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Hytest is hosting a reception after the show on Tuesday in the ballroom.
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Join Us April 14-17

By Katie Yeutter
Wisconsin Safety Council President

It’s been a winter filled with excitement here at Wisconsin Safety Council. The snow, ice and severe cold helped put an extra focus on safety, but we are definitely looking forward to warmer weather. As winter ends, it is a perfect time to reflect on the importance of safety all year round.

As our routines seasonally change, we must still value safety in everything we do. For me, as I go to work, home and anywhere else, the importance of safety sticks with me. I am consciously looking out for my family, friends and coworkers. I believe by putting safety above all else, we can accomplish more in all aspects of our lives.

When it comes to the workplace, this belief in safety must start at the top. Leaders need to believe in putting safety first and to have this resonate throughout the company. By taking a top down approach, safety will not just be something on a poster on the manufacturing floor. Instead, it will be a mindset everyone brings with them to work.

To help promote this belief in safety, Wisconsin Safety Council hosts its Annual Conference in April. More than 2,000 safety professionals attend, and this year is going to be better than ever. The 2019 conference features IndyCar champion Ryan Hunter-Reay, driver of the #28 DHL Honda. Ryan brings a background in racing and a need for speed, but also understands the role safety plays in entertainment and safety offers a unique twist that will inspire even veteran safety professionals to rethink safety.

I am looking forward to seeing you at our conference in April. In addition, to our exemplary keynote speakers, more than 200 exhibitors will be excited to share with you their latest and greatest gadgets and techniques to make your workplaces safer. Further, we are offering many professional development courses and safety trainings. If you missed our previous courses due to weather or if you are looking to fulfill your continuing education credits, there is something at the conference for you! I hope you will join us at the Kalahari in Wisconsin Dells on April 14-17. If you still need to register, visit wisafetycouncil.org.

Wisconsin Safety Voice is published quarterly by Wisconsin Safety Council. WSC is Wisconsin’s leading provider of safety training and products in the state, serving members of all sizes and every sector of the economy. WSC is a program of Wisconsin Manufacturers & Commerce.

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Meet Your Wisconsin Safety Council Trainers

Chevon Cook, Safety Manager
Chevon is an experienced safety management consultant with 10+ years of extensive training and knowledge needed to help build a prominent safety culture within industrial, commercial, construction and staffing industries. Her career started in the insurance field as a loss control representative, then transitioned to the food manufacturing setting as a safety coordinator and manager. Chevon then shifted gears and spent 5 years working in the staffing agency arena. Chevon holds a Bachelor of Science degree from UW-Whitewater in Occupational & Environmental Safety and Health.

Kady Olson, Senior Safety Manager
Kady is an experienced safety professional with 8+ years of experience that includes industrial hygiene, ergonomics, laboratory safety and construction safety. Originally a chemist, Kady worked in a pharmaceutical testing laboratory before moving into the safety field. Her work as an EHS Manager for a growing contract manufacturing organization provided her the opportunity to oversee safety for every single laboratory and manufacturing operations as well as large-scale construction projects. Kady holds a Bachelor’s of Science in Chemistry from North Central College in Naperville, IL, and will be completing her Masters of Science in Occupational Safety from East Carolina University in Greenville, NC this spring.

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For a list of public safety courses or to book a private training course, visit wisafetycouncil.org

Looking to advertise in Wisconsin Safety Voice? Contact Ana Hamil at ahamil@wisafetycouncil.org.
Being Well-Rested Makes Me a Safer Driver

By Emily Whitcomb
National Safety Council Senior Program Manager of the Fatigue Initiative

Stepping alive is the first physical benefit Steven Frey, 55, listed when asked about using a CPAP (continuous positive airway pressure) machine. Frey, a truck driver for Wisconsin-based Schneider, began using CPAP in 2007 as part of the company’s obstructive sleep apnea treatment program.

“Life before CPAP was not good,” he said. “Without it, I would sleep eight to 10 hours a night and still feel tired all day. As a driver, you should be ready for any situation at any time.”

As many as 70 million people in the U.S. have a sleep disorder, and up to 90 percent of them are undiagnosed or untreated. People who are chronically sleep deprived are more likely to have health problems, including depression, obesity and cardiovascular disease.

Obstructive sleep apnea is a common sleep disorder that interferes with normal breathing and results in decreased restorative sleep and frequent drowsiness. It can be a deadly disorder for someone like Frey, who needs to be well-rested and attentive when driving his big rig across the country.

In fact, a study of investigations done by the National Transportation Safety Board found fatigue was a factor in 40 percent of highway crashes. In 2006, Schneider became the first large-scale employer with a program to screen, diagnose and monitor adherence to obstructive sleep apnea treatment in the U.S.

In contrast, drivers with obstructive sleep apnea who were getting treatment shared a statistically similar crash rate as drivers in the control group.

That means for every 1,000 truck drivers, over the course of a year the drivers with untreated obstructive sleep apnea would have 70 crashes, compared to 14 crashes by those without sleep apnea and those who adhered to treatment for the disorder, concluded Stephen Burks, lead author of the research article and professor of economics and management at the University of Minnesota-Morris.

The significance of the results had an impact on Schneider.

“At Schneider, we’re driven by our No. 1 core value of Safety First and Always,” said Tom DiSalvi, vice president of safety and loss prevention at Schneider. “When you live and breathe that philosophy like we do, screening and treating drivers with sleep apnea is just the right thing to do. Clearly it makes our roads safer for both professional drivers and the motoring public, but the decreased risk of various other diseases and the overall feeling of being more rested and energized also enhance the quality of life for drivers.”

It takes Frey about five minutes to set up his CPAP. The only thing he has to do is add distilled water to the humidifier feature. He said he uses CPAP every night and when he takes an afternoon nap, whether he is on the road or at home.

“As a CPAP user, being well-rested makes me a safer driver for plenty of reasons,” he said. “Fatigue can be a downfall for any driver. Getting the proper amount of sleep is essential for the safe operation of [a] commercial vehicle. A driver makes approximately 200 decisions every mile; with good sleep, we are better able to make the right decisions.”

Schneider requires all new drivers to be screened for obstructive sleep apnea. Treatment cost is covered with no out-of-pocket expense through the company’s health insurance program. The same goes for drivers diagnosed with other sleep disorders, such as insomnia.

Obstructive sleep apnea treatment at Schneider has resulted in a 48 percent reduction in health care spending per member, per month. In addition, retention of treated drivers was 60 percent better than fleet average.

Frey said keeping drivers healthy is key to having a safe company. “I came to Schneider because this company is all about safety,” he said. “We truly care about the safety of the driver and the motoring public.”

Fatigue — on and off the road — is an issue that all companies should be concerned about. An employer with 700 employees can expect to lose about $1 million annually because of tired employees. The National Safety Council offers a free Fatigue Cost Calculator, where employers can receive a tailored estimate of how much fatigue is costing their bottom line. To find out how much fatigue costs your company, visit nsc.org/tiredatwork.

Researchers recommend that adults get seven to nine hours of sleep each day for optimal health and safety. Losing even two hours of sleep from a normal eight-hour sleep schedule can result in similar effects as having three beers.

The National Safety Council offers a free Fatigue Toolkit, which includes videos, posters, fact sheets and more. To access the toolkit, visit nsc.org/fatigue.

This column first appeared at nsc.org.
Is Your Safety Management System Healthy?

By Chevon Cook
WSC Safety Manager

In many of the classes we facilitate at WSC, a conversation around safety management systems (SMS) always seems to come up. I enjoy hearing the experiences students share with each other, whether it be challenges or successes they've had with their program. There always seems to be one student who asks the question of the day: How do I know if my SMS is healthy? It’s an excellent question to ask! The National Safety Council (NSC) spent a lot of time and energy conducting research around this very question and they've come up with a formula that, when followed, provides a road map to success with the implementation of a healthy SMS.

Element One: Management Leadership and Commitment
It is imperative that management provides the support and commitment needed in order to implement a successful safety and health (S&H) program in an organization. Management must understand that commitment means more than signing a mission statement or S&H policy for employees to see. Visible commitment and support is also needed. If employees have to wear safety glasses throughout the production floor, management must do the same. If machine guarding is needed on a piece of equipment, management needs to support that need through a safety budget. Without true management commitment, S&H professionals will have constant barriers and challenges impeding the success of their SMS.

Element Two: Organization Communications and System Documentation
Management – as well as those in leadership roles – need to ensure that all aspects of an organization’s S&H program are clearly laid out and communicated to employees. Verbal communication is necessary to ensure employees understand the policies, plus it allows employees to provide feedback on how S&H policies impact the jobs they perform. Written communication is important, as well; these are the programs, policies and procedures employees need to adhere to in order to keep themselves safe on the job. Don’t forget about other supporting documentation, as well, such as checklists, permits, injury and illness records and exposure monitoring results. Documentation allows an organization to clearly lay out the expectations of their employees, and it helps to identify gaps within an SMS that need to be addressed.

Element Three: Assessments, Audits and Continuous Improvement
Regular SMS assessments and audits are critical to maintaining your S&H program at a high level. Many of us deal with the continuous improvement model, whether it be for quality, production or even items outside of work. The same concept needs to apply to your S&H program. A gap analysis needs to be conducted showing the current state of an SMS versus the desired level an organization wants to achieve. Once gaps are identified, goals and strategies can be developed to help shore up those gaps. Strategies can be implemented, evaluated, tweaked as needed, and then the process starts over again. Assessment and audits are excellent activities to conduct in order to determine where the gaps lie, and should be conducted on a scheduled regular basis.

Element Four: Hazard Recognition, Evaluation and Control
Consider this another continuous improvement process! S&H professionals and employees alike need to work through this process on a regular basis so hazards can be addressed, preferably before an incident occurs. By recognizing the different chemical, biological, physical and ergonomic hazards in the workplace, management and employees can work together to develop solutions to eliminate or control these hazards to an acceptable level of risk, thus minimizing the chance for employee injuries and illnesses.

Element Five: Workplace Design and Engineering
It is much easier to address workplace layouts, equipment features and tool designs early on versus trying to retrofit these areas down the road. Realistically, this optimal option is not always possible, and that is okay. Working with your employees and engineering team to develop solutions that make the jobs easier and more comfortable is the ultimate goal. Don’t have an engineer on staff? Reach out to OSHA’s outreach program, your insurance carrier or Wisconsin Safety Council for assistance. All these resources can help you develop a workplace design for your employees that allows them to maximize their productivity in a safe manner.

Element Six: Operational Safety and Health Programs
A successful safety and health (S&H) program in an organization. Management must understand that commitment means more than signing a mission statement or S&H policy for employees to see. Visible commitment and support is also needed. If employees have to wear safety glasses throughout the production floor, management must do the same. If machine guarding is needed on a piece of equipment, management needs to support that need through a safety budget. Without true management commitment, S&H professionals will have constant barriers and challenges impeding the success of their SMS.
Element Seven: Employee Involvement

Management buy-in is important, and so is employee involvement. S&H professionals need to take time getting to know their employees and understanding the jobs they perform. By building that trust, employees will be more willing to participate in those activities that encourage employee involvement. Looking for programs or activities to implement? Consider some of these: job safety analysis; ergonomics; safety inspections; job safety observations; safety committees; and incident investigations. All these activities require leadership to work with employees to identify S&H problems and come up with solutions. Employees have a say, they know the company cares about their safety, and the goals of minimizing employee illnesses and injuries can be achieved.

Element Eight: Motivation, Behavior and Attitudes

Positive motivation is key! See an employee performing a job safely? Provide them with recognition for their safe behavior. Is an employee displaying at-risk behaviors? Point out the things they are doing right, then provide constructive feedback on the behaviors they need to change. Want to start a safety incentive program? Make sure it is based on leading indicators such as providing safety suggestions or participating on a safety team, then reward with a gift card or pizza party. Have an employee that regularly opposed safety initiatives? Invite them to a safety committee meeting to express their concerns, or ask them for suggestions on how to make a process better. By using motivation in a positive light, the behaviors and attitudes needed to make your S&H program successful will emerge from even the most challenging employees.

Element Nine: Training and Orientation

None of the elements mentioned beforehand will be successful without proper training and orientation of your employees. Keep in mind, this extends to your contract workers and temporary employees, as well. Any employee working at your facility needs adequate S&H training on the programs, policies and procedures and organization expects them to follow. Safety orientation is key to providing new/seasonal/transferred employees with the information needed so they can be safe on the job from day one. Ongoing training – whether completed due to regulatory requirements or other reasons – is necessary to reinforce the safe practices employees need to follow each day. An employee cannot be expected to perform at a safe level without the knowledge and tools needed to be successful in their role. This element deserves a lot of attention and needs to be executed appropriately if a company’s SMS will be successful.

Want to learn more? Check out NSC’s Nine Elements of a Successful Safety & Health System™. Better yet, reach out to Wisconsin Safety Council! We offer many courses that address these nine elements in more detail, and we’ll provide you with the tools and resources needed to successfully implement a healthy SMS at your facility.

References


2019 WSC Advisory Board

Wisconsin Safety Council opened 2019 by welcoming new members to its advisory board with the goal of continuing to improve and expand the reach of its safety efforts across the state. A dedicated group of top safety leaders at Wisconsin’s businesses bring their safety expertise and knowledge to the table and will confront and address some of the most prevalent safety issues facing our state. This advisory board shares the understanding that moving Wisconsin forward is best done by working together and making safety a value for everyone. Their experience, advice and dedication will serve to guide the organization into the future. As the state chapter of the National Safety Council, Wisconsin Safety Council is thrilled to welcome each of the newly selected members to serve on the board. With the advisory board’s help, Wisconsin will become the safest state in the nation to live, work and play. The advisory board consists of:

Mark Hawley
WSC Chair
Director of Corporate Safety
Alliant Energy Corporation

Cory Goldschmidt
WSC Vice Chair
Corporate Safety Director
The Boldt Company

Michele Anderson
Manager Safety Services
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Corporate Safety Manager
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Chris Halverson
Risk Manager
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Dairyland Power

Jim Sutton
Director of Safety and Occupational Health
Mercury Marine

Kerry Foods

Mercury Marine

Mercury Marine
Spring Cleaning: Safety is Still Important

By Kady Olson
Wisconsin Safety Council Senior Safety Manager

As I sit here writing this article the snow is coming down and it’s hard to imagine that spring will be here any time soon. However, despite its tardiness, warmer weather comes every year bringing with it longer days and a myriad of spring-time activities.

One such activity that many individuals take part in is the annual “Spring Cleaning.” As the temperatures rise we take the opportunity to push open the shutters, vent the stale air from our homes, shake out our rugs and rid ourselves of unwanted clutter. It is also a time when we take to our yards and gardens to prepare them for the upcoming patio season. These are all chores that we do not do on a regular basis and, therefore, may not consider to be dangerous. Whether you throw your back out from slinging that bag of clothes to be donated over your shoulder or fall off of a ladder trying to reach cabinets, there are hazards lurking in your spring cleaning routine.

Ergonomic Hazards
Maintaining your home may not seem like an endurance sport, but it does require a great deal of strenuous activity which is why musculoskeletal disorders are a large concern during spring cleaning. During this time we of the body. Athletes avoid injuries by performing dynamic stretches before an event to get the blood flowing to their muscles and joints. This prevents injury and helps get your body ready for the work you are about to do. So before you tackle that sofa try some shoulder circles or walking lunges to warm up. If your spring cleaning routine includes cleaning out your closets and donating unwanted items be aware of how you are packing up those items. It may be tempting to stuff everything into several large containers but these big loads can be difficult to manage. Split large loads into several smaller ones to alleviate the risk of injury from overexertion. If you have an item that can’t be broken down, utilize a two-person lift or an ergonomic aid like a dolly. Use proper lifting technique by bracing your core and using your legs to lift the load.

Chemicals Hazards
Another potential hazard associated with spring cleaning is the use of strong cleaning solutions. We all have that bucket of cleaning products that gets taken out this time of year. From mild carpet deodorizers to heavy cleaning solutions, hazardous. When working with any chemicals it is extremely important to read the directions associated with them. Make sure you have the proper personal protective equipment like rubber gloves and even safety goggles. Also, be aware when mixing different types of cleaners.

Materials containing bleach (sodium hypochlorite) reacts violently with ammonia and acids, common ingredients in drain cleaners. Be sure to keep your cleaning chemicals in a safe place where children and pets don’t have access to them.

Yardwork Safety
If you have a green thumb, you may spend this time of year getting your lawn and garden ready for the summer. A U.S. Consumer Product Safety Commission report from 2005 states that over 300,000 individuals were treated in the emergency room that year for injuries sustained from using garden tools or lawn mowers – all of which were preventable.

When doing yardwork make sure you are wearing appropriate clothing. Don’t mow your lawn in flip flops! Hearing protection is also important when using outdoor equipment as many exceed the permissible exposure limit for noise. Also, when spending a prolonged period of time outside it is imperative to wear sunscreen and stay hydrated to avoid symptoms of sunburn.

References

And heat-related stress.

Spring should be a time of new life, not a time of injuries and illnesses. Use these tips to make sure you can put up your feet and enjoy your freshly cleaned and organized home. Happy Cleaning!

Happy Cleaning!

Your freshly cleaned and organized home.

Make sure you can put up your feet and enjoy time of injuries and illnesses. Use these tips to get the blood flowing to their muscles and joints. This prevents injury and helps get your body ready for the work you are about to do. So before you tackle that sofa try some shoulder circles or walking lunges to warm up. If your spring cleaning routine includes cleaning out your closets and donating unwanted items be aware of how you are packing up those items. It may be tempting to stuff everything into several large containers but these big loads can be difficult to manage. Split large loads into several smaller ones to alleviate the risk of injury from overexertion. If you have an item that can’t be broken down, utilize a two-person lift or an ergonomic aid like a dolly. Use proper lifting technique by bracing your core and using your legs to lift the load.

Chemicals Hazards
Another potential hazard associated with spring cleaning is the use of strong cleaning solutions. We all have that bucket of cleaning products that gets taken out this time of year. From mild carpet deodorizers to harsh tile cleaners, homeowners rely on a smorgasbord of chemicals to get their homes clean, many of which are hazardous. When working with any chemicals it is extremely important to read the directions associated with them. Make sure you have the proper personal protective equipment like rubber gloves and even safety goggles. Also, be aware when mixing different types of cleaners.

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References
At Home & At Work: The Danger of Falls

Each year, individuals can become injured from a fall while at home or at work. In 2016, roughly 9.2 million people were treated in emergency rooms for fall-related injuries and 34,673 deaths were tallied resulting in falls at home and at work. For working adults in some industries, falls can be the leading cause of death, according to National Safety Council’s Injury Facts. Additionally, the third leading cause of unintentional injury-related deaths is falls.

Whether you are on the job, completing home renovations or tackling a project for a family member or friend, you should familiarize yourself with some important steps to take prior to completing the work. The National Safety Council recommends to plan ahead, assess the project risk and make sure the right equipment is considered to complete the task. Falls are 100 percent preventable and you should always be aware of these items which, if not properly planned for, could likely result in an unintentional related-injury to you or someone else.

Next, be sure to thoroughly check the conditions of the task and determine if the height you are working from is necessary. We recommend finding the safest height to work from, even if that means the longevity of the project increases. It’s always best to assess the task and determine if there is another way the project could be completed safely.

Third, once the safety of the work is determined, be sure to keep in mind some of these tips to ensure your safety is maintained at all times:

• If using a tool, make sure it is the correct tool for the job and only being used for its intended purpose.
• While standing on a ladder, never lean or reach and have someone support it at the bottom.
• If using a ladder, be sure the ladder sits on a solid surface and never lean it against an unstable surface.
• Be sure to undergo the proper training on the equipment you will be working with closely. If you are not sure how to use this equipment, be sure to ask for help or seek training from a professional.
• Before starting the job, be sure to examine the entire room to spot any potential hazards.

In 2016, far too many individuals were severely injured or died from a fall-related injury. Let’s continue to implement safety in everything we do whether at home, work, a friends, family members, etc. When safety becomes a value and the necessary steps are taken to ensure this, the number of injuries will follow suit.

Wisconsin Safety Council offers numerous training courses that can help you and your team prevent injuries. To find out more about the Safety Council’s private training options, call the Safety Council team at 608.258.3400.

Whether it is injuries from falls or something else, Wisconsin Safety Council is always working to make Wisconsin the safest place to live, work and play.
CONGRATULATIONS TO THIS YEAR’S CORPORATE SAFETY AWARD FINALISTS!

Wisconsin Safety Council is proud to recognize 51 Wisconsin businesses as finalists for this year’s Corporate Safety Awards. Together with the Wisconsin Department of Workforce Development and M3 Insurance, Wisconsin Safety Council honors companies each year that go above and beyond to keep their workers safe. Finalists will be broken down into categories based on industry and size, and the winners will be recognized at the Wisconsin Safety Council Annual Conference from April 14-17. Winners will also be presented with a Corporate Safety Award flag during a special visit to their facility.

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Wisconsin Safety Council Annual Conference At a Glance

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April 16: 8:00AM – 3:00PM
April 17: 8:00AM – 1:30PM

Conference Reception:
April 16: 5:00PM – 7:30PM

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WSC SEEN & HEARD

The Wisconsin Safety Council kicked off Heart Month by wearing red for heart disease awareness and women’s health on National #WearRedDay!

Wisconsin Safety Council would like to recognize the individuals pictured above for their dedication and commitment towards safety. Throughout the months of January and February, each of these individuals advanced their knowledge and skill sets by earning the Fundamental Safety Certificate (FSC) and National Safety Council’s Advanced Safety Certificate (ASC).

Nick Novak was featured on WKOW in January to provide tips and share ways to stay protected during record-cold weather.

Chapter of

The Wisconsin Safety Council, a division of WMC, is Wisconsin’s leading provider of safety training and programming. WSC offers training throughout the year at locations across the state or training at your facility.

2019 SAFETY TRAINING

May 6-7 & 13-14
OSHA 30hr General Industry Voluntary Course

May 20-22
CSP Examination Preparatory Workshop

June 3-5
Hazwoper 24hr

June 11
First Aid/CPR/AED

June 12-13
First Aid/CPR/AED Train-the-Trainer

June 19
Job Safety Analysis

June 20
Incident Investigation

June 25
Team Safety

June 26
Safety Inspections

June 27
Ergonomics: Managing for Results

July 9
Defensive Driving 4hr Course

July 16-17 & 24-25
Safety Management Techniques (SMT) Wausau

July 29
Safety Inspections

July 30
Incident Investigation

August 1
Creating a World Class Safety Culture

August 13-15
Supervisor Safety Development Program

August 21 (AM)
Confined Spaces

Fox Valley

August 21 (PM)
Lock Out/Tag Out

Fox Valley

August 22 (AM)
Machine Guarding

Fox Valley

August 22 (PM)
Electrical Safety

Fox Valley

September 3-6
Safety Training Methods

September 18-19 & 23-24
OSHA 30hr General Industry Voluntary Course

October 10
Fire Safety

October 15-16 & 22-23
OSHA 30hr Construction

October 17
RCRA

October 18
DOT

October 29
Team Safety

La Crosse

October 30
Job Safety Analysis

La Crosse

Stay tuned for more info regarding our Worker’s Comp Symposium in September and the Safety Forum in October!

All training sessions are located at WSC’s Madison location unless noted otherwise. Course dates and locations are subject to change. For the most up-to-date course schedule, visit wisafetycouncil.org. Please contact WSC at 608.258.3400 or wsc@wisafetycouncil.org with any questions regarding training.

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FLEXIBLE SCHEDULING

SAFETY INSPECTIONS

CUSTOMIZED TRAINING

SAVE ON TRAVEL EXPENSES

Contact WSC for more information on private training sessions at 608.258.3400 or wsc@wisafteycouncil.org.