

SEPT  
**YOUNES**  
**CENTER** 28<sup>TH</sup>  
KEARNEY  
NEBRASKA

**YOU'RE INVITED**

“**GET  
IN THE  
GAME**”  
2017

**15<sup>TH</sup> ANNUAL SAFETY & WELLNESS CONFERENCE**

▼  
MORE INFORMATION [WWW.GPSHO.ORG](http://WWW.GPSHO.ORG)







# THE GREATEST SAFETY & WELLNESS GAMES IN THE STATE!



## WELCOME RECEPTION

SEPTEMBER 27<sup>TH</sup> | 6:00-8:00 PM

CUNNINGHAM'S JOURNAL BAR & GRILL | UPSTAIRS IN THE LOFT | 15 W. 23<sup>RD</sup> ST.

Join us for the pre-party at Cunningham's in Downtown Kearney. We'll provide the food, fun conversation and something to drink. No need to RSVP – just join us when you can and stay for as long as you'd like.

This is a great opportunity for some casual networking in a relaxing environment.



## KEYNOTE SPEAKER

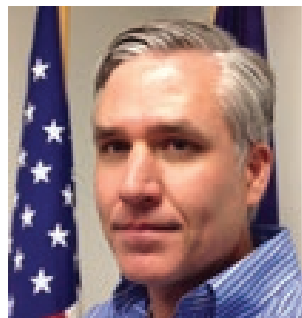
TIM GARD, CSP, CPAE | SEPTEMBER 28<sup>TH</sup> | 8:15-9:30 AM

Gard is a tears-in-your-eyes funny keynote speaker who teaches people to be more resilient and resourceful, and coaches businesses on how to enhance productivity and employee enthusiasm. During his presentation Tim will show participants how to enhance productivity and employee enthusiasm by using humor based stress diffusion tactics. Tim provides an unforgettable experience that improves the quality of interactions. At the same time, he's instilling an enthusiasm for non-malicious mischief that no one should live without!



## INVITED GUEST

MIKE FOLEY  
LT. GOVERNOR  
STATE OF NEBRASKA



## SPECIAL GUEST

JEFF FUNKE  
AREA DIRECTOR  
OSHA®  
DEPARTMENT OF LABOR

## AGENDA



**7:00-8:00 AM**

### REGISTRATION

**7:30-8:15 AM**

### OPEN EXHIBITS

Vendors offering a variety of products and services will be available throughout the conference. Be sure to play the game to win a prize.

Interested in being an exhibitor or sponsor? Call 308-865-8258, email [gpscho@unk.edu](mailto:gpscho@unk.edu) or visit [gpscho.org](http://gpscho.org) to request information.

**8:15-9:30 AM**

### WELCOME/KEYNOTE

9:30-10:00 AM

Break/Open Exhibits

10:00-10:50 AM

Breakout Sessions

10:50-11:10 AM

Break

11:10-12:00 PM

Breakout Sessions

**12:00-1:00 PM**

### AWARDS LUNCHEON

Companies and schools throughout Nebraska will be recognized for excellence in Safety and Worksite Wellness. Lt. Governor Mike Foley has been invited to present awards to the winners.

1:00-1:30 PM

Break/Open Exhibits

1:30-2:20 PM

Breakout Sessions

**1:30 PM**

### MARS ANNUAL CONTRACTOR MEETING

**1:30 PM**

### EHA WELLNESS MEETING

2:20-2:40 PM

Break

**2:40-3:30 PM**

### KAAPA CONTRACTOR MEETING

2:40-3:30 PM

Breakout Sessions

**3:30-4:30 PM**

### 15<sup>TH</sup> ANNUAL CELEBRATION

## 15<sup>TH</sup> ANNUAL CELEBRATION | 3:30 PM



Head to the Fan Fest Celebration in the Diamond Ballroom. Finish your day with games, fun and food. You'll need to stay in the game to have a chance to win prizes including a trip worth \$1,500 in airfare and lodging.





## **JAN MCINNIS** (2 sessions)

### **Finding the Funny in Change**

Whether it's going green or the myriad of new rules that govern the safety industry, we are constantly reacting to a new playing field. Change can cause fear, tension and miscommunications. By using the tactics shared in Jan's presentation you can learn to better embrace change and learn to have fun while change is happening.

### **Flourishing in Failure: Managing Mistakes like a Comedian**

Comedians have a very high profile job, so when they flub up, or something goes wrong, it needs to be fixed fast and on the spot. During this presentation, Jan will give tips on how to handle mistakes and avoid a mix of heated situations with humor, adaptability, and reduced fear.



## **GARY MCDOUGALL** (2 sessions)

### **Prevention & Prediction: Workplace Bullying**

Workplace bullying is insidious, but present in almost every workplace to varying degrees. This course will identify specific behaviors, look at ways in which you can protect yourself from the workplace bully and give you a strategy in the event you find yourself the target of the workplace bully.

### **Workplace Violence**

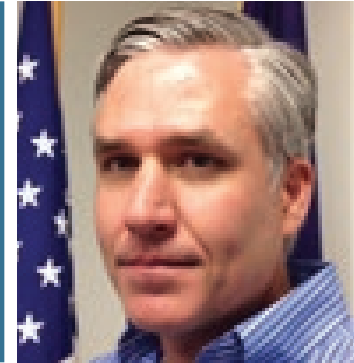
This course is designed to raise your awareness around workplace violence issues. Traditional thinking tells us this is not an issue we need to concern ourselves with, however the reality is that workplace violence IS occurring in our world. This course will invite you to examine risk within the context of YOUR workplace and look at ways in which you can best manage those risks.



## **MEGAN ARRINGTON-WILLIAMS** (1 session)

### **Get Out of Your Head to Get into It: A Journey of Mindfulness and Movement**

Join Megan Arrington-Williams (200 RYT), in a conversation and workshop on mindfulness and the effects it can have to the body, both physically and neurologically. You will walk away with the tools to begin a mindfulness practice that will impact your work, home and social lives.



## **JEFF FUNKE** **OSHA DEPARTMENT OF LABOR, AREA DIRECTOR** (1 session)

### **OSHA's New Enforcement Programs**

Have you been keeping up on the OSHA changes? This session will focus on enforcement programs and other OSHA updates in our state. You will hear firsthand what OSHA has been up to lately and what their focus will be for the upcoming months. Many changes have taken place from Recordkeeping to LEP's (Local Emphasis Programs).



## **MERCEDES RAMIREZ JOHNSON** (2 sessions)

### **Second Chance Living™ - Don't Count on Second Chances**

Many people feel so overwhelmed by daily pressures and obligations that they find themselves in Survival Mode. They are operating with the assumption that there will always be a tomorrow in which they can fix today's problems, right today's wrongs and take care of the truly important things they wished they'd done today. Second Chance Living is a transformational program that moves participants to put their challenges in perspective and to carefully consider how the choices they make will profoundly affect their future.

### **Get It Right Today, Not Tomorrow**

The pilots of Flight 965 were expertly trained, highly skilled and very experienced. Yet they were lulled into a false sense of security and a disregard for standard operating procedures that led to a series of human errors and, ultimately, the deaths of 160 people. Using the factual account of the crash of Flight 965 and safety investigation findings as anchors, Mercedes will demonstrate the profound impact of individual choices and the devastating results of ignoring safety procedures.

*“Practical and inspirational, the conference gave me techniques and strategies I can directly apply to my own work.”*

*“This is a great conference for anyone to attend!”*



## **ELDEEN POZNIAK** (3 sessions)

### **Made to Stick – Communicating So People Listen & Are Motivated**

This session is geared to creating a safety message that sticks – that the information is understood, it's remembered and it changes something. Sticky messages have common traits that allow the individual sending the message and the message to be the difference maker. Come to this session to learn how you can make your ideas, messages, and information stickier and affect the change that you are looking for.

### **What is Up with the B.S. – Being Safe!**

At times everyone questions why we do safety, how we do safety, and how can we avoid the B.S. to Being Safe. Eldeen Pozniak will take you on a journey to explore your foundations for safety and consider some key tools with a few laughs along the way.

### **Developing A Best Safety Culture Change**

Every organization has a culture and that culture can be expected to impact all aspects of the business including safety. This session will reflect in the organization's system of norms and values, history influence, work process and physical environment and modes of communication and style of management to understand "how we do things around here". Then we will explore some ways it can be modified to give a higher priority to safety on an individual and organizational level.



## **DR. TIM LUDWIG** (3 sessions)

### **You Can't Fix Stupid: Turn the Lights Back On**

Want to turn the lights off on your safety culture? Then go and blame the worker. Call out the fact that injuries are their fault ... and lose the chance to learn. Attend this session to learn how to improve your safety culture.

### **Behavioral Safety 101: An Evidence-Based Practice**

Behavioral Safety has been used effectively for over 40 years to reduce injury and human suffering in a multitude of industries all around the world. Behavioral Safety evolved from the findings of Behavioral Science whose research has supported innovations in the field over the decades with proven results. This presentation will present the science behind behavioral safety as well as how to design, implement and evaluate an employee-based observation and feedback process.

### **All I Know About Safety I Learned from My Kids**

Workplace safety and a culture of discipline in an organization demonstrate how we actively care for others. Join Dr. Ludwig as he demonstrates how his children taught him important lessons about safety. In his presentation we will learn about reinforcement, actively caring, and setting an example as the most effective methods of shaping safety in our homes and workplace.



## **RODNEY GRIEVE** (2 sessions)

### **Six and 1/2 Simple Tools to Prove Value, Gain Cooperation and Save Lives**

Rodney Grieve motivates managers to move from profit-eating compliance to profit-saving improvements, exposing the myths of traditional safety management along the way. Companies that implement just a few of the tools Rodney presents consistently report an immediate, positive impact on their safety programs. After hearing Rodney's message, you will not only think differently about workplace safety, you will be armed with the tools necessary to create change.

### **Identifying Cultural Hazards: 4 Clues Your Organization Is Out of Balance**

Traditional health and safety risk assessments are focused on hazard identification. But what if the hazards are not physical or chemical? What if they are cultural? How can you identify cultural hazards that have a profound effect on safety, productivity, and quality? In this session, you will examine systems that degrade trust and credibility, learn the most effective methods to identify latent elements that signal a culture at-risk without spending thousands of dollars and hours on a cultural assessment, and take away tools to help minimize these cultural pressures.



## **KAITI GEORGE** (1 session)

### **Eating Healthy on the Go**

When you're busy and on the go, it can be easy to skimp on healthy meals and snacks. If you find yourself frequently relying on take-out or the drive-through then this session is for you. Join Kaiti as she provides examples of simple and healthy meal and snack options for work and home.

*“I’ve traveled to many conferences out of state.  
This conference is better than those I’ve traveled  
out of state to attend.”*





## SYLVIA! (2 sessions)

### Stressed to Kill

Stress related health issues are quickly becoming the number one health epidemic. Stress and stress associated issues cost businesses millions of dollars each year in lost time and disability. In "Stressed to Kill" Sylvia takes an in-depth look at the effects of stress, shares her powerful tools to reduce stress as well as personal strategies for becoming the boss of your stress.

### Rules of Engagement

Engagement at work can be a significant determinant of a healthy bottom line. In organizations where employee engagement is high, there is higher retention, profitability, customer service, loyalty, innovation, creativity, and well-being, both professionally and personally. This presentation will teach you how to build more engagement in your workforce and workforce initiatives.

*"Such an excellent line-up of session topics and speakers!"*

*"A great experience. Everything I wanted to learn was in one place and the speakers were some of the best I've seen."*

## EHA WELLNESS PROGRAM MEETING | 1:30 PM



If your group/school is participating in the Educators Health Alliance Wellness Program, please plan to attend this meeting. We will discuss the upcoming programs, networking and give away fabulous prizes. Even if you haven't officially signed up to participate, join us to learn more about EHA Wellness and how it can benefit your employees.

**This meeting is sponsored by Blue Cross and Blue Shield of Nebraska.**





## **SHAWN GALLOWAY** (3 sessions)

### **Behavior-Based Safety: Haters, Apostles and the Uninformed**

During this presentation Shawn will share case studies, lessons learned, most important considerations and hidden pitfalls of BBS program implementation and design. Shawn promises this will be the best 60 minutes you will ever spend on this topic.

### **Safety Leadership: Trust, Buy-In, Ownership – At All Levels**

Do employees perform excellently because you inspire them or because they are fearful? Do you want a culture of have-to or want-to? To create sustainable, above-and-beyond performance in others, you must create a situation in which an individual feels motivated to provide critical discretionary effort. Attend this session to learn how to evolve from managing compliance to coaching for discretionary performance vital to achieving excellence in safety performance and culture.

### **How to Establish a Culture of Safety Excellence**

Safety culture is more than a buzzword; it is in fact the most effective sustainability tool available to you and your organization. When the desired beliefs, decisions, behaviors and stories are in place, creating shared values, little prodding and supervision is needed. Safety culture, if properly leveraged, will become the strategy execution catalyst. Attend this presentation to learn how to understand what makes up your culture and ensure it is aligned with your safety excellence strategy.

*“This conference always exceeds my expectations!”*

## **MARS ANNUAL CONTRACTOR MEETING | 1:30 PM**



All MARS contractors should attend this meeting to maintain contractor approval status. This meeting will provide you with updates, new requirements for the upcoming year, along with changes with the new management.

## **KAAPA ETHANOL & GRAINS CONTRACTOR MEETING | 2:40 PM**

All KAAPA contractors should attend this meeting to maintain contractor approval status. This meeting will provide you with updates, new requirements for the upcoming year, along with changes with the new management.



# THANK YOU SPONSORS!

## PLATINUM SPONSORS

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SPELLBINDERS SPEAKERS GROUP**  
CANADA





# REGISTRATION FORM



EARLY BIRD DEADLINE SEPTEMBER 1<sup>ST</sup>

REGISTER ONLINE AT [GPSHO.ORG](http://GPSHO.ORG)

Name \_\_\_\_\_

Company name \_\_\_\_\_

Check if applicable ☐ Great Plains Safety & Health Organization Member ☐ EHA Wellness

Address \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_

## CONFERENCE — INCLUDES AWARDS LUNCHEON AND MATERIALS

### Early Bird Registration BEFORE Friday, September 1<sup>st</sup>

\_\_\_\_ \$159/GPSHO Member \_\_\_\_ \$185/Non-member \_\_\_\_ EHA Wellness (no charge) \_\_\_\_ \$70/Student

### Registration AFTER Friday, September 1<sup>st</sup>

\_\_\_\_ \$189/GPSHO Member \_\_\_\_ \$215/Non-member \_\_\_\_ EHA Wellness (no charge) \_\_\_\_ \$75/Student

☐ **RSVP WELCOME RECEPTION (NO CHARGE)** — SEPTEMBER 27<sup>TH</sup> | 6:00-8:00 PM CUNNINGHAM'S JOURNAL BAR & GRILL

## PAYMENT (NO BILLING)

### PAY BY CREDIT CARD AT [GPSHO.ORG](http://GPSHO.ORG)

☐ Check enclosed ☐ PO# \_\_\_\_\_

Total amount owed \$ \_\_\_\_\_

Name \_\_\_\_\_

Billing address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

## MAIL REGISTRATION WITH PAYMENT TO:

**Mail to:** Great Plains Safety & Health Organization  
1917 W. 24th St., Room 220E  
Kearney, NE 68849

**For more info call:** 308-865-8258 | **email:** [gpscho@unk.edu](mailto:gpscho@unk.edu)

## AWARDS LUNCHEON ONLY

If you're registered for the conference, lunch is included.

Companies and schools throughout Nebraska will be recognized for excellence in safety and worksite wellness. EHA members meeting included.

\_\_\_\_ \$40/Person \_\_\_\_ \$350/Reserved table of 10

*If reserving a table of 10, please email all names to [gpscho@unk.edu](mailto:gpscho@unk.edu).*

## EHA WELLNESS MEETING ONLY | 1:30 PM

If your group/school is participating in the Educators Health Alliance Wellness Program, please plan to attend this meeting. We will be discussing the upcoming programs, networking and giving away fabulous prizes.

\_\_\_\_ # Attending (no charge)

» Make checks payable to Great Plains Safety & Health Organization.

» Cancellation/refund policy: A \$100 processing fee will be applied for cancellations (no refunds after Sept. 15, 2017).

» We encourage substitutions for registered participants unable to attend. Notify us as soon as possible at [gpscho@unk.edu](mailto:gpscho@unk.edu).

## HOTEL ACCOMMODATIONS

**Comfort Inn & Suites** | 308-236-3400 | \$99.95/night

**Fairfield Inn** | 308-236-4200 | \$109.95/night

**La Quinta Inn & Suites** | 308-237-4400 | \$99.95/night

Mention the Safety & Wellness Conference to receive the discounted rate.

# 15<sup>TH</sup> ANNUAL CELEBRATION | 3:30 PM



Get in the game after your last breakout session. Stop by the Fan Fest Celebration for music, fun and food.

Great Plains Safety and Health  
1917 West 24th Street  
Kearney, NE 68849

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PERMIT #40



PH: 308.865.8258 | FAX: 308.865.8257 | EMAIL: [gpshe@unk.edu](mailto:gpshe@unk.edu) | [www.gpshe.org](http://www.gpshe.org)

## KEYNOTE SPEAKER

**TIM GARD** | SEPTEMBER 28<sup>TH</sup> | 8:15-9:30 AM

Tim Gard, CSP, CPAE, is a tears-in-your-eyes funny keynote speaker who teaches people to be more resilient and resourceful, and coaches businesses on how to enhance productivity and employee enthusiasm. His down-to-earth style and real-life humor leaves a lasting impression that you will benefit from for years to come. His skillful use of ordinary items in extraordinary ways and extraordinary items in everyday ways make him one of the most popular main stage speakers on the platform today. Tim is the author of 4 books and an inventor of stress reduction tools that are marketed & enjoyed worldwide.

# EARLY BIRD REGISTRATION FRI., SEPT. 1

REGISTRATION INFORMATION ENCLOSED

## FAN FEST CELEBRATION | 3:30 PM

Head to the Fan Fest Celebration in the Diamond Ballroom. Finish your day with games, fun and food. You'll need to stay in the game to have a chance to win prizes including a trip worth \$1,500 in airfare and lodging.

**JOIN US** for the celebration following the conference | **REGISTER TODAY** at [gpshe.org](http://gpshe.org)