9th Annual BHS Health & Safety Conference
Event Agenda
Wednesday, October 12, 2016 at 7:00am PT - 3:30pm PT

ⓘ **All times listed in Pacific Time (US & Canada).**

Wednesday, October 12, 2016

7:00am - 7:50am

Registration, Exhibits

7:50am - 8:00am

Welcome and Opening Remarks

Marilyn Trinkle, Director. Business Development, Business Health Services

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8:00am - 9:00am

Put Your Oxygen Mask on Yourself Before Assisting Other Passengers

Paul Spindel, M.A.

At the workplace we are called upon to be team players, to help and nurture our customers, employees and coworkers.
This keynote provides an overview of ideas on how to take care of yourself and improve your mental health in the midst of assisting others. Paul brings challenging yet humorous information to participants about the aspects of change, the issues of control, building support systems and avoiding bad habits. Remember, if you don't take care of yourself, who will?

9:00am - 9:15am

Break

9:15am - 10:30am

Marijuana & The Workplace - One Year Later

Clarence M. Belnavis, Partner Fisher & Phillips, LLP

In Oregon, marijuana is legal for recreational use. Employers want to maintain a safe, healthy, and productive workforce, but how can they do that in light of this legalization? This presentation will pick up where we left off one year ago at this conference, addressing the employment law implications of employees using marijuana and other common drugs at work. We will examine hiring, discipline, testing, and termination as they relate to the general employee population with a focus on non-safety sensitive positions. There will be ample time allowed for questions and audience interaction.

10:30am - 10:50am

Break

10:50am - 11:50am

Functional Fitness: An Innovative Strategy to Enhance Injury Prevention at Work

Jennifer Hess, DC, MPH, PhD, University of Oregon, Labor Education and Research Center

Many businesses have implemented worksite stretching programs as a means of decreasing work injuries. However, these programs vary widely in terms of composition, physical demands, and worker compliance, hence outcomes vary widely and research findings are mixed as to any potential benefit. Research also suggests that other types of exercises may be more effective for preventing injury, especially when combined with ergonomic solutions. Functional Movement Screens combined with more complex, dynamic exercises are one such alternative. The objectives for this presentation are:
- Consider role of employers in worker fitness
- Review essential components of "Fitness" beyond stretching
- Present the concept of 'Functional Fitness' as a better injury prevention strategy.
- Discuss issues around implementing a corporate functional fitness program.

11:50am - 1:00pm
Lunch, Exhibitor Prizes Awarded

1:00pm - 2:00pm
#worktogether - Managing Generations from A to Z
Grant Axtell, Trajectory Consulting

This high energy, interactive presentation will provide a brief overview of the four generations currently in the workplace as well as some tips on how to more effectively manage and interact with each. Learn how the events of each generation's childhood may impact the characteristics and values they bring to the workplace today. Explore ways to improve your communication and interactions with each group of individuals. Finally, take some practical tips back to the workplace regarding how to better manage each generation.

2:00pm - 2:15pm
Break

2:15pm - 3:30pm
Preparing for the Zombie Apocalypse
Ed Flick, County Emergency Manager, Marion County Emergency Management and Jeff Cowan, Fire Chief, Keizer Fire District

This presentation will examine what we can expect in the mid-Willamette Valley following a Cascadia Subduction Zome Earthquake. There will be significant disruptions to our region's lifeline systems (energy, water, transportation and communications). Is your facility prepared? How about your staff? We'll examine what the government is doing, and what you can do to get ready, both at the workplace and at home.

3:30pm - 3:45pm
Drawing for BHS-contributed door prizes