



16th Annual

2010

Region X VPPPA Conference

May 11-13, 2010

REGISTRATION



*Sheraton Anchorage Hotel
Anchorage, Alaska*

Wednesday, May 12

9:15-11:45 a.m.

Keynote and General Session: Choosing Your Attitude: Taking Personal Responsibility for Success at Work™

Why are some individuals more successful than others? Is it hard work, dedication, initiative and perseverance? Of course it is. But most successful people have something that allows them to overcome obstacles. It's a positive attitude and self-motivation! Some individuals watch their successful co-workers so that they can see what it takes to get ahead. Others observe the short-cuts that their co-workers get a way with so that they can do it too. That's why employees lead other employees whether they mean to or not. Then there's the employee who is always blaming someone else for their mistakes and this gets noticed by someone in management. The solution is to find a way to inspire a change in the attitudes of you and your co-workers so everyone takes responsibility for their own behavior. This is a fast-paced and light-hearted program with lots of common sense content that will unlock the secrets of positive attitudes and self-motivation and the role these techniques play in achieving goals, positive attitudes, dreams, continued employment and career ambitions.



**Bruce Wilkinson, CSP, Workplace Consultants
and Wilkinson Seminars & Presentations**



General Conference Information

Registration

Early registration is encouraged. Faxed registrations will be accepted only if accompanied by credit card information or a purchase order. **Advanced registration deadline is May 3, 2010**; after that date, you must register at the conference.

NOTE: If you intend to register at the conference, please call **503-947-7441** for session availability.

To register, complete the conference registration form and send it with your check, credit card payment, or purchase order to:

Region X VPPPA Conference
PO Box 5640
Salem, OR 97304-0640

Fax: 503-947-7019

(must include credit card information or purchase order)

Register online at www.regonline.com/regionx_vpppa10

Cancellation policy

All cancellations must be in writing and received before May 3, 2010. After that date, no refunds will be granted. Substitution of attendees is allowed. Registrants who do not attend the conference are required to pay in full.

Lodging

A block of rooms has been arranged at the host hotel. Attendees are responsible for making their own lodging reservations and paying upon checkout.

Sheraton Anchorage Hotel
401 E 6th Avenue
Anchorage, AK 99501

To make lodging reservations, call the hotel directly at 907-276-8700 or Sheraton Reservations at 800-325-3535 before April 10, 2010. Ask for the "Region X VPPPA Conference" room block to receive the conference rate. Rates are subject to all applicable taxes.

\$109 plus tax – Standard room

\$139 plus tax – Club level



VPPPA Membership Benefits

Save \$50 on your registration to the conference!

VPPPA is committed to delivering the most productive and rewarding membership experience to each of our valued member sites. Through educational offerings, publications and face-to-face and online networking opportunities, the association strives to provide employees at member sites with the latest best practices and relevant information on occupational safety and health and the Voluntary Protection Program (VPP).

Questions?

Call the Conference Section 503-378-3272 or toll-free in Oregon 888-292-5247 option 1

E-mail: oregon.conferences@state.or.us

Visit www.oro sha.org or www.RegionXVPPPA.org

Registration Form



Region X 2010

May 11-13, 2010
Sheraton Anchorage Hotel
Anchorage, Alaska

Name _____

Job title _____

Company _____

Business address _____

City _____ State _____ Zip _____

Phone (_____) _____ Ext. _____ Fax (_____) _____

E-mail address _____

Do you want to remain on the mailing list for this conference? Yes No

Registration fees *Mark all that apply.*

Workshops – May 11, 2010

(Choose one workshop to attend from 8 a.m.-4:30 p.m.)

- VPP Application Workshop
(first person at full price)\$250
- VPP Application Workshop
(additional person at discounted price)\$200
- Tuesday Workshop\$150

Conference – May 12 & 13, 2010

(Select sessions to attend on the next page.)

- Wednesday & Thursday, May 12 & 13 (non-member) . . . \$275
- Wednesday & Thursday, May 12 & 13 (member) \$225
Member # _____
- One day – Wednesday, May 12 \$175
- One day – Thursday, May 13 \$175

Total Enclosed \$ _____

Payment (check, credit card information, or purchase order) must accompany registration form.

Advanced registration will be accepted by mail or fax until May 3. Faxed registrations will be accepted only if accompanied by credit card information or a purchase order. A separate registration form must be completed for each person registering. Select sessions to attend on the reverse side of this form. If more than one person from your company will attend, a photocopy of the registration form must be made for each person and a single check issued for the total amount or include credit card information.

For pre-registration return by May 3, 2010.

After this date, a confirmation letter cannot be guaranteed. Some sessions may close; if you intend to register on-site, call for session availability 503-947-7441.

Please return this registration and your check to:

VPPPA Conference
 PO Box 5640
 Salem, OR 97304-0640

FAX: 503-947-7019
(Federal tax ID: 54-1598954)

Questions? Call the
 Conference Section at 503-378-3272;
 e-mail: oregon.conferences@state.or.us

Amount Enclosed: \$ _____

Make payable to Region X VPPPA Conference

Charge my: Mastercard VISA American Express

Name on card: *(print)* _____

Phone number: (_____) _____

Exp. date: _____ Security code _____

Signature: _____

Credit card#:

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Office use only

Date Rec. _____

Amt. Rec. _____

Check # _____

PO # _____

Last 4 _____

*{ 3 digits on back of Mastercard or VISA
 { 4 digits on front of American Express*

For your protection, your credit card number will be shredded after processing.

Registration Form — Part 2

Circle your first (1) and second (2) choices for each session on Wednesday and Thursday.

EXAMPLE:

- 1 Example Class A
- 1 2 Example Class B
- 1 2 Example Class C

Tuesday, May 11, 2010

8 a.m.-4:30 p.m. WORKSHOPS

- 1 2 VPP Application Workshop™
- 1 2 Human Performance Improvement
- 1 2 Sprains, Strains and Things that Go Numb in the Night
- 1 2 The Human Side of Safety: Using Critical Error Reduction Techniques to Dramatically Improve Safety Performance
- 1 2 The Power Trio – Proven Strategies for Improving Safety Leadership

4:30-6 p.m.

- Yes, I will attend the Q & A – VPP for DOD Facilities (DOD facilities ONLY)

Wednesday, May 12, 2010

7-11:45 a.m.

- Yes, I will attend the Meet the Exhibitors breakfast, Welcome, Keynote, and General Session.

1:30-3 p.m. SESSIONS

- 1 2 The ABC's of VPP
- 1 2 Human Performance Incident Investigation
- 1 2 Remote Medical Support
- 1 2 Process Safety Management
- 1 2 Managing Change and Transition (1:30-5 p.m.)
- 1 2 Introduction to Safety Trained Supervisor (STS) – Module 1

3:30-5 p.m. SESSIONS

- Managing Change and Transition (cont. from 1:30 p.m.)
- 1 2 Benefits of VPP
- 1 2 The ABC & D's of Fall Protection
- 1 2 Boating Safety
- 1 2 Practical Ergonomics and Biomechanics: Applications to Everyday Life
- 1 2 Safety Trained Supervisor (STS): Safety Makes Cents – Module 2

6-9 p.m.

- Yes, I will attend the Evening Reception – **North to Alaska!**

Thursday, May 13, 2010

7:30-9:30 a.m.

- Yes, I will attend the Breakfast and the General Session.

10-11:30 a.m. SESSIONS

- 1 2 Maintaining and Strengthening the Star
- 1 2 ART Sprain/Strain and Overuse Injury Reduction
- 1 2 When Disaster Strikes: Surviving an Active Shooter
- 1 2 Asbestos Awareness
- 1 2 Tools for Conscious Leadership (10 a.m.-3:45 p.m.)
- 1 2 Safety Trained Supervisor (STS): Hazard Recognition – Module 3

12:30-2 p.m. SESSIONS

- Tools for Conscious Leadership (cont. from 10 a.m.)
- 1 2 5 Star Safety Teams: So Easy Even a Caveperson Could Do It!
- 1 2 Analyzing and Controlling Hazards: A Systematic Approach
- 1 2 Maintaining Stability During Unstable Times – Pandemic Prevention Practices
- 1 2 Innovative Technologies for Safety Footwear
- 1 2 Safety Trained Supervisor (STS): Control of Hazardous Energy – Module 4

2:15-3:45 p.m. SESSIONS

- Tools for Conscious Leadership (cont. from 10 a.m.)
- 1 2 My Piece of the Star
- 1 2 “Step it Up” – Improving the Health of Your Aging Workforce
- 1 2 Safety vs Survival Training – Are You Really Preparing Your Workers?
- 1 2 New OSHA Issues and Recordkeeping
- 1 2 Safety Trained Supervisor (STS): Accident Prevention – Module 5

4-5 p.m.

- Yes, I will attend the Safety Revival – Closing remarks, drawings, and announcement of Board of Director's election results.

Special accommodations

- Check if you require special services. Attach a separate sheet describing your needs.