



UTAH
Safety
COUNCIL

Safety Notes

February 2022

Volume 73

20
22

Utah Safety
Conference
& Expo



Virtual Online Conference • March 30-31, 2022



MEMBERSHIP MINUTE

Membership Manager

I am excited to announce plans for the Women in Safety event at the 2022 Utah Safety Conference & Expo. We will be hosting a conversation with Sharyl Worsley and Amy Donaldson from KSL podcasts. Amy and Sharyl host a podcast called "Talking Cold" where they discuss episodes from The Cold podcast. Some of the guests they have hosted are Elizabeth Smart and Sonya Martinez-Ortiz (Executive Director of the Rape Recovery Center in Salt Lake City, Utah).

Learn more about the Cold podcast (and Talking Cold) here. Make sure to attend our Women in Safety event on day one of the conference and join this conversation.

2022 Utah Safety Conference & Expo

by John Wojciechowski, President

We are looking forward to our 6th annual Utah Safety Conference & Expo! This year, we had an amazing response when inviting presenters and are really pleased and excited to share with you the 2022 Safety Conference keynote speakers and our breakout session topics. The first day of the conference will kick-off with a keynote address from **Jack Jackson**, who is a USC crowd favorite and a rockstar wherever he speaks. Jack's award-winning presentation is titled, **10 Feet Tall and Bulletproof**.

We have 24 breakout **presentations** for attendees to choose from. Sessions include a **UOSH & MSHA Updates** as well as other relevant topics like, **Medical Cannabis Program Basics, The Cost of Safety, Drive Truck Smart, Not Semi Stupid** and **Cybersecurity Resources**. Our second keynote address will be presented by **Dave Cawley**, investigative journalist from **KSL News** and host of the popular podcast, **COLD**. Dave will speak to conference attendees about conducting investigations and his experience as an investigative journalist. **Danny Smith** will begin our second day with his keynote address titled, **Safety Flux Capacitor: Shaping the Future of Your Organization**. Our final keynote address will come from **Corey Hodges, Pastor** for the Utah Jazz and Salt Lake Real. 'Pastor Corey' will talk to us about effective leadership in an organization.

The **virtual exhibitor space** will feature all the latest in safety technology, services, and products. The exhibitor expo space will be open each day and will feature open Zoom room meetings with exhibitors and a fun conference engagement game on the conference platform.

Registration is open at www.utahsafetycouncil.org. It's the best priced professional safety conference in the state with packages that include the whole conference, separate days or individual keynote speakers. Please reach out to us if you have questions. We hope you will join us on **March 30th & 31st, 2022**.



UTAHSAFETYCOUNCIL.ORG
801.746.SAFE (7233)

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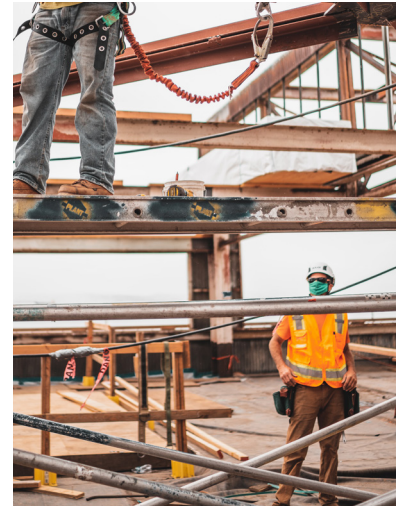
Membership Benefits

- Streaming Safety Videos
- Safety Media Library
- Members Only Website
- NETS Membership
- OSHA 10-Hour Training
- First Aid, CPR and AED Course
- Member Appreciation Events
- Start With Safety
- Discounts on Occupational Safety Training
- Health & Safety Fair Participation
- Family Safety & Health Magazine
- Monthly Publications and Email Updates
- Membership Recognition on Website
- Exclusive Discounts on Safety Products
- Safety Consulting
- Safety Management Systems for Business Course

Occupational Safety Essentials

Occupational Safety Training Program Manager

In the fall of 2021, our team discussed the need for a safety overview course, to help someone who was just handed the responsibility of safety understand what they need to be doing. The idea started as a “Safety 101” course, an overview of what you need to know about safety. We commissioned the assistance of Douglas Handy, a 40+ year safety professional with a passion for people focused safety and explained our vision.



After just a few months Doug had designed a course that blew us away. This wasn't just a safety 101 overview, this course is the ultimate starter pack for anyone with the responsibility of safety. We invited a group of safety professionals with combined experience of over 430 years in safety to the Utah Safety Council for a review of the curriculum. The feedback was outstanding. We were able to refine the program using the feedback we received and created a “next step” outline for professionals to tailor information to their needs as they learn where they may need to focus their efforts, during the Occupational Safety Essentials Class.

We are excited to add this amazing resource to our top tier training curriculum and can't wait to see you in class!

Occupational Safety Essentials - Course Description:

This eight-hour course is designed to give an individual with the responsibility of safety the information and tools to understand the components of an effective safety program. Essentials for Occupational Safety can be used to evaluate the efficacy of a current program, or to build the framework for a new or growing safety program.

- OSHA & Regulatory Agencies
- OSHA Recordkeeping
- Incident Management & Handling Workers Compensation Claims
- Incident Investigation
- Cost of Incidents
- Emergency Planning, Exit Routes-Egress
- Personal Protective Equipment
- Risk and Hazards
- Safety Committees & Engagement
- Training
- Safety Culture & Management Buy-in
- Communication & Where to start

Next course is March 22nd! Get more information and register for this course here.

National Heart Awareness Month

by Kenzee Logue, Emergency Care Program Manager

February is National Heart Awareness month, so we want to share some information. A major risk factor for heart attacks and strokes is Hypertension (high blood pressure). Nearly half of U.S. adults have hypertension, or high blood pressure, and only about 1 in 4 of those individuals has their hypertension under control.

This year the Surgeon General released the following information about a "call to action." *The Surgeon General's Call to Action to Control Hypertension* seeks to avert the negative health effects of hypertension by identifying evidence-based interventions that can be implemented, adapted, and expanded in diverse settings across the United States.



The *Call to Action* outlines three goals to improve hypertension control across the United States, and each goal is supported by strategies to achieve success:

- **Goal 1:** Make hypertension control a national priority.
- **Goal 2:** Ensure that the places where people live, learn, work, and play support hypertension control.
- **Goal 3:** Optimize patient care for hypertension.

The *Call to Action* also:

- Recognizes the conditions in which people are born, live, learn, work, play, worship, and age directly impact opportunities for success and drive health equality.
- Focuses on specific and tangible interventions that can be tailored, replicated, and scaled to impact one of the highest burden health conditions in the United States.
- Provides targeted strategies that different sectors can take to collectively improve hypertension control across the United States.

Goals and Strategies to Improve Hypertension Control



Source: Adapted from the U.S. Department of Health and Human Services. The Surgeon General's Call to Action to Control Hypertension. Washington, DC: U.S. Dept. of Health and Human Services, Office of the Surgeon General; 2020.



Safety for All, Going Beyond English

by Aimee Figueroa, Office Manager



Because we live and work in Utah, we have the great privilege of being able to meet different people with different traditions, experiences, and languages. The ability of being able to mingle and learn from each other can be exciting and fun. However, trying to learn how to communicate in a workplace setting could cause some concerns or worries. Language barriers in the workplace can potentially cause safety issues when employees are not able to read safety signs, labels, or other important information. A goal for the Utah Safety Council in 2022, is to begin introducing more Spanish courses. Although we know there are a lot of languages that we come into contact with, we are beginning with Spanish.

We currently offer several courses in Spanish such as: OSHA- 10 Hr. for General Industry, OSHA 10 Hr for Construction Industry, forklift training, defensive driving,

and Safety 101 in Spanish. We want to encourage all to break language barriers, to ensure all employees feel comfortable and safe in their work environment. Please contact us for more information!

Viviendo en los Estados Unidos tenemos el gran privilegio de poder trabajar y conocer a diferentes personas con diferentes tradiciones, experiencias y idiomas. La capacidad de mezclarse y aprender durante el tiempo social puede ser emocionante e divertida. Sin embargo, tratar de aprender a comunicarse en un lugar de trabajo podría generar algunas inquietudes o preocupaciones. Las barreras del idioma en el lugar de trabajo pueden causar peligros de seguridad debido a que los empleados no pueden leer las señales de seguridad, las etiquetas, u otra información importante. Un objetivo para nosotros en el año 2022 es comenzar a introducir más cursos en español. Entendemos que hay una lista extensa de idiomas además del español, desafortunadamente debido a nuestros recursos estamos comenzando con el español.

Actualmente ofrecemos OSHA en la industria de la construcción y en General, Capacitación en Montacargas, Conducción Defensiva en línea y Seguridad 101 en español. Queremos alentar a las empresas a romper las barreras del idioma y hacer que todos los empleados se sientan cómodos y seguros en su entorno de trabajo. ¡Por favor contáctenos para más información!



SAME EXPERT TRAINING, BROUGHT TO YOU.

Utah Safety Council is now offering






WEB-BASED TRAINING

MSHA 8-Hour Surface Refresher

MSHA 24-Hour Surface New Miner

Email safety@utahsafetycouncil.org for additional web-based training

Mine Safety and Health Administration Approved. Click here for more information.

Date	February Courses	Member	Non-Member
February 7	MSHA 8-Hr Annual Refresher for Metal/Non-Metal Surface Miners 	\$75	\$75
February 8	Contractor Safety Orientation (UITC)	\$75	\$75
February 8-11	Safety Management Techniques 	\$1,200	\$1,715
February 9-11	MSHA 24-Hr New/Inexperienced Metal/Non-Metal Surface Miners 	\$275	\$275
February 12	MSHA - Introduction to Work Environment	FREE*	\$25
February 14	MSHA 8-Hr Annual Refresher for Metal/Non-Metal Surface Miners 	\$75	\$75
February 14	NFPA 70E Electrical Safety 	\$192	\$275
February 15	Basic Orientation Plus	\$75	\$90
Feb. 16-17	OSHA 10-Hr General Industry	FREE*	\$140
February 16	First Aid, CPR and AED Training	FREE	\$110
February 19	Community CPR and AED Course	\$45	\$45
February 22	MSHA 8-Hr Annual Refresher for Metal/Non-Metal Surface Miners 	\$75	\$75
February 23	Team Safety 	\$252	\$360
Feb. 23-25	MSHA 24-Hr New/Inexperienced Metal/Non-Metal Surface Miners 	\$275	\$275
Feb. 24-25	OSHA 10-Hr Construction Industry	FREE*	\$140
February 24	Machine Guarding: OSHA Compliance Series	\$112	\$160
February 24	Basic Orientation Plus	\$75	\$90
February 25	Recordkeeping: OSHA Compliance Series 	\$112	\$160
February 26	MSHA - Introduction to Work Environment	FREE*	\$25
February 28	MSHA 8-Hr Annual Refresher for Metal/Non-Metal Surface Miners 	\$75	\$75
March 1	Start With Safety, Live Web-Based 60 Minutes - Fleet Management - 10:00 AM 	FREE*	FREE

 Interactive, Live, Web-Based Course Option Available

For more information on FREE* (and discounted) courses as Membership Benefits, visit our website and select Membership. Membership Services - Categories & Benefits.

Click Here to Register Now

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MEMBERSHIP Services

Our membership program will help you strengthen your understanding of the safety and health issues you face every day.

OCCUPATIONAL Safety

Training from the Utah Safety Council can help you mitigate risks and gain the skills needed to integrate safety into your workplace.

TRAFFIC Safety

These programs offered by the Utah Safety Council offer practical strategies to reduce collision-related injuries and fatalities on Utah roadways.

EMERGENCY CARE Safety

How your employees react before emergency medical services arrive could make the difference between life and death.

HOME & COMMUNITY Safety

Keeping you safe at home, at play and on the go.

Contact Us

John Wojciechowski

President
801.746.SAFE (7233), Ext 301
johnw@utahsafetycouncil.org

Brandee Crockett

Vice President of Operations
801.746.SAFE (7233), Ext 308
bcrockett@utahsafetycouncil.org

Lora Brown

Accounting Manager
801.746.SAFE (7233), Ext 312
lbrown@utahsafetycouncil.org

Aimee Figueroa

Office Assistant
801.746.SAFE (7233), Ext 316
afigueroa@utahsafetycouncil.org

Kenzee Logue

Emergency Care Manager
801.746.SAFE (7233), Ext 307
klogue@utahsafetycouncil.org

Megan Spackman

MSHA/Refinery Program Manager
801.746.SAFE (7233), Ext 305
mspackman@utahsafetycouncil.org

Nichole Rilk

Traffic Safety Manager
801.746.SAFE (7233), Ext 303
nrilk@utahsafetycouncil.org

Membership

801.746.SAFE (7233), Ext 302
safety@utahsafetycouncil.org



801.746.SAFE (7233)
utahsafetycouncil.org



safety@utahsafetycouncil.org | 1574 W. 1700 S. Salt Lake City, UT 84104