

The 53<sup>rd</sup> Annual

# NEW HAMPSHIRE SAFETY & HEALTH CONFERENCE



May 21 & 22, 2024

DoubleTree by Hilton Manchester Downtown

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# Join us!

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

May 21 & 22, 2024

DoubleTree by Hilton Manchester Downtown — Manchester, NH

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### Hi there!

The name's Stan Down but you can call me "Safety Stan". I'll be here to help you navigate the conference, take pictures with you in the lobby, and help you to win some vendor prizes.

I'd love to interact with you on social media! Use [#safetystan2024](#) to share your conference photos, and don't forget to follow NSC-NEC on LinkedIn and Facebook. Search for *National Safety Council—New England Chapter* and give us a "like"!

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### Navigating the conference breakout sessions:



Workplace Safety Compliance



Home & Community



Roadway Safety



Wellness 24/7

# TUESDAY – May 21, 2024

7:00 AM REGISTRATION OPENS

7:30 AM BREAKFAST IN ARMORY BALLROOM

8:00 AM OPENING & KEYNOTE



PEMIGEWASSET ROOM



Tim McCarty

## TRANSFORMING YOUR SAFETY JOURNEY WITH SERVANT LEADERSHIP

Tim McCarty—Senior Vice President, Safety & Risk Consulting—Clark Insurance, a Marsh & McLennan Agency Company

Servant Leadership has the potential to be transformative as a powerful approach in the workplace that can lead to significantly better safety results as well as many other benefits. Tim will share how you can use this proven approach not just in your work life but also your family and any other organization to unlock the great potential that is waiting to be tapped.

9:00 AM NETWORKING BREAK

9:30 AM BREAKOUT SESSIONS

PEMIGEWASSET ROOM



## IT'S NOT A HEALTH AND SAFETY ISSUE; IT'S THE PEOPLE.

Scott H. Lawson, MS, CIH—President, The Lawson Group

Everyone assumes that Health and Safety Issues are a matter of safety engineering or industrial hygiene. The fact of the matter it is generally a people issue and not a health and safety issue. Join this session to learn more!

MERRIMACK ROOM



## ELECTRICAL HAZARD AWARENESS FOR THE TRANSMISSION & DISTRIBUTION SYSTEMS

Andrew Ouellette, Lead Safety Advisor— Eversource Energy

This program will provide the attendee with a general overview of the Electrical Transmission & Distribution systems and the related hazards to contractors working nearby and to the general public. Basic system equipment operation summaries and construction types will be provided to help the attendee better understand how the system works and how to avoid any potential hazards.

PISCATAQUOG ROOM



## SPEED LIMITS

Bill Lambert, Highway Safety/Active Transportation Administrator—New Hampshire DOT

Speed, speeding, and speed limits are terms often used interchangeably; however, they can mean very different things based on context. This presentation aims to take some of the mystery out of speed limits and speed limit setting, along with a discussion of other highway elements that are determined based on highway speeds.

# TUESDAY - May 21, 2024

## 9:30 AM BREAKOUT SESSIONS — CONTINUED

CONTOOCOOK ROOM



### IT'S OKAY TO NOT BE OKAY. LET'S TALK ABOUT WORKPLACE MENTAL HEALTH AWARENESS AND SUICIDE PREVENTION

Jennifer L. Landon, M.Ed.—VP, Education & Workforce Development—Associated Builders & Contractors NH/VT

Gone are the days that we can tell employees to “leave your troubles at the door.” Workplace mental health and wellbeing is gaining traction, yet there is much more work to do. Did you know:

- 1 in 5 adults experience mental illness each year
- Suicide rates for 2023 were at an all-time high for the US
- Suicide in construction is 4-5 times higher than the general public

During this session, we will:

- Discuss the difference between mental health challenge vs mental illness
- Uncover myths about suicide
- Discuss why suicide is so prevalent in the construction and extraction sector
- Identify warning signs
- Learn about available resources

Note: This is not a suicide prevention training. Topics covered are meant to increase awareness, sensitivity and comfort level when talking about mental health and suicide.

## 10:30 AM BREAK / VENDOR HALL OPENS

## 11:00 AM BREAKOUT SESSIONS

CONTOOCOOK ROOM



### THE EVOLUTION OF HEAD PROTECTION IN THE US

Cesar Ahumada, New England Sales Manager—Sales Solutions, Inc.

- Recognize the safety performance differences between helmets and traditional hard hats
- Understand rotational impact and Kask's WG11 testing parameters
- Learn about the EN12492 helmet standard and the differences with the current ANSI Z89 standard
- Discuss the upcoming updates to ANSI Z89

PEMIGEWASSET ROOM



### AN OVERVIEW OF OSHA'S WHISTLEBLOWER PROTECTION PROGRAM

Kristen Rubino, Assistant Regional Administrator—Whistleblower Protection Program—Region 1, OSHA  
Philip Parisi, Whistleblower Investigator—OSHA

The presentation will provide a general overview of the Whistleblower Protection Program's enforcement protections for employees who suffer retaliation for engaging in protected activities under 25 federal laws.

# TUESDAY – May 21, 2024

11:00 AM BREAKOUT SESSIONS — CONTINUED

MERRIMACK ROOM



## GET INTO GEAR— PRACTICAL STRATEGIES TO MANAGE DRIVER SAFETY

Adam Levesque, MBA, CSP, WCP® - *Safety Management Consultant, MEMIC*

John DeRoia, OHST, WACH, WCP® - *Safety Management Consultant, MEMIC*

It's time to sit down, buckle-up and get ready for a ride! Regardless of what you drive, no matter if it's for business or personal use, the truth is, driving is serious business. Operating a motor vehicle is likely the most hazardous activity any of us perform each day, yet most of us receive little formal training on the topic after receiving our license. In this session we will investigate the current state and causal factors of automobile injuries, understand how operator equipment and behavior impact driver performance, and understand the physiological limitations of the human body through various activities. The goal of this session is to provide participants with practical strategies to systemically manage over the road exposures and prevent injuries whenever you are on the road.

PISCATAQUOG ROOM



## EARLY UTILIZATION OF THERAPY LEADING TO REDUCED WORKER'S COMPENSATION

Denise Dumont, PT—*WorkStrategies® Coordinator . ME/NH—Saco Bay Orthopedic & Sports Physical Therapy/Select Medical*

The majority of worker's compensation injuries involve musculoskeletal sprains and strains. Physical and occupational therapists are experts at understanding movement, biomechanics and how the body functions, and have the manual skills and treatment tools to help with pain control and restoring function, but yet, all too often, referrals to therapy are delayed. This is much evidence to show that earlier utilization of therapy can help alleviate fears for injured workers, treat acute pain, and restore movement health. In this session we will:

1. Review benefits of early utilization of physical and occupational therapy for musculoskeletal injury assessment, treatment and/or triage
2. Introduce Modern Pain Movement and Biopsychosocial model
3. Review research on spinal imaging
4. Compare outcomes with surgery and medicine vs. PT
5. Review research studies supporting early PT and OT
6. Explore effective utilization management to drive better RTW outcomes.

12:00 PM LUNCH, NETWORKING AND VENDOR TIME

1:00 PM LUNCH PRESENTATION

ARMORY BALLROOM

## CONVERSATION WITH OSHA

Jeffrey Erskine, *Deputy Regional Administrator—OSHA, Region 1*



***Session Information Coming Soon!***

CONTOOCOOK ROOM

MERRIMACK ROOM



### **SAFETY OUTSIDE: HEAT & COLD STRESSORS**

Otto Rusch, *Senior Health & Safety Manager—Sanborn Head & Associates, Inc.*

**Sponsored By:**



This breakout session is designed to increase awareness of those heat and cold stressors we are all occasionally exposed to whether at work, home, or play.

By the end of this session, participants are expected to take away the key risk factors of heat and cold stress. Understand the potential injury or illness associated with exposure to heat and cold stressors. Obtain the knowledge necessary to protect yourself (and others) from over-exposure to heat or cold, while at work or play.

PISCATAQUOG ROOM



### **SHIFTING THE RISKY MIND: EMPLOYEE COMPLACENCY WITH ROADWAY RISK**

Latifah Tyler, MS, LAT, ATC—*Lead Occupational Health Technician, Onsite Innovations*

Addressing the behavior trends associated with roadway risk and injuries. How you can get employees to understand the risks and change their behaviors. We will also outline what steps the company can take to create a safer environment.

PEMIGEWASSET ROOM



### **NAVIGATING MENTAL HEALTH CONVERSATIONS IN THE WORKPLACE**

Jaime Corwin, *Vice President of Human Resources—Riverbend Community Mental Health*

This session will provide an overview of navigating various kinds of mental health-related topics that arise in the workplace. These topics will vary between time off/FMLA situations to performance issues to potential workplace disruptions. We'll also talk about Mental Health First Aid which is a day-long class that can be taken in person, virtually, or in a hybrid model and results in certification after completion. Mental Health First Aid can be offered at businesses, community groups, faith-based organizations or for any other group of people who are interested in learning the information.

Learning objectives:

- Gain understanding around mental health related reasons for leaves of absence, communication tips for employees experiencing this, and tips for facilitating the paperwork.
- Gain understanding of what symptoms of mental distress and/or substance use may look like and how that could look in the workplace.
- Learn tips for addressing performance or other work-related challenges from a person-centered, mental health minded approach.
- Understand the basic components of Mental Health First Aid which is fully taught in the day-long course and how to pursue this opportunity.
- Learn about local and national resources for mental health and/or substance use challenges.

# TUESDAY - May 21, 2024

2:30 PM BREAK / VENDOR HALL—DESSERT SERVED IN ARMORY BALLROOM

3:00 PM BREAKOUT SESSIONS



## OVERHEAD CRANE INSPECTION

Jay Sturm, *President—Cranes 101*

CONTOOCOOK ROOM

We'll go through the steps that a 3rd party inspector follows during an inspection.



## HUMAN AND ORGANIZATIONAL PERFORMANCE (HOP), SERIOUS INJURY AND FATALITY (SIF) PREVENTION, AND LEARNING TEAMS

Jenny Keene—*Safety Analyst, Human and Organizational Performance (HOP) - Eversource*

MERRIMACK ROOM

This interactive presentation will cover the “new view” of safety, otherwise known as Human and Organizational Performance (HOP). The agenda for this presentation includes:

- The “old” vs. “new” view of safety
- What is HOP?
- What are the five principles of HOP?
- Serious Injury and Fatality (SIF)
- Learning Teams
- Tips on how to incorporate HOP into your safety culture



## MAXIMIZING USE OF TECHNOLOGY TO IMPROVE ON ROAD SAFETY PERFORMANCE

Amy Stewart, *CSP - Health and Safety Director, UPS*

PISCATAQUOG ROOM

Understanding how to utilize technology, forward facing cameras and telematics, to increase driver risk awareness to improve on road safety performance.

We will share how we transform our on road management team into coaches of on road safety performance utilizing events obtained from our drivers actions on road.



## LET'S TALK ERGONOMICS...WHAT POSITION ARE YOUR WORKERS IN?

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

PEMIGEWASSET ROOM

Is there an Ergonomic OSHA Standard? Are there other laws that dictate the application of good Ergonomic principles? This session will discuss those issues as well as will provide an overview of the science of Ergonomics and its practical application. It will discuss Ergonomic successes, failures, pitfalls, and some general best practices. Tools, apparatus, workstations, etc. will also be discussed.



# WEDNESDAY - May 22, 2024

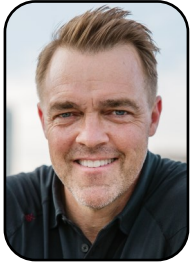
7:00 AM REGISTRATION OPENS

7:30 AM BREAKFAST IN ARMORY BALLROOM

8:00 AM OPENING & KEYNOTE



PEMIGEWASSET ROOM



Cory Linton

## A.I. SOLUTIONS IN RISK & SAFETY

Cory Linton, *Founder/CEO—Mojo AI*

Nick Kakasenko, *Vice President of Safety—Sterling Construction*

Attendees will get a first-hand look at conversational A.I. solutions in risk & safety today. Cory Linton, alongside close partner of Mojo A.I., Nick Kakasenko, will demonstrate the practical use and efficiencies of A.I. can streamline reports, forms, documents, audits, etc.



Nick Kakasenko

9:00 AM BREAK / VENDOR HALL

9:30 AM BREAKOUT SESSIONS

PEMIGEWASSET ROOM



## OSHA UPDATE

Joseph LaRose, *Area Director—US DOL/OSHA*

Review Region 1 OSHA's new initiatives and programs.

Sponsored By:



MERRIMACK ROOM



## DEMYSTIFYING YOUR EMR

Kelly Pina, *CSP, CHSM, OHST—Health and Safety Program Manager, VHB*

Many people view a company's EMR as a proxy for its health and safety record, which can unfairly punish companies in the procurement process. A high EMR, however, often has nothing to do with a company's health and safety record. Indeed, there is a lot of mystery behind the calculation of the score and its intended purpose. This session will provide an in depth understanding of the elusive EMR and provide techniques to help you manage it. Don't let your EMR impact your ability to get work or disqualify you from projects. Participants will learn what factors are driving their score and what it means and will get recommendations on how to improve the score and their company's safety culture. Don't let your score hold you back. By the end of this presentation, you'll learn everything you need to know about an EMR.

# WEDNESDAY - May 22, 2024

## 9:30 AM BREAKOUT SESSIONS—CONTINUED



### USDOT UPDATES

Steve Piwowarski, *Division Administrator—USDOT FMCSA*

CONTOOCOOK ROOM

This session will cover updates in the areas of Controlled Substances and Alcohol testing, the Drug and Alcohol Clearing House, the Medical Certification Program, and reminders regarding ELD's and the Entry Level Driver Training Program.



### IMPORTANCE OF INDUSTRIAL HYGIENE EXPOSURE ASSESSMENTS

Susan Reynolds, *Senior Consultant—Colden Corporation*

Awadh Kulkarni, *Project Manager—Colden Corporation*

PISCATAQUOG ROOM

A comprehensive industrial hygiene exposure assessment is a fundamental component of occupational health and safety management, playing a vital role in identifying, quantifying, and managing workplace hazards to protect workers' health, ensure regulatory compliance, and promote a safe and productive work environment.

Colden will discuss key components of Industrial Hygiene exposure assessment program, such as

- Qualitative risk assessment strategies and benefits
- Using qualitative risk assessment results in the development of an IH Sampling Plan
- IH Sampling Plan execution strategies
- Prioritization of control measures
- Regulatory compliance considerations.

## 10:30 AM BREAK / VENDOR HALL

## 11:00 AM BREAKOUT SESSIONS



### SAFETY AT HEIGHTS—INNOVATIVE SOLUTIONS TO ANSI Z359 THE WHAT, THE HOW, AND THE WHY?

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

PEMIGEWASSET ROOM

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 provide an overview of these standards and recent updates to them.

An effective fall protection/prevention plan in the industrial and construction gets to the basics of any activity. We will discuss recent innovations in fall prevention, fall protection, and fall rescue systems in accordance with ANSI Z359.

From this presentation, the attendee will gain detailed knowledge on the following:

- Review and gain a working knowledge on the recent changes in OSHA and ANSI standards related to safety at heights.
- Review and gain working knowledge of innovations in Fall prevention and related systems.
- Review and gain working knowledge of innovations in the ABCs of fall protection including: Anchors, bodywear, connective devices, SRDs, HLLs, etc.



### PREPARING FOR AN OSHA INSPECTION

James F. Laboe, *Attorney—Orr & Reno, P.A.*

This presentation will teach you how to successfully manage an OSHA inspection thereby reducing your exposure to OSHA citations as well as downstream liability (e.g. third party lawsuits, criminal exposure, repeat citations, undermine competitive bidding process, etc.). The presentation will contain real-world examples from actual OSHA inspections.



### TRUE COST OF ACCIDENTS

Ron Quattrochi, *Sr. Loss Control Consultant—Acadia Insurance*

True Cost is aimed to create awareness of costs associated with motor vehicle accidents and the benefits of developing and running a formal fleet safety effort.

Take aways include:

- What is Fleet Safety
- Accident Trends
- Building a Safety Program
- Traditional Safety v. Today
- Acadia 8-Common Driver Errors
- Useful Driving Techniques when out on the Road
- Fleet Safety Technology Telematics



### WORKPLACE VIOLENCE

Ben Osha—*Director, Workforce and Education—Associated General Contractors of Vermont*

Key topics to be covered include:

- Recognizing early signs of potential violence
- Identifying possible threats within our jobsite/workplace
- De-escalation techniques for diffusing tense situations
- Implementing workplace policies and procedures to prevent violence
- Providing support resources for employees affected by workplace violence

**WEDNESDAY - May 22, 2024**

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

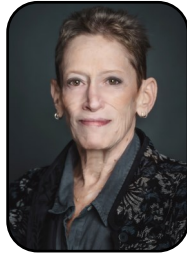
**1:00 PM CLOSING PANEL DISCUSSION**

PEMIGEWASSET ROOM

**EMPLOYEE SAFETY... IT STARTS WITH THE JOB OFFER: EMPLOYER, WORKERS' COMPENSATION, AND MEDICAL PROVIDER PERSPECTIVES FOR SUCCESS**



**Melissa Bowler**  
*Senior Loss Control Consultant*  
*The Lawson Group*



**Jordan Graustark, PA-C, MHP**  
*Clinical Manager, Concord Center*  
*Concentra*



**Bob Reynolds**  
*Safety Manager*  
*Amoskeag Beverages, LLC*



**Jane Sullivan-Durand MD**  
*Director, Medical Operations Maine-NNE*  
*Concentra*

Panelists will review Proactive Hiring Measures, Post-Offer/Pre-Placement Physicals, NH's Second Injury Fund, Workers' Compensation Claims, Return to Work, NH's Job Modification Program, Medical Outcomes, and the importance of communication between all parties for the best employee/employer outcome.

1. Understand the benefits of maintaining a close working relationship with a specific Occupational Medicine practice to facilitate familiarity with the workplace, job descriptions and physical demands of each position.
2. Recognize the importance of facility tours to gain a better understanding of work demands, environment and equipment.
3. Enhanced ability to make educated determinations of fitness for duty during post-offer/preplacement medical evaluations and return-to-work assessments.
4. Appreciate the value of close communication with employers during worker's compensation injury claims to maintain transparency, arrange work assignments, and facilitate injured workers' progress while avoiding unnecessary time away from work.

Giving advantages of working with a dedicated/preferred medical provider when it comes to Pre-employment testing, Workers Comp injury treatment.



**NSC Safety Congress and Expo**  
**Orlando, FL - 2024**

Professional Development Seminars: September 13-15 and 18-19  
Congress & Expo: September 16-18



# making our world safer®

Saving lives by preventing injuries and deaths at work, in homes and communities, and on the roads through leadership, research, education and advocacy.

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National Safety Council - New England Chapter  
2 Whitney Road, Suite 11, Concord, NH 03301  
1-800-834-6472 [www.nscnec.org](http://www.nscnec.org)

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

## 2024 NEW HAMPSHIRE CONFERENCE COMMITTEE

**Matthew Anderson**

EHS Specialist Lvl 3—*Lonza*

**Melissa B. Bowler, B.S.**

Senior Loss Control Consultant—*The Lawson Group*

**Tyler Halstead, ARM, CLCS**

Account Executive—*The Rowley Agency, Inc.*

**Michael Hamilton**

EHS Coordinator, Plant Services Department—Astro Division—*New Hampshire Ball Bearings, Inc. (NHBB)—MinebeaMitsumi Group*

**Joseph LaRose Sr.**

Area Director —*U.S. Department of Labor-OSHA*

**Peter Noddin CSP OHST**

Safety and Health Manager—*Monadnock Paper Mills Inc.*

**Richard Paradie**

EHS Manager—*Liberty Utilities (New Hampshire)*

**Herb Parkhurst, P.E.**

Plant Services Manager—Astro Division—*New Hampshire Ball Bearings, Inc. (NHBB) MinebeaMitsumi Group*

**Jeff Perkins, CHST**

Safety & Risk Consultant—*Clark Insurance | MarshMcLennan Agency*

**Bob Reynolds**

Safety Manager—*Amoskeag Beverages*

**Otto W. Rusch III, CIH, CSP**

Senior Health & Safety Manager—*Sanborn | Head & Associates, Inc.*

**Christopher Stock**

Manager—Safety—NH Electric Operations—*Eversource Energy*

### NSC-NEC STAFF

**David Henderson** - Executive Director, [davidh@nscnec.org](mailto:davidh@nscnec.org)

**Stephanie Dane** – Office Manager, [stephd@nscnec.org](mailto:stephd@nscnec.org)

**Aimee Quier** – Program Coordinator, [aimee@nscnec.org](mailto:aimee@nscnec.org)

**Darlene Harmon** – Customer Support, [darleneh@nscnec.org](mailto:darleneh@nscnec.org)

# REGISTERING FOR THE NEW HAMPSHIRE SAFETY & HEALTH CONFERENCE

3 EASY WAYS TO REGISTER ...

1. **Register online:** Visit [www.nscnec.org/nh-conference](http://www.nscnec.org/nh-conference)
2. **Register by e-mail:** Send your completed registration form to: [conferences@nscnec.org](mailto:conferences@nscnec.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 **April 19, 2024**. 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 **May 10, 2024**.

## 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 [nscnec.org/nh-conf-hotels](http://nscnec.org/nh-conf-hotels) for more information and to book online. Be sure to reserve your room by **April 29, 2024** to receive the discounted pricing for conference guests.

- DoubleTree by Hilton Manchester Downtown:  
700 Elm Street, Manchester, NH 03101  
(603) 625-1000  
*Conference rates from \$154/night plus tax*

### NSC MEMBER DISCOUNTED RATES

Early Bird paid on or before April 19, 2024		
1 Day	(Tues or Wed)	\$200
2 Days	(Both Tues & Wed)	\$300
Paid after April 19, 2024		
1 Day	(Tues or Wed)	\$230
2 Days	(Both Tues & Wed)	\$350

### NON-MEMBER RATES

Early Bird paid on or before April 19, 2024		
1 Day	(Tues or Wed)	\$230
2 Days	(Both Tues & Wed)	\$350
Paid after April 19, 2024		
1 Day	(Tues or Wed)	\$255
2 Days	(Both Tues & Wed)	\$400

Questions? Contact NSC-NEC at  
[conferences@nscnec.org](mailto:conferences@nscnec.org) 1-888-396-2047

## BECOME AN NSC MEMBER!

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

## CANCELLATION REFUNDS

If you need to cancel your conference registration, you must do so prior to **May 10, 2024** and you will receive a 100% refund. No refunds will be issued after **May 10, 2024** due to marketing and administrative costs incurred. If you need to cancel, we must have it in writing, emailed to [conferences@nscnec.org](mailto:conferences@nscnec.org)

# 2024 NH Safety & Health Conference Registration Form

Company Name:
Address:
Contact Person:
Email:
Phone:

### NSC MEMBER DISCOUNTED RATES

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### Please complete the following information:

	Attendee Name	Attendee Email	Tues. Only	Wed. Only	Tues.& Wed.	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.*

**Total to be charged:**

Card No:	
Expiration Date:	Security Code:
Name on card:	Signature:

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# MEMBERS GET MORE!



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## 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.
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- 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)
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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



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**[nscnec.org/conferences](https://nscnec.org/conferences)**

**97th Annual  
Maine Safety & Health Conference**



October 15-17, 2024  
Augusta Civic Center  
Augusta, ME

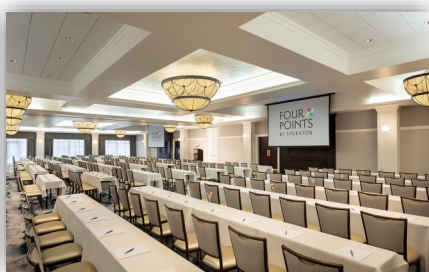


**Greater Massachusetts  
Safety & Health Conference**



April 2 & 3, 2025

Four Points by Sheraton Norwood  
Norwood, MA



Please

# Join us for the 2024 NH Safety and Health Conference!

This annual conference will help you navigate the future of safety and wellness - on the job, on our roadways, and at home. Featuring motivating keynote speakers, a wide variety of breakout sessions on timely safety and health topics, a large vendor hall with the latest in safety products and services, unlimited networking opportunities, and available CEUs!

## May 21 & 22, 2023

### DoubleTree by Hilton Manchester Downtown Manchester, NH

#### Breakout Sessions

Addressing Safety and Wellness On and Off the Job  
*Session Tracks to Include:*

- Workplace Safety Compliance
  - Home & Community
  - Roadway Safety
  - Wellness 24/7

#### Full Vendor Hall

Featuring the Latest Safety Products and Services

C.E.U.'s Available!

Register Today!

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