

# 2018 Panhandle Safety and Wellness Conference and Trade Show



*Gering Civic Center, Gering, NE, September 20, 2018*



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The biggest safety and wellness educational event in the area, join other local professionals for a day that includes:

- Informative breakout sessions
- Exhibits by safety and wellness vendors
- Awards luncheon
- Inspiring keynote speaker sessions
- Networking

Register online: [pphd.org/pwwc.html](http://pphd.org/pwwc.html)

# Conference Agenda

Time	Event	Safety	Wellness
8:00-8:30 a.m.	Registration		
8:30-9:30 a.m.	Opening Keynote	<b>Jeanne Sexson - Gain the Day - Control Pressure When Demands Exceed Resources</b>	
9:30-9:45 a.m.	Exhibitor Break		
9:45-10:30 a.m.	Breakout Session	<b>OSHA Update</b> OSHA Representative Get the details on where the administration is at with pending and new regulations. Region VII OSHA focus areas will be reviewed with a specific focus on Nebraska injury statistics and frequently cited violations.	<b>Wellness Plan Legal Update</b> Leslie Shaver and John Selzer Simmons-Olsen Law Firm Join us for this informative session as we explore incentive use with your wellness program. Get the latest update to ensure future wellness plans comply with federal law.
10:30-10:45 a.m.	Exhibitor Break		
10:45-11:45 a.m.	Breakout Session	<b>Leveraging New Research to Limit Your Liability</b> Mark Segerstrom, Nebraska Safety Council and Trooper Courtney A. Horak #234, Traffic Services Division, Scottsbluff NE Did you know Nebraska was recently ranked #1 in the country for road rage? Learn of the startling research that shows a vast difference of how we view our driving versus the reality of our driving. You'll see how new research can be leveraged to mitigate your liability in developing a rock solid safe driver program.	<b>Supporting Workplace Mental Well-Being</b> Anna Hain, Counselor, Burke & Associates, PC: Lecturer of Sociology UNK Worksites are increasingly offering a number of wellness initiatives supporting the physical well-being of employees but to keep a good balance, prioritizing mental well-being strategies is essential. Constant stress, depression, and anxiety coupled with the fact employees spend the largest part of their day at work makes the demand even greater. Together, we will discuss a path to your organization's balance of including mental well-being resources and support.
11:45 a.m.-12:00 p.m.	Snap Sessions	<b>Ergonomics Guide</b>	<b>Policies for Worksite Wellness</b>
		<b>Hidden Office Hazards</b>	<b>Walking Worksite Guide</b>
		<b>OSHA Inspections</b>	<b>Nebraska Diabetes Worksite Toolkit</b>
12:00-1:00 p.m.	Luncheon		
1:00-1:15 p.m.	Exhibitor Break		
1:15-1:45 p.m.	Breakout Session	<b>Addressing Domestic Violence in the Workplace</b> Trooper Courtney A. Horak #234, Traffic Services Division and Ric Voelker, CHCM, Safety Trainer Domestic violence is a complex, high-stakes issue that can follow employees to work, affecting the safety of staff not only the victim but other staff. Learn how to face employee involved cases with confidence and security.	<b>Stretches and Brain Boosting Activities to Bolster Efficiency</b> Holly Wade, Holly Wade Wellness Our work environments are wreaking havoc on our bodies by sitting in front of a computer and other sedentary behaviors. Studies show regular brain breaks and stretching increases productivity and efficiency. Join us as Holly Wade guides us through a variety of stretches for both indoor and outdoor workers to ensure regular practice.
1:45-2:15 p.m.	Breakout Session	<b>Defusing the Ticking Time Bomb... Practical Solutions for Bullying and Aggressive Behaviors</b> Ric Voelker, CHCM, Safety Trainer Address behaviors that contribute to workplace violence by learning basic verbal techniques that help resolve conflict situations early on. Get more information on what to do when issues escalate, including how to address bullying and handle hostile terminations.	<b>Smart Snacking on the Job</b> Regional West Health Services' Healthy Eating Team Members and Jessica Davies Grabbing a candy bar and soda each afternoon at the company vending machine an add over 500 calories to your diet each day. If this habit is maintained daily in the Monday-Friday workweek, this nets a whopping 130,000 extra calories and 45 lbs of sugar consumed each year! Let's talk healthy vending opportunities, local successes, challenges to implementing, and resources available to your business.
1:15-2:15 p.m.	Leadership Session	<b>Jeanne Sexson - Teams: Making Things Happen That Wouldn't Otherwise</b>	
2:15-2:30 p.m.	Raffle Break		
2:30-3:30 p.m.	Closing Keynote	<b>Jeanne Sexson - Lighten Up and Live (getting and keeping a balance)</b>	

## Keynote Speaker



### About Keynote Speaker Jeanne Sexson

For over 28 years Jeanne has traveled around the U.S. speaking at various events, from trainings for large corporations to individual facilities. Holding a Master's degree with an emphasis in psychology and a Master's Certification in Education, she provides leadership training for the University of Evansville, University of Southern Indiana, and Indiana Technical State College.

### Opening Keynote

**Topic: "Gain the Day - Control Pressure When Demands Exceed Resources"**

The effect of strain can affect our ability to think clearly, problem-solve effectively and can literally destroy our health (up to 85% of doctor visits are stress related). By using the methodologies for taking away the power stress exerts, we can weaken it's impact on us. Interactive, upbeat, and very practical, this presentation will provide suggestions to make us more resilient and able to "go the distance."

### Snap Sessions

Get better acquainted with popular resources being used by businesses across the state. These fast sessions will give you a quick download on a specific topics and help you learn about toolkits, guides, and handouts you can take back to work and use.

## 2018 Safety and Governor's Wellness Awards Luncheon

September 20, 2018 12:00-1:30 p.m.

The **Nebraska Safety Council Workplace Safety Awards** recognizes organizations with exemplary safety programs. They are determined by a panel of safety and health professionals. The **Governor's Wellness Award** program honors organizations that have made notable efforts in providing quality wellness programs for their employees and demonstrated exceptional wellness leadership.

### Leadership Session

**Topic: "Teams - Making Things Happen That Wouldn't Otherwise"**

Unite teams around a common goal, in this special session we'll cover:

- The difference between functional and dysfunctional groups
- Why teams fall apart
- What successful teams have in common
- Expectations and achievement
- The role of freedom and empowerment
- Key principles for leading teams through change
- Energizing your team to achieve (even through uncertainty)

### Closing Keynote

**Topic: "Lighten Up and Live - Getting and Keeping a Balance"**

Combining a mixture of serious thoughts and fun, Lighten Up and Live explores the influences which help us find the up side to a down situation. Learn how the role of humor affects health, productivity and our ability to break the power of the past to get a better grip on present challenges. Laugh and learn as you gain a more realistic balance and perspective for a more gratifying quality of life.