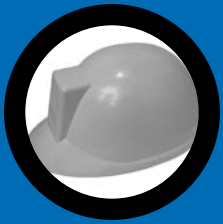


DIOSH DAY 2010

Wednesday, March 3, 2010
Peoria Civic Center, Peoria, Illinois



Occupational Safety and Health Administration
2918 Willow Knolls Road, Suite A
Peoria, Illinois 61614



downstate illinois
19th Annual
**Occupational Safety
& Health Day**

Breakout Sessions DIOSH DAY 2010

DIOSH DAY 2010 – Agenda

7 a.m.	Registration Complimentary Refreshments in Exhibit Area
7 – 11:30 a.m.	Mini Health Fair
7 a.m. – 3:10 p.m.	Exhibit Area Open
8 – 8:50 a.m.	Breakout Session 1
8 – 10:05 a.m.	Workshop 1
9 a.m.	Concession Stand Opens
9:15 – 10:05 a.m.	Breakout Session 2
10:30 – 11:20 a.m.	Breakout Session 3
11:20 a.m. – 12:50 p.m.	Hot Buffet Lunch
12:50 – 2:50 p.m.	Workshop 2
12:50 – 1:40 p.m.	Breakout Session 4
2 – 2:50 p.m.	Breakout Session 5
3:10 – 4 p.m.	Breakout Session 6

DIOSH Day Mini Health Fair



Don't miss the DIOSH Day Mini Health Fair! Get free health screenings from Methodist Wellness Center and OSF Health Care.



8-8:50 a.m.—Breakout Session 1 (Choose One)

1A OSHA Update

Nick Walters, OSHA

This session will address the current OSHA activities in central and southern Illinois and the agency as a whole. If you want to know what to expect from OSHA, don't miss this session.

1B Arc Flash Hazard and NFPA 70E

Scott Francis, Westex, Inc.

Attendees will learn about the four primary subjects essential to understanding and protecting against the arc flash hazard in an industrial workplace. Causes and consequences of arc flash will be examined, with emphasis on historical data, real accidents, body burn injury, and non-flame resistant versus flame resistant clothing. This session includes video clips of arc flashes on real equipment with clothed mannequins. It will also cover current standards and enforcement of NFPA 70E, NESC and OSHA.

1C Illinois State Plan – See What We're Up To!

Frederick "Joe" Lewison, Illinois Department of Labor

Cheryl Neff, Illinois Department of Labor

OSHA approved the Illinois State Plan on September 1, 2009. This session covers the proposed developmental plan along with steps to meet the requirements, including hiring of staff, training, program elements and timelines.

8:00-10:05 a.m.—Workshop 1

1D/2D Workplace Aggression – A Different Approach for a Growing Problem

Paul Seidlitz, Consultant/Trainer

Workplace aggression is on the rise. This workshop will cover the reasons for the increase in violence with emphasis placed on recognition of stress in ourselves and how to deal with it. Review and discussion will include methods of defusing potentially explosive situations and actual incidents.

9:15-10:05 a.m.—Breakout Session 2 (Choose One)

2A Elements of a Winning Workers' Compensation Program

Craig S. Young, Heyl, Royster, Voelker & Allen

Bruce L. Bonds, Heyl, Royster, Voelker & Allen

Two experienced workers' compensation attorneys will provide you with an insider's look at the effects of the 2005 Workers' Compensation Amendments and discuss the elements and development of a winning workers' compensation program. This nuts and bolts presentation will give you information that will help you in your day-to-day handling of work comp claims plus provide a broader perspective of how Illinois workers' compensation costs compare to those of neighboring states.

2B Effective Safety Training

Mark Briggs, University of Illinois

Mark will discuss how to make your safety training more effective and enjoyable. Be careful—you just might learn something while having fun! He will discuss ways of getting every employee involved in safety effort and how to implement safety measures should an accident occur.

2C Management of Change Overview – PSM Standard

Rodney Reibold, Marathon Petroleum

In this session you will learn about the Management of Change and Pre-Startup Safety Review elements of the OSHA PSM Standard. This topic is primarily geared to those who work with processes covered under the PSM standard, however many of the principles are also applicable to non-process operations. The speaker will present an overview of Management of Change including the importance and benefits of managing change, the specific OSHA requirements, change recognition, hazard reviews, and a case study example.

10:30-11:20 a.m.—Breakout Session 3 (Choose One)

3A Indoor Air Quality & Mold

Sampa Das Ostrem, D.A.S. Consulting Services, LLC

Indoor air quality and mold are issues being addressed quite frequently by many different employers, including health and safety professionals, building owners and managers, maintenance personnel, HVAC engineers, architects, and many others. This session will address the basics of indoor air quality and mold, how to identify potential problems, the preventative measures that can be taken to eliminate problems, and a review of several case studies.

3B Joint Utility Locating Information for Excavators (JULIE)

Dale Kuhn, JULIE

Call JULIE! From planting a tree in your yard to digging a foundation for a structure, this session will cover your obligations in the state of Illinois prior to initiating the work. The speaker will describe the changes to the rules and provide tips on a variety of methods that are available to meet the requirements under the law.

3C NFPA Dust Explosions

Dave Grandaw, Fenwal Safety

Industrial explosions present serious risk to any company that manufactures or handles combustible dusts and vapors. This presentation will discuss how explosions initiate and propagate, the types of processes and process equipment most commonly exposed to deflagrations, and the various methods of deflagration protection that can be employed to protect facilities against explosions, including explosion suppression, venting and isolation.

3D OSHA Training Requirements

Ken Koroll, OSHA

Tyler Veenstra, Marathon IRD

This session will cover the OSHA training requirements that apply to general industry and construction. Topics will include: the requirements and which ones may apply to your company; training and if union training is enough; and the reliability of training received through another employer. The training coordinator from the Marathon Robinson Refinery will explain how they go about meeting OSHA training requirements.

11:20 a.m.-12:50 p.m. Hot Buffet Lunch

12:50-2:50 p.m.—Workshop 2

4B/5B Live Line Demo – Sponsored by the Central Illinois American Society of Safety Engineers and Dynegy Midwest Generation - Hennepin Power Station

Kyle Finley, Live Line

The Live Line Demo safety unit is constructed with the same transformers and line hardware used by local utility companies to help you understand how the electrical system works and the dangers that are associated with electricity. The speaker will demonstrate and educate you on how to protect yourself and others from injury or death from electrical energy.

12:50-1:40 p.m.—Breakout Session 4 (Choose One)

4A The Good, Bad and Ugly – Restricted Duty and Job Placement

Robin Postin, SmartWork Solutions, Inc.

Kim Weber, SmartWork Solutions, Inc.

Restricted duty can be a headache. Attend this session for a discussion about why restricted duty is important, how to know if a job is within the restrictions, and how to take the guesswork out of job placement and restricted duty using a structured, simplified format.

4C Agriculture Safety

John Lee, Grain & Feed Association of Illinois

This session will cover a wide variety of occupational safety and health topics for the agriculture industry. The speaker will address both common and unique hazards agriculture workers encounter and identify methods to control or eliminate these hazards.

4D Hot Topics at OSHA

Brian Bothast, OSHA

This session addresses a wide variety of topics related to OSHA's enforcement of new standards, interpretations, and guidelines for inspectors. If you would like to know what hazards OSHA inspectors are addressing now and how changes could affect your workplace, attend this session.

2-2:50 p.m.—Breakout Session 5 (Choose One)

5A Safety is NOT First

Tom Grey, Grey & Associates

Priorities – how often they change. To revamp your bottom line you will need to make drastic changes to your core values, and safety is one of them. Learn ways to advance safety as a value to your organization, not a priority.

5C Fall Hazards

Troy Sweet, OSHA

This session will cover the wide variety of hazards and standards that are used for protecting employees from fall hazards, including OSHA requirements.

5D Pandemic Flu Guidelines and Respiratory Protection

Justin Sternes, OSHA

Ed Marshall, OSHA

Just as the title describes, this session will address specific details of the OSHA standards, interpretations and directives related to respiratory protection issues for general industry and construction. It also includes a discussion of the OSHA guidelines for a pandemic flu.

3:10-4 p.m. – Breakout Session 6 (Choose One)

6A Safety & Health on the Web

Valerie Cantrell, Caterpillar, Inc.

Tara Cox, Caterpillar, Inc.

Jacob Weakley, OSHA

If you wipe out more than Spicoli riding the waves on the web, then this is the session for you. This presentation will cover a wide variety of useful information available to the health and safety professional on the Internet.

6C Whistleblower Updates

Matt Sadler, OSHA

This session will discuss OSHA's 17 different whistleblower regulations. It will have an emphasis on employee work refusals, environmental protections and a short review of the latest whistleblower statutes passed within the last two years.

6D Machine Safeguarding – What's New?

Roger Harrison, Rockford Systems, Inc.

This session will include highlights from the ANSI Bill 2009 on mechanical power presses and other new and upcoming regulations and updates applicable as of March 2010.

Presenter Biographies

Bruce L. Bonds is a Partner in the Urbana, Illinois office of the law firm of Heyl, Royster, Voelker & Allen with expertise in the area of workers' compensation, third-party defense of employers and employment law. Mr. Bonds served as a technical advisor to the combined employers group in the negotiations which culminated in the 2005 revisions to the Illinois Workers' Compensation Act. With his extensive experience before the Illinois Workers' Compensation Commission, he has defended employers in thousands of cases during the course of his career.

Brian Bothast is a Compliance Assistance Specialist with the Occupational Safety and Health Administration (OSHA) in Peoria, Illinois. He has worked for Caterpillar in the Environmental, Health, and Safety Department and as a Team Leader and Industrial Hygienist with OSHA. He is a 1988 graduate of Illinois State University with a B.S. in Environmental Health.

Mark Briggs is Risk Manager for University of Illinois. With over 25 years of experience in occupational safety and health, he has worked with a variety of companies and organizations to improve employee safety, ensure OSHA compliance, reduce worker's compensation, and conduct employee training programs and more. He is also a frequent speaker for companies and associations and provides expert witness testimony in legal proceedings. He holds a B.S. in Safety and Accident Prevention.

Valerie Cantrell is a Customer Safety Training Consultant for Caterpillar Inc., with 29 years experience in engineering, 6 Sigma (certified black belt), marketing communications, internal safety champion, and she is currently part of Caterpillar Customer Safety Services. She is an authorized MSHA and OSHA general industry instructor who has a passion to help educate people on safety.

Tara Cox is the Customer Safety Services Manager for Caterpillar Inc. She has been a part of Team Caterpillar for over 10 years holding multiple engineering, EHS and leadership positions with CAT Inc., and Caterpillar Logistics Services. She is a 6 Sigma certified black belt and certified ChangeMaster.

Kyle Finley began his electrical career in 1977, while still in high school. Through a work program he learned the electrical trade while in his junior and senior years. In 1981 he went to work for Illinois Power and became a journeyman lineman. In 1998 he started Live Line Demo to educate the public on electrical safety.

Scott Francis graduated from Augustana College and the University of Iowa with an M.S. in Inorganic Chemistry. He has been involved with the safety industry since 1991 and has extensive experience with the performance of protective apparel fabrics as well as protective apparel programs. He frequently addresses trade associations and groups regarding electric arc and flash fire hazards as well as related topics. Scott is currently Regional Market Manager at Westex, Inc.

Dave Grandaw is the Regional Manager for the Fenwal Protection Systems division of Kidde-Fenwal, part of the largest industrial explosion protection group in the world. He has been with Fenwal's IEP group since 1986, first as a field engineer, then as a system design engineer. He has a degree in Fire Protection Engineering Technology from Northeast Wisconsin Technical College.

Tom Grey is President of Grey and Associates. He is a highly skilled trainer and coach in employer and employee development of safety performances. He has over 28 years of hands-on experience as a former plant manager, human resources manager and quality control manager in manufacturing, distribution and trucking industries. His manufacturing experience ranges from automotive, food processing and packaging to consumer products and personal care products. He has been trained in the STOP Program, Key Concept to Safety Program, OSHA Outreach and more.

Roger Harrison is Director of Training for Rockford Systems. He has conducted numerous machine safeguarding seminars throughout the United States, Canada, and Mexico.

Ken Koroll, M.S., CSP, CHST is a Compliance Assistant Specialist in the Peoria OSHA office. He has a B.S. and M.S. in Occupational Safety and Health from Northern Illinois University. He is a Certified Safety Professional in comprehensive and construction practice and holds the Construction Health and Safety Technician designation. He has spent over six years as a Compliance Officer, one year as a private consultant and two years as a training instructor at the OSHA Training Institute.

Dale Kuhn currently serves as Damage Prevention Manager for JULIE, Inc. He holds an M.S. degree from Western Illinois University at Macomb and an M.B.A. from the University of Illinois at Urbana-Champaign. Dale is a former mathematics instructor and basketball coach; he began his career in the utility industry in 1979. He has served on congressional advisory committees regarding utility issues and testified before federal and state agencies regarding a variety of utility issues.

John Lee serves as the Director of the Safety-Health-Environmental Services program for the Grain and Feed Association of Illinois. He has served in this capacity since 1997. He has a B.S. in Occupational Safety from Illinois State University.

Joe Lewison is Central Illinois Area Director with the Illinois Department of Labor. He has conducted thousands of safety inspections in the public sector throughout Central Illinois

Ed Marshall is an Industrial Hygienist for OSHA in the Peoria area office. He is a graduate of Illinois State University with a B.S. in Environmental Health. He served on active duty in the U.S. Army for six years prior to joining OSHA.

Cheryl Neff is an Industrial Hygienist for the Division of Safety, Inspection and Education, Illinois Department of Labor. She has more than 20 years of practical experience in the health and safety field, including consulting, government, industry and education. Her background includes industrial hygiene and health physics with a degree from Purdue University

Sampa Das Ostrem, CIH, LIH, is the Managing Member and Principal of D.A.S. Consulting Services, LLC. She has over 13 years of experience in health and safety, environmental, and industrial hygiene and is a Certified Industrial Hygienist (CIH) and Licensed Industrial Hygienist (LIH). She obtained an M.S degree in occupational hygiene and occupational safety and a B.S. in chemistry from West Virginia University. She has gained work experience through a fellowship with Oak Ridge Associated Universities at the United States Department of Energy (U.S. DOE) and a research assistantship at West Virginia University under a National Institute for Occupational Safety and Health (NIOSH) grant.

Robin Poston is an Occupational Therapist with SmartWork Solutions, Inc., with 12 years of experience in hand/upper extremity rehab. She is a Certified Ergonomic Assessment Specialist. She specializes in work related musculoskeletal disorders and reducing work comp costs.

Rodney Reibold is the Process Safety Management Coordinator at Marathon Petroleum's Robinson Illinois Refinery. Rodney also serves OSHA as a Special Government Employee in the area of PSM. He is a chemical engineer with eighteen years of experience in the refining industry. He has extensive experience in engineering, refinery operations, and process safety.

Matt Sadler is a Federal Whistleblower Investigator with OSHA in Peoria. He joined OSHA in 2006 after being employed by Tazewell County Health Department where he was an Environmental Health Specialist. He is a 2003 graduate of Illinois State University. He has conducted numerous whistleblower investigations for OSHA.

Paul Seidlitz is a retired Occupational Safety Consultant/Trainer with the Illinois Onsite Safety and Health Consultation program. He is an R.P.N. with over twenty years experience as safety director in health services and retail industries. He is a member of the NFPA and is an authorized OSHA Outreach trainer.

Justin Sternes is an Industrial Hygienist for the Peoria OSHA office. He has worked in that capacity since 2001 and conducted inspections in a variety of industries including process safety management. He received a B.S. in Environmental Science from the University of Dubuque.

Troy Sweet is a Safety and Health Compliance Officer with the Peoria Area OSHA Office. He has 24 years of construction safety and health related experience. He was Safety Manager for Walsh Construction Company and completed the 2nd largest bridge in Illinois for the Interstate 355 Project in Chicago. He has served as a Safety Director and on numerous safety and health committees and has extensive knowledge in cranes and rigging.

Nick Walters is the Area Director for the OSHA offices in the Peoria and Fairview Heights District offices. He joined OSHA in 1992 and has worked as the Regional Audit Team leader and as a Compliance Safety and Health officer. He is a graduate of Northern Illinois University with a B.S. in Industrial Technology/Safety.

Jacob Weakley is a Compliance Officer/Industrial Hygienist with the Peoria OSHA office. He just recently joined OSHA following his internship with them in 2009. During his internship, he spent most of his time gaining field experience in both general industry and construction. He has a B.S. in Environmental Health from Illinois State University.

Kim Weber is an expert Physical Therapist with SmartWork Solutions, Inc. She has over 18 years of experience in work hardening, performing FCE's and orthopedic industrial rehab.

Craig S. Young is a Partner in the Peoria, Illinois office of the law firm of Heyl, Royster, Voelker & Allen. He has handled all aspects of Illinois workers' compensation litigation, including arbitrations, reviews and appeals. He has developed a reputation for effectively counseling employers regarding overall management of the workers' compensation risk. He assists clients in looking beyond each individual case in an effort to reduce overall workers' compensation expense.

DIOSH Day

DIOSH Day is for employers, employees, and all others interested in safety and health. Experts in the field will present a program on the most current issues in safety and health today. Many governmental agencies will have booths in the exhibit area. This is a great opportunity to get your workplace safety questions answered in a neutral setting.

Exhibit Area

Take advantage of this opportunity to network with hundreds of other safety professionals and learn about resources available to downstate Illinois businesses and employers. In addition to governmental and nonprofit organizations, more than 40 other exhibitors will demonstrate many useful and innovative products and services to help accomplish your safety and health goals—and you can get your questions answered on the spot by knowledgeable company representatives. Be sure to bring plenty of business cards to network within the local safety and health community.

Exhibit Area Hours: 7 a.m.-3:10 p.m.



Sponsors

AAIM Employers' Association • American Industrial Hygiene Association, Prairie Section • American Society of Safety Engineers, Central Illinois Chapter • Greater Peoria Contractors & Suppliers Association, Inc. • Illinois Department of Labor, Division of Safety Inspection & Education • United States Occupational Safety and Health Administration, Peoria Area Office • Tri-County Construction Labor-Management Council

In Cooperation with:

Air and Waste Management Association • Associated General Contractors of Illinois • Central Illinois Builders of AGC • Central Illinois Chapter, National Electrical Contractors Association • Central Illinois Chapter of SMACNA • Central Illinois Mason Contractors Association • East Peoria Chamber of Commerce and Tourism • Grain and Feed Association of Illinois • Illinois Association of Environmental Service Companies • Illinois Association of Occupational Health Nurses • Illinois Association of Plumbing, Heating and Cooling Contractors • Illinois Central College/Professional Development Institute • Illinois Chapter, National Electrical Contractors Association • Illinois Department of Commerce and Economic Opportunity • Illinois Fertilizer and Chemical Association • Illinois Manufacturers Association • Illinois Safety Council • Illinois SMACNA • Illinois Society of Professional Farm Managers and Rural Appraisers • Illinois State University, Department of Health Sciences • McLean County Chamber of Commerce • Mechanical Contractors of Central Illinois • Mid-Illyni Mechanical Contractors • National Safety Council • Northern Illinois University, College of Engineering and Engineering Technology • Northern Illinois University, Department of Environmental Health and Safety • On-Site Safety and Health Consultation Program, DCEO-OSF (Saint Francis Health Services, Saint James Hospital, Saint Mary's Hospital, Saint Joseph's Occupational Health Center) • Peoria Area Chamber of Commerce • Prairie Branch Chapter, APWA • Quad City Chapter, National Electrical Contractors Association • Quad City Chapter, ASSE-Southern Illinois Builders Association • Springfield and Vicinity Sheet Metal Contractors Association • The National Safety Education Center (Northern Illinois University) • University of Illinois Waste Worker Training Program • West Central Illinois Building and Construction Trades Council

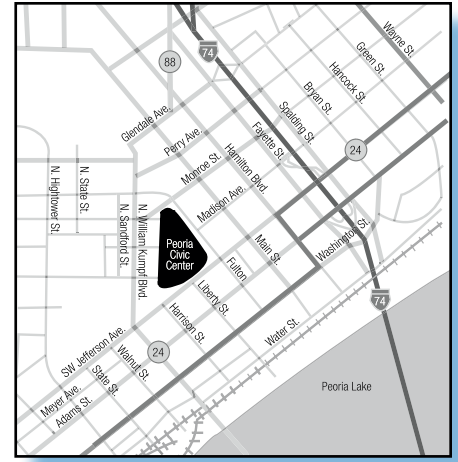
DIOSH DAY 2010

SCHEDULE

TIME		ACTIVITY			
7:00 am		Registration Open, Exhibit Hall C – Complimentary Refreshments Available			
7:00 am - 3:10 pm		Exhibit Area Open, Hall C			
7:00 am - 11:30 am		Mini Health Fair, Exhibit Hall C – Free Health Screenings			
8:00 am - 8:50 am Breakout Session 1	1A OSHA Update Nick Walters, OSHA Room 220/221	1B NFPA 70E/Arc Flash Hazard Scott Francis, Westex, Inc. Room 135/136	1C State Plan Update Cheryl Neff/Joe Lewison, IDOL Room 210/211	Workshop 1D /2D Violence in the Workplace Paul Seidlitz, Safety Consultant Room 222	
9:15 am - 10:05 am Breakout Session 2	2A Workers Comp Craig S. Young Bruce L. Bonds Heyl, Royster, Voelker & Allen Room 220/221	2B Effective Safety Training Mark Briggs, U of I Room 135/136	2C Process Safety Management Rodney Reibold, Marathon Petroleum Room 210/211	3D OSHA Training Requirements Ken Koroll, OSHA Tyler Veenstra, Marathon IRD Room 222	
10:30 am - 11:20 am Breakout Session 3	3A Indoor Air Quality Sampas Das Ostrem, D.A.S. Consulting Services Room 220/221	3B JULIE for Excavators Dale Kuhn, JULIE Room 135/136	3C NFPA Dust Explosions Dave Grandaw, Fenwal Protection Systems Room 210/211		
11:20 am - 12:50 pm		Hot Buffet Lunch, Hall C—Exhibit Area Open, Hall C			
12:50 pm - 1:40 pm Breakout Session 4	4A Restricted Duty Job Placement Robin Poston/Kim Weber, SmartWork Solutions Room 220/221	Workshop 4B/5B Live Line Demo, Sponsored by the Central Illinois American Society of Safety Engineers and Dynegy Midwest Generation - Hennepin Power Station Kyle Finley, Live Line Room 135/136	4C Agriculture Safety John Lee, Grain & Feed Association Room 210/211	4D Hot Topics at OSHA Brian Bathast, OSHA Room 222	
2:00 pm - 2:50 pm Breakout Session 5	5A Safety is NOT First Tom Grey, Grey & Associates Room 220/221		5C Fall Hazards Troy Sweet, OSHA Room 210/211	5D Pandemic Flu Guidelines & Respiratory Protection Ed Marshall/Justin Sternes, OSHA Room 222	
3:10 pm - 4:00 pm Breakout Session 6	6A Safety & Health on the Web Valerie Cantrell, CAT, Inc. Tara Cox, CAT, Inc. Jacob Weakley, OSHA Room 220/221		6C Whistleblower Update Matt Sadler, OSHA Room 210/211	6D Machine Safeguarding Roger Harrison, Rockford Systems Room 222	



DIOSH DAY 2010



Early registration is encouraged, but on-site registration is available. Take advantage of a \$50 discount for reservations made by February 24. Fees must be paid by cash, check, or credit card (MasterCard, Visa, or Discover Card) at the time of registration. Reservations are transferable but not refundable. **Confirmation and check-in information will be e-mailed to each individual registrant, so it is imperative that you provide an e-mail address..**

Online registrations are preferred. Registrations will also be accepted by mail or in person:

- **Online** at www.DIOSHDay.com
- **By mail** (with check* or Credit Card) to: 401 NE Jefferson Avenue, Peoria, IL 61603
- **In person** (with cash, check*, or Credit Card) at: 401 NE Jefferson Avenue, Peoria, IL 61603

* Make checks payable to *DIOSH Day*. For more information visit our website at www.DIOSHDay.com or call **1-877-DIOSH-DAY (877-346-7432)**. If special accommodations are needed, please notify the DIOSH registrar in advance.

Registration Form

Online Registration at www.DIOSHDay.com

19TH ANNUAL DOWNSTATE ILLINOIS OCCUPATIONAL SAFETY AND HEALTH DAY WEDNESDAY, MARCH 3, 2010



Only one registrant per form; photocopy form for additional registrants. Please check one box:

Full Registration. Fee: \$100 per person (\$150 after February 24)—Includes morning refreshments, mini health fair, choice of break-out sessions, handouts, entrance to the exhibit hall, and hot buffet lunch.

Full Registration for Full-time Students. Fee: \$35 per person—Includes morning refreshments, Mini Health Fair, choice of breakout sessions, handouts, entrance to the exhibit hall, and hot buffet lunch.

Trade Show only. Fee: \$10 per person

Please provide the following information. We must have your e-mail address in order to send confirmation and check-in information. Please print legibly.

NAME _____

TITLE _____

COMPANY _____

STREET _____

CITY _____ STATE _____ ZIP _____

PHONE (____) _____ FAX (____) _____ E-MAIL _____

___ MasterCard ___ Visa ___ Discover Account # _____ Exp. Date _____

Cardholder's Name _____ 3-Digit Security Code _____

Signature _____

Please indicate at right each breakout session you plan to attend by circling your choice next to each session. This information will be used strictly to assist in advance planning for determining classroom size and reproducing handout material. Handout materials may be limited. You will not be held to attend the session you indicated; you may change your mind at any time. CEUs available from Illinois Central College.

Session 1:	1A	1B	1C	1D/2D Workshop 1
Session 2:	2A	2B	2C	
Session 3:	3A	3B	3C	3D
Session 4:	4A	4A/5A Workshop 2	4C	4D
Session 5:	5A		5C	5D
Session 6:	6A		6C	6D