

2017 NYSUT HEALTH AND SAFETY CONFERENCE

March 3-4, 2017

The Saratoga Hilton ♦ Saratoga Springs, New York

PROGRAM

Friday, March 3, 2017

1:00 p.m. – 6:00 p.m.	REGISTRATION	<i>Lower Lobby</i>
1:00 p.m. – 6:00 p.m.	EXHIBITS	<i>Gallery</i>
2:00 p.m. – 5:00 p.m.	WORKSHOP SESSION I	
	1. Health & Safety 101	<i>Broadway 1 & 2</i>
	<p>This informative workshop provides an introduction to the world of health and safety and the resources available to NYSUT members. Participants will examine a variety of workplace hazards, learn to recognize the laws and/or regulations that apply to these hazards, and identify the importance of local safety and health committees.</p>	
	<p>Presenters: Albert Comfort, <i>NYSUT Labor Relations Specialist, Elmira Regional Office</i>; Deborah Lloyd-Priest, <i>NYSUT Labor Relations Specialist, Suffolk Regional Office</i></p>	
	<p>Moderator: Kate Conroy, <i>Union of Clerical, Administrative and Technical Staff at NYU</i></p>	
	2. How to Conduct a Building Walkthrough	<i>Travers/Offsite</i>
	<p>Come to this session to learn what to look for and the right questions to ask in order to make valuable recommendations to avoid injuries and illness back at your worksite. Participants will walk a building with experienced health and safety professionals and will learn to recognize common issues surrounding building safety and indoor environments. Note: <i>This session involves an actual offsite walkthrough; participants will be bused to a local school building for the session.</i></p>	
	<p>Presenters: John VanRaalte, MS, CIH, <i>Director of Industrial Hygiene Services, Occupational and Environmental Health Center of Eastern New York</i>; Greg Siwinski, MS, CIH, <i>Occupational Health Clinical Center</i></p>	
	<p>Moderator: Jean Grassman, <i>Professional Staff Congress</i></p>	
	3. Trauma and Its Impact on the School Environment	<i>Broadway 3 & 4</i>
	<p>Research suggests that approximately 25% of American children will experience at least one traumatic event by the age of 16. A child's reactions to trauma can interfere considerably with behavior and learning at school. This workshop will introduce you to the essential elements of a trauma-informed school and discuss how that understanding can be applied to daily practice and school culture to improve school climate and reduce risk of threats and physical violence.</p>	

Presenter: Colleen Condolora, *NYSUT Education and Learning Trust*

Moderator: Robin Phillips, *Baldwin Teachers Association*

4. Trauma and Its Impact on the School Environment

Alabama

Due to expected high interest in the subject, the content of this session is the same as workshop #3. Once workshop #3 reaches capacity, participants will be assigned to this concurrent session.

Presenter: Mark Warner, *NYSUT Education and Learning Trust*

Moderator: Roseanne Alkhatib, *United Federation of Teachers*

6:00 p.m. – 8:00 p.m.

DINNER BUFFET & OPENING SESSION (SEATING BY REGION)

Saratoga 1 & 2

- **Chairperson's Welcome:**
Colleen Condolora, Chairperson, *NYSUT Health & Safety Committee*
- **Greetings From NYSUT:**
Paul Pecorale, *NYSUT Vice President/Acting Executive Director*
- **Unsung Hero Award Presentation:**
Joseph DeCarlo, *Auburn Teachers Association*
- **Keynote Address:**
Darryl Alexander, *Director, AFT Health, Safety and Well-Being*

8:00 p.m. – 9:00 p.m.

RECEPTION

Foyer/Pavilion

Saturday, March 4, 2017

6:45 a.m. – 7:30 a.m.

WAKE-UP WORKSHOPS

Travers

A. Meditation

There is increasing interest in the various benefits of meditation. Many studies have shown that regular meditation can help alleviate symptoms of stress and aid physical health. This session will cover the practical guidelines for learning meditation, such as tips on how to silence the mind. Included will be some simple meditation and concentration exercises. Comfortable clothing, a yoga mat and a bottle of water are recommended.

Presenter: Chris Lincoln, *The Tai Chi Center*

B. Introduction to Yoga

Gallery

Transform your body to wellness through this gentle yoga sequence of basic standing and seated poses, while emphasizing the link between body, breath and mind. This session will provide an opportunity for you to learn and engage in a few yoga poses to build strength, flexibility and balance, while also reducing the everyday tensions and stresses that the workplace can create. Comfortable clothing and a yoga mat are recommended.

Presenter: Jennifer Meehan, RYT, *Certified Yoga Instructor, Yoga Loft*

Moderator: Robin Phillips, *Baldwin Teachers Association*

C. Introduction to Tai Chi

High Rock

Originating in China as a martial art, tai chi is sometimes referred to as “moving meditation.” It is practiced by many for various health-related purposes such as: improvement of muscle strength, balance and flexibility; to ease pain and stiffness from arthritis; to improve sleep; to reduce blood pressure. If you are considering incorporating tai chi into your personal health regimen, come to this session for an introduction to the benefits of this ancient practice.

Presenter: Mark Tolstrup, *The Tai Chi Center*

7:30 a.m. – 9:00 a.m.

REGISTRATION

Lower Lobby

7:45 a.m. – 8:45 a.m.

Breakfast Buffet

Saratoga 1 & 2

8:45 a.m. – 10:15 a.m.

WORKSHOP SESSION II

5. Workplace Bullying and Harassment

Saratoga 3

This workshop is focused on creating real workplace change. Learn to confidently handle even the most difficult workplace bullying situations. Included will be how to recognize, stop and prevent disruptive behaviors that create hostile work environments. Participants will acquire the skills to make immediate changes while building a stronger sense of community, enhancing communication and protecting union members’ rights.

Presenter: Darryl Alexander, *Director, AFT Health, Safety and Well-Being*

Moderator: Marion Evans, *Utica Teachers Association*

6. Best Practices in the Delivery of Mental and Behavioral Health Services – K-12

Broadway 3

This workshop identifies warning signs of early-onset mental illness in children and adolescents. Included is an examination of collaborative behavioral intervention programs and strategies, including youth “Mental Health First Aid” - a program designed to teach parents, family members, caregivers, teachers, school staff and human services workers how to help an adolescent who is experiencing a mental health or addictions challenge or crisis.

Presenter: Donna Riter, PhD., *Independent Behavioral Consultant/Trainer*

Moderator: Tammy Boire, *South Glens Falls Faculty Association*

7. Labor History of Safety And Health

Travers

This workshop explores key moments in labor history, including how they shaped workplace safety in the world in which we live today. Also discussed will be how current patterns can affect the future.

Presenter: Amy Bahruth, *Assistant Director, AFT Health, Safety and Well-Being*

Moderator: Roseanne Alkhatib, *United Federation of Teachers*

8. Indoor Environmental Quality

Broadway 1 & 2

What determines good indoor environmental quality? Figuring out the underlying problem when members are suffering can be a daunting task. In this session, participants will learn: how to identify conditions that lead to problems; what steps to take with the employer; how to maximize the use of outside consultants; the pros and cons of testing; and determining a course of action.

Presenter: John VanRaalte, MS, CIH, *Director of Industrial Hygiene Services, Occupational and Environmental Health Center of Eastern New York*

Moderator: Michael Baldino, *Mount Vernon Federation of Teachers*

9. Advocating for Injured Workers

Alabama

A little known resource at the Workers' Compensation Board is the "Advocate for Injured Workers." The Advocate's office provides information and guidance to those who sustain injuries at work. This workshop discusses the role of the Advocate as well as common pitfalls and traps. Case studies will be used to illustrate the workers' compensation process.

Presenter: Ed Ruff, *Labor Ombudsman for Injured Workers, New York State Workers' Compensation Board*

Moderator: Colleen Condolora, *Capital Region BOCES Faculty Association*

10. Getting to the Root Cause of Health and Safety Problems

Broadway 4

Most incident investigations result in a shallow and biased report that typically blames the worker. Failure to address the root cause of a hazard allows it to continue injuring workers. This workshop discusses incident investigation techniques that get to the root cause of a problem in order to solve it.

Presenter: Komilla Bhatta, *Director of Safety, OTG Management*

Moderator: Verlaine Quinniey, *Faculty Federation of Erie Community College*

10:15 a.m. – 10:45 a.m. BEVERAGE BREAK & HOTEL CHECK-OUT

Gallery

10:45 a.m. – 12:15 p.m. WORKSHOP SESSION III

11. Workplace Bullying and Harassment (Repeat)

Travers

This workshop is focused on creating real workplace change. Learn to confidently handle even the most difficult workplace bullying situations. Included will be how to recognize, stop and prevent disruptive behaviors that create hostile work environments. Participants will acquire the skills to make immediate changes while building a stronger sense of community, enhancing communication and protecting union members' rights.

Presenter: Amy Bahruth, *Assistant Director, AFT Health, Safety and Well-Being*

Moderator: Colleen Condolora, *Capital Region BOCES Faculty Association*

12. Best Practices in the Delivery of Mental and Behavioral Health Services – K-12 (Repeat)

Broadway 3

This workshop identifies warning signs of early-onset mental illness in children and adolescents. Included is an examination of collaborative behavioral intervention programs and strategies, including youth “Mental Health First Aid” - a program designed to teach parents, family members, caregivers, teachers, school staff and human services workers how to help an adolescent who is experiencing a mental health or addictions challenge or crisis.

Presenter: Donna Riter, Ph.D., *Independent Behavioral Consultant/Trainer*

Moderator: Debbie Drespel, *Middle Country Teachers Association*

13. Active Shooter Plan – Higher Education

Alabama

Of the 52 school shootings in 2015, 21 of them were on a college or university campus. In this workshop, participants will: understand the importance of pre-crisis planning for active shooter response in a higher educational setting; learn ‘active shooting crisis phase’ skills; differentiate situational awareness survival skills in all five phases; and understand the importance of post-crisis response and planning.

Presenter: Peter Volkmann, MSW, *International Critical Incident Stress Foundation, Inc.*

Moderator: Jacqueline Elliott, *Professional Staff Congress*

14. Using Building Codes to Solve Health and Safety Problems

Broadway 1 & 2

Whether public or private sector, all buildings in New York must follow state building codes. There are many sections of the code that can help address common health and safety concerns. This workshop looks at health and safety issues where building codes enforcement could help fix problems. Participants will identify the enforcement mechanism and explore how to use building codes in an overall strategy of addressing workplace health and safety.

Presenter: Bruce Bingham, *Bruce J. Bingham & Associates, Inc.*

Moderator: Jean Grassman, *Professional Staff Congress*

15. New Health and Safety Laws, Rules, Regulations

Saratoga 3

New York State’s Public Employee Safety and Health Bureau (PESH) and the federal Occupational Safety and Health Administration (OSHA) are the major agencies protecting worker health and safety in New York. Covered in this session will be newly enacted New York State laws, rules and regulations as well as an overview of OSHA/PESH recordkeeping requirements and how that information can be used to help evaluate issues impacting your members.

Presenter: Wendy Hord, *NYSUT Health and Safety Specialist, Program Services*

Moderator: Kate Conroy, *Union of Clerical, Administrative and Technical Staff at NYU*

16. Indoor Environmental Quality (Repeat)

Broadway 4

What determines good indoor environmental quality (IEQ)? Figuring out the underlying problem when members are suffering can be a daunting task. In this session, participants will learn: how to identify conditions that lead to problems; what steps to take with the employer; how to maximize the use of outside consultants; the pros and cons of testing; and determining a course of action.

Presenter: Greg Siwinski, MS, CIH, *Occupational Health Clinical Center*

Moderator: Iris Milich, *Ithaca Teachers Association*

12:15 p.m. – 12:30 p.m. BREAK

Gallery

12:30 p.m. – 2:00 p.m. WORKSHOP SESSION IV

17. Cyberbullying: Social Media Safety

Saratoga 3

This session focuses on the ramifications of social media and networking technologies such as Facebook and Twitter, looking at current developments in how you can safely use these public forums and maintain appropriate boundaries with students. Discussion topics include privacy settings, case law and what protections exist if you are threatened or harassed by students on social media.

Presenters: Nancy Phelps, *NYSUT Labor Relations Specialist, Vestal Regional Office*; Michael Johnson, *NYSUT Labor Relations Specialist, Elmira Regional Office*

Moderator: Roseanne Alkhatib, *United Federation of Teachers*

18. Active Shooter Action Plan – K-12

Alabama

The threat of an active shooter is still a strong concern in the larger issue of school violence. In this workshop, participants will: understand the importance of pre-crisis planning for active shooter response in the K-12 school setting; learn 'active shooting crisis phase' skills; differentiate situational awareness survival skills in all five phases; and understand the importance of post-crisis response and planning.

Presenter: Peter Volkmann, MSW, *International Critical Incident Stress Foundation, Inc.*

Moderator: Tammy Boire, *South Glens Falls Faculty Association*

19. Science Lab Safety

Broadway 1 & 2

Large amounts of hazardous chemicals are housed in science departments, research centers and facilities maintenance departments. This session, useful to both higher education and high school science instructors as well as custodial and maintenance personnel, will discuss chemical hazard recognition and management, what EPA and OSHA look for, and the questions local unions should be asking of school administrators to protect the health and safety of employees.

Presenter: John VanRaalte, MS, CIH, *Director of Industrial Hygiene Services, Occupational and Environmental Health Center of Eastern New York*

Moderator: Jacqueline Elliott, *Professional Staff Congress*

20. Best Practices in the Delivery of Mental and Behavioral Health Services – Higher Education

Broadway 3

This workshop discusses the higher education model of best practices in identifying warning signs of early-onset mental illness in the higher education student population. Included is an examination of collaborative behavioral intervention programs and strategies, including “Mental Health First Aid” - a program designed to teach parents, family members, caregivers, teachers, school staff and human services workers how to help a young adult who is experiencing a mental health or addictions challenge or crisis.

Presenters: Maria Dolores Cimini, Ph.D., *Assistant Director for Prevention and Program Evaluation and Director, Middle Earth Peer Assistance Program*; Lauren Utter, Psy.D., *Team Leader, OnTrackNY, Northern Rivers Family of Services*

Moderator: Iris Milich, *Ithaca Teachers Association*

21. Grade Your Workplace Violence Plan

Travers

Many workplace violence prevention programs fail to make the grade; they lack required elements and as a result are ineffective. This interactive workshop will prepare you to identify deficiencies in the program and help you to obtain necessary changes. **Note:** *Participants should bring a copy of their employer’s workplace violence prevention program.*

Presenter: Geraldine Stella, *Safety and Health Specialist, Public Employees Federation*

Moderator: Marion Evans, *Utica Teachers Association*

22. Getting to the Root Cause of Health and Safety Problems (Repeat)

Broadway 4

Most incident investigations result in a shallow and biased report that typically blames the worker. Failure to address the root cause of a hazard allows it to continue injuring workers. This workshop discusses incident investigation techniques that get to the root cause of a problem in order to solve it.

Presenter: Komilla Bhatti, *Director of Safety at OTG Management*

Moderator: Margaret Sergent, *Rochester Teachers Association*

2:15 p.m. – 3:45 p.m.

LUNCH BUFFET & CLOSING SESSION

Saratoga 1 & 2

- **Speaker**
Katharine Briar-Lawson, PhD., *Professor and Dean Emeritus, University at Albany School of Social Welfare*
- **Raffles**
- **Closing Remarks**