:00 PM**  
**Trusting Foundations In Teamwork**  
**Mary Stine, ASP, MS, MBS**

As we learn more about corporate governance and responsibility, we tend to roll out broad objectives and initiatives to our employees. Oftentimes, we select a project topic that is trending to show relevance. Safety culture and human organizational performance will dictate those outcomes.

This Session will help Team leaders to decide how they can achieve the optimal solution for both the organization and the core team, while demonstrating Corporate responsibility and action.

Learning Objectives:

1. Identifying your current system weaknesses
2. Validating your goals and objectives
3. Selecting your best team members



Mary Stine, MS, ASP is a global Environment, Health, and Safety (EHS) director. She is an agile professional who is also an approachable management systems analyst. Published as a qualified EHS team mentor, employee activator and award-winning critical thinker. A current global SME public speaker versed on Management Systems improvements. With 15 years in EHS leadership, she has built cohesive, high-performing, fully engaged, cross-functional teams. Expertly trained and experienced in global and virtual team leadership, she helped top organizations to achieve especially difficult goals, while implementing cost effective processes improvements. Remarkable bonding tools allow for quick assimilation and stakeholder approvals. An enthusiastic student of continual improvement, she can achieve indelible success for your organization to fulfill your mission, vision, and goals.

**Breakout Session #2C - 11:00 AM - 12:00 PM – Construction Track**  
**Electrical Safety For Dummies**  
**Michael Donlon, PE, CSP**

Ok, you're not a dummy, but when you come across electrical hazards do you ever feel dumfounded? Of course electricians need electrical safety training, but what about the rest of us? We all use electricity and work around electrical hazards every day. In this course you will learn the basics of electricity and the harm it can cause the human body. Through discussion and demonstrations by an electrician turned safety engineer you will come away with a better understanding of electrical hazards and how to protect yourself and your coworkers.

Learning Objectives:

1. Basic principles of electricity in laymen's terms.
2. The physiology of a shock; what happens when electricity contacts the human body.
3. Common low and high voltage electrical hazards.



Mike is currently the principal at MD Safety service offering consultation and training to a variety of clients. Prior to that he was the Chief Safety Officer at the Department of Water Resources where he developed a safety program to protect 3500 employees and cut recordable injuries in half. He spent 16 years at Cal/OSHA specializing in industrial, construction, and electrical safety. He has extensive experience cranes, machinery and equipment, training, and development of safety orders. Prior to this he was a System Safety Engineer for the US Air Force analyzing military systems and managing the construction safety program at McClellan AFB. Mike was a long time an instructor at Sac State and the UC Davis Extension. He has a degree in Mechanical Engineering, is a Registered Professional Engineer, a Certified Safety Professional and a Licensed Electrical Contractor.

**Breakout Session #2D - 11:00 AM - 12:00 PM**  
**Acute Health Hazards Of Pesticides/Herbicides,**  
**Including Glyphosate**  
**John Beckman**

The session will focus on pesticide illness experienced by California workers. The presentation will include a data overview highlighting the types of industries and occupations, pesticides, route and type of exposure, and worker activity at time of exposure that are most commonly reported. A subset of data, including cases exposed to glyphosate will be presented as well as a review of current glyphosate research and regulatory activities. Our illness prevention materials, that focus on reducing worker pesticide exposure, will also be presented.

Learning Objectives:

1. Most common signs and symptoms of pesticide poisoning among California workers.
2. Most common industries and occupations, type and route of exposure, and activity at time of exposure.
3. How to prevent pesticide exposure/illness and what to do if workers are exposed to pesticides.

John is a research scientist and co-investigator for the California work-related pesticide illness and injury project. He has managed the state-wide surveillance of work-related pesticide injury and illness, supervised and trained project staff, prepared data and manuscripts for publication, given presentations at national conferences, and have created pesticide illness and injury prevention materials.

**Breakout Session #3A - 1:00 PM - 2:00 PM**  
**Cal / OSHA Update**  
**Juan Calderon**

This session will discuss the most cited title 8 standards, the root causes of the non-compliance and the role of management in implementation of safety at the work site. Juan will also give an overall Cal / OSHA Update for October 2022.

Learning Objectives:

1. The most cited title 8 standards for year periods 2015 through 2018.
2. The root causes of the non-compliance with Title 8 sec. 3203.
3. Role of management in implementation of safety at the work site.



**Juan A. Calderon**  
**District Manager**  
**Cal/OSHA**

District Manager Cal/OSHA Enforcement Outreach  
Coordination Program Unit



June 2011 through September 2014 District  
Manager San Francisco District Office Enforcement

February 2005 through May 2011 District Manager  
Fremont/San Jose District Office Enforcement

July 2000 through January 2005 Associate Safety Engineer Oakland  
District Office Enforcement

**Breakout Session #3B - 1:00 PM - 2:00 PM**  
**OSHA's Requirements For Emergency & Evacuation Planning**  
**Mary Ann Henriques**

Emergency planning is a fundamental principle of workplace safety and health, and even more important for your home and family! Preparing before an emergency incident plays a vital role in ensuring that employers and workers have the necessary equipment, know where to go, and know how to keep themselves safe when an emergency occurs. This informational session will provide information on OSHA's requirements for workplace emergency action and fire protection plans and when they are required. It will also provide attendees with resources to help develop and maintain your own plan.

**Learning Objectives:**

1. General Preparedness and Response
2. Emergency Action and Evacuation Plans
3. OSHA's role in Emergency Response

Ms. Henriques has 20 years of workplace safety and health experience and is considered to be a subject matter expert in multiple topics including hazardous materials, personal protective equipment and hazardous waste operations and emergency response. She holds a Bachelor of Science degree in Economics from the UC Davis and a Master of Business Administration from the University of Santa Clara. She has a Certificate from the National Safety Council and a Community College Instructor Certification from Fresno State University. Currently, Mary Ann is responsible for overseeing health, safety, and environmental programs for a large food manufacturing facility. She has organized and initiated process hazard analysis studies for the facility in accordance with OSHA's Process Safety Management standard for processes containing flammable liquids, methyl bromide, and anhydrous ammonia. Mary Ann is also an authorized instructor at the OSHA Training Institute Education Center at Chabot-Las Positas Community College District.

**Breakout Session #3C - 1:00 PM - 2:00 PM – Construction Track  
Fall Protection - ABC's And Post Fall  
Stanley Johnson**

This session will do a physical tripod training that reviews and conveys basic safety messages and springs some surprises regarding why we do the things we do.

Learning Objectives:

1. Why we wear fall protection
2. What happens if and when you fall
3. Fall recovery

Stanley has been in safety for 8 years with Ebbert Pacific, who is a manufacturer's representative agency with WernerCo - the leader in climbing and fall protection. As an End User Specialist, his time is spent helping end users stay safe and compliant. We have also provided a 2 day, 16 hour Fall Protection Competent Person Training at our Livermore facility (safely through Covid - leveraging all our space).

## **Breakout Session #3D - 1:00 PM - 2:00 PM**

### **The Role Of IH In The Hospital Environment:**

#### **Case Studies And Lessons Learned**

**Madeleine Rebullida**

**ASSE/IAPMO 12080 Legionella Water Safety & Management Specialist**

This presentation will describe the critical role that the Industrial Hygienist plays in supporting infection prevention and employee health & safety in the Hospital environment. Several case studies will be presented describing the process and lessons learned in waterborne pathogens management, outbreak investigations, building commissioning & construction project support, wildfire smoke impact assessments and waste anesthesia gas odor investigation. General discussion of additional services involving Industrial Hygiene will include exposure monitoring (i.e. noise, formaldehyde), sterile processing department water quality and USP 727 testing.

#### **Learning Objectives:**

1. Understand the Key Players in managing EH&S in Hospitals.
2. Organizational and event-oriented tasks that benefit from IH participation.
3. Relevant regulations, standards and guidance and recent updates and trends.



Madeleine is currently a technical oversight leader in both the Wildfire and Smoke (WFS PG) as well as the Water Quality Practice Group (WTR PG) where she develops and supervises Waterborne Pathogen Management Plans and Outbreak Investigations in healthcare, commercial and education settings. She is an IAPMO/ASSE 12080 Certified Legionella Safety Consultant and in the process of completing the Council-certified Environmental Infection Control Consultant (CEICC) credential. Within the WFS PG Madeleine provides technical oversight on a variety of wildfire smoke impact and structure fire investigations. Since

being hired at FACS in 2016 she has also provided personnel exposure monitoring to establish worker protective equipment protocols and other exposure control requirements as well as environmental monitoring and Indoor Air Quality (IAQ) Investigations. Preceding her leadership role in the WFS and WTR PGs, Madeleine was responsible for performing initial assessments and clearances for mold investigations, AHERA Asbestos Training and Respirator Fit-Testing for a variety of health care and construction environments.

**Breakout Session #4A - 2:30 PM - 3:30 PM**  
**Adding Risk Control And Risk Management To Your Professional Safety Skills**  
**Tom Kline, ARM**

Safety professionals currently focused on workplace safety should consider expanding their workplace skills to include risk control and risk management. A risk control and risk management perspective will have many benefits including having more problem-solving approaches available to apply to both new and existing exposures. The additional value to your organization may enhance your professional growth opportunities.

Learning Objectives:

1. How adding risk control and risk management to your workplace safety knowledge may enhance your problem-solving skills
2. Why expanding existing safety skills to include risk control and risk management may provide more professional growth
3. Why and how to make the transition from a safety professional to a safety and risk control professional

Tom Kline provides safety, risk control and risk management services to a wide variety of public sector clients, including cities and special districts. He helps clients assess their risk, establish and maintain their safety and risk control programs, and comply with local, state and federal regulations. Tom provides safety and risk control training on a wide range of subjects. Prior to joining Bickmore in 2001 as a Risk Control Manager, Tom spent over 18 years as a Safety Manager leading the safety, health, emergency response, and fire prevention efforts for several large private sector employers. Those employers experienced substantial reductions in the number of injuries, workers' compensation costs and property loss claims. He conducted numerous ergonomic studies, corporate safety audits, accident investigations, and a variety of other safety services. Tom has a Bachelor of Science in Biochemistry from the State University of New York and an Associate in Risk Management (ARM.) Tom is a past president and current member of the Sacramento Chapter of the American Society of Safety Professionals (ASSP).

**Breakout Session #4B - 2:30 PM - 3:30 PM**  
**The Evolving Workplace And Hybrid Work Model**  
**Colleen Brents, PhD, AEP**

Many companies are still navigating the challenge of how to safely return to the office and whether or not to require employees to return at all. Companies are struggling with retention issues as many industries are adopting a hybrid work model. Workers who stay remote need updated engagement opportunities, and in some jurisdictions, revised work agreements. For companies with multinational locations, navigating local regulations for different countries becomes complicated when determining best practice policies for all locations.

Learning Objectives:

1. Understand and interpret key elements of a company's culture when developing return to office strategies
2. Differentiate between and identify appropriate regulations to be familiar with when shifting to hybrid work
3. Understand the value in revising existing programs and/or developing new policies to account for a hybrid workplace



Colleen Brents, PhD, AEP, completed her studies at Colorado State University in the Department of Environmental and Radiological Health Sciences through the Mountain and Plains Education Research Center at the National Institute for Occupational Safety and Health. She works in international health and safety consulting at Antea Group USA where her work focuses on health and safety assessments and program management with an emphasis on ergonomics and Total Worker Health.

**Breakout Session #4C - 2:30 PM - 3:30 PM**  
**– Construction Track**  
**Temporary Traffic Control**  
**Jerry Bach, CSHM**

This Session will provide the attendee with the latest information and best practices on Flagging and Traffic Control.

Learning Objectives:

1. Regulatory Considerations
2. Flagging Requirements
3. Traffic Control Requirements and Best Practices



Jerry Bach is a Sr. Vice President of Workplace Safety at the Safety Center and has been there for over 33 years. He has been teaching Traffic Control for over 20 years. He has also been an ASSP member for almost 30 years.