

## ABC of MMD 2019 Safety & Construction Conference Session Descriptions

### SAFETY MANAGEMENT TRACT

<b>TRENCHING &amp; EXCAVATION WITH THE BEST OF THEM</b>	<b>HEAVY EQUIPMENT RULE 5207.1000 – A REVIEW ON HOW TO STAY SAFE</b>	<b>HOW TO BEST WORK WITH THE MNOSHA PARTNERSHIP</b>
<i>Ben Wood (OSHA Consultation)</i>	<i>Ben Wood (OSHA Consultation)</i>	<i>Nancy Zentgraf (MNOSHA)</i>
Trenching and excavating is a significant aspect of construction and everyone can find areas that need improvement in their existing processes. In this session, participants will review the standards to see what it takes to keep employees safe, including: employer/employee responsibilities, potential hazards present during excavation, planning, protective systems, and other methods of mitigating common hazards.	Learn about safety requirements for the safe operation of mobile earth-moving equipment used for earth moving, building, or road construction or demolition, including, but not limited to, bulldozers, motor graders, scrapers, loaders, skid-steer loaders, compaction equipment, backhoes, end dumps, side dumps, and dump trucks. Standards and rules will be covered to ensure you and your company can be safe with your equipment!	In this session, attendees will have an opportunity to learn how the ABC STEP process is the first step for involvement in the ABC/MNOSHA Partnership. Discussion will also take place on the benefits of the Partnership and how easy it is to become involved. Also, the presenter will highlight updates from OSHA and how that will change the work landscape in the future.
<b>HOW TO WIN WITH ISNETWOLD</b>	<b>DOT INSPECTIONS</b>	
<i>John Bestman (MMA)</i>	<i>Dave Busse (MN State Patrol)</i>	
Databases are everywhere these days and ISN or ISNetworld is one of the largest in the construction and pipeline industry. Operators and owners use it to ensure the companies they are hiring meet the necessary criteria to get the job done productively and safely. Come and learn the tips and tricks of how to use the system and ensure your company is all that it can be in the system.	The presentation will cover a general overview of roadside commercial motor vehicle inspections, and what can be expected. Short video clips will be used to highlight safe driving tips and common driver distractions. Basic definitions and additional information regarding CMV's, gross vehicle weight, medical exam cards and hazardous materials will be reviewed. Common paperwork and equipment violations will also be discussed, and drivers will be able to ask questions regarding compliance with federal and state rules and regulations.	

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### WORKFORCE & REGULATORY TRACK

<b>SILICA AWARENESS AND SITE PLANNING</b>	<b>WHEN OSHA COMES A-KNOCKIN'</b>	<b>TOP FIVE AUDITS FOR CONTRACTORS TO BE SUCCESSFUL</b>
<i>OECS</i>	<i>Aaron Dean (Best &amp; Flannagan)</i>	<i>Tom Revnew (Seaton Peters)</i>

		<i>Review)</i>
This course will go step by step into explaining the silica standards and the differences from the previous standards. We will discuss how to provide the proper engineering or administrative controls to accommodate the new standards along with respiratory protection and the process of the medical evaluation. We will also discuss the requirements employers will have to follow to comply with the new standards. The class will see sample silica exposure control plans & table 1 from OSHA.	This seminar will discuss how to handle an OSHA inspection from start to finish. You will learn an employer's rights during an OSHA inspection, including when an OSHA inspector shows up on your job site, employee's rights during an OSHA inspection, including during witness interviews, and how to handle demands for interviewing management and non-management employees, how to handle and defend an OSHA investigation, and much more!	This interactive session will discuss a number of items construction contractors can proactively audit for 2018 to protect their business. While each of these topics could be day long training sessions, this session will discuss on a high-level, important steps construction contractors should consider taking to protect their business during 2018, including the following: (1) Preparing For Picketing/Banners; (2) Conducting a Union-Free Audit; (3) Conducting A Responsible Contractor/Prevailing Wage Audit; (4) Conducting I-9 Audits; and (5) Reviewing Employment Policies & Procedures.
<b><i>WORKFORCE BEST PRACTICES PANEL</i></b>	<b><i>ONSITE STRETCHING: THE "HOW" AND "WHY" DO STRETCH AND GET YOUR GROUP ON THE RIGHT TRACK</i></b>	
<i>Braun Intertec, Joe Gubbels -Rice Companies, Jeff Bromenschenkel-Schwickerts Tecta America</i>	<i>Melissa Gill (Onsite Solutions)</i>	
Individuals from several companies will highlight and discuss how their companies have been successful in developing their workforce in today's climate. An ABC staff member will moderate the event to highlight overall ABC member best practices for workforce development. The group will be asked about their workforce best practices and suggestions to improve your company. Questions are encouraged!	I don't have time to stretch! Have you heard this before? Have you said this yourself? Are you and/or your employees great at making excuses for all the reasons why stretching, using safe lifting techniques, and taking care of your body is not something you have time for? Educate yourself and your employees on easy ways to take care of themselves to lead an optimal life. We will specifically cover several topics:	

**ABC Of MN/ND 2019 Safety & Construction Conference  
FIELD SAFETY TRACK**

<b><i>SAFETY INTRO, AWAIR, AND FIRE EXTINGUISHERS, OH MY!</i></b>	<b><i>RIGHT TO KNOW, BLOODBORNE PATHOGENS, HAZARD COMMUNICATIONS</i></b>	<b><i>PERSONAL PROTECTIVE EQUIPMENT AND FALL PROTECTION FOR ALL</i></b>
<i>Donny Hines / Tom Westlund (ABC)</i>	<i>Donny Hines / Tom Westlund (ABC)</i>	<i>Jon Eichman (3M)</i>
Safety is the mainstay of any successful construction company. Everyone from executive management to field personnel has to understand the importance of	Every contractor deals with hazardous materials, substances, chemicals, etc. Employees have a right to know what they're dealing	This course will focus on various PPE, fire extinguisher review, and fall protection components with discussions addressing OSHA's fall protection guidelines, fall

<p>safety on and off the jobsite. This course will focus on the benefits of safety in the workplace as well as cover the AWAIR (A Workplace Accident and Injury Reduction) program. Employers engaged in certain specific industrial classification codes are required by this legislation to develop and implement a written safety and health program with specific actions designed to reduce the incidence of workplace accidents and injuries.</p>	<p>with and more importantly, how to stay safe when handling those materials. Join fellow contractors for this required training on Right-to-Know, dealing with Bloodborne Pathogens, and Hazard Communication. SDS sheets and practice sessions will occur to showcase the best steps.</p>	<p>protection training requirements, competent person defined roles &amp; responsibilities. Also, this course will cover fall protection methods &amp; latest techniques for guardrails, wall openings, floor opening/hole covers, low slope/steep slope roof fall protection methods and techniques. Toward the end, personal fall arrest systems will be discussed, while focusing on harnesses, lanyards, anchors and rescue basics.</p>
<p><b><i>JOBSITE ERGONOMICS AND STRATEGIES FOR QUICK FIXES</i></b></p>	<p><b><i>OSHA FOCUS FOUR UPDATES</i></b></p>	
<p><i>Melissa Gill (Onsite Solutions)</i></p>	<p><i>OECS</i></p>	
<p>A few minutes a day can help your body in the long run. We will dive into the following areas to ensure your employees are ready for the job:</p> <ol style="list-style-type: none"> <li>1. Benefits of stretching and best practices for stretching programs</li> <li>2. Reasons why stretching programs don't work and what to do about it</li> <li>3. Learn what good posture is and how it relates to every activity you do at home and work</li> <li>4. What are the top tips to feel your best at home and work?</li> </ol>	<p>In this session, attendees will gain an understanding on what OSHA considers four of the biggest dangers in our industry: Falls, Struck By, Electrocution, and Caught By/In Between. 85% of all citations and 90% of dollars applied as fines are related to the Focus Four Hazards. 79% of all fatalities are related to the Focus Four Hazards. These are the same topics that are presented during OSHA 10 &amp; 30 courses – this session will highlight some of the recent changes to compliance and regulations.</p>	