

2017 NYSUT HEALTH and SAFETY CONFERENCE

March 3-4, 2017

Hilton Hotel - Saratoga Springs, NY

– WORKSHOP DESCRIPTIONS –

FRIDAY, MARCH 3

WORKSHOP SESSION I (2:00 – 5:00 P.M.)

1. HEALTH & SAFETY 101

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.

Target Audience: 1, 2, 3, 4

2. HOW TO CONDUCT A BUILDING WALKTHROUGH

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 in 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:** *This session involves an actual offsite walkthrough; participants will be bused to a local school building for the session. Registration is on a first-come, first-served basis with a limit of 30 participants.*

Target Audience: 1, 2, 3

3. TRAUMA AND ITS IMPACT ON THE SCHOOL ENVIRONMENT - NEW

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.

Target Audience: 1, 2, 3, 4

4. TRAUMA AND ITS IMPACT ON THE SCHOOL ENVIRONMENT - NEW

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.

SATURDAY, MARCH 4

WAKE-UP WORKSHOPS (6:45 – 7:30 A.M.)

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.

Target Audience: 1, 2, 3, 4

B. INTRODUCTION TO YOGA

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.

Target Audience: 1, 2, 3, 4

C. INTRODUCTION TO TAI CHI

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.

Target Audience: 1, 2, 3, 4

WORKSHOP SESSION II (8:45 – 10:15 A.M.)

5. WORKPLACE BULLYING AND HARASSMENT

This fast-paced 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.

Target Audience: 1, 2, 3, 4

6. BEST PRACTICES IN THE DELIVERY OF MENTAL AND BEHAVIORAL HEALTH SERVICES – K-12 - NEW

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.

Target Audience: 1, 2, 4

7. LABOR HISTORY OF SAFETY AND HEALTH - NEW

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.

Target Audience: 1, 2, 3, 4

8. INDOOR ENVIRONMENTAL QUALITY

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.

Target Audience: 1, 2, 3, 4

9. ADVOCATING FOR INJURED WORKERS - NEW

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.

Target Audience: 1, 2, 3, 4

10. GETTING TO THE ROOT CAUSE OF HEALTH AND SAFETY PROBLEMS - NEW

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.

Target Audience: 1, 2, 3, 4

WORKSHOP SESSION III (10:45 A.M. – 12:00 P.M.)

11. WORKPLACE BULLYING AND HARASSMENT (REPEAT)

This fast-paced 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.

Target Audience: 1, 2, 3, 4

12. BEST PRACTICES IN THE DELIVERY OF MENTAL AND BEHAVIORAL HEALTH SERVICES – K-12 (REPEAT)

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.

Target Audience: 1, 2, 4

13. ACTIVE SHOOTER ACTION PLAN – HIGHER EDUCATION - NEW

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.

Target Audience: 3, 4

14. USING BUILDING CODES TO SOLVE HEALTH AND SAFETY PROBLEMS

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.

Target Audience: 1, 2, 3, 4

15. NEW HEALTH AND SAFETY LAWS, RULES AND REGULATIONS

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.

Target Audience: 1, 2, 3, 4

16. INDOOR ENVIRONMENTAL QUALITY (REPEAT)

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; maximizing the use of outside consultants; the pros and cons of testing; and determining a course of action.

Target Audience: 1, 2, 3, 4

WORKSHOP SESSION IV (12:30 – 2:00 P.M.)

17. CYBERBULLYING: SOCIAL MEDIA SAFETY

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.

Target Audience: 1, 2, 3, 4

18. ACTIVE SHOOTER ACTION PLAN – K-12 - NEW

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.

Target Audience: 1, 2, 4

19. SCIENCE LAB SAFETY

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.

Target Audience: 1, 2, 3

20. BEST PRACTICES IN THE DELIVERY OF MENTAL AND BEHAVIORAL HEALTH SERVICES – HIGHER EDUCATION - NEW

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.

Target Audience: 3, 4

21. GRADE YOUR WORKPLACE VIOLENCE PREVENTION PLAN - NEW

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.*

Target Audience: 1, 2, 3, 4

22. GETTING TO THE ROOT CAUSE OF HEALTH AND SAFETY PROBLEMS (REPEAT)

Most incident investigations result in a shallow and biased report that typically blames the worker and the 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.

Target Audience: 1, 2, 3, 4

TARGET AUDIENCE:

1 – K-12 Teachers

2 – K-12 School-Related Professionals

3 – Higher Education Faculty/Professionals

4 – Health Care Professionals