



HEALTH & SAFETY CONFERENCE



CONFERENCE
8AM -5PM



HOLIDAY INN
FARGO



DEC 9, 2025

AGENDA

7:00 - 8:00 Registration, Vendor Networking & Continental Breakfast

8:00 Introductions

8:15 Keynote: Gene Marks "CHATGPT, AI, AND BEYOND Game-Changing Technologies That Will Impact Safety"

How will AI impact your business this year? In 5 years? In this presentation, you will learn how to leverage AI agents to improve systems, help with online assessments and more. At the end of the keynote you will have strategies to build AI solutions within your own company.

9:15-9:45 BREAK: Vendor Showcase & Networking

9:45-10:45 "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.

9:45-10:45 "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.

10:45-11:00 BREAK: Vendor Showcase & Networking

11:00-Noon "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.

11:00-Noon "Create 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.

Noon-1:00 BREAK: Lunch & Vendor Showcase

1:00-2:00 "Mental Health in the Workplace" | Brian Lauwers | 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.

1:00-2:00 "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.

2:00-2:30 BREAK: Vendor Showcase & Networking

2:30-3:30 "Job Hazard Analysis VS Job Safety Analysis" | 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.

2:30-3:30 "OSHA Update" | Scott Overson

This session will cover updates to OSHA regulations, emphasis programs, and other areas of focus for local OSHA inspectors. Come with your questions for OSHA.

3:30-5:00 After Event Social Networking & Apps/Cash Bar

**DEC
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✓ BREAKOUT SESSIONS
✓ DOORPRIZES
✓ VENDOR BOOTHS
✓ SAFETY SOCIAL



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