



## 2024 OCAPA SPRING THAW SAFETY SEMINAR

Wednesday, March 13, 2024  
Eagle Crest Resort, Redmond, Oregon

8:00 – 9:00 AM	Breakfast	
9:00 – 9:15 AM	Welcome	<b>Rich Angstrom</b> President, OCAPA
9:15 – 9:45 AM	Controlling Hazardous Energy	<b>Don Rowland</b> MSHA Specialist, Pape Group
9:45 – 10:30 AM	Effective Health Sampling & How It Guides Our Decisions	<b>Kendra Broadwater, CIH</b> Team Lead, Spokane Mining Research Division, Centers for Disease Control and Prevention
10:30 – 10:45 AM	<b>BREAK</b>	
10:45 – 11:45 AM	Construction Mental Health Training, Rethink the Drink, & Safety Planning	<b>Max Margolis</b> Construction Suicide Prevention Partnership, Boom! There Goes the Stigma Podcast
11:45 – 12:45 PM	<b>LUNCH</b>	
12:45 – 1:00 PM	Awards: <ul style="list-style-type: none"><li>• Joseph A. Holmes Update</li><li>• The Pete Arnott Award for Safety Professional of the Year</li><li>• Pacific Northwest Miner of the Year Award</li></ul>	<b>Heather Smith</b> MSHA Training Specialist
1:00 – 1:45 PM	Total Worker Health and Mining	<b>Gerald Poplin, PhD, MS</b> Chief, Spokane Mining Research Division, Centers for Disease Control and Prevention
1:45 – 2:15 PM	Changes to Hard Hat & Helmet Advancements	<b>Ted Schulz</b> Wavecal
2:15 – 2:30 PM	Q & A, Closing	
2:30 PM	<b>ADJOURN</b>	