

The 96<sup>th</sup> Annual

# MAINE SAFETY & HEALTH CONFERENCE

OCTOBER 17-19, 2023

AUGUSTA CIVIC CENTER



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# TUESDAY - October 17, 2023

## PRE-CONFERENCE PROFESSIONAL DEVELOPMENT COURSES

(Please Note: The Vendor Hall is Not Open on Tuesday)

**7:00 AM REGISTRATION OPENS / BREAKFAST IN AUDITORIUM**

**8:00 AM PROFESSIONAL DEVELOPMENT COURSES BEGIN**



### **PDC 1 FUNDAMENTALS OF AIR SAMPLING WITH EMPHASIS TO RESPIRABLE CRYSTALLINE SILICA**

*Luis F. Pieretti, PhD CIH CSP—Associate Professor, University of South Florida College of Public Health  
Stephen E. Badger, CSP OHST WCP—Safety Manager Consultant, The MEMIC Group*

This workshop will introduce the participants to the basic concepts of industrial hygiene air monitoring with focus on respirable crystalline silica. The workshop will include hands-on experience with sampling pumps, sampling media, calibrations procedures and interpretation of laboratory reports.

After this PDC, attendees will be able to:

1. Recognize some of the principles of industrial hygiene air monitoring.
2. Perform basic calculations required to do when performing air monitoring and estimating the employees' exposures (time weighted average).
3. Recognize the difference between different OSHA standards and sampling strategies related to respirable crystalline silica.
4. Distinguish different resources available to industrial hygiene air monitoring.



### **PDC 2 MENTAL HEALTH—3 Part Session**

*Jennifer Landon, VP Education & Workforce Development—Associated Builders & Contractors NH/VT  
Shari Johnston, Workforce Development Coordinator—Associated Builders and Contractors  
Mark Lefebvre—Pine Tree Institute*

#### **Part 1 (8:00 AM—10:00 AM): GRIEF: A HIDDEN SAFETY RISK**

Grief can cause us to be distracted, predisposing us to injury. During this interactive session, participants will discover that grief can be a safety concern and learn how to mitigate risk by:

- Identifying causes and types of grief
- Recognizing signs of grief and how grief impacts our brains and our bodies
- Learning what NOT to say and how to rephrase common statements of condolences

Through normalizing discussions of loss, offering strategies for dealing with it, and maintaining open communication, employers can cultivate a work environment that allows employees at all levels—and the company itself—to build resilience and thrive during a difficult time.

#### **Part 2 (10:00 AM—12:00 PM): SUICIDE PREVENTION IN CONSTRUCTION CERTIFICATE TRAINING**

The construction industry experiences one of the highest rates of suicide. By improving a worker's understanding of mental health and suicide prevention, they can be a key partner in the effort to prevent suicides by recognizing and connecting with individuals at risk for and displaying suicide warning signs. Employees at all levels of the industry can benefit from understanding the need to suicide prevention, to foster open conversations, and to promote resources in construction.

During this interactive session, participants will engage in:

- Evidence-based and relevant training to raise awareness and to increase capacity, confidence, and competence in suicide prevention; mental health support; and resiliency
- Promoting a culture to aspire to a "zero-suicide" mindset through safe and effective communication and engagement

The goals are to:

- Reduce stigma and raise awareness around mental health and suicide prevention
- Promote open dialogue around mental health wellness
- Encourage help-seeking and help-giving behaviors

#### **Part 3 (1:00 PM—4:00 PM): RECOVERY FRIENDLY WORKPLACES**

# TUESDAY— October 17, 2023

## 8:00 AM PROFESSIONAL DEVELOPMENT COURSES – CONTINUED



**PDC 3**

**NFPA**

*Marc Veilleux, Plans Review Supervisor—Maine State Fire Marshals Office*

NFPA 13, 13R, and 13D Fire Sprinklers and NFPA 72 Fire Alarm System discussions.



**PDC 4**

**SAFETY AT HEIGHTS: THE WHAT, WHY, AND HOW WORKSHOP**  
**(4 Hour Session—Attendees can attend any other session after lunch)**

*George Stallings CPMR QSSP SPRAT 1, VP—Sales, Sales Solutions Inc*

*Jack Padden CPMR QSSP EIT, VP—Sales / operations, Sales Solutions Inc*

Working at heights is one of the leading causes of injury and fatality in both industrial and construction work environments every year. Proper and informed knowledge is paramount to working safely at heights in these applications. OSHA and ANSI have developed working standards for both the worker and the products, respectively; we will discuss these standards in depth.

An effective fall protection/prevention plan in the industrial and construction gets to the basics of any activity. We will discuss fall prevention systems and how these products/systems are implemented in the field. In addition, the concepts of anchorage, bodywear, and necessary connective devices will be discussed in detail. Product/system inspection will be stressed and demonstrated via hands-on activity.

All effective plans to work safely at heights include rescue and knowledge of “after the fall”. We will discuss the effects of the falls on the worker. In addition, various methods of rescue will be discussed and demonstrated.

From this safety at Heights awareness training, the attendee will gain detailed knowledge on the following:

- Review and gain working knowledge on the OSHA and ANSI standards related to safety at heights.
- Review and gain working knowledge of Fall prevention and related systems.
- Review and gain working knowledge of ABCs of fall protection including: Anchors, bodywear, connective devices, SRDs, HLLs, etc.
- Review and gain working knowledge of the importance of Rescue as part of your fall protection plan

**12:00 PM—1:00 PM LUNCH IN AUDITORIUM**

**4:00 PM PROFESSIONAL DEVELOPMENT COURSES END**

## Navigating the next two days of the conference:



**Construction**



**IH/Health/Wellness**



**Injury & Risk Reduction**



**Regulatory Compliance**



**Safety Culture & Leadership**

# WEDNESDAY— October 18, 2023

**7:00 AM REGISTRATION OPENS**

**8:00 AM OPENING KEYNOTE SPEAKER**



## **EM—YOUR SAFETY WHY— 5 WAYS TO CONNECT YOUR ORGANIZATION TO SAFETY**

*Maryann Hoff, Vice President of Loss Control & Safety Services—MEMIC*

In this session we'll discuss 5 different ways individuals and organizations are motivated and connected to safety: People; Compliance; Costs & Profitability; Productivity Innovation and Social Responsibility/Brand Reputation. We'll learn how to leverage these ways to drive your outcomes, support your goals, and gain insight into your organization's safety culture.

Learning Outcomes:

- Identify motivating factors for safety
- Understand how your organization connects to it's safety mission
- Discover ways to communicate about Safety to your organization

**9:00 AM BREAK / VENDOR HALL**

**9:30 AM KEYNOTE SPEAKER**



## **RISK CONDITIONING**

*Dave Madaras, CSP, CHST—President, Chesapeake Region Safety Council*

Risk Conditioning is a discussion covering the review of common safety terms such as risk, hazard, accident, safety and common sense. The discussion explains how we are conditioned to accept risk because of the disproportionate ratio of hazards to accidents. It summarizes how risk conditioned common sense can become a flawed sense. The presentation is reinforced with real life experience from combat, coaching, safety and delivered with humor and enthusiasm.

**10:30 AM BREAK / VENDOR HALL**

**11:00 AM BREAKOUT SESSIONS**



## **IMPROVING SAFETY WITH SIF (SIGNIFICANT INJURY & FATALITY)**

*Justin Ladd—Safety Manager, Power & Energy—Cianbro Corporation*

The types of events that cause Significant Injuries and Fatalities (SIF) are not the same type of events that cause less severe OSHA Recordable Injuries and DART cases. Help your frontline supervisors shift their focus from traditional safety thoughts and planning tools to a SIF focus. The SIF model will help specifically target High Energy Hazards that have the potential to cause SIF events. A SIF focus will help Supervisors, Crews, Safety Managers and Leaders identify High Energy Hazards through the use of easy-to-understand SIF Icons and assist individuals planning work activities to implement more Direct Controls, specifically targeting the SIF High Energy Hazards.



## **WHAT IS TOTAL WORKER HEALTH?**

*Luis F. Pieretti, PhD CIH CSP—Associate Professor, University of South Florida College of Public Health*

This presentation will introduce the participants to NIOSH Total Worker Health' framework.

After this presentation, attendees will be able to:

1. Understand some of the principles of NIOSH's Total Worker Health.
2. Recognize how Total Worker Health's framework has been used in the workplace.
3. Distinguish different resources available related to Total Worker Health.

# WEDNESDAY- October 18, 2023

## 11:00 AM BREAKOUT SESSIONS — CONTINUED



### DEVELOPING A PERSONAL AND HOME PROTECTION PLAN

Jason Beam, Director of EHS & Risk Management—CCB Health & Safety Services  
Steve Bedell, Chief Instructor—Zeroed-In Training

In this presentation, you will learn how to develop a personal and home protection plan that suits your needs and preferences. You will discover the benefits of having a protection plan, the factors to consider when creating one, and the steps to follow to implement it. You will also get some tips and resources on how to improve your protection skills and your situational awareness. Regardless of the protection methods you choose to implement, this presentation will help you make informed and confident decisions about your safety and your security.



### OSHA/BLS UPDATE

Brett Fortin—Compliance Assistance Specialist, US DOL-OSHA  
Steven Greeley—Director, Workplace Safety & Health Division—Maine Department of Labor—SafetyWorks!

Would you like an opportunity to hear about private and public sector enforcement activities as well as on-site consultation from the Maine Department of Labor—SafetyWorks! and OSHA?

This session will provide a great opportunity to ask questions and participate in a discussion with OSHA and Maine DOL/BLS SafetyWorks! Topics such as recent federal enforcement activities, emphasis programs, and OSHA's regulatory agenda will be discussed. Information on Maine's latest BLS data and consultation program including Voluntary Protection Programs will also be presented.



### SAFETY FOR MORE & BETTER ADVENTURES

Dave Madaras, CSP, CHST—President, Chesapeake Region Safety Council

Safety for More & Better Adventures is a discussion covering the various components of an organization's safety culture. The presentation uses a NSC pyramid graphic to explain how an organizational culture comes together. The presentation is supported with safety experiences, leadership quotes, coaching stories, and humor. This presentation will be delivered with energy and enthusiasm.

## 12:00 PM LUNCH, NETWORKING AND VENDOR TIME

## 1:30 PM BREAKOUT SESSIONS



### ARE WE OKAY?

Chris Lavee, Business Agent & Member Assistance Program Coordinator—Operating Engineers Local 825, NJ/Hudson Valley NY

This presentation will take you through a lived experience story from a construction worker who battled a mental illness. We will touch on substance misuse, mental health and suicide as it pertains to the construction industry. It will also give the attendee an understanding and resources to use and implement within their community. All with blending into a safety plan for your industry.



### EXPOSURE ASSESSMENT TOOLS FROM THE AMERICAN INDUSTRIAL HYGIENE ASSOCIATION: A REVIEW WITH EXAMPLES OF THEIR USE

Tom Armstrong, Principal Investigator—TWA8HR Occupational Hygiene Consulting, LLC

Software tools developed in the AIHA Exposure Assessment Strategies Committee provide ways to statistically evaluate data and evaluate occupational/consumer exposure scenarios. The tools are free and are regularly updated. Several are available in multiple languages. The main tools will be covered, with five shown with examples of their use. The workshop will familiarize the participants with the tools available, where to obtain copies, the purpose of each tool, the work-flow for their use, main data needs for use of the tools, their HELP files, and additional resources. These tools are available at: [bit.ly/3Q5jTbv](https://bit.ly/3Q5jTbv)





### **SERVANT LEADERSHIP: A BETTER SAFETY APPROACH**

*Tim McCarty, MSc, CSP, ARM, ALCM—Senior Vice President, Safety & Risk Consulting—Clark Insurance*

What is Servant Leadership  
How it positively impacts safety outcomes  
How to get started



### **CLIMATE IMPACTS ON OCCUPATIONAL SAFETY: NATURE, HEALTH, AND REGULATION**

*Scott Patrick Smith, Doctor—Tighe & Bond*

Using New England meteorological data as a framework, this session will review the elevated heat trends and their impacts on occupational safety and health. Specific areas of focus will include changes to weather systems, related impacts to occupational safety, fire, smoke and pollen risks, changes to along with expectations of OSHA standards, how to leverage ACGIH toolsets, and techniques to proactively manage heat risks.



### **EMPLOYEE TRAINING INNOVATIVE PRACTICES**

*Glen Hilt—Sr Project Manager, Training—Bath Iron Works*

*Kyle Green—Lead IRAD Engineering, Engineering—Bath Iron Works*

This class will cover the use of Virtual Reality (VR) as a training tool. Explore how Bath Iron Works is implementing VR to augment employee training in areas such as welding, safe work practices, and basic tool usage. As part of this session, there will be a tour of BIW's mobile training trailer to see VR in action.



### **FLAGGER AND WORKER SAFETY — WATCH OUT!!**

*Peter M. Coughlan, P.E.—Director, ME Local Roads Center—MaineDOT*

This session will concentrate on and emphasize the importance of flaggers and workers being aware of vehicles at all times while working on or near a roadway. Whether it's contractor or private vehicles, it's too easy to become complacent about working in the road day after day. Every week in Maine there is a crash(s) where drivers cross over centerlines or have head on crashes or just go off the road. Paying attention at all times is an easy way to ensure going home alive every night. With driver habits and distractions today, it's crucial to pay attention and have your head on a swivel ! This session should raise awareness for all and hopefully remind all workers that routinely working in the road has many risks.



### **BUILDING A SUCCESSFUL WORKPLACE HEALTH CENTER**

*Kathryn Morrison, Manager of Employer Solutions, PT, CEAS III—InterMed*

As the cost of medical care continues to rise, employers and employees are eager for creative solutions to address these rising costs. Can on-site and near-site workplace health clinics be the solution?

Learning outcomes of this course include:

- \*Understand the needs of a successful employee centered care center
- \*What makes a successful team
- \*Benefits and challenges of on-site Workplace Health clinics
- \*How to drive down costs for employers and employees
- \*Creative options for the future



### **SUBSTANCE MISUSE IN THE WORKPLACE**

*Barbara Brennan, CSP, SMS, CIT, CHST— Regional HSE Manager—Vortex Companies*



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Attendees will learn:

- What is substance misuse?
- The effects that drugs and alcohol have on the body and brain
- Safety concerns and risks associated with drugs and alcohol in the workplace
- Warning signs for substance misuse problems
- Testing policies
- Confidentiality of records
- Resources and programs

This presentation will provide attendees with a basic understanding of what substance misuse is and the workplace safety issues. Attendees will learn some warning signs of a substance misuse problem and constructive ways to respond.



### **WHAT YOU NEED TO KNOW ABOUT THE ANSI A92 STANDARD (BOOM LIFTS AND SCISSOR LIFTS)**

*Joe Gagne, Division Safety Trainer—United Rentals*

This breakout session will discuss the ANSI A92 standard and what the end user in the trades needs to know. Topics will include: Training requirements, new equipment design and safety features, safe work planning and rescue plans.



**Session to be presented by L.L. Bean ~ *More details to come***



# THURSDAY- October 19, 2023

## 8:00 AM OPENING KEYNOTE SPEAKER



### **SAFETY CULTURE— YES, EVERY DISCIPLINE AND EVERY LEVEL OF AN ORGANIZATION.**

*Donald L. Olesen PE, CSP, MBA—President and CEO—NuTera Safety Solutions, LLC*

We have long talked about a safety culture within an organization. Seldom does it actually exist. Is safety in need of its own culture or should it be incorporated into the very fiber of the business? This presentation will focus on what a culture is, who is needed to grow the culture, what are the components of an effective culture that will ultimately put the organization into a position of success. It will also focus on some of the tools needed to actually have safety incorporated into the overall business strategy/culture. This session is designed for all levels of an organization and will talk about the differing roles needed to build a successful culture.

## 9:00 AM BREAK / VENDOR HALL

## 9:30 AM BREAKOUT SESSIONS



### **THE WORKPLACE SHOULDN'T EAT IT'S YOUNG: KEEPING TEEN AND YOUNG ADULT WORKERS SAFE AT WORK.**

*Peter Koch, Safety Management Consultant—MEMIC*

The number of teens injured while working in Maine has more than doubled in the last 10 years, which may be linked to the number of youths entering the workforce. With the labor market extremely tight in New England and more young workers being hired, it is increasingly difficult for business to provide the additional guidance young adult and teen workers need to stay safe and make good decisions. This session will review teen and young adult injury trends, discuss causal factors, and offer workplace safety strategies for teens 14-17 years old and young adult workers 18-24 years old.



### **WHAT YOU NEED TO KNOW ABOUT INTEGRATING HEALTH & WELLNESS INTO YOUR SAFETY PROGRAM**

*Denise Dumont, PT—WorkStrategies Coordinator Maine & NH, Saco Bay Orthopedic & Sports Physical Therapy*

During this session, the safety professional will better understand and recognize the link between health, safety and wellbeing. The participant will learn how to build a strategy, look for ways to integrate efforts, choose interventions that educate and support behavior change, and impact the organizational culture.

After attending this session, participants will be able to:

- Understand the full-cost of employee poor health.
- Review the evidence and how poor health impacts safety/ worker's compensation injuries.
- Discover how aging impacts injuries and poor health.
- Learn how to build a strategic, best practice approach to health/wellbeing & safety.
- Produce measurable results.



### **DON'T BECOME A VICTIM**

*Steve Bedell, Chief Instructor—Zeroed-In Training*

Do you want to learn how to protect yourself and your loved ones from becoming victims of crime? Do you want to know what steps you can take to avoid dangerous situations and confrontations? This breakout session is an educational and interactive discussion that will help you improve your personal safety strategies and provide you with valuable information that you can apply in every area of your life.

# THURSDAY- October 19, 2023

## 9:30 AM BREAKOUT SESSIONS—CONTINUED



### **THE CONFINED SPACE RESCUE TIMELINE: WHY CALLING THE 911 IS NOT ENOUGH.**

*Jason Beam, Director of EHS & Risk Management—CCB Health & Safety Services*

Confined space rescue is a specialized and complex operation that requires specific training, equipment, and procedures. This presentation will introduce participants to critical awareness-level confined space rescue concepts including potential hazards, applicable regulatory performance standards, factors that impact rescuer success, and estimating realistic response and rescue times. Simply put, rescuing workers from confined spaces requires much more than dialing 911.



### **EMPOWERING ORGANIZATIONAL EXCELLENCE: UNLEASHING THE POTENTIAL OF CULTURAL INTERVENTION IN SAFETY AND PERFORMANCE**

*Nathan Boutwell, Business Unit Manager—Powerline Training Consultants*

This presentation delves into the transformative journey of organizational excellence through the lens of cultural intervention in safety and performance. By harnessing the visionary capacity of EHS professionals, we illuminate their role as architects of proactive change within organizations. As we explore the intricacies of safety culture and operational learning, we unravel the profound impacts of embracing risk-centric cultures and fostering a mindset shift from control to influence.

## 10:30 AM BREAK / VENDOR HALL

## 11:00 AM BREAKOUT SESSIONS



### **DID YOU FALL FOR IT?**

*Kelley Dyke, OSS—SafetyWorks!*

Calling all fall protection safety detectives. Sometimes we can trust the instructor so much that we just take their word for it. This class will be much different. The class will consist of many truths and many more errors in light of the fall protection standard. Be on alert to catch the lies or you will fall without protection!

Don't worry, there is a safety net in place if you fall. We will clear up the lies before you leave the class!

If you choose to come to this class, be prepared to participate.



### **HEAT AWARENESS IN CONSTRUCTION**

*Michele King, OSH Compliance Assistance Specialist—SafetyWorks!*

Every year, dozens of workers die and thousands more become ill while working in hot or humid conditions. This training will provide the tools to screen for heat hazards and the control measures to protect construction workers.

# THURSDAY- October 19, 2023

## 11:00 AM BREAKOUT SESSIONS—CONTINUED



### WHAT WE KNOW ABOUT MASS SHOOTERS

*Jason Beam, Director of EHS & Risk Management—CCB Health & Safety Services*  
*Steve Bedell, Chief Instructor—Zeroed-In Training*

This presentation will provide an overview of the mass shooter threat, including the different types of mass shooters, their motivations, and the warning signs that may indicate someone is planning a mass shooting. The presentation will also discuss strategies for preventing mass shootings and for responding to them if they occur.



### NAVIGATING THE SAFETY EQUATION: MERGING SAFETY, LEADERSHIP, AND ORGANIZATIONAL SUCCESS

*Nathan Boutwell, Business Unit Manager—Powerline Training Consultants*

This presentation delves into the intricate relationship between safety imperatives and leadership responsibilities, using the Merrimack Valley gas incident as a case study. We explore the challenges of harmonizing safety with other organizational goals, navigate leadership's pivotal role in decision-making, and discuss innovative safety paradigms like Human and Organizational Performance (HOP) and the 4I's framework. From communication strategies and long-term fitness approaches to anticipating human error, we delve into actionable strategies that EHS leaders can take to create a holistic safety culture. This session empowers attendees to drive meaningful change, foster candid communication, and ultimately, create a safer and more resilient organization.



### MAXIMIZE SAFETY WITH LESS STAFF USING LEAN PRACTICES

*Donald L. Olesen PE, CSP, MBA—President and CEO - NuTera Safety Solutions, LLC*

This discussion will focus on the principles of Lean Manufacturing / Lean Management to increase productivity, quality, and encourage employee retention. It will also focus on lean tools, strategies, and basic concepts that will assist companies in their efforts to contain costs by providing ways to do more with fewer employees due to the shortage of workers in our current environment.

## 12:00 PM LUNCH, NETWORKING AND VENDOR TIME

## 1:30 PM CLOSING KEYNOTE SPEAKER



### 5 PARABLES OF SAFETY LEADERSHIP

*Kelly Flagg, Executive Director—AGC Maine*

Have you ever heard a story and it simply sticks with you? Effective leaders and strong communicators often use stories to illustrate a point. Many times those stories are what is called a parable, which is by definition a short story that teaches a moral lesson. In this closing session, we will explore 5 parables and how they relate to safety leadership. Through this engaging and entertaining closing keynote, attendees will learn how to find or develop stories that assist in communicating important information in a memorable way.



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*NSC-NEC is a 501 (c)3 nonprofit organization.*

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**1-800-834-6472 [www.nscnne.org](http://www.nscnne.org)**

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Thank you to the volunteers of the Maine Conference Committee whose hard work and dedication make this annual event possible.

### 2023 MAINE CONFERENCE COMMITTEE

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**Jason S. Beam**  
Director of Environmental Health & Safety—CCB, Inc.

**Barbara Brennan, CSP, SMS, CIT, CHST**  
Regional HSE Manager—Vortex Services

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**Ted Clark, CLCS**  
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**Alexis Flink, MS, OHST, WCP, CSP**  
Loss Control Manager—MEMIC

**Jonathan Girard, ASP**  
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**Steven L. Greeley**  
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Workplace Safety & Health Division

**Justin Ladd, CUSP**  
Safety Manager, Power & Energy—CIANBRO Corporation

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**Beth Stowell**  
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**Thomas Sutherland**  
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**Robert M. Thomas**  
Manager, Loss Control Services—Maine Municipal Association  
Risk Management Services

**Steven Wilson**  
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**Darlene Harmon**— Customer Support, [darleneh@nscnne.org](mailto:darleneh@nscnne.org)

# REGISTERING FOR THE MAINE SAFETY & HEALTH CONFERENCE

3 EASY WAYS TO  
REGISTER ...

1. **Register online:** Visit [www.nscnne.org](http://www.nscnne.org)
2. **Register by e-mail:** Send your completed registration form to: [conferences@nscnne.org](mailto:conferences@nscnne.org)
3. **Register by mail:** Mail your completed registration form with payment to:  
NSC-NEC, 2 Whitney Rd, Suite. 11, Concord, NH 03301

## EARLY BIRD REGISTRATION DISCOUNT

NSC-NEC is pleased to offer a discounted registration price available if we receive your *PAID* registration on or before **September 8, 2023**. When completing the registration form, if you are unsure of all of the employees' names who will be attending but still want to take advantage of the early bird discount, simply indicate how many slots you would like us to hold for your company. We must have the names of the attendees no later than **September 29, 2023**.

## GROUP REGISTRATION DISCOUNT

For every 5 people registered, the 6th attends for **FREE!**

## HOTEL ACCOMODATIONS

Hotel reservations must be made separately from your conference registration. Visit [nscnne.org/me-conf-hotels](http://nscnne.org/me-conf-hotels) for more information. Be sure to reserve your room by the listed dates to receive the discounted pricing for conference guests.

- Best Western Plus: (207) 622-4751—Conference rate: \$129/night plus tax (**Reserve by Oct. 1, 2023**)
- Fairfield by Marriott: (207) 623-2200—Conference rate: \$98/night plus tax (**Reserve by Oct. 2, 2023**)
- Maine Evergreen Hotel: (207) 622-3776—Conference rate: \$129/night plus tax (**Reserve by Sept. 25, 2023**)

## NSC MEMBER DISCOUNTED RATES

### Early Bird paid on or before September 8, 2023

PDC	(Tues only)	\$185
1 Day	(Wed or Thurs)	\$200
2 Days	(Both Wed & Thurs)	\$300
3 Days	(Tues, Wed, & Thurs)	\$435

### Paid after September 8, 2023

PDC	(Tues only)	\$215
1 Day	(Wed or Thurs)	\$230
2 Days	(Both Wed & Thurs)	\$350
3 Days	(Tues, Wed, & Thurs)	\$515

## NON-MEMBER RATES

### Early Bird paid on or before September 8, 2023

PDC	(Tues only)	\$225
1 Day	(Wed or Thurs)	\$230
2 Days	(Both Wed & Thurs)	\$350
3 Days	(Tues, Wed, & Thurs)	\$525

### Paid after September 8, 2023

PDC	(Tues only)	\$250
1 Day	(Wed or Thurs)	\$255
2 Days	(Both Wed & Thurs)	\$400
3 Days	(Tues, Wed, & Thurs)	\$600

Questions? Contact NSC-NEC at

[conferences@nscnne.org](mailto:conferences@nscnne.org) 1-888-396-2047

## BECOME A NSC MEMBER!

[nscnne.org/membership](http://nscnne.org/membership)

## CANCELLATION REFUNDS

If you need to cancel your conference registration, you must do so prior to **October 6, 2023**, and you will receive a 100% refund. No refunds will be issued after **October 6, 2023**, due to marketing and administrative costs incurred. If you need to cancel, we must have it in writing, emailed to [conferences@nscnne.org](mailto:conferences@nscnne.org)

## 2023 Maine Safety & Health Conference Registration Form

Company Name:

Address:

Contact Person:

Email:

Phone:

### NSC MEMBER DISCOUNTED RATES

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2 Days	(Both Wed & Thurs)	\$350
3 Days	(Tues, Wed, & Thurs)	\$525

#### Paid after September 8, 2023

PDC	(Tues only)	\$250
1 Day	(Wed or Thurs)	\$255
2 Days	(Both Wed & Thurs)	\$400
3 Days	(Tues, Wed, & Thurs)	\$600

### Please complete the following information:

	Attendee Name	Attendee Email	Wed. Only	Thurs. Only	Wed. & Thurs.	Amount
1.						
2.						
3.						
4.						
5.						
6. *						\$0 <sup>(6/5)</sup>

For every 5 people registered, the 6th attends for FREE!

*\*The 6th Attendee's registration must be of equal or lesser value than the other registered attendees.*

PDC Total:

Conference Total:

Total to be charged:

Card No:

Expiration Date:

Security Code:

Name on card:

Signature:



Top 3 Reasons  
to Join NSC...

# MEMBERS GET MORE!



NSC Member Benefits include exclusive  
Discounts, Access to Resources, Trainings and  
So Much More!

## 1 Enjoy Discounts

- Save up to 30% on online, classroom and certification trainings.
- Discounted Registration for your local Maine and New Hampshire Safety & Health Conferences as well as the annual NSC Congress and Expo.
- Discounts on NSC products, publications and training materials

## 2 Access the Latest in Safety Information

- 24/7 Access to nsc.org member exclusive resources, where you will find downloadable safety talks, PowerPoint presentations, posters, and the latest information and up-to-date resources.
- Membership News Alert: Top-rated safety news delivered to your inbox every week
- Safety + Health monthly magazine, a \$67 value, available to your safety and management teams.
- *OSHA Up To Date* or *Traffic Safety* monthly newsletters
- Safety motivation and Recognition awards

## 3 Take Advantage of Learning Opportunities

- Safety Audio Library with more than 200 recorded seminars
- Unlimited Pod casts
- More than 50 downloadable Safety Webinars
- Live NSC Safety Webinar (a \$119 value)
- FREE use of the NSC Knowledge Center– Let us do the research for you!
- Industry– Specific Division networking Groups and Benchmarking Opportunities

Our award-winning  
Instructors can provide training  
at **Our site, Your site or Online!**

NUMBER OF EMPLOYEES	ONE YEAR	TWO YEARS	THREE YEARS
1-49	\$499	\$898	\$1,272
50-100	\$549	\$988	\$1,400
101-500	\$849	\$1,528	\$2,165
501-1,000	\$1,399	\$2,518	\$3,567
1,001-5,000	\$2,899	\$5,218	\$7,392
5,001-10,000	\$7,999	\$14,399	\$20,397
10,001-20,000	\$15,999	\$28,799	N/A
Over 20,000	\$24,999	\$44,998	N/A

[nnsnne.org/membership](https://nnsnne.org/membership)

1-800-834-6472

# **SAVE the DATES**

Learn more about our other upcoming  
Safety & Health Conferences at  
**[nscnne.org/conferences](https://nscnne.org/conferences)**

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## **53rd Annual New Hampshire Safety & Health Conference**

May 21 & 22, 2024

DoubleTree by Hilton Manchester Downtown  
Manchester, NH



## **NSC Safety Congress and Expo**

**New Orleans, LA - 2023**

Professional Development Seminars: October 20-22 and 25-26  
Congress & Expo: October 23-25

*Please* **Join us for the 2023  
Maine Safety and Health Conference!**

This annual conference in the beautiful state of Maine will help you navigate the future of safety and wellness. Featuring motivating keynote speakers, a wide variety of different breakout sessions on timely safety and health topics, a huge vendor hall with the latest in safety products and services, unlimited networking opportunities, and available CEUs!

**October 17-19, 2023**

**Augusta Civic Center - Augusta, ME**

**Pre-Conference  
Professional Development Classes**

**Tentative Topics to Include:**

- Fundamentals of Air Sampling with Emphasis to Respirable Crystalline Silica
- Mental Health First Aid
- NFPA
- Fall Protection—Awareness and Competent Person

**Full Vendor Hall**

**Featuring the latest Safety Products and Services**

**Register Today!**

**[nscnne.org/conference-me](https://nscnne.org/conference-me)**



**Breakout Sessions**

**Addressing the challenges & trends in Workplace Safety**

**Session Tracks to Include:**

- Construction
- IH/Health/Wellness
- Injury & Risk Reduction
- Regulatory Compliance
- Safety Culture & Leadership

**C.E.U.'s Available!**

