

2019 NYSUT HEALTH and SAFETY CONFERENCE

March 1-2, 2019

Hilton Hotel - Saratoga Springs, NY

– WORKSHOP DESCRIPTIONS –

FRIDAY, MARCH 1

WORKSHOP SESSION I (2:00 – 5:00 P.M.)

1. Trauma and Mental Health

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 and college. 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/campus and classroom climate and reduce risk of threats and physical violence.

Target Audience: 1, 2, 3, 4

2. 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

3. 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

4. Opioid Addiction Crisis – Impact on K-12 and Higher Ed - **NEW**

Opioid use and deaths from overdose are an epidemic. School systems and college feel the impact of this public health crisis as it takes its toll on children and young adults. Students who are living in the care of a parent or guardian struggling with opioid addiction are missing more days of school. Narcan is now being stocked in school and college health services offices. This workshop will look at the latest data from New York, share information about how schools and colleges can access care for young people and what to do if addiction is in the household. You'll also learn about programs that can make a difference and resources that are available for our members and students.

Target Audience: 1, 2, 3, 4

SATURDAY, MARCH 2

WAKE-UP WORKSHOPS (7:00 – 7:45 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 (9:00 A.M. – 10:30 A.M.)

5. Working with Behaviorally Challenged Students in Special Ed - NEW

Many school employees are facing increasingly difficult student behaviors that often result in verbal and physical assaults on staff. This session will look at relevant laws and regulations, including those governing the education of students with disabilities, identify health and safety concerns affecting students and staff, and discuss strategies to appropriately address these important workplace issues.

Target Audience: 1, 2, 4

6. School Emergency Planning

Schools and colleges have been engaging in emergency planning for many years with some doing a better job than others. Come share your experiences and hear the latest in planning for security emergencies including the need to establish a threat assessment team and what are effective policies and practices to maximize preparedness.

Target Audience: 1, 2, 3, 4

7. Indoor Air Quality and Mold

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; understand why mold and other water related bioaerosols are a problem, 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

8. Getting to the Root Cause

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

9. Towards a More Perfect Union and Management Committee - NEW

State Ed regulations require labor-management committees, or teams, for both health and safety and emergency planning efforts. Most colleges have labor-management meetings to resolve health and safety and other issues. Frustration abounds regarding the ineffectiveness of these committees and the failure of management to address important issues that are raised. This session will have participants share their experiences and also introduce important ways in which unions can, and should, assert more control and strategize to improve outcomes.

Target Audience: 1, 2, 3, 4

10. Hazards of Electronic Technology and the Precautionary Principle - NEW

Wireless technology has proliferated rapidly in every aspect of our lives. It may be convenient, but a growing body of research continues to emerge that suggests harm to both our physiological and psychological health even at levels far below FCC standards. This session will explore the latest science behind the technology, the challenges educators face from students who are constantly connected and a discussion of the steps that can be implemented to reduce the negative impacts of a technology that has become unavoidable in today's world.

Target Audience: 1, 2, 3, 4

WORKSHOP SESSION III (11:00 A.M. – 12:30 P.M.)

11. Coping with the Physically Acting Out Child – NEW

This workshop explores the four levels of crisis development and the appropriate staff responses to each. Staff will learn how to identify the level of the student's distress through their verbal and non-verbal behaviors. They also discover how mismatches between behavior and staff response have the potential to escalate crisis situations. Participants learn the importance of non-verbal communication and verbal de-escalation. Strategies for how to de-escalate confrontations between students are also explored.

Target Audience: 1, 2, 4

12. School Emergency Planning (Repeat)

Schools and colleges have been engaging in emergency planning for many years with some doing a better job than others. Come share your experiences and hear the latest in planning for security emergencies including the need to establish a threat assessment team and what are effective policies and practices to maximize preparedness.

Target Audience: 1, 2, 3, 4

13. Workers Compensation

NYSUT members often suffer injuries that lead to more challenging workers' compensation claims. It is important to be aware of workers' compensation law including claim forms, maximum benefit amount and how claims are established. This workshop will review examples of cases and teach you what you need to know to have a successful claim outcome. The session also covers Social Security Disability claims including information on eligibility, filing procedures and deadlines, and steps to take to help ensure that the application is accepted.

Target Audience: 1, 2, 3, 4

14. Workplace Bullying and Harassment in Higher Ed - NEW

Workplace bullying is an abuse of power. It is behavior that intimidates, degrades or offends a person, often in front of others. The perpetrator can be a supervisor, administrator, senior faculty or even a colleague. A school or department's culture may encourage this behavior. Victims of workplace bullying are left feeling defenseless and demoralized and can begin to experience symptoms of chronic stress including fatigue, high blood-pressure and finally depression. This session will look at bullying of higher education staff and faculty and provide strategies for protecting the bullied while ending the culture of bullying.

Target Audience: 3

15. Getting to the Root Cause (Repeat)

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

16. Towards a More Perfect Union and Management Committee (Repeat)

State Ed regulations require labor-management committees, or teams, for both health and safety and emergency planning efforts. Most colleges have labor-management meetings to resolve health and safety and other issues. Frustration abounds regarding the ineffectiveness of these committees and the failure of management to address

important issues that are raised. This session will have participants share their experiences and also introduce important ways in which unions can, and should, assert more control and strategize to improve outcomes.

Target Audience: 1, 2, 3, 4

WORKSHOP SESSION IV (2:00 P.M. – 3:30 P.M.)

17. Gang Awareness

This presentation will focus on the problem of gang culture and how to recognize and deal with this epidemic. The session discusses how communities, schools/colleges and law enforcement agencies can be proactive in implementing prevention and intervention methods. Highlights include: updated gang identification training; identifying personal stereotypes of gang members; identifying personal areas of vulnerability that may need to be addressed; identifying facility policy/procedures. WARNING: May contain graphic images

Target Audience: 1, 2, 3, 4

18. Coping with the Physically Acting Out Child (Repeat)

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Target Audience: 1, 2, 4

19. Indoor Air Quality and Mold (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; understand why mold and other water related bioaerosols are a problem, 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

20. School Discipline and Restorative Practices - NEW

Many schools have moved to restorative practices for discipline. Unfortunately, this has most often resulted in half-way measures where restorative processes are not completed and the school code of conduct is not consistently enforced. Many members are left feeling unsafe at work because there are little to no consequences for violent student behaviors. This workshop will explore participant experiences and will answer the questions – what is restorative practice, how can it be applied effectively and what about that code of conduct?

Target Audience: 1, 2,

21. Existing Building Problems – Using Building Codes to Address Health and Safety

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

TARGET AUDIENCE:

1 – K-12 Teachers

2 – K-12 School-Related Professionals

3 – Higher Education Faculty/Professionals

4 – Health Care Professionals