

2015  
**PANHANDLE  
SAFETY & WELLNESS**

**CONFERENCE**



**YOUR PLAYBOOK  
FOR SAFETY AND  
WELLNESS SUCCESS**

SEPT. 22, 2015 • GERING CIVIC CENTER



*work. drive. live safe!*



Western Nebraska  
Community College

# CONFERENCE AGENDA

8:00 TO 8:30 A.M. REGISTRATION

8:30 TO 9:30 A.M. KEYNOTE SPEAKER: AARON DAVIS

**\*Champion...the Ultimate Vitamin A to Wellness and Safety**

Aaron Davis has had the privilege of sharing his insights on the possibility of human potential with more than a million people throughout the U.S. and abroad. He is the author of the inspiring book "10 Minute Truths" and the co-author of two others. While in college at the University of Nebraska, Aaron had the good fortune of being a member of the 1994 National Championship football team. Aaron is quick to remind audiences that the awards and accolades they receive are all fantastic, but true success and excellence first begins with those you care and love the most.



- Learn strategies to remain mentally tough in a competitive environment
- Be encouraged to never lose the ability to laugh at themselves and to have fun
- Be reminded of the importance of impeccable integrity and the power of passion
- Hear tips on how to adapt to change quickly while still enjoying the ride

9:30 TO 9:45 A.M. EXHIBITOR BREAK

9:45 TO 10:45 A.M. SAFETY & WELLNESS BREAKOUT SESSIONS

**SAFETY TRACK:**

**Tackling Workers' Compensation Issues**

James D. Hamilton, Attorney, Katskee, Suing & Maxell, PC, LLO

Learn about recent changes in State Law and how the Americans with Disabilities Act Amendments Act (ADAAA), Family Medical Leave Act (FMLA), and Fair Labor Standards Act (FLSA) can adversely impact your workers' compensation liability. This session will also discuss how changes in technology and social media have affected workers' compensation.

**WELLNESS TRACK:**

**\*Leadership Support: The Playbook to a Strong Wellness (GAME)Plan**

Scott Alwin, Chief Ancillary Officer, and Dan Newhoff, Wellness Coordinator, Box Butte General Hospital

Members of your leadership team play an important part in your wellness program success. This session will cover the role of leaders in creating supportive environments. You will learn how to recruit leaders to share your wellness vision and serve as role models for others.

10:45 TO 11:00 A.M. EXHIBITOR BREAK

11:00 A.M. TO 12:00 P.M. SAFETY & WELLNESS BREAKOUT SESSIONS

**SAFETY TRACK:**

**Going the Distance with Your Safety Committees**

Christine Reed, MS, CHCM, Senior EHS and IH Consultant, Nebraska Safety Council

Today the experts understand that for companies to be successful in their safety programs, their employees have to be involved. This session is aimed at helping those employees that serve on safety committees to understand the qualities and habits displayed by successful teams.

**WELLNESS TRACK:**

**\*Call a Time-Out: Resilience and Stress, The Impact on Worksite Wellness**

Deb Carlson, PhD, Executive Vice President, Business Operations and Strategic Initiatives; Chief Operating Officer, Nebraska Methodist College

Stress can impact any one at any time and can influence your overall culture and worksite wellness program. This session will help define what researchers know about resilience and how to recognize it in yourself and others. Attendees will learn how to apply resilience tools to reduce stress and foster resilience.

12:00 TO 1:00 P.M. AWARDS LUNCHEON  
Honoring Governor's Wellness Award and Nebraska Safety Council Safety Award Recipients



1:00 TO 1:15 P.M. WELLNESS WALK • 1:15 TO 1:30 P.M. EXHIBITOR BREAK

1:30 TO 2:30 P.M. SAFETY & WELLNESS BREAKOUT SESSIONS

**SAFETY TRACK:**

**A Red Flag: Is This Happening in Your Workplace?**

Kevin Huffaker, Quality Control Manager, Western Pathology Consultants, Inc (WPCI)

Misuse of prescription drugs is second only to marijuana use as the nation's most commonly used illicit drug. This session will discuss the most common type of prescription drugs abused and what employers need to know for their drug testing program.

**WELLNESS TRACK:**

**Post Game Interview: 2015 Governor's Wellness Award Recipients**

The Governor's Wellness Award is a highly coveted award presented to Nebraska businesses at either the Sower or Grower level. Current recipients will provide an overview of their award-winning wellness programs and share best practices you can adopt at your organization.

2:40 TO 3:40 P.M. CLOSING KEYNOTE SESSION: DR. L. CASEY CHOSEWOOD

**\*Helmets, Shoulder Pads and Cleats. Maximizing Safety, Health and Well-being in Your Organization:**

**A Safety Professionals Guide to Advancing Total Worker Health™**

Dr. L. Casey Chosewood is the Director of the Office for Total Worker Health™ at the National Institute for Occupational Safety and Health, part of the Center for Disease Control and Prevention. Dr. Chosewood received his medical degree at the Medical College of Georgia and completed his residency in Family Medicine at the University of Connecticut. He has been an Assistant Professor of Family and Community Medicine at Emory University School of Medicine since 1997. He and his team at Total Worker Health™ have overseen a multi-faceted workplace health, safety, and wellness program providing more than 200,000 health promotion encounters, screenings, and health opportunities annually.



\*A total of four Continuing Education Credits are available for the sessions marked above. The use of this seal is not an endorsement by the HR Certification Institute of the quality of the activity. It means that this activity has met the HR Certification Institute's criteria to be pre-approved for recertification credit.

# REGISTRATION INFORMATION

	MEMBERS NEBRASKA SAFETY COUNCIL AND/OR PANHANDLE WORKSITE WELLNESS COUNCIL		NONMEMBERS	
	UNTIL SEPT. 4	AFTER SEPT. 4	UNTIL SEPT. 4	AFTER SEPT. 4
FULL DAY	\$120	\$140	\$140	\$160
AWARDS LUNCHEON	\$25	\$25	\$25	\$25

**Discounted Registrations** • For every two full-day conference registrations from your organization, receive a third registration at 50% off. Does not apply to "Awards Luncheon" only.

**Cancellation Policy** • Advance registration is required for the Sept. 22, Panhandle Safety and Wellness Conference. Cancellations received five (5) business days prior to the course date will receive a full refund. There will be a 50% charge on late cancellations. Registrants who cancel the day of the program or are "no shows" will be liable for the full fee.

## TRADESHOW

Top safety and health suppliers will be on hand in the exhibit area to visit with you about the latest equipment, supplies and services available. Take advantage of break periods to make valuable contacts and gather information on the tools and services you need to strengthen your organization's safety and wellness program.

## SAFETY AND WELLNESS AWARDS LUNCHEON

The Governor's Wellness Award program recognizes organizations that have demonstrated exceptional wellness leadership and made notable efforts in providing quality wellness programs for their employees. The Nebraska Safety Council Workplace Safety Awards program recognizes those organizations that have demonstrated excellence in workplace safety.

## HOTEL ACCOMMODATIONS

Monument Inn & Suites  
1130 M Street | Gering, NE

A block of rooms has been reserved for the Panhandle Safety & Wellness Conference. In order to receive the special rate of \$78.00 plus taxes, reservations must be made by September 12. Please call 308.436.1950 to make reservations.

**PLEASE USE ONE FORM PER PERSON. IF PAYING BY CREDIT CARD, DO NOT EMAIL. FAX TO: 402-483-2513.**

Mail form and payment to: Nebraska Safety Council  
3243 Cornhusker Hwy, Suite A10 • Lincoln, NE 68504-1592

NAME: \_\_\_\_\_

COMPANY NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_

PHONE NUMBER:(\_\_\_\_\_) \_\_\_\_\_

FAX NUMBER:(\_\_\_\_\_) \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

### MEMBER OF (CHECK ALL THAT APPLY)

- Nebraska Safety Council  
 Panhandle Worksite Wellness Council

### REGISTERING FOR (CHECK ONE)

- Full Day  
 Safety & Wellness Awards Luncheon Only

### PAYMENT METHOD

Check is enclosed in the amount of: \_\_\_\_\_

Please invoice me. Reference PO Number: \_\_\_\_\_

Credit Card

Card No. \_\_\_\_\_

Exp. Date: \_\_\_\_\_ CVC Code: \_\_\_\_\_

Name on Card: \_\_\_\_\_

Amount to be Charged: \$ \_\_\_\_\_



**SEND  
FORM**





3243 Cornhusker Hwy, Ste A10  
Lincoln, NE 68504-1592

**DON'T MISS YOUR CHANCE  
TO ATTEND THE 2015 PANHANDLE  
SAFETY & WELLNESS CONFERENCE**

*DISCOVER YOUR PLAYBOOK FOR  
SAFETY AND WELLNESS SUCCESS*

**2015 PANHANDLE SAFETY &  
WELLNESS CONFERENCE SPONSORS**

GOLD LEVEL



SILVER LEVEL



BRONZE LEVEL



IN-DEPTH TRAINING CLASSES

**SAFETY MANAGEMENT  
FOR SUPERVISORS**

Wednesday, Sept. 23  
8:00 A.M. TO 4:00 P.M.

Western Nebraska Community College  
Harms Advanced Technology Center  
Scottsbluff, NE

Front-line supervisors can build up or tear down your safety culture. Give them the tools and training to “build up” with Safety Management for Supervisors.

Get more information or register online at  
[www.nesafetycouncil.org](http://www.nesafetycouncil.org)