



2025 HEALTH & SAFETY CONFERENCE

AI & SAFETY | LOCKOUT TAGOUT | STRESS & TIME | REPETITIVE MOTION | JHA VS. JSA | LEADERSHIP | MENTAL HEALTH | ND EMPHASIS PROGRAMS | VENDOR SHOWCASE

TOMORROW'S SAFETY TODAY



CRYSTAL NELSON



KIT WELCHLIN



GARY LESHOVSKY



BRIAN LAUWERS



KEYNOTE: GENE MARKS



RONN LEHMANN



ANDREA JENSEN



SCOTT OVERSON

CEUs
Available

Special Thanks to our Premier Sponsors



American
Crystal
Sugar
Company



OSHA + Environmental Compliance Systems

A U.S. COMPLIANCE COMPANY



THIS TRAINING IS SPONSORED IN PART THROUGH WORKFORCE SAFETY & INSURANCE'S (WSI) SAFETY TRAINING & EDUCATION PROGRAM (STEP) GRANT.



BUILDING A SAFE, SECURE & HEALTHY NORTH DAKOTA WORKFORCE.

WSI partners with employers to enhance safety and prevent injuries.

WSI Safety Services & Programs

- Ergonomic Initiative Grant
- Learning Management System
- OSHA 10/30 Online Training
- Safety Discount Programs

For more information, call WSI at 800.777.5033, visit www.workforcesafety.com/safety or contact your safety consultant.



GET HOME SAFE NORTH DAKOTA

Join Our Mission to Build a Culture of Safety for All North Dakotans.



WSI
North Dakota Workforce
Safety & Insurance

CONFERENCE PARTNERS

Thanks to the help of NRASP's partner organizations. These organizations provide planning support, input on topics, and volunteers to help the conference run smoothly. Check out their booths during the conference to learn more about each organization.



**North Dakota Workforce
Safety & Insurance**

North Dakota Workforce Safety & Insurance (WSI) is an exclusive, employer financed, no-fault insurance state fund covering workplace injuries and deaths. As the sole provider and administrator of the workers' compensation system in North Dakota, WSI's vision is a safe, secure, and healthy North Dakota workforce.

WSI believes that by encouraging safety programs we can prevent injuries from happening. We believe this is possible through safety consultations, education and training, safety incentive programs, safety grants and continual focus on workplace safety by employers and employees.



**Associated
Builders and
Contractors**

Minnesota / North Dakota

Associated Builders & Contractors is a national association representing nearly 22,000 merit shop construction-related firms in 69 chapters across the United States. ABC helps its members develop people, win work and deliver that work safely, ethically and profitably.

www.ndabc.com | www.abc.org

[Learn more on page 15](#)



**BUILDING INDUSTRY ASSOCIATION
RED RIVER VALLEY**

The Building Industry Association of the Red River Valley nurtures a thriving, innovative and diverse housing and building industries in our communities. Founded in 1956, the BIA of RRV is a nonprofit trade organization and the largest local builders association affiliated with the National Association of Home Builders in North Dakota and Minnesota. The BIA's efforts focus on advocating for a strong building and remodeling industry.

www.biarrv.com

[Learn more on page 13](#)



LAKE REGION BUILDERS ASSOCIATION

The Lake Region Builders Association, located in Detroit Lakes, Minnesota, was founded in 1984 and serves Becker, OtterTail, Wilkin, Norman, and Mahnomen counties. Our primary purpose is to promote professionalism and to educate, improve and support the building industry in Western Minnesota.

www.lakeregionbuilders.com



**The National Association of
Women in Construction**

Fargo-Moorhead, ND

NAWIC Fargo-Moorhead Chapter #246: NAWIC: Leading builders. Building leaders.

With more than 115 chapters across the country, the National Association of Women in Construction (NAWIC) offers its members education, support and networking to help advance their careers in construction, build their technical skills, and become leaders.

www.nawicfm246.org | www.nawic.org

PREMIER SPONSORS



American
Crystal
Sugar
Company



OSHA + Environmental Compliance Systems

A U.S. COMPLIANCE COMPANY

PLATINUM SPONSOR



NORTH DAKOTA SAFETY COUNCIL

A private non-profit.

GOLD SPONSORS

BCSP | Board of Certified
Safety Professionals



**Cass County
Electric Cooperative**



Essentia Health



**PAM HEALTH
REHABILITATION HOSPITAL
OF FARGO**



PRAIRIE ST. JOHN'S

RESA POWER
Reliable and Safe. The Power of Us.

OCCMED
SANFORD
HEALTH



**WALMAN
OPTICAL**

VENDORS AND SHOWCASE



**American
Foundation
for Suicide
Prevention**
North Dakota



PASSPORT TO PRIZES

Win prizes for visiting with vendors.

- Find the passport in your welcome bag
- Visit all booths to get your passport stamped
- Drop your completed passport in the box at the Registration Table
- The drawing will be held during the social

Must Be Present to Win

VENDOR SHOWCASE

7:00 AM to 5:00 PM

PASSPORT DRAWING

During Social ~ 4:30 PM

TEARDOWN

After Social ~ 5:00 PM

PROGRAM SCHEDULE

TUESDAY, DECEMBER 9

Great Hall

7:00AM-8:00AM	REGISTRATION VENDOR SHOWCASE & NETWORKING BREAKFAST
8:00AM	WELCOME
8:15AM-9:15AM	KEYNOTE: CHATGPT, AI & BEYOND. GAME-CHANGING TECHNOLOGIES THAT WILL IMPACT YOUR INDUSTRY <i>Gene Marks</i>
9:15AM-9:45AM	VENDOR SHOWCASE & NETWORKING
10:45AM-11:00AM	VENDOR SHOWCASE & NETWORKING
12:00PM-1:00PM	LUNCH
2:00PM-2:30PM	VENDOR SHOWCASE & NETWORKING
3:30PM-5:00PM	SOCIAL

SOCIAL SPONSOR



Harvest Hall

9:45AM-10:45 AM	REPETITIVE MOTION AT WORK: IDENTIFYING RISKS AND APPLYING ERGONOMIC SOLUTIONS <i>Crystal Nelson - Fargo Ergonomics</i>
11:00AM-12:00PM	SAFETY COMMITTEES & CULTURE <i>Andrea Jensen, CSP, ASP, CIT, CSM - North Dakota Safety Council</i>
1:00PM-2:00PM	MENTAL HEALTH IN THE WORKPLACE <i>Brian Lauwers, CHST - OECS</i>
2:30PM-3:30PM	JHA VS JSA <i>Andrea Jensen, CSP, ASP, CIT, CSM - North Dakota Safety Council</i>

Dakota Hall

9:45AM-10:45AM	STRESS, TIME & PROCRASTINATION MANAGEMENT <i>Kit Welchlin</i>
11:00AM-12:00PM	CREATE AN EFFECTIVE LOCKOUT TAGOUT PROGRAM <i>Gary Leshovsky - OECS</i>
1:00PM-2:00PM	LEADING WITHOUT AUTHORITY <i>Ronn Lehmann</i>
2:30PM-3:30PM	UNDERSTANDING OSHA LOCAL EMPHASIS PROGRAMS: WHAT EMPLOYERS NEED TO KNOW <i>Scott Overson - OSHA</i>



6 YEARS. 4 PROMOTIONS.

ONE GREAT CAREER.

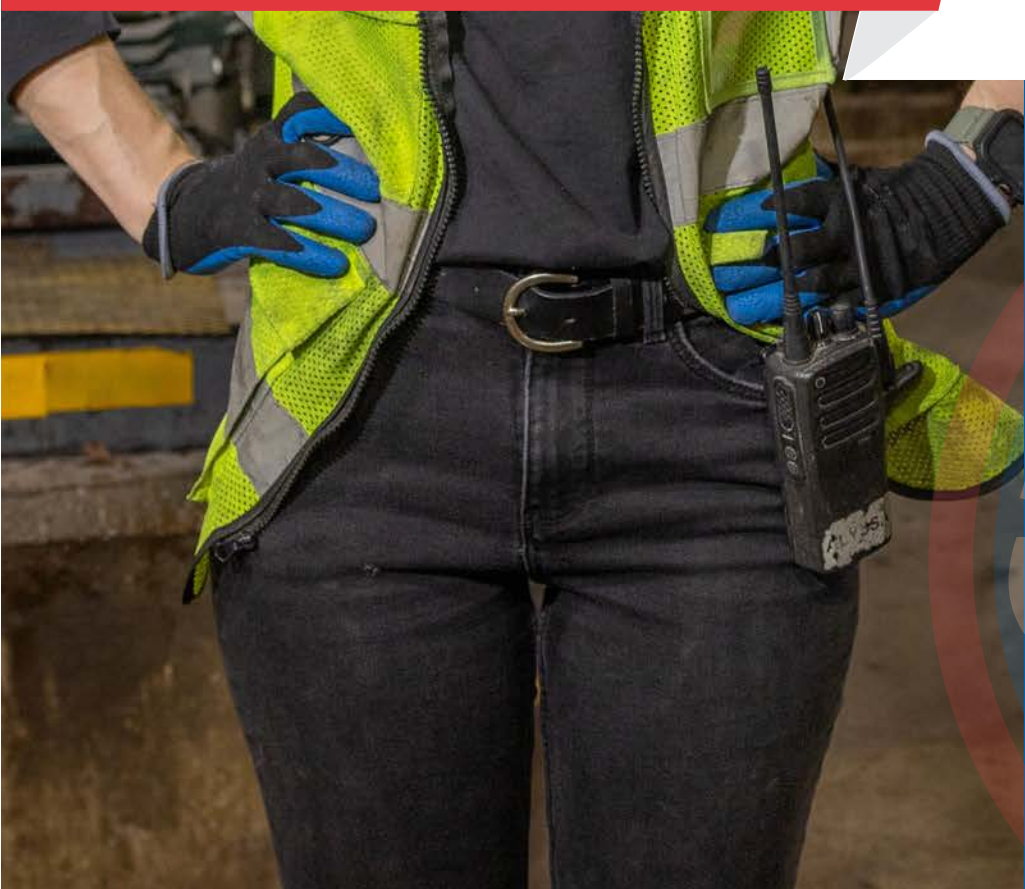
"I came in with little experience, but American Crystal Sugar Company encouraged me to increase my skills and grow into new roles. I never dreamed I'd be a manager, but here I am."

– Alyssa L, Shift Administrator

Great pay and benefits, flexible scheduling, and the opportunity to write your own career story.

HIRING NOW! APPLY TODAY.

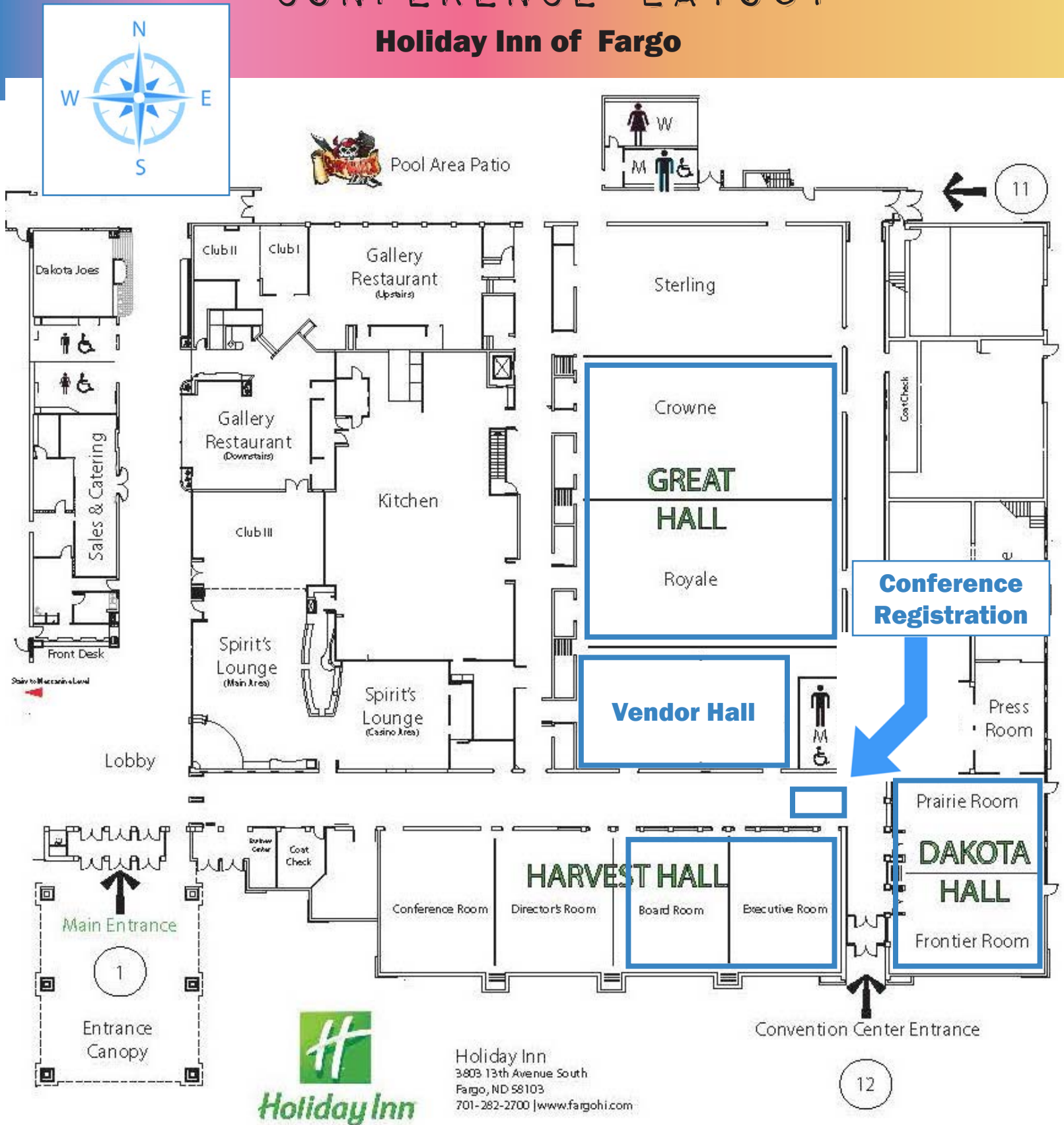
AmericanCrystalCareers.com



American Crystal
Sugar Company

CONFERENCE LAYOUT

Holiday Inn of Fargo





KEYNOTE SPEAKER

8:15 - 9:15 AM



ChatGPT, AI and Beyond. Game-Changing Technologies That Will Impact Your Industry Gene Marks, CPA

How will AI impact your business this year?

What's reality and what's hype? You've read about ChatGPT, Microsoft Copilot, Claude, Google Gemini, and other AI tools that will be changing the way we work, both in the short and longer term. As a business leader you want to leverage this technology to increase both productivity and profits. So what should you know now?

This keynote can provide safety professionals with invaluable insights into how AI is revolutionizing workplace safety. AI-powered tools can predict and prevent accidents through real-time data analysis, wearable safety technology, and predictive analytics, reducing workplace hazards before they escalate. AI-driven training solutions, including chatbots and virtual reality simulations, can enhance safety education while ensuring compliance with OSHA regulations.

In this session you will learn:

- Describe how AI can enhance compliance through training and monitoring.
- Design a basic implementation plan for integrating AI into your organization's safety strategy
- Discuss how AI tools can be integrated into safety programs.

Gene Marks is a best-selling author, business keynote speaker and columnist. His keynote presentations are funny, energetic, and packed with valuable content.

Gene helps business leaders understand the political, economic, operational and technological issues and trends that will impact their companies. But most importantly, Gene provides actions they need to take to continue to grow and build a valuable company.

As an author, business owner, business keynote speaker and columnist, Gene has spent two decades both running a successful business and interacting with influential leaders across industries.

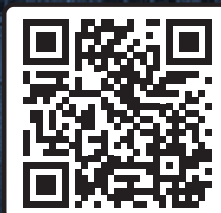
Whether its navigating a slow economy, managing through inflation or finding and retaining the best talent, Gene Marks shares what his best clients, readers and business leaders in his community are doing to build value and grow their companies each year.

December 9 • Holiday Inn of Fargo, Fargo, ND



Raise the Bar.

Lower the Risk.



SCAN FOR MORE INFO

Get your team on the
same page, speaking
the same safety language.

Invest in your
team today at **BCSP.ORG** **BCSP**[®]



CONTINUING EDUCATION INFORMATION



REQUIREMENTS TO EARN CEUS

- Approved sessions will be symbolized with a starburst by the session title. CEU credits are determined by the length of the session.
- Attend and participate in sessions approved for CEUS.
- Complete the specific assessment and evaluation for each session in which you are requesting a CEU. Assessments and evaluation forms are available by scanning the QR code by the session title.

CEU PRIVACY STATEMENT

OECS is accredited by the International Accreditors for Continuing Education and Training (IACET) and offers IACET CEUs for its learning events that comply with the ANSI/IACET Continuing Education and Training Standard. IACET is recognized internationally as a standard development organization and accrediting body that promotes quality of continuing education and training.

PROPRIETARY INTEREST:

None of this session's instructors have a proprietary interest in any products, instruments or devices of materials connected with the presentation.

PRIVACY & INFORMATION SECURITY:

- Training Records are secure and confidential.
- Records will be retained for a minimum of 7 years.
- To release requested records, the learner's identity must be verified by electronic signature, government or employee-issued ID.
- To release records, you can contact the LMS & CEU Lead at jennifer@oecscomply.com.

ANTI-DISCRIMINATION & HARASSMENT POLICY:

It is our intent to maintain an environment that is free of harassment, discrimination, or retaliation because of age, race, color, national origin, ancestry, religion, creed, sex, sexual orientation (including transgender status, gender identity or expression), pregnancy (including childbirth, lactation, and related medical conditions), physical or mental disability, genetic information (including testing and characteristics), veteran status, uniformed servicemember status, or any other status protected by federal, state, or local laws.

OECS has a strict policy against all types of workplace harassment, including sexual harassment and other forms of workplace harassment based upon an individual's age, race, color, national origin, ancestry, religion, creed, sex, sexual orientation (including transgender status, gender identity or expression), pregnancy (including childbirth, lactation, and related medical conditions), physical or mental disability, genetic information (including testing and characteristics), veteran status, uniformed servicemember status, or any other status protected by federal, state, or local laws. All forms of harassment of, or by, employees, vendors, visitors, customers, and clients are strictly prohibited and will not be tolerated.

Your Company's Safety Matters Safety Pays and Saves Lives

OSHA + Environmental Compliance Systems (OECS) provides customized Total Safety Solutions. We help our clients achieve their safety goals year after year and commit to our mission of inspiring strong safety cultures.



OSHA + Environmental Compliance Systems

A U.S. COMPLIANCE COMPANY

OECS is now joining forces with U.S. Compliance. Our combined strength means more support, more expertise, and more ways to help your organization stay ahead of ever-changing regulations.

www.oecscomply.com | (701) 289-7662 | info@oecscomply.com

Jobsite/Facility Audits | Compliance Programs | Customized Safety Training
OSHA Support | IH & Env Compliance | LMS | Classroom Training



BREAKOUT SESSIONS

9:45 - 10:45 AM

HARVEST HALL



Repetitive Motion At Work: Identifying Risks and Applying Ergonomic Solutions

Crystal Nelson, Fargo Ergonomics

Repetitive tasks may seem harmless, but over time they can lead to serious discomfort, fatigue, and injury. This course explores how repetitive motion affects the body and what can be done to reduce the risks. Through practical examples and simple ergonomic adjustments, participants will gain tools to make their work safer and more comfortable. Whether you work in an office, on a factory floor, or in a healthcare setting, this session offers valuable insights to help prevent injuries before they start.

In this session you will learn:

- Define repetitive motion and explain how it contributes to musculoskeletal disorders (MSDs) in the workplace.
- Identify common job tasks and environments where repetitive motion risks are present.
- Recognize early signs and symptoms of repetitive strain injuries among workers.
- Apply ergonomic principles to reduce repetitive motion hazards through task design, equipment selection, and workflow adjustments.
- Develop practical strategies for educating employees and encouraging early reporting to support injury prevention

Crystal Nelson is a distinguished Board Certified Professional Ergonomist, a Certified Ergonomics Assessment Specialist - Level II, a Remote Ergonomics Assessment Specialist and an occupational therapist. As the founder and owner of Fargo Ergonomics, she has established herself as North Dakota's leading expert in workplace ergonomics and injury prevention.

Crystal holds a Master of Science in Occupational Therapy from the University of Mary and boasts additional credentials in Lean training, functional capacity evaluations, functional job assessments, and pre-work screens/post-offer employment testing. She is the only Board Certified Professional Ergonomist in the state, offering specialized services tailored to industrial, manufacturing, healthcare, dental, office environments and many more.

With a strong background in occupational therapy and a proven track record in the treatment of upper extremity injuries, Crystal is passionate about helping organizations and individuals minimize the risk of musculoskeletal disorders. Her comprehensive approach combines clinical expertise with a deep understanding of workplace dynamics, making her a trusted partner in creating healthier, more productive workspaces.



- ERGONOMIC ASSESSMENTS
- FUNCTIONAL JOB ASSESSMENTS
- ERGONOMICS PROGRAM
- STRETCHING PROGRAMS
- IN-SERVICES AND ERGO TRAINING

Check Out
Ergonomic Tips
On YouTube



Crystal Nelson

Board Certified
Professional Ergonomist
Occupational Therapist





formerly Home Builders Association of F-M

Invest in membership today! You Can't Afford to Pass This Up

Five Ways the Building Industry Association of the RRV
Puts Money in Members' Pockets

1. ADVOCATING FOR YOUR INDUSTRY

Keeping housing attainable and combatting unnecessary construction-related regulation is our ultimate goal.

2. EDUCATION & CONNECTIONS

It's WHAT and WHO you know.

Operate your business effectively. Make important deals you need with industry peers.

3. BENEFITS TO FIND & KEEP YOUR TEAM

A company is only as good as its people.

Finding good team members is tough, especially in the trades. We offer perks to keep your team happy—everything from health insurance to 401(k) options.

4. DISCOUNTS & REBATES

Access is quick and easy.

Members have more than earned their membership investment back by leveraging these perks on the local, state and national level.

5. CUSTOMERS, JOBS & PROMOTIONS

We hook you up, simple as that.

BIA-RRV has been in this community for nearly 70 years. Our name and public events offer prestige and enhance your image in the community: Red River Valley Home & Garden Show, Spring and Fall Parade of Homes plus more.

Invest today!

Visit buildrrv.org/join



buildrrv.org



Membership Development Coordinator:

Liz Hinz: 701-232-5846, liz@buildrrv.org

Special offer: Mention this ad to Liz when you join the BIA-RRV and get a FREE exclusive members-only logo-branded hat to show off your pride!



BREAKOUT SESSIONS

9:45 - 10:45 AM

DAKOTA HALL



Stress, Time, and Procrastination Management

Kit Welchlin



Starting to feel tired? Tired of your customers? Tired of your coworkers? Tired of your family? Are you managing the overload? When faced with change, shrinking budgets, and economic fluctuations, it is understandable why presentations on stress management are in high demand. Learn stress management strategies that can provide relief.

There are three questions that need to be asked and answered. How well are you avoiding unnecessary stress? How well are you responding to unavoidable stress? How well are you practicing good health? Kit Welchlin answers these questions and provides proven strategies for successfully managing stress and shares physical and psychological stress relieving strategies that create a positive communication climate.

Kit Welchlin is one of the most requested stress management speakers in the United States and shares positive, yet practical remedies to relief stress. Welchlin keynote presentations highlight strategies to balance the quickness, quantity, and quality of your life.

In this session you will learn:

- The benefits and consequences of stress
- The three stages of burnout
- The thirty proven techniques to relieve stress
- The top twenty time management techniques
- The five steps to stop procrastination

Kit Welchlin grew up on a hog and dairy farm in southern Minnesota and began public speaking at the age of 9 in a 4-H public speaking contest.

At age 21 he purchased his first manufacturing company and by age 26 served as C.E.O. and Chairman of the Board of 3 manufacturing companies in 3 states.

In 1991, Kit started Welchlin Communication Strategies and Seminars On Stress, providing speeches and seminars, to private and public organizations.

Kit taught part-time for 26 years for the Minnesota State Colleges and Universities, where he received the Teaching Excellence Award and had been repeatedly nominated as Outstanding Faculty.

He is a Professional Member of the National Speakers Association and has earned the Certified Speaking Professional designation.

In 2014, Kit was inducted into the Minnesota Speakers Association Hall of Fame. He has delivered more than 3,500 speeches and seminars to more than 500,000 people.



OUR FOCUS: ZERO.

We manufacture, test and deliver the prescription safety eyewear that keeps the workforce safe through sight.

- + Customized safety eyewear programs
- + Reduced recordable injuries
- + Leading optical technology & testing
- + Advanced, ANSI-rated vision products
- + One-call support & a dedicated team
- + Online Resources: eligibility, order status & more
- + Easy & simple for you



844.401.7702 | walmanopticalsafetyeyewear.com

Safety Eyewear

BUILDING SAFER JOBSITES

Safety is more than compliance—it's culture.



WHAT WE DO

STEP Health & Safety Management System

- ✓ Industry-leading health and safety management system that dramatically improves health and safety performance among participants regardless of company size or type of work.

Health and Safety Alliance

- ✓ In partnership with industry experts, educators, and safety leaders like OECS, we're creating a connected safety community—sharing knowledge, resources, and best practices across Minnesota and North Dakota.

MNOSHA Partnership (Minnesota)

- ✓ Through our voluntary partnership with MNOSHA, participating contractors demonstrate true leadership in safety innovation, transparency, and continuous improvement.

OUR IMPACT

Education

From Tailgate Tuesdays to Safety Forums, we keep safety front and center through ongoing training and collaboration.

Improvement

STEP participants experience up to 300% fewer incidents than the industry average.

Culture

Safety is built into everything we do—from apprenticeships to executive leadership—because every jobsite should send everyone home safe.

Based on the merit shop philosophy, ABC helps members develop people, win work and deliver that work safely, ethically and profitably.



ASSOCIATED BUILDERS AND CONTRACTORS OF MINNESOTA AND NORTH DAKOTA

📍 Eden Prairie, MN | Fargo, ND | 🌐 mnabc.com | ☎ 952.941.8693

🌐 ndabc.com | ☎ 701.238.8853 | #ABCMNND #SafetyEveryDay #ABCMeritShopProud

0.1
CEU

BREAKOUT SESSIONS

11:00 AM - NOON

HARVEST HALL



Safety Committees & Culture

Andrea Jensen, NDSC

You put together a safety committee and have had a few meetings, now what? In this session we will identify what could be holding your committee back from reaching its full potential. How to engage committee members so that they become safety champions and problem solvers.

This session will also help you develop a strategic plan for your committee so they can develop goals and projects. After this session you will know how to take your committee to the next level, from discussing safety issues to solving those issues.

In this session you will learn:

- Develop strategic plans for your committee,
- Identify types of safety committees that work best for your culture, and
- Create a framework to take back with you to your company to get your committee to the next level.

Andrea Jensen is a trainer and consultant for NDSC. Before joining NDSC, Andrea spent 16 years as an Environmental, Health, and Safety coordinator, supervisor, and manager in the construction, transportation, and manufacturing industries.

Andrea has a Master of Science in Occupational Health and Safety from Columbia Southern University and an MBA from American Military University.

Andrea holds the CSP, ASP and CIT professional certifications from BCSP, CSM certification from NASP, an Advanced Safety Certification (ASC) from NSC, and a Certified Ergonomics Assessment Specialist (CEAS) from The Back School.



NDSC
NORTH DAKOTA SAFETY COUNCIL
A private non-profit.

New to Safety?

WE HAVE A PERFECT OPPORTUNITY FOR YOU!



Can't be there in person?
You can also attend virtually!



NDSC's 2026 Safety + Health Conference includes a dedicated track of classes designed to build strong foundations and spark confidence for those navigating a new role.

- 100+ Sessions
- 130+ Exhibit Booths
- 3 Dynamite Keynotes
- Event Social & Fun Games



NORTH DAKOTA SAFETY COUNCIL
SAFETY+HEALTH
CONFERENCE **53rd ANNUAL**

February 23-26, 2026 • Bismarck Event Center

REGISTER NOW!

ndsc.org/annualconference

Exhibitor and sponsor opportunities also available.

NDSC
NORTH DAKOTA SAFETY COUNCIL



Chart New Territory



Our new look reflects our journey of evolving how we can be even better partners to our clients and be a great place for our employee-owners to grow and make a difference. Wherever you're headed, we don't just point the way – we go with you. Come, explore with us.

Terracon
Explore with us

- Facilities
- Environmental
- Geotechnical
- Materials

Contact Your Navigator

(701) 282-9633

Terracon.com/Fargo



Thank You for Joining Us!

Practice safety excellence

Border States is a proud sponsor of the North Region Association of Safety Professionals 2025 Safety and Health Conference.

Contact your Border States sales representative for all your safety product and PPE needs!

borderstates.com
A100% Employee-owned American Company
08/2018 (2024-10) ©2024 Border States



YOUR CHOICE FOR INPATIENT AND OUTPATIENT REHABILITATION



PAM HEALTH
REHABILITATION HOSPITAL
OF FARGO

4671 38th St. South | Fargo, ND 58104
Inpatient Admissions: 701-404-5104
Outpatient Admissions: 701-540-4756



Arc Flash causes hundreds of fatalities and thousands of injuries each year. We will help you build an effective Electrical Safety Program that meets the requirements of OSHA and NFPA 70E Standard for Electrical Safety in the workplace.

OUR ARC FLASH SERVICES INCLUDE:

- ⚡ Transformer Services
- ⚡ Switchgear Services
- ⚡ Cable Testing
- ⚡ Infrared Inspection
- ⚡ On-site or In-shop Testing and Repair
- ⚡ Acceptance Compliance and Commissioning Testing



RESA Power Service is the premier, first-choice, trusted provider for critical power services in the U.S. and Canada.

Contact us for more information

(763) 784-4040



Testing Services

resapower.com



info.blaine@resapower.com

**0.1
CEU**

BREAKOUT SESSIONS

11:00 AM - NOON

DAKOTA HALL



Creating an Effective Lockout Tagout Program

Gary Leshovsky, OECS

Creating a strong Lockout/Tagout (LOTO) program is critical to preventing injuries caused by the unexpected release of hazardous energy during equipment maintenance. This course is designed for safety leaders, supervisors, and maintenance personnel who play a key role in implementing or supporting LOTO procedures.

Participants will learn how to develop and sustain a compliant, effective program by understanding the requirements of OSHA Standard 1910.147, defining roles for affected and authorized employees, and applying proper lockout/tagout techniques. The course also addresses how to manage outside contractors and ensure the correct use of tags and devices.

Whether you're building a new program or strengthening an existing one, this course will help you protect workers and avoid costly incidents.

In this session you will learn:

- Explain the purpose and importance of Lockout/Tagout (LOTO) procedures in preventing injuries related to hazardous energy during equipment maintenance.
- Identify and interpret the key requirements of OSHA Standard 1910.147 as they apply to LOTO programs.
- Develop or enhance a compliant LOTO program tailored to their organization's needs and operational context.
- Evaluate existing LOTO procedures and recommend improvements to strengthen program effectiveness and reduce risk.

Gary Leshovsky is a Regional Safety Lead for the Dakotas Region specializing in general industry and construction.

Gary started with OECS after retiring from the U.S. Army with 32 years of honorable service.

He is a certified instructor with 20 plus years of safety experience including program writing, job hazard analysis, hazardous materials handling and instruction of specialized safety and occupational health training.



OCCUPATIONAL MEDICINE WORKING FOR YOU



As the largest network of occupational medicine clinics in the region, Sanford Health OccMed makes it easy to keep your workforce healthy and productive. We partner with you to design a plan that benefits both you and your employees.

- No contract required
- Clear, timely online reporting
- Open communication with providers
- Free seminars to fine-tune your safety program

Call (888) 600-2378 for a free consultation to learn how we can improve care for your team.

sanfordoccmed.com

SANFORD HEALTH
OCCMED



ELEVATE SAFER WITH POWERLIFT.

- » Reach Heights up to 24 ft
- » Compact and Portable
- » Versatile for Every Jobsite
- » Easy to Operate



STOP BY OUR BOOTH to get an
exclusive **DISCOUNT COUPON**
and see the PowerLift in action!

MADE IN THE USA



Cass County Electric
Cooperative

WE KEEP THEM UP HERE
FOR A REASON.

STAY CLEAR OF DOWNED POWER LINES.

Helping members use electricity safely, that's the power of your
co-op membership. Learn more at CassCountyElectric.com.

YOUR SOURCE FOR POWER. AND INFORMATION.

DO YOU NEED
**BRANDED
SAFETY
CONTENT?**



Let's Work Together

DESIGNSTHATDO.COM/SAFETY

G ★★★★★



GOLF OUTING

TUESDAY, JULY 28, 2026

Save the Date



**0.1
CEU**

BREAKOUT SESSIONS

1:00 - 2:00 PM

HARVEST HALL



Mental Health in the Workplace

Brian Lauwers, CHST OECS


This powerful breakout session is designed to help employees and managers navigate workplace mental health, manage stress effectively, and support colleagues through different levels of stress—from everyday pressures to crisis situations. Whether you're looking to improve your own resilience or support those around you, this session will equip you with actionable tools and insights to build a healthier workplace.

In this session you will learn:


- Understand the importance of mental health in the workplace and its impact on well-being and productivity.
- Recognize warning signs of mental health challenges in themselves and colleagues.
- Learn effective strategies to get support or provide support to colleagues experiencing stress or crisis.
- Develop skills to foster a supportive and stigma-free work environment.

Brian Lauwers, CHST is the Regional Manager for the Dakotas Region, bringing over 20 years of experience in the construction industry, with a primary focus on commercial projects. He holds the Construction Health and Safety Technician (CHST) certification and is committed to advancing safety standards across the region. In his role, Brian leads construction safety services and drives association outreach, helping members strengthen their safety programs and stay compliant on job sites.



**PRAIRIE ST. JOHN'S**
Get Back To Life

Behavioral Health Hospital
Fargo, North Dakota

**PRAIRIE ST. JOHN'S**

Get Back To Life. Call Today.
**Needs Assessment
Intake Line**
701-476-7200 ext. 3


Confidential - 24/7 - No Charge Assessments


132 Bed Acute Inpatient Hospital
& Outpatient Day Treatment Programs
Offering Hope & Healing For Those Facing Behavioral Health Challenges

**HARD HAT
COURAGE**
CONFRONTING SUICIDE *in*
the CONSTRUCTION COMMUNITY

**Tools for the Jobsite, Tools for Life.
Make mental health a priority.**

**SCAN TO GET
RESOURCES**

**American
Foundation
for Suicide
Prevention**





BREAKOUT SESSIONS

1:00 - 2:00 PM

DAKOTA HALL



Leading Without Authority

Ronn Lehmann

One of the biggest challenges for Safety Professionals is getting people to work safely when you don't have the authority or position to "order" them to.

Ronn Lehmann is a consultant on the Human Factors that affect Safety, and in this session, he'll discuss the roadblocks you face, and how you can use your experience, expertise and the power of Influence to lead people to a safer workplace.

If you've ever been frustrated by a lack of authority in your safety efforts, I know you'll find this breakout session valuable.

In this session you will learn:

- An understanding of the causes of common roadblocks to people accepting safe practices.
- How to position yourself with employees and management.
- How to influence safety mindsets and behaviors.
- The ability to apply these learnings back on the job.

As a Speaker, Consultant, Writer, and Facilitator, [Ronn Lehmann](#) has worked with organizations of all sizes. His focus is helping organizations and individuals acquire the mindsets, skill sets, and tool sets necessary for success.

Ronn has been a student of the Human Factors in success, and apply what he's learned to helping organizations and individuals to achieve their goals.

Ronn speaks to many organizations and associations on the topics of Safety, Quality, Organizational Culture, Leadership, Fear, and Dealing with Change, as well as consulting on those same topics.

Ronn has been a visiting instructor in Entrepreneurship at Century College, and has contributed to several books. Ronn is a proud graduate of the University of Minnesota.



You're ready to work—and so are we.

OCCUPATIONAL MEDICINE

SAME DAY INITIAL INJURY CARE

Monday–Friday: 8:00 am–3:30 pm
Call 701-364-5757 for more information.

 **Essentia Health** | North Fargo Clinic
1100 19th Ave N



BREAKOUT SESSIONS

2:30 - 3:30 PM

HARVEST HALL



JHA vs. JSA

Andrea Jensen, NDSC

JHA and JSA: The Same Thing? Is There a Difference? JHA (Job Hazard Analysis) and JSA (Job Safety Analysis) are often used interchangeably, but they have distinct focuses and approaches in workplace safety. In this session we will define JSAs and JHAs, explain how they can be used in the workplace, and identify which is best for your workplace.

In this session you will learn:

- Define what a JHA and JSA is
- Identify differences and similarities,
- Create a plan to implement either or both in the workplace.

Andrea Jensen is a trainer and consultant for NDSC. Before joining NDSC, Andrea spent 16 years as an Environmental, Health, and Safety coordinator, supervisor, and manager in the construction, transportation, and manufacturing industries.

Andrea has a Master of Science in Occupational Health and Safety from Columbia Southern University and an MBA from American Military University.

Andrea holds the CSP, ASP and CIT professional certifications from BCSP, CSM certification from NASP, an Advanced Safety Certification (ASC) from NSC, and a Certified Ergonomics Assessment Specialist (CEAS) from The Back School.



Thank you Partners



LAKE REGION BUILDERS ASSOCIATION



**"A Pain that Doesn't
Dull with Time"**

"Each day is a gift, not a given right. If we all fully embrace this fact, we can make the right choices to help us WORK safely, DRIVE safely, and LIVE safely – every day."

– Jay Skarphol



BREAKOUT SESSIONS

2:30 - 3:30 PM

DAKOTA HALL



Understanding OSHA Local Emphasis Programs: What Employers Need to Know

Scott Overson, OSHA

This session provides a focused update on OSHA's Local Emphasis Programs relevant to North Dakota workplaces. As part of Region 8, North Dakota is subject to targeted enforcement strategies designed to address high-risk hazards and industries. Participants will gain insight into the latest programs affecting sectors such as:

- Aircraft support and maintenance
- Automotive services and lifts
- Beverage manufacturing
- Scrap and recycling
- Oil and gas
- Wood manufacturing and processing
- Grain handling
- Roadway work zone activities
- Workplace violence hazards in residential care settings

In this session you will learn:

- The purpose and scope of Local Emphasis Programs
- How OSHA selects industries and hazards for emphasis
- What employers can expect during inspections
- Strategies for compliance and proactive hazard mitigation
- Whether you're preparing for an OSHA visit or strengthening your internal safety programs, this session will help you stay informed, compliant, and ready to protect your workforce.

[Scott Overson](#) is the Area Director of the Occupational Safety & Health Administration office in North Dakota. He oversees all OSHA Compliance Officers for Region VIII. He joined the Occupational Safety & Health Administration in February of 2003 as a compliance safety and health officer.

Prior to joining OSHA, he spent five years in the construction industry as an industrial sandblaster and painter. He also served as a Fire Captain with 17 years in the fire service.

He graduated from the University of North Dakota with a bachelor's degree in Occupational Safety Environmental Health.



SAFETY + HEALTH CONFERENCE

SAVE THE DATE 

DECEMBER 8

2026



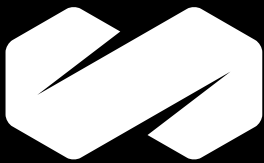
AFTER EVENT SOCIAL

3:30PM-5PM

- **NETWORKING**
- **APPETIZERS**
- **CASH BAR**
- **PRIZES**



Sponsored By:



**MarshMcLennan
Agency**

