

# Course Catalog



**SafetyFOCUS**

**FEBRUARY 2024**

Exclusively offered by the American Society of Safety Professionals

February 12-16, 2024 | Irvine, CA, and online

February 19-23, 2024 | Online only

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## BUSINESS AND LEADERSHIP SKILLS

### Active Shooter Preparedness: Understanding the Neural Processing of Danger

Monday, February 19 | Beginner | 0.4 CEUs |

Develop the skills and understanding you need to equip employees with the skills they need to effectively prepare for and survive an active shooter crisis. Through immersive activities and expert guidance, you will explore tangible strategies to enhance your organization's preparedness and response in high-stress situations.

**Instructor(s):** Morris Brent

#### Learning Outcomes:

- Explain the critical role of the autonomic nervous system in survival during an active shooter crisis and its impact on decision-making
- Apply strategies to help employees maintain emotional and physiological regulation and take effective action during moments of crisis
- Develop effective strategies for incorporating proactive measures and situational awareness into their routines
- Recognize the importance of trauma responses in high-stress situations and understand their potential impact on decision-making processes, enabling better self-awareness and informed responses

### Advanced Safety Management Methods

Monday, February 12 – Wednesday, February 14 | Advanced | 2.1 CEUs |

Safety management no longer is a compliance-driven approach to systems, best practice thinking and concepts. This contemporary approach is influencing the way safety professionals deliver guidance and direction to their organizations. Whether you are an executive-level safety professional or an emerging safety leader, you will develop knowledge and tools to greatly improve safety performance in your organization. This course is the first in a second-course series for obtaining ASSP's Leadership in Safety Management Certificate.

**Instructor(s):** Joel Tietjens, CSP, CSHM, FASSP

#### Learning Outcomes:

- Manage organizational safety by applying methods established by recognized and respected contemporary management innovators, behavioral scientists and great leaders in organizations and occupational safety and health (OSH)
- Apply strategy and techniques focused on risk, business and the reality of human performance to provide another dimension to OSH management in your organization
- Demonstrate safety leadership that will build a connection with senior leaders and inspire workers to perform the best safety practices

## ANSI/ASSP Z16: Safety Metrics For the Modern Safety Professional

Tuesday, February 13 | Intermediate | 0.7 CEUs |

Modern safety professionals must understand many kinds of metrics and how to work with management to choose the right ones. Following the new ANSI/ASSP Z16.1 standard, this course will explore the use of balanced scorecards, leading indicators and other metrics that can help you understand your safety program's effectiveness. Learn the history of traditional metrics, how they've been used and why they shouldn't be the only way you measure success. **Your registration includes a copy of the ANSI/ASSP Z16.1-2022 Safety and Health Metrics and Performance Measures.**

**Instructor(s):** C. Gary Lopez, M.S., CSP, FASSP

### Learning Outcomes:

- Apply traditional lagging indicators, such as incident rates and lost-time incident rates
- Select leading indicators and apply them to improve culture and management accountability for safety
- Explain the types of metrics being used to measure safety performance
- Measure losses beyond direct costs
- Understand the financial impact of key metrics

## Communicating for Action: Is Anyone Even Listening?

Monday, February 12 | Intermediate | 0.7 CEUs |

Refine your communication skills to inspire action and promote a culture where teams consider safety in all work. Join us and learn to understand your audience, deliver impactful messages and enhance your public speaking. Gain effective techniques for presenting technical information, getting project approval, building relationships, fostering trust and boosting your confidence, ultimately benefiting your organization.

**Instructor(s):** Camille Oakes, CSP, SMS, CIT

### Learning Outcomes:

- Identify and explain three learning modalities: visual, aural and kinesthetic
- Develop a safety communications plan for your organization using a template
- Identify safety drivers and tailor a safety message based on motivation
- Assess your own communication skills and gaps

## Don't Get Stuck! Sharpen Your Influence Skills and Optimize Career Navigation

Monday, February 19 | Beginner | 0.7 CEUs |

Maximize your influence, accelerate your career and drive exceptional performance within your teams by cultivating the skills that will help you excel and effectively navigate your career path. By leveraging proven strategies and insights, you will learn how to unleash your full potential, gain recognition for your contributions and drive positive outcomes. Whether you are already skilled in influence or want to enhance your abilities, you will take away practical techniques that will increase your effectiveness. Self-reflection exercises will help you assess current strengths and identify areas for growth. By understanding the gaps that may be hindering your progress, you will gain valuable insights into how to optimize your performance. You will also receive guidance designed to help you overcome career ruts and role limitations so you can demonstrate your true value to your organization.

**Instructor(s):** David Musgrave

**Learning Outcomes:**

- Develop and refine core skills that lead to positive and effective outcomes in workplace safety and health
- Assess your strengths and identify skill gaps that may limit your positive impact as a safety professional so you can map your path to personal growth and improved team performance
- Explore methods and strategies to advance your career and embrace new opportunities for professional growth
- Identify effective ways to establish yourself as a valuable contributor within your organization and the safety profession

**Establish Your Place in the C-Suite**

Thursday, February 15 | Advanced | 0.7 CEUs |

Your organization's senior management values occupational safety and health (OSH) leadership and will reward it with resources and support. Assess what senior management wants to know about OSH and develop skills to communicate this information to them. Strengthen your connection to the C-suite by developing knowledge of your organization's business goals and senior management's OSH expectations.

**Instructor(s):** James Boretti, CSP

**Learning Outcomes:**

- Demonstrate a general understanding of business language and the foundation from which business decisions are made
- Identify the expectations of the C-Suite for the OSH process
- Develop, implement, and align OSH efforts driven by organizational objectives from the C-suite
- Report on and present OSH data that gets the attention and involvement of decision-makers

**Ethics for OSH Professionals**

Wednesday, February 21 | Intermediate | 0.5 CEUs |

Today's OSH professionals can encounter a wide range of ethical dilemmas. Build your knowledge of how you can use professional codes of ethics to identify, analyze, navigate and resolve these dilemmas. By using facts and promoting ethical practices, you can minimize harm, foster a positive company culture and support your organization's long-term success and profitability. Explore the drivers influencing ethical decision-making and the theoretical framework supporting the use of such drivers. This course has been designed to meet the ethics training requirement established for certified industrial hygienists by the Board of Global EHS Credentialing (BGC), an organization that replaced American Board of Industrial Hygiene. Visit the BGC website to learn more. This course also meets the ethics requirement established for recertification by the Board of Certified Safety Professionals. Visit the BCSP website to learn more.

**Instructor(s):** Daniel J Snyder, Ph.D., CSP, CHST, OHST, CIT

**Learning Outcomes:**

- Review professional codes of conduct for OSH professionals
- Build a better understanding of how the various codes of ethics apply to your practice as an OSH professional
- Explore various approaches for resolving ethical issues
- Practice applying various ethical principles through real-life scenarios to resolve ethical issues
- Identify and analyze steps you can take to avoid future ethical dilemmas

## High-Impact Training and Presentation Techniques

Monday, February 12 – Tuesday, February 13 | Beginner | 1.4 CEUs |

Elevate your presentation and training skills to achieve remarkable results. Join this interactive course and gain essential communication techniques for conveying ideas, concepts and messages. Designed for presenters, managers, supervisors, human resources professionals, safety and risk managers, safety coordinators, directors, and anyone aiming to enhance their skills, this program will help newcomers and seasoned professionals improve.

**Instructor(s):** Hector M Escarcega, M.S., CSP, ARM, LCS

### Learning Outcomes:

- Discuss the fundamentals of delivering impactful presentations
- Develop a compelling and effective training outline that captures the audience's attention and achieves learning objectives
- Demonstrate the ability to deliver dynamic training programs
- Evaluate and analyze platform presentation skills
- Review do's and don'ts for delivering effective training
- Explore ways to make safety training fun and engaging

## How to Write and Tell Effective and Powerful Stories

Monday, February 19 | Intermediate | 0.7 CEUs |

Stories are one of the most powerful tools we have, helping us bond, relate, empathize, contextualize, persuade, communicate and even survive. In this course, you'll write, share, listen, give and get feedback, and get comfortable with the storytelling process. By the end, you'll have written a couple of scenes, a story spine, an opener and an ending using a worksheet that will guide you toward an effective structure.

**Instructor(s):** Jonathan T Klane, M.S., CSP, CIH, CHMM, CIT

### Learning Outcomes:

- Create narrative-based content to use in future training courses
- Compare and contrast the benefits (and challenges) of using narrative rather than traditional approaches
- Explain the typical structure and format of creative nonfiction
- Demonstrate how to create meaningful stories for communication, persuasion or training courses
- Communicate and train more effectively with storytelling

## Improve Your Pre-Task Planning in 30 Days or Less!

Thursday, February 22 | Intermediate | 0.4 CEUs |

Are your pre-task plans, job hazard analyses or toolbox talks truly effective, or have they become a superficial exercise that doesn't improve safety and health? Practice and master a systematic approach that will transform your pre-task planning processes into valuable tools that help you assess your organization's leadership and culture. Effectively using these metrics will enable you to cultivate front-line leaders who can empower their project teams to anticipate safety hazards, foster trust, nurture respect and create a culture of safety ownership.

**Instructor(s):** Chuck Pettinger and Barry Nelson

**Learning Outcomes:**

- Evaluate the effectiveness of conversations (as opposed to checklists) in gauging the health of your organization's front-line leadership and culture
- Apply five proven techniques to transform your pre-task planning processes into engaging activities that encourage project teams to communicate, recognize safety risks and safeguard each other
- Use leadership metrics to develop influential front-line leaders, assess performance and enhance your organization's safety culture

**Influential Leadership Skills**

Thursday, February 15 – Friday, February 16 | Advanced | 1.4 CEUs |

Safety has evolved from a function that provides only technical expertise to one that provides leadership at all levels of an organization. Contemporary safety professionals must influence executive management through effective guidance and direction. Whether you are an executive-level safety professional or an emerging safety leader, you will learn the principles of leadership, strategic thinking and planning; discuss techniques for influencing executive, middle and line management; review expected ethical behavior; and discuss how to select the best management model to improve your organization's safety performance.

This course is the second in a second-course series for obtaining ASSP's Leadership in Safety Management Certificate.

**Instructor(s):** Joel Tietjens, CSP, CSHM, FASSP

**Learning Outcomes:**

- Apply the principles of leadership, participating in strategic thinking and planning to lead organizational safety
- Determine the occupational safety and health (OSH) model that would most benefit your organization
- Demonstrate the unique traits of successful leaders to inspire and influence workers to improve safety performance
- Develop a stronger connection to your executive, middle and line leaders
- Integrate new concepts in OSH management and leadership into your organization

**Learn How to Persuade Based on Science and Research**

Wednesday, February 21 | Intermediate | 0.7 CEUs |

Master the art of persuasion in this course that draws on centuries of scientific research. Through interactive exercises and practical applications, you'll strengthen your ability to persuade while learning from the experiences of other safety and health professionals. Overcome skepticism and doubt by harnessing the power of persuasion and become a more influential communicator.

**Instructor(s):** Jonathan T Klane, M.S., CSP, CIH, CHMM, CIT

**Learning Outcomes:**

- Demonstrate persuasion techniques
- Describe how certain persuasive strategies work
- Explain why many attempts at persuasion fail

## Make Your Safety Training Stick: Improve Retention and Get Better Results

Thursday, February 15 – Friday, February 16 | Intermediate | 1.4 CEUs |

Go beyond the basics to improve your safety training. This course will focus on gaining the attention of trainees and management, designing methods for increased retention, and implementing techniques to help trainees apply their knowledge. Learn how to create your own activities, backed by science, that help keep people safe. **A copy of the textbook: Make Your Safety Training Stick: Improve Retention and Get Better Results, is included.**

**Instructor(s):** Linda M Tapp, CSP, ALCM

### Learning Outcomes:

- Understand the challenges associated with retention and transfer and ways to overcome these challenges
- Understand accelerated learning principles and research-based learning science
- Create and deliver safety training that provides greater opportunities for retention and transfer
- Facilitate interactive learning activities that have a beneficial impact on the success of training classes

## Making Safety Stick

Tuesday, February 20 | Intermediate | 0.7 CEUs |

Explore communication principles and discover the secrets behind impactful safety training. This session will offer a fresh perspective on delivering safety messages, ensuring comprehension, improving retention and driving meaningful change. Learn innovative techniques that will not only help your audience understand the information but leverage it long term.

**Instructor(s):** Eldeen E Pozniak, CMIOSH, CRSP

### Learning Outcomes:

- Analyze the factors that contribute to the widespread adoption of concepts and new behaviors
- Explore how communication strategies improve retention
- Apply emotional appeal and storytelling techniques to reinforce the effectiveness of messages

## Mastering Effective Safety Training: Strategies and Techniques for Success

Tuesday, February 20 – Wednesday, February 21 | Beginner | 1.4 CEUs |

Develop effective strategies and practice techniques that will help you overcome the common challenge of engaging participants in safety training. Discuss how you can apply research, science and adult learning principles to create dynamic and impactful safety training programs. Overcome perceptions of repetitive training and energize your training programs by enhancing your training delivery using a combination of tips, techniques, templates and critical thinking.

**Instructor(s):** Marilyn Joy Hubner, Ph.D.

**Learning Outcomes:**

- Employ neuroscience strategies to create an engaging learning environment that optimizes retention and knowledge transfer
- Discuss proven strategies to enhance your safety training using adult learning principles
- Develop participatory learning interventions that encourage active engagement and practical application of safety concepts
- Review effective strategies for fostering a positive and inclusive learning atmosphere

**Measuring Safety Cultural Maturity**

**Tuesday, February 20 | Intermediate | 0.4 CEUs |**

This course presents a cutting-edge, mixed-method, experimental research design model for assessing safety culture maturity in global organizations. Participants will explore the application of qualitative and quantitative instruments to identify key indicators of safety culture maturity and analyze the outcomes. The researcher will share insights and findings from the study, offering a comprehensive summary of the assessment process and its implications.

**Instructor(s):** Daniel J Snyder, Ph.D., CSP, CHST, OHST, CIT

**Learning Outcomes:**

- Define safety culture
- Discuss mixed methods for safety culture spectral analysis
- Describe the determining factors of safety culture maturity

**Qualified Safety Trainer Workshop**

**Friday, February 23 | Intermediate | 0.4 CEUs |**

In this interactive train-the-trainer workshop, you will develop essential skills that improve the ways you teach others about workplace safety and health. Explore the core competencies of a safety trainer, including instructional techniques, communication strategies and engaging delivery methods. Gain practical tips for designing and presenting safety training sessions that promote knowledge retention and behavioral change.

**Instructor(s):** Daniel J Snyder, Ph.D., CSP, CHST, OHST, CIT

**Learning Outcomes:**

- Discuss the ANSI/ASSP Z490.1 criteria for accepted practices in occupational safety and health training
- Describe the ADDIE model for instructional systems design
- Explain best practices and instructional strategies for adult learners

## Safety Leadership and Emotional Intelligence: How Smart Are You?

Tuesday, February 13 | Intermediate | 0.7 CEUs |

Occupational safety and health leaders often have strong technical skills, focusing on hazards, risks and controls. But without strong soft skills, even their best safety initiatives may fail to gain leadership approval and influence outcomes. Learn the importance of emotional Intelligence in navigating challenges, working with stakeholders and cultivating your organization's safety culture.

**Instructor(s):** Eldeen E Pozniak, CMIOSH, CRSP

### Learning Outcomes:

- Apply emotional intelligence concepts
- Apply leadership and management skills, recognizing when to use each approach based on the circumstances
- Evaluate the importance of emotional intelligence in occupational safety and health leadership

## Smooth Operator: Soft Skills for Safety Professionals

Wednesday, February 14 | Intermediate | 0.7 CEUs |

Unleash the power of soft skills to increase safety compliance and captivate your workforce. This immersive full-day session delves deep into transformative interpersonal techniques that win the hearts and minds of workers, resulting in significant safety improvements. Learn to leverage consistency, positivity, empathy and storytelling to cultivate a robust safety culture and inspire faith in your program, whether you're a safety professional or a front-line supervisor seeking enhanced engagement.

**Instructor(s):** Tim Page-Bottorff, M.S., CSP, CIT

### Learning Outcomes:

- Demonstrate the value of soft skills
- Analyze what soft skills can and cannot do
- Examine research on relationship building and recognize its importance in safety
- Identify the seven soft skills that will make your safety program more efficient
- Apply the seven soft skills through interactive practice with other safety professionals

## Strategies For Safety Excellence: Advancing Safety in Your Organization and Career

Friday, February 16 | Intermediate | .7 CEUs |

There are many challenges that keep organizations from achieving safety excellence. This course will explore how to create an effective safety strategy that emphasizes learning and working with leaders to anticipate and address risks. It will use an in-depth case study of CEO Paul O'Neill's tenure at Alcoa to illustrate how safety can become an organizational value.

**Instructor(s):** Earl Blair, Ph.D., CSP, FASSP

### Learning Objectives:

- Understand past failures and successes to promote safety
- Describe how strategy must be deliberate to sustain safety excellence
- Use foresight to influence safety outcomes

## The Fundamentals of ESG and Sustainability

Thursday, February 22 | Advanced | 0.7 CEUs |

Explore key concepts related to environmental, social, and governance (ESG), sustainability, stakeholder mapping, human capital, regulations, voluntary consensus standards, and risk and dependency management. Using the risk management and reporting framework presented in this course, you will actively engage in discussions, enhance your understanding of the ESG/sustainability landscape and communicate your role as a safety professional. Hear real-world case studies from recognized ESG/sustainability leaders and participate in dynamic breakout groups.

**Instructor(s):** Kathy A. Seabrook, CSP, CFIOSH, EurOSHM, FASSP

### Learning Outcomes:

- Define and explain the fundamental concepts of ESG and sustainability
- Analyze and evaluate the interdependent relationship between an organization's ESG and its finances
- Demonstrate the ability to integrate and operationalize an organization's ESG/sustainability and human capital strategy, identifying opportunities to improve worker safety and health

## The Safety Superpower: Influence!

Monday, February 12 | Intermediate | 0.7 CEUs |

As safety professionals, we need to lead, persuade others and maximize our personal impact on individuals, groups and organizations. The ability to influence is an essential leadership skill. To influence is to have an impact on the focus, attitudes, opinions, choices and behaviors of others.

**Instructor(s):** Eldeen E Pozniak, CMIOSH, CRSP

### Learning Outcomes:

- Understand influential leadership concepts
- Describe and apply the six fundamental principles of persuasion
- Use logical, emotional and cooperative appeals to better protect your team

## We Can Fight Bias

Friday, February 23 | Intermediate | 0.7 CEUs |

Bias is an inclination in favor of or against an idea or thing and is often prejudicial. In science and engineering, bias is a systematic error. People may develop biases that impact others' professional development, safety and health. Why do we have biases? Where do they come from? And how do we shed them?

**Instructor(s):** Christina R Roll, M.S., CSP, CIH and Joy Jacobsen

### Learning Outcomes:

- Discuss, describe and define bias and its role in personal and professional development
- Anticipate bias in the workplace
- Recognize where bias can be a strength
- Evaluate the impact of bias in the workplace
- Control one's biases and learn to move through them

## CERTIFICATION PREPARATION

### Associate Safety Professional (ASP) Exam Preparation

Wednesday, February 14 – Friday, February 16 | Beginner | 2.1 CEUs |

Learn what you need to know to pass the Associate Safety Professional (ASP) certification exam. Complete practice questions and review answers that align with the Board of Certified Safety Professionals (BCSP) blueprint for the ASP exam. Get answers to your questions about the testing process and get practical guidance on what you should do to prepare. **You need a TI-30XS scientific calculator to participate in this course.**

**Instructor(s):** Richard Lindsey, CSP, SMS

#### Learning Outcomes:

- Describe the ASP exam blueprint
- Describe the Pearson VUE testing process
- Describe certification requirements and scoring
- Review test-taking and study strategies
- Demonstrate an understanding of the ASP exam blueprint by answering sample questions
- Evaluate knowledge gaps and strengths
- Develop a study plan
- Locate resources to fill knowledge gaps and reinforce strengths

### Certified Safety Professional (CSP) Exam Preparation

Wednesday, February 14 – Friday, February 16 | Intermediate | 2.1 CEUs |

Learn what you need to know to pass the Certified Safety Professional (CSP) certification exam. Complete practice questions and review answers that align with the Board of Certified Safety Professionals (BCSP) blueprint for the CSP exam. Get answers to your questions about the testing process and get practical guidance on what you should do to prepare. **You need a TI-30XS scientific calculator to participate in this course.**

**Instructor(s):** Patrick Karol, CSP, SMS, CIT

#### Learning Outcomes:

- Describe the CSP exam blueprint
- Describe the Pearson VUE testing process
- Describe the certification requirements and scoring
- Review test-taking and study strategies.
- Demonstrate an understanding of the CSP exam blueprint by answering sample questions
- Evaluate knowledge gaps and strengths
- Develop a study plan
- Locate resources to fill knowledge gaps and reinforce strengths

## Construction Health and Safety Technician (CHST) Exam Preparation

Wednesday, February 14 – Friday, February 16 | Intermediate | 2.1 CEUs |

Learn what you need to know to pass the Construction Health and Safety Technician (CHST) certification exam. Complete practice questions and review answers that align with the Board of Certified Safety Professionals (BCSP) blueprint for the CHST exam. Get answers to your questions about the testing process and get practical guidance on what you should do to prepare. **You need a TI-30XS scientific calculator to participate in this course.**

**Instructor(s):** Robert Hites, CSP, CHST, CIT, SMS

### Learning Outcomes:

- Describe the CHST exam blueprint
- Describe the Pearson VUE testing process
- Describe certification requirements and scoring
- Review test-taking and study strategies
- Demonstrate an understanding of the CHST exam blueprint by answering sample questions
- Evaluate knowledge gaps and strengths
- Develop a study plan
- Locate resources to fill knowledge gaps and reinforce strengths

## Math Review for Certification Exams

Tuesday, February 13 | Beginner | 0.7 CEUs |

Review the basic mathematic principles you need to pass your certification exams. This course will include math examples typically found on exams and help you review how to solve relevant math problems. **You need a TI-30XS scientific calculator to participate in this course.**

**Instructor(s):** Richard Lindsey, CSP, SMS

### Learning Outcomes:

- Demonstrate how to operate a scientific calculator or calculator emulator
- Perform metric and English conversions
- Solve for variables in an equation
- Use exponents, scientific notation, and answer-significant digits
- Apply formulas and conversions commonly used on safety certification tests
- Solve basic sample math problems related to:
  - Area
  - Volume
  - Algebraic
  - Trigonometry
  - Statistics
  - Finance
  - Noise
  - Radiation

## RISK ASSESSMENT AND MANAGEMENT

### **Analytics: A New Approach to Health & Safety**

Tuesday, February 13 | Advanced | 0.7 CEUs |

Organizations have long used data analysis to drive improved performance. However, the quality of data now being accumulated and the speed at which data are being reported enables organizations to gain valuable insights to improve their overall performance. Explore data points that drive success from an occupational safety and health (OSH) perspective and discover how this information can lead to continuous improvement in critical areas such as preventing workplace incidents and injuries, reducing absenteeism and increasing productivity.

**Instructor(s):** Todd R. Hohn, CSP

#### Learning Outcomes:

- Determine how your organization can use leading indicators to drive improved outcomes
- Analyze key success factors to enact system and process change
- Review how analytics are being deployed to improve safety performance
- Implement different learning tools to support engagement and implementation

### **Applied Ergonomics Risk Assessment**

Wednesday, February 14 | Intermediate | 0.7 CEUs |

This applied ergonomics risk assessment course gives participants a foundational understanding of an ergonomics program. Participants will receive a set of essential ergonomics risk assessment tools. The participants will learn to use tools for ergonomics hazard identification, analyze and evaluate ergonomic risks, and apply risk reduction concepts.

**Instructor(s):** Georgi Popov, Ph.D., CSP, ARM, SMS, QEP

#### Learning Outcomes:

- Describe ergonomics hazards
- Use appropriate ergonomics risk assessment terminology
- Differentiate between fundamental ergonomics hazard identification tools and semiquantitative ergonomics risk assessment tools
- Evaluate various ergonomics risk assessment methodologies
- Develop a business case for ergonomics interventions

### **Confined Space Assessment, Entry and Rescue**

Monday, February 12 | Intermediate | 0.7 CEUs |

Master the knowledge and skills to safely assess, enter and perform confined space rescues in this course. Gain insights into air monitoring, ventilation, training requirements, developing a written program, implementing permits, managing contractors and executing effective retrieval methods. Engage in practical learning experiences with a confined space simulator and explore the latest equipment during hands-on demonstrations, ensuring you are well-prepared to handle confined space operations.

**Instructor(s):** Jay Jamali, CSP, CHMM, CHCM

**Learning Outcomes:**

- Assess a site to determine if it qualifies as a permit-required confined space
- Employ safe entry protocols for permit-required confined spaces
- Use safe rescue procedures to extract workers from permit-required confined spaces
- Develop a site-specific confined space entry and rescue program

## Creating, Implementing and Sustaining Respiratory Protection Programs in Healthcare

Monday, February 19 | Intermediate | 0.7 CEUs |

Expand your knowledge and build the skills you need to establish and maintain comprehensive respiratory protection programs in a healthcare setting. It is critical to protect all workers, including those in facility services, from respiratory hazards such as airborne pathogens, occupational exposures, surgical smoke and antineoplastic drugs. Course topics include source capture and control, total body exposure, hazard-specific respiratory protection, and important standards and certifications that address these gaps — including requirements from OSHA, The Joint Commission, Centers for Disease Control and Prevention/National Institute for Occupational Safety and Health, and the National Personal Protective Technology Laboratory. You will also gain new insight on HAZWOPER requirements for the hospital emergency response team, with a focus on first receivers. By implementing best practices and aligning with key standards, you will be better equipped to ensure the safety and well-being of healthcare workers and create a culture of protection and care.

**Instructor(s):** Dennis A Terpin, Ph.D., OHST

**Learning Outcomes:**

- Identify key administrative components of a healthcare respiratory protection program in accordance with 29 CFR 1910.134(c)
- Review the interplay and alignment of requirements between The Joint Commission, CDC, NIOSH and OSHA
- Apply an all-hazards approach to develop a risk-based healthcare respiratory protection program that addresses various occupational risks in a healthcare setting
- Recognize the limitations of respirators used in healthcare workplaces to support informed decision-making and appropriate selection of respiratory protective equipment

## Electrical Safety I: Basic Principles & Engineering Controls

Tuesday, February 13 | Beginner | 0.7 CEUs |

Develop knowledge of the fundamental principles of electrical safety, specifically the engineering controls required to protect workers to voltages greater than 50 volts. Discuss OSHA's top 10 electrical safety violations and review the National Electrical Code (2020 edition) and other NFPA electrical safety standards.

**Instructor(s):** Paul A. Zoubek, CSP, CIH

**Learning Outcomes:**

- Describe engineering design requirements and safeguards necessary to protect workers
- Discuss the basic principles of electricity, including basic circuitry and electrical units
- Identify hazards of electricity to the human body
- Mitigate electrical hazards based on OSHA's leading citations for electrical safety

## Electrical Safety II: Electrical Safe Work Practices with Application of NFPA 70E (2024 Edition)

Wednesday, February 14 – Thursday, February 15 | Intermediate | 1.4 CEUs |

Participate in an in-depth, comprehensive review of electrical safe work practices, procedures, risk assessment and risk-reduction techniques outlined in the revised 2024 edition of NFPA 70E. Develop knowledge to interpret code requirements as they apply to energized electrical work situations. **Your registration includes a copy of NFPA 70E, Standard for Electrical Safety in the Workplace (2024 edition).** **Instructor(s):** Paul A. Zoubek, CSP, CIH

### Learning Outcomes:

- Identify NFPA 70E as a best practice standard
- Evaluate worker protection measures in accordance with the hierarchy of controls
- Use safety-related work practices for energized systems
- Implement risk assessment procedures outlined in the 2024 edition of NFPA 70E

## Machine Safety Risk Assessment and Job Hazard Analysis

Monday, February 12 | Intermediate | 0.7 CEUs |

Learn to use the task-based risk assessment methodology specified in Robotics Industry Association standard TR R15.306-2016. This course will empower you to conduct any machine safety assessment, going beyond robotic systems. Master the job hazard analysis process to identify and mitigate risks, improving safety performance.

**Instructor(s):** Gary J Garrahan, CHMM

### Learning Outcomes:

- Identify machine safety hazards and recognize potential risks
- Analyze the concept of risk and apply clear criteria to determine both initial risk levels (prior to considering safety features) and residual risk
- Evaluate the design and integration requirements for safety-related parts of control systems, ensuring the selection of appropriate risk-reduction measures
- Prioritize risk-reduction measures when faced with existing machines and multiple hazards
- Perform a job hazard analysis using a methodology aligned with machine safety risk assessment

## Managing Risk, Not Safety

Monday, February 12 | Intermediate | 0.7 CEUs |

Transition seamlessly from a hazard-based safety program to a risk-based approach with this comprehensive course. Discuss the evolution of risk management and delve into concepts such as acceptable risk and residual risk that play a pivotal role. Gain valuable insights into the effective utilization of risk management strategies and processes, equipping you to navigate challenges

**Instructor(s):** C. Gary Lopez, M.S., CSP, FASSP

### Learning Outcomes:

- Analyze the changing role of the modern safety professional
- Apply risk management techniques in the context of occupational safety
- Assess the impact of safety professionals' expanded responsibilities

- Differentiate between regulations and risks, understanding their distinct roles in shaping safety practices
- Examine the relationship between a safety management system, the application of controls and safety culture

## NFPA 70E Policies, Procedures and Programs for Electrical and Mechanical Contractors

Wednesday, February 21 | Intermediate | 0.4 CEUs |

Enhance your understanding and proficiency in implementing the policies, procedures and programs required to safely conduct electrical work in various settings. Review key aspects of NFPA 70E and discuss relevant OSHA regulations and consensus standards to help you navigate the complex landscape of electrical safety and better protect team members who perform electrical work.

**Instructor(s):** Wesley Lamar Wheeler, SMS

### Learning Outcomes:

- Explain how adhering to the requirements outlined in NFPA 70E will enable your team to perform electrical work safely and mitigate related risks
- Identify the specific policies and programs needed to comply with both OSHA regulations and the NFPA 70E consensus standard, including the responsibilities of employers, employees and owners
- Determine the appropriate training and qualification requirements for workers engaged in electrical testing, commissioning and troubleshooting activities to ensure their competencies
- List and apply the required steps involved in establishing an electrical safe work condition, including the implementation of absence of voltage testing procedures to verify the absence of electrical energy
- Understand and perform effective shock and arc-flash risk assessments, employing industry best practices to assess and mitigate potential hazards associated with electrical work

## Prevention Through Design

Thursday, February 15 – Friday, February 16 | Intermediate | 3.0 CEUs |

Gain practical guidance on how to apply prevention through design (PTD), a core methodology for reducing risk. As defined in ANSI/ASSP Z590.3-2021, a widely used voluntary national consensus standard, PTD provides a framework and process for implementing risk assessment concepts in the various phases of a system's life span — from initial concept and design to use and then decommission. Review the various risk assessment tools and methods identified in the standard and discuss the PTD hierarchy of risk treatment. Practice applying PTD methods and concepts to real-world incidents as you work through modules that include short videos, scenarios, interactive tools, and assignments. **Your registration includes a copy of ANSI/ASSP Z590.3-2021 Prevention through Design Guidelines for Addressing Occupational Hazards and Risks in Design and Redesign Processes.** This course is the second in a three-course series for obtaining ASSP's Risk Management Certificate.

**Instructor(s):** Georgi Popov, Ph.D., CSP, ARM, SMS, QEP

### Learning Outcomes:

- Review the role of prevention through design in the risk assessment/ management process
- Develop deeper understanding of various tools for PTD interventions and product design
- Assess the PTD hierarchy of risk treatment
- Practice applying PTD methods and concepts to real-world examples
- Discuss effective ways to align safety and health interventions with business goals and objectives
- Develop a PTD implementation plan

## Principles of Machine Safeguarding: A Risk Based Focus on ANSI B11 Standards

Friday, February 16 | Beginner | 0.7 CEUs |

Learn the fundamentals of machine hazards and control methods while participating in hands-on activities. The course focuses on control methods and recommendations outlined in ANSI B11 Machine Guarding Standards with an emphasis on risk assessment. Learn how to interpret code requirements as they apply to machine hazard situations.

**Instructor(s):** Paul A. Zoubek, CSP, CIH

### Learning Outcomes:

- Recognize machine hazards
- Apply contents of the ANSI B11.0 Safety of Machinery standard to your overall machine guarding program
- Explain the need for risk assessment of machine hazards
- Describe the basic options for safeguarding machinery
- Apply machine safeguarding risk assessment principles

## Risk Assessment and Management for Safety Professionals

Tuesday, February 13 – Wednesday, February 14 | Beginner | 3.0 CEUs |

An effective risk assessment and management process helps you identify potential hazards and reduce risk to an acceptable level. Review the risk management process — which includes establishing risk criteria and context, risk identification, risk analysis, risk evaluation, risk treatment, risk monitoring and reporting, and risk communication.

**Your registration includes a copy of ASSP TR-31010-2020 Technical Report: Risk Management - Techniques for Safety Practitioners.** This course is the first in a three-course series for obtaining ASSP's Risk Management Certificate.

**Instructor(s):** Bruce K Lyon, P.E., CSP, CHMM, ARM, FASSP

### Learning Outcomes:

- Implement the risk management process
- Demonstrate the need for management to support risk treatment plans and efforts
- Apply risk assessment tools, techniques, and methods
- Measure the effectiveness of the risk management process to support your organization's objectives"

## Risk-Based Incident Investigation

Tuesday, February 20 | Intermediate | 0.4 CEUs |

Develop essential skills and techniques to effectively analyze incidents, uncover root causes and prioritize risk mitigation measures. By integrating risk-centric thinking with causal factor analysis and the five whys method, you will gain practical experience via scenario-based exercises designed to help you identify successes and failures in hazard identification and control. Following the proven eight disciplines (8D) approach, you will navigate through eight comprehensive steps, culminating in the identification of root causes and the implementation of effective management systems. Other topics include the significance of categorizing and trending loss data by hazardous energies and control failures, and effective ways to distinguish between fatal or serious incidents and significant incident frequencies.

**Instructor(s):** Paul A Esposito, CSP, CIH

**Learning Outcomes:**

- Identify the most impactful risk-based data to determine causal factors and root causes
- Implement a systematic methodology to determine immediate, corrective and preventive actions following incident investigations
- Effectively trend incident data over time to identify patterns, weaknesses in management systems and opportunities for improvement
- Quantify incident data inputs and outputs to establish strategic leading metrics
- Qualify incident data to accurately classify work incidents and enable appropriate resource allocation

**SAFETY MANGAGEMENT SYSTEMS****Beyond Compliance: A Healthier Workplace Is a Safer Workplace**

Monday, February 12 | Advanced | 0.7 CEUs |

In an evolving landscape, organizations must redefine their approach to safety and health programs, aligning bottom-line objectives with workplace well-being. Safety and health initiatives often exist in isolation within separate organizational divisions, hindering their impact and potential. This course aims to bridge the gap between these programs, fostering integration to maximize results and improve outcomes.

**Instructor(s):** Todd R. Hohn, CSP

**Learning Outcomes:**

- Analyze key issues workers face due to changing workplace dynamics
- Demonstrate how aligning safety and health strategies can yield measurable benefits
- Review case studies showing how companies have successfully integrated safety and health
- Discuss best practices for promoting a safer and healthier workplace
- Develop strategies to shift management's perception of safety and health

**Conforming With ANSI/ASSP Z16.1: Creating a Balanced Set of Metrics**

Monday, February 19 | Intermediate | 0.4 CEUs |

Discuss effective strategies and skills to implement a balanced set of metrics to evaluate your organization's occupational safety and health performance. Through a focus on the leading, lagging and value-based metrics outlined in the ANSI/ASSP Z16.1 standard, you will deepen your understanding of how these metrics can help you drive organizational improvement, elevate risk management and enhance your organization's overall performance. **A copy of the ANSI/ASSP Z16.1-2022 Safety and Health Metrics and Performance Measures is included.**

**Instructor(s):** Paul A Esposito, CSP, CIH

**Learning Outcomes:**

- Apply the principles and concepts of a balanced set of leading, lagging and value-based metrics
- Interpret and analyze value-based metrics that impact an organization's financial results to identify opportunities for improvement
- Demonstrate how your organization can use multiple leading metrics to predict and influence lagging metrics
- Communicate the relationship between a balanced set of metrics and effective risk reduction
- Align safety metrics with organizational goals and performance objectives

## Corporate Safety Management

Monday, February 12 – Wednesday, February 14 | Intermediate | 2.1 CEUs |

Learn new ways to tackle challenges, craft solutions and apply the skills needed to successfully position safety in your organization. Explore corporate management systems and organizational cultures and develop insight on how you can influence them from a safety perspective. You will review corporate reporting relationships, occupational safety and health (OSH) staffing and the tenets of OSH management systems. You will also use tools to assess your organization's current safety process and identify ways to adjust it to achieve desired state. Develop your ability to apply negotiation and leadership skills to influence decision-making that affects corporate structure. Take away a new understanding of how to apply corporate safety management concepts and systems and how to lead and influence positive outcomes that change your workplace. This course is the third in a three-course series for obtaining ASSP's Safety Management Certificate.

**Instructor(s):** James Boretti, CSP

### Learning Outcomes:

- Develop a safety management system to support your organization's strategic and business goals
- Effectively assess and measure your organization's safety performance
- Discuss the influence of corporate culture and develop skills to effect changes that help your organization embrace OSH efforts
- Justify where the safety function is best positioned within your organization's corporate structure
- Apply leadership, negotiation and communication skills to positively influence corporate safety management system
- Analyze key initiatives for creating high-impact safety performance
- Define and discuss best practices for safety performance enhancement
- Analyze appropriate adjustments to the safety effort in response to corporate mergers, downsizing, rightsizing and reorganizing

## Implementing ISO 45001

Monday, February 19 – Wednesday, February 21 | Intermediate | 2.1 CEUs |

Through a blended learning approach, develop the knowledge and confidence to successfully implement an occupational health and safety management system (OHSMS) as an integral part of your organization's overall business operations and objectives. Organizations that adopt the standard as part of their business practices, goals and objectives can better protect their workers, brand reputation, supply chain and future growth on a global level. **Your registration includes a digital copy of ISO 45001-2018.**

**Instructor(s):** Victor M. Toy, CSP, CIH

### Learning Outcomes:

- Create a compelling story around developing and implementing an ISO-45001-compliant OHSMS
- Explain the importance and value of implementing an OHSMS following the ISO 45001 standard
- Define key terminology and guidelines related to the implementation of the ISO 45001 standard
- Navigate the ISO 45001 standard and its main sections
- Assess performance of your OHSMS, leveraging the success factors listed in the standard to continuously improve the process
- Translate knowledge gained into an actionable plan for initiating your own OHSMS development and implementation

## Internal OHSMS Auditing Using ISO 45001

Thursday, February 22 – Friday, February 23 | Intermediate | 1.4 CEUs |

Examine ISO 45001-2018 from an auditor's perspective. Review components of an effective internal audit program and discuss steps necessary to plan for and complete internal occupational health and safety management system (OHSMS) audits. Develop skills to document nonconformance findings, assess adequacy and effectiveness of corrective actions, and evaluate the adequacy, suitability and effectiveness of an internal audit program. Demonstrate a solid understanding of audit programs and processes and apply the knowledge to complete an OHSMS audit. **Your registration includes a digital copy of ISO 45001-2018.**

**Instructor(s):** Kenneth A. Clayman, SMS

### Learning Outcomes:

- Use tools to develop an OHSMS internal auditing program
- Plan and complete internal OHSMS audits.
- Assess and improve your organization's OHSMS based on ISO 45001

## Measuring Safety Culture

Thursday, February 15 | Advanced | 0.7 CEUs |

This advanced course actively engages the safety professional's knowledge of management systems and safety culture to measure the heartbeat of their safety program. In this working session, attendees will simultaneously use qualitative and quantitative methods to assess and score the two main pillars of their safety program: safety management systems and operational culture. Participants will return to the workplace with a multi-dimensional look at their safety program. This course is ideal for advanced safety managers, safety committee members, and other safety and health stakeholders who have at least seven years of experience with management systems.

**Instructor(s):** Cynthia E Braun, CSP, CHMM, CIT

### Learning Outcomes:

- Define "safety culture" and "safety management system"
- Use an integrated measurement tool to assess and score key elements of your organization's safety management system and safety culture
- Identify at least three ways to improve, support, and/or promote a positive safety culture and management system

## Safety Management I

Monday, February 12 – Wednesday, February 14 | Beginner | 2.1 CEUs |

Occupational safety and health (OSH) processes have fundamental elements and conditions required by regulatory agencies. Develop a foundational understanding of these elements and examine techniques for creating an effective safety management system. Build on or confirm the current conditions of your OSH process to create a road map for an effective safety management system. This course is the first in a three-course series for obtaining ASSP's Safety Management Certificate.

**Instructor(s):** James 'Skipper' Kendrick, Jr, CSP, FASSP

**Learning Outcomes:**

- Apply proven techniques to establish accountability for safety efforts
- Identify the elements of a safety management system and discuss strategies for implementing them
- Write effective policy statements and performance standards to help your management team execute its safety responsibilities
- Develop the ability to promote safety to various levels in the organization
- Describe the moral, financial, and legal responsibilities of today's safety professional
- Create strategies to control workers' compensation costs
- Establish a budget for a safety management effort

**Safety Management II**

Thursday, February 15 – Friday, February 16 | Beginner | 1.4 CEUs |

Build on what you learn in Safety Management I to take steps to implement a safety management system within your organization and practice techniques to measure its effectiveness. You will also gain insight and practical guidance on how to strengthen an existing safety management system. This course is the second in a three-course series for obtaining ASSP's Safety Management Certificate.

**Instructor(s):** James 'Skipper' Kendrick, Jr, CSP, FASSP

**Learning Outcomes:**

- Review various types of safety management systems and evaluate their application to the safety function
- Practice methods for assessing the performance of a safety management system
- Evaluate leading metrics and determine how they may benefit your organization
- Use effective leadership and communication skills, training and ethical behavior to improve safety performance

**Safety Through Accountability and Recognition: An Approach to Succeed at Management Commitment and Worker Engagement**

Wednesday, February 21 | Intermediate | 0.4 CEUs |

This course will use accountability metrics to provide a foundation for designing, implementing, and verifying management commitment. The balanced set of metrics and concepts from the new ANSI/ASSP Z16 standard will be part of the presentation. The benefits of worker participation at both the individual and team level will be presented, using similar metrics for recognition. Pitfalls of common recognition programs will also be presented.

**Instructor(s):** Paul A Esposito, CSP, CIH

**Learning Outcomes:**

- Define management accountability and commitment to occupational health and safety management systems
- Practice using a balanced set of process (logic) metrics to measure management accountability
- Develop recognition programs to motivate workforce participation without incident statistics

## Safety Management Systems for Joint-Employer Environments

Tuesday, February 20 | Intermediate | 0.4 CEUs |

As the work landscape evolves, organizations are relying more on non-traditional employment arrangements, such as temporary and contract workers. To effectively manage the associated risks and pressures, businesses must transition from a traditional regulatory approach and implement robust occupational health and safety management systems (OHSMS). Gain practical and comprehensive guidance that will help you successfully integrate an OHSMS grounded in a recognized framework like ISO 45001 and ANSI/ASSP Z10. Gain the knowledge, strategies and skills you need to lead your organization through a continual improvement process, enabling strategic and tactical enhancements in joint-employer safety management. **A copy of the textbook: Safety Management Systems in a Joint-Employer Environment, is included.**

**Instructor(s):** Scott DeBow, CSP, ASP, ARM

### Learning Outcomes:

- Develop a comprehensive understanding of the increasing business use and significance of joint-employer arrangements in today's work environment
- Recognize the limitations of a traditional compliance-based approach to workplace safety and health, while identifying the risk multipliers commonly associated with serious injuries and fatalities
- Summarize the knowledge and narratives required to effectively communicate change management and promote key elements of OHSMS across various shareholder functions
- Acquire practical tools and techniques to integrate a risk-based approach and use maturity modeling to achieve continuous improvement in a joint-employer environment

## Technical Writing for the Safety Professional

Friday, February 16 | Intermediate | 0.7 CEUs |

Enhance your credibility by mastering the art of safety writing. This course will cover content development, template creation and technical writing fundamentals to help you develop clear and accurate safety manuals, policies, programs, procedures and reports. Through interactive workshops, you will gain the skills to write concise, cohesive and technically correct documents that communicate important safety information.

**Instructor(s):** Cynthia E Braun, CSP, CHMM, CIT

### Learning Outcomes:

- Differentiate between policies, programs, procedures and safety manuals, and develop content for each
- Evaluate the needs of your audience, use active voice and improve clarity
- Identify and eliminate words and phrases unsuitable for technical writing
- Review documents for accuracy, quality, grammar, spelling and punctuation
- Summarize basic document formatting elements

## TOTAL WORKER HEALTH®

### Heeding the Call: Why Safety Is More Than a Job

Friday, February 23 | Beginner | 0.4 CEUs |

There is profound purpose and passion in protecting people and driving lasting cultural change. Awaken your mind, refresh your sense of purpose, and rekindle your passion for safety and your calling to save lives. By understanding this deeper meaning, you will be inspired to elevate workplace standards and make a lasting difference in your organization.

**Instructor(s):** Robert Harding

#### Learning Outcomes:

- Rediscover your personal "why" for embracing safety as a calling
- Identify effective methods to transform your "why" into a purposeful and passionate drive for safety
- Examine tools and strategies that support continuous motivation and resilience in pursuing your goals
- Discuss strategies for making the greatest impact in your work

### Human Factors for the Safety Professional

Tuesday, February 20 | Beginner | 0.7 CEUs |

Transform your understanding of the principles and applications of human factors in promoting workplace safety and reducing errors. Through case studies and real-world examples, explore how these principles can reduce errors and mental workload, prevent incidents, prevent fatigue and improve safety overall. Discuss proven ways to incorporate human factors into system assessment and design to optimize safety outcomes.

**Instructor(s):** Lawrence Schulze, Ph.D., P.E., CPE and Mark Hansen, P.E., CSP, CPE, CPEA, FASSP

#### Learning Outcomes:

- Differentiate between human factors and ergonomics to better communicate their respective scopes and applications
- Explain the fundamental principles of human factors and their relevance in various contexts
- Recognize the correlation between poor human factors design and workload, stress, fatigue and errors
- Identify the underlying causes of human errors
- Analyze and enhance opportunities to minimize errors and reduce workload

### Mental Health, Harassment & Workplace Safety

Thursday, February 22 | Beginner | 0.7 CEUs |

In today's world, it is crucial to address bullying and mental health challenges in the workplace. Statistics from the Centers for Disease Control and Prevention reveal a concerning trend: The suicide rate among working-age individuals in the U.S. has increased 40% over the past two decades, with nearly 38,000 lives lost in 2017 alone. Of particular concern is the construction industry, where the rate of death by suicide is four times higher than the general population — 45 per 100,000 individuals — making it the second highest among all workplace industries. Gain insight and guidance to help foster a compassionate and inclusive work environment that values every individual.

**Instructor(s):** Hector M Escarcega, M.S., CSP, ARM, LCS

**Learning Outcomes:**

- Develop a comprehensive understanding of workplace bullying and its detrimental impact on individuals and organizations
- Identify early warning signs and risk factors associated with bullying and mental health issues
- Acquire a toolkit of effective strategies and techniques to create a supportive work culture, fostering positive relationships and reducing the incidence of workplace challenges
- Build your confidence in advocating for change

## Navigating Work in Safety When Gender Dynamics and Mental Health Collide

Wednesday, February 21 | Beginner | 0.4 CEUs |

To improve workplace safety, it is critical to recognize and address workers' distinct needs and challenges. From the design of personal protective equipment (PPE) to role assignments, work-life balance and organizational expectations, gender dynamics significantly influence an organization's safety climate. Studies show that when gender-specific needs are not met and when gender stereotypes and inequities persist, worker mental health and well-being decline, leading to increased workplace safety concerns. Develop the knowledge and skills to identify and assess the repercussions on workers' mental health and safety when gender dynamics are entrenched in the workplace. Explore the influence of societal narratives and norms on workplace culture and examine how they shape expectations and reinforce inequities. By discussing these critical issues, you will develop a deeper understanding of the impact of gender dynamics on mental health, well-being and safety in your organization.

**Instructor(s):** Georgia A. Bryce-Hutchinson, M.S.

**Learning Outcomes:**

- Identify prevalent gender dynamics that are often amplified in work environments
- Describe the potential impact of gender inequities and stereotypes on the mental health, well-being and safety of workers
- Recognize the consequences for both employees and organizations when employees' mental health is compromised due to gender-related factors
- Discuss the interconnection between employee well-being, productivity and workplace safety when psychological safety and health and gender needs are proactively addressed
- Identify effective strategies to raise awareness about gender-related concerns in the workplace and promote meaningful change

## Taking Care of You: Mental Health, Well-Being and the Safety Professional

Monday, February 19 | Beginner | 0.4 CEUs |

As an OSH professional, you have a multidimensional role in the modern workplace. While demonstrating your technical competence and crisis management skills is critical, it is also essential to prioritize your personal well-being and mental health. Identify strategies you can adopt to follow a balanced-life model and discuss stress management approaches that will enhance your overall success, productivity and fulfillment.

**Instructor(s):** Georgia A. Bryce-Hutchinson, M.S.

## Learning Outcomes:

- Discuss the impact of mental health challenges on worker well-being
- Differentiate between fundamental mental health terminologies and concepts to more effectively communicate about mental well-being and safety
- Identify potential factors that contribute to mental illness and recognize barriers that may discourage individuals from seeking professional support
- Assess personal wellness needs using the eight dimensions of wellness approach and develop effective self-care practices
- Identify available mental health resources and services to help support informed decisions about seeking professional assistance

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