

DIOSH DAY 2012

Wednesday, February 29, 2012
Peoria Civic Center, Peoria, Illinois



Occupational Safety and Health Administration
1320 W. Commerce Drive, Suite 800
Peoria, Illinois 61614

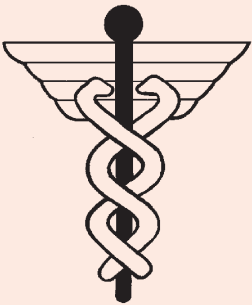
downstate illinois
21st Annual
**Occupational Safety
& Health Day**

DIOSH DAY 2012 — 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
9:15 – 11:20 a.m.	Workshop A.M.
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 – 1:40 p.m.	Breakout Session 4
12:50 - 2:50 p.m.	Workshop P.M.
2 – 2:50 p.m.	Breakout Session 5
3:10 – 4 p.m.	Breakout Session 6

DIOSH Day Mini Health Fair

Don't miss free health screenings provided by OSF Saint Francis Wellness Services, Methodist Wellness Center and Trotter Chiropractic at the DIOSH Day Mini Health Fair. In addition to these no cost health screenings, get valuable tips for healthy living.



DIOSH Day Mini Health Fair

7:00 AM – 11:30 AM in the Exhibit Hall C

- BMI
- Blood Pressure
- Cholesterol (must fast for 12 hours prior)
- CRT Machine (measures strength and flexibility of muscles and joints)
- Spinal Health
- Spirometry (measures lung function)
- Trigger Point Massage



Breakout Sessions DIOSH DAY 2012

Breakout Session 1 • 8 - 8:50 a.m.

1A Respiratory Protection

Patrick Fullen, 3M

This session will provide a general overview of respiratory protection and what is needed in a respiratory program along with discussion regarding types of respirators available, their uses and limitations. Patrick will also discuss fit testing types, procedures and when they are needed.

1B Heat and Cold

Justin Sternes, OSHA

Do you really need to include heat and cold exposure as part of your safety and health program? This session will ensure participants are familiar with OSHA's expectations for meeting the general duty clause for exposures. Justin will describe instances that have led to citations in the past and detail steps each employer should take.

1C Wellness...at Work? It's Your Choice!

Pam Lichtenstein, OSF

All around the nation, individuals are experiencing declining health, quality of life, and energy. They also experience increasing amounts of stress, healthcare costs, obesity, and the like. While we are aware that this is happening, we sometimes get stuck thinking "there's no other way," especially at work, with increasing duties, demands for our time, or possibly working more than one job. While the workplace isn't designed to accommodate a comprehensive workout, there are actually many things individuals can do to take care of their health and well-being while on the job. One idea would be to start with the realization that "you have a choice!" Come to this session packed with real ideas for how you can work as well as experience a good quality of life

1D OSHA Update

Nick Walters, OSHA and Tom Bielema, OSHA

The Deputy Regional Administrator and the Peoria Area office Area Director will address current local, regional and national issues for the Occupational Safety and Health Administration.

9:15-11:20 a.m.—Workshop 1 (2A/3A)

Myths of Electricity: Current Dangers

Bob LoMastro, LoMastro & Associates, Inc.

If you have fond recollections of a science teacher who made a subject come alive, you will enjoy this workshop. Experience the snap and sizzle of electricity dropped right into your lap. Using live demonstrations and actual accident videos, Bob will cover the common hazards and demonstrate why electrical standards are necessary.

Breakout Session 2 • 9:15 - 10:05 a.m.

2B CPR and Other Steps to Save a Life

Darlene Radosavlyev, American Red Cross

This session will cover CPR Made Simple and other life-saving skills that everyone can use. Darlene will introduce participants to Adult CPR/AED and provide other useful information. This session is not intended to provide certification.

2C Ergonomics: Been There, Done That, Why Isn't it Working? A New Approach to Ergonomic Solutions

Robin Poston, SmartWork Solutions, Inc.

Ergonomics has been an industry catch phrase for decades. Yet, costs continue to rise. Learn cost-effective, practical ways to identify, assess and implement true ergonomic improvements from the perspective of the industrial therapist.

2D Lessons Learned from Fatalities – What is Killing Illinois Workers?

Brian Bothast, OSHA and Cheryl Neff, IDOL

This session will cover some of the most common and most unusual fatality cases that the Illinois Department of Labor has investigated over its 25-year history. Some sobering statistics on occupations and activities that are contributing to public sector employee deaths may surprise you. OSHA and IDOL professionals will walk you through the basic facts uncovered during fatality investigations and the steps you can take to prevent these incidents at your facility.

Breakout Session 3 • 10:30 - 11:20 a.m.

3B Construction Safety

Mark Rzasa, OSHA

From an inspector's point of view, Mark will cover a wide variety of construction-related hazards that OSHA inspectors look for and the steps needed to control those hazards. This session will provide insight into the items OSHA inspectors are going to ask about at the jobsite.

3C It's Not Your Father's Office

Wayne Abbott, State Farm Insurance

The large office environment has changed over the years. Today's safety professional will have a larger number of safety issues than ever before. Wayne will review radio frequency, fall protection, confined space, scaffolding and powered industrial trucks, along with ADA, office ergonomics and slips and falls. This session will provide an awareness of the unique challenges and issues to be considered by safety professionals in the large office/campus.

3D Distracted Driving

Michelle Ellison, Indiana Department of Labor

In addition to leisure-related travel, today, many workers spend all or a part of their day driving for work-related purposes. According to the Federal Bureau of Labor Statistics, transportation accounted for nearly two out of every five fatal work-related injuries in 2010. With thousands of lives impacted, roadway safety is of the utmost importance. Attend this session to learn about information and resources to help keep your employees safe on the roadway.

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

Breakout Session 4 • 12:50 - 1:40 p.m.

4A Machine Safeguarding—What's New in Regs & Products

Roger Harrison, Rockford Systems, Inc.

This session will cover applicable highlights (as applied to machine safeguarding) from OSHA regulations, ANSI B11 safety standards, and NFPA 79 electrical standards. Roger will also cover light curtains, laser scanners, ring-drops for riveters, mats, point of operation and perimeter guards, interlock technology, safety distance, safe holding/distance, safe opening and more.

4B Preventing Lower Back Pain

Dr. Brad Cotton, Trotter Chiropractic Office

According to the National Institutes of Health, lower back pain is the number one cause of work-related disability and lost time from work. With 80% of Americans suffering from low back pain at some point in their adult life, it is essential to understand how to treat and prevent low back pain. Join Dr. Cotton as he discusses how the low back works, how it can be injured, and helpful steps to prevent low back pain.

4C Industrial Hygiene Update

Ed Marshall, OSHA

In this session Ed will discuss a wide variety of industrial hygiene issues that OSHA inspectors are expected to address. If you are not sure if your industrial hygiene program is up to speed or it is time for a check-up, then this is the session for you.

12:50 p.m.-2:50 p.m. —P.M. Workshop (4D/5D) Safety is More Than a Slogan

Tom Grey, Grey & Associates

How do you make safety more than just a slogan? Tom will guide you through effective activities that will help your organization create a more sustainable safe culture. He will discuss the use of existing business processes and how to implement those key components to living safe.

Breakout Session 5 • 2 - 2:50 p.m.

5A Personal Protective Equipment (PPE)

Erin Cropsey, OSHA

This session will cover the personal protective equipment hazard assessment, training, and documents that inspectors will ask for during an inspection. If you would like to ensure that you have made the right choice when it comes to personal protective equipment, then this session can help.

5B What You Don't Know Can Burn You

Glen Carter, Justrite Manufacturing Company
Flammable liquids are prevalent in our everyday lives at home and at work. Learn what makes these liquids dangerous. This session will help you convey flammable and combustible liquid safety in a meaningful way to your friends, family and co-workers. Learn, too, how to safely store flammable and combustible liquids. Glen will illustrate in the simplest terms OSHA, NFPA, and EPA regulations as well as safety products and practices.

5C Health & Safety Issues 303

Brian Bothast, OSHA
Do I really need to prepare for a pandemic flu? Is Ergonomics a dead issue for OSHA? Does the Agency expect the same bloodborne pathogens training every year? What records are inspectors going to ask for? If you have questions, this session has answers. Brian will provide answers to a variety of safety and health related compliance issues.

Breakout Session 6 • 3:10 - 4 p.m.

6A How Lean Enhances Safety & Health

Ed Huey, Illinois Manufacturing Extension Center (IMEC)
Company attempts to improve productivity and quality without a strong emphasis on safety, typically result in higher incident and worker compensation rates. Lean safety is a systematic approach to identifying and controlling the waste in processes/activities that could cause accidents or illnesses.

6B Community Emergency Response Team (CERT)

Russ Steil, Jr. and Robert Fleming II, Illinois Emergency Management Agency (IEMA)
This session will give participants an overview of the Community Emergency Response Team (CERT) program in Illinois and how CERT fits into the Incident Command System. It will also take a look at local units of government who have CERT programs and how to start a program if you do not have one in your area.

6C OSHA Safety Standards

Tom Malerich, OSHA
This session is guaranteed to address 15 safety hazards that OSHA inspectors are going to stop and address, including electrical hazards, ladders, rotating parts, and more.

6D Walk in Our Shoes (Mock OSHA Inspection)

Come take a walk in OSHA's shoes and help identify health and safety hazards commonly found in the workplace. Test yourself to see how well you know how OSHA identifies and categorizes hazards.

Presenter Biographies

Wayne Abbott has held several safety positions during his 17 years with State Farm Insurance, where he is currently a Safety/Security Specialist. Wayne holds an Associate Degree in Fire Science Technology from Illinois Central College and a Bachelor's Degree in Occupational Safety & Industrial Technology from ISU. He is a Professional Member of ASSE, and in 2005 received his Certificate in Safety Management from the ASSE.

Tom Bielema is the Area Director for the OSHA offices in Peoria and Fairview Heights. He joined OSHA in 1995 and has worked as an Assistant Area Director and Industrial Hygienist. He has also worked as a Safety Director in private industry. Tom is a 1995 graduate of Purdue University with a B.S. in Environmental Health Science/Industrial Hygiene.

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.

Glen Carter serves as the Chief Technical Officer for Justrite Manufacturing Company LLC. Glen has over 25 years experience in safety products design development with strict conformance to laws and standards. He serves on the NFPA 30 Flammable and Combustible Liquids Code Committee and several UL/ANSI committees. He holds an Undergraduate Degrees in Architecture and a Graduate Degree in Business.

Brad Cotton, D.C., has been with Trotter Chiropractic Office since August of 2008. He is a graduate of PALMER College of Chiropractic and has engaged in numerous post-graduate study programs related to his field. Dr. Cotton has spoken frequently about health and wellness to local businesses and civic groups. He is a member of the Illinois Prairie State Chiropractic Assoc.

Erin Cropsey is a Compliance Officer/Industrial Hygienist with the Peoria OSHA office. She joined OSHA in 2007 after graduating from Illinois State University with a B.S. in Environmental Health Science. She is a member of the American Industrial Hygiene Association. She has conducted inspections in a variety of industries to identify hazards and aid employers with methods of abatement.

Michelle Ellison is the Director of INSafe and Marketing for the Indiana Department of Labor. Her responsibilities include managing INSafe, Indiana's occupational safety and health consultation program, as well as the Indiana Safety and Health Achievement Program (INSHARP). Prior to serving in her current capacity, Michelle worked as the marketing and consultation service manager for INSafe for four years and agency human resource manager for one year. Michelle is a graduate of Indiana University in Columbus with B.S. in Business.

Dave Farris currently serves as an Industrial Hygiene Consultant with the Illinois Onsite Consultation Program at the Illinois Department of Labor. Dave has over 30 years experience in the environmental health and safety profession, including serving as the EH&S Manager of a large municipally-owned utility with coal- and gas-fired generation along with electrical transmission and distribution operations. He is also an Adjunct Instructor with SIU Carbondale. Dave holds a BS from ISU in Industrial Technology and a Masters Degree in Industrial Hygiene from Central Missouri State University and a Masters in Business Administration from Sangamon State University. Dave is both a Certified Industrial Hygienist and a Certified Safety Professional and past President of the St. Louis Chapter of the AIHA

Robert Fleming II is Region 3 Coordinator for the Illinois Emergency Management Agency (IEMA), responsible for nine counties, Joliet and Aurora. In the past he has held positions as Region 6 Trainer for IEMA and FS custom turf training and supervisor for chemical safety. He holds a B.S. in Biology.

Patrick Fullen is an Account Executive with 3M Occupational Health and Environmental Safety Division. He has been in sales with 3M for over 32 years covering portions of Illinois and Indiana. For the past 10 years, he has been concentrating on PPE to help protect people at work and at home, for life.

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 Inc. He has conducted numerous seminars on the subject of machine safeguarding across the country. His experience includes organizing a wide variety of metal fabricating conferences across the country for the Fabricating Manufacturers Association. He holds a B.S. from Northern Illinois University.

Dan Heinen currently serves as a Safety Consultant with the Illinois Onsite Consultation Program at the Illinois Department of Labor, Springfield, Illinois. He has been with the program for 5 years, and comes with a 25 year background in the construction business as both an ironworker and a safety consultant for an electrical contractor in central Illinois. Dan holds a B.S. from ISU in Health Sciences with a major in occupational safety and a minor in Environmental Health. He currently holds an ASP designation and is a past board member of the Central Illinois Chapter of the ASSE.

Ed Huey has more than 11 years of experience in manufacturing and management in a variety of industries. He was formerly plant manager of a metal roll forming company and worked within the auto parts and accessories industry to plan, organize and lead teams in a Lean environment. He has a B.S. in Professional Aeronautics from Embry Riddle Aeronautical University and is a certified Training Within Industry (TWI) job instructions and job relations trainer and coach.

Pam Lichtenstein earned her BS in Exercise Science and Psychology from Concordia University. She has worked in the field of exercise and wellness for over 20 years with the last 12 coordinating the employee wellness program in Employee Health at OSF Saint Francis Medical Center. Her experience includes health screenings and instruction in exercise, goal setting, weight management, stress management, smoking cessation, CPR, and individual exercise and lifestyle consultations. She is passionate about her role to encourage, teach and empower individuals to experience a better quality of life, for a lifetime. She believes that when you know better, you can do better and once you make the decision to change, you can do anything!

Bob LoMastro is a former Green Beret, Navy Hospital Corpsman & Supervisor of the National Safety Council's Safety Training Institute. He holds a Masters Degree in Safety Management & Engineering and first developed his unique teaching style as an instructor at the Naval School of Health Sciences. As President of LoMastro & Associates, Inc. he draws upon a career spanning over 30 years of teaching safety and health related topics in both general industry and construction.

Tom Malerich is a Safety Compliance Officer in the Peoria area OSHA office. He is a 2006 graduate of Illinois State University with a B.S. in Environmental Health. He has worked for OSHA since 2010. Prior to joining OSHA, he worked as an operations manager for a product quality subcontractor.

Ed Marshall is an Industrial Hygienist in the Peoria area OSHA office. He is a graduate of Illinois State University with a B.S. in Environmental Health and has worked for OSHA since 2007. His prior work experience includes public health, clinical laboratory and military service.

Cheryl Neff is the State Plan Coordinator/Acting Division Manager for the Illinois Department of Labor. She has more than 15 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.

Robin Poston is an Industrial Occupational Therapist and owner of SmartWork Solutions, Inc. She has 17 years of experience in treating work-related injuries. As a Certified Ergonomic Assessment Specialist and therapist, Robin has been helping clients identify risks for work pain problems and develop programs to decrease those risks as well as empower workers to reduce their own risks and prevent pain.

Darlene Radosavlyev is an Education Coordinator at the Central Illinois Chapter of the American Red Cross. She became a Red Cross instructor in 1992 and has been training instructors since 1997. Darlene holds current instructor authorizations in First Aid, CPR and AED, Wilderness and Remote First Aid Training, and Bloodborne Pathogens.

Mark Rzasa is a Safety Compliance Officer in the Peoria area OSHA office. He is a graduate of the University of Dubuque with a B.S. in Environmental Science and has worked for OSHA since 2007. His prior work experience was as an environmental health and safety manager in the mining industry.

Russ Steil, Jr., has served since 1997 as Regional Coordinator with the Illinois Emergency Management Agency for 16 of the 102 ESDA offices in Illinois. He has worked in construction and sales, served on the Springfield Fire Department, and served in the U.S. Navy. He graduated college with a B.A. in Management in 1989.

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.

Nick Walters, Deputy Regional Administrator, joined OSHA in 1992 and has worked as the Area Director for the OSHA offices in Peoria and Fairview Heights, 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.

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:

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 Plumbing, Heating and Cooling Contractors • Illinois Central College/Professional Development Institute • Illinois Chapter, National Electrical Contractors Association • Illinois Farm Bureau - Illinois Agricultural Association • Illinois Fertilizer and Chemical Association • Illinois Manufacturers Association • Illinois Municipal League Risk Management Association • Illinois SMACNA • Illinois Society of Professional Farm Managers and Rural Appraisers • Illinois State University, Department of Health Sciences • McLean Chamber of Commerce • Mechanical Contractors of Central Illinois • Mid-Illini Mechanical Contractors • National Safety Education Center at Northern Illinois University • Northern Illinois University, College of Engineering and Engineering Technology • Northern Illinois University, Environmental Health and Safety • On-Site Safety and Health Consultation Program, DCEO • OSF, Center for Occupational Health • OSF's St. Joseph's Occupational Health Center • Peoria Area Chamber of Commerce • Prairie Branch Chapter, APWA • Quad City Chapter, National Electrical Contractors Association • Southern Illinois Builders Association of AGC • Springfield and Vicinity Sheet Metal Contractors Association • State Farm Insurance Company • University of Illinois Hazardous Materials Training Program • West Central Illinois Building and Construction Trades Council

First Time Offered:

Governor's Award for Contributions in Health and Safety

Please send in your self nomination and/or nominations today. Please follow the criteria listed below:

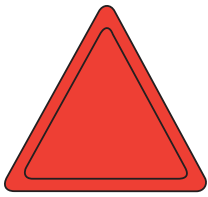
- 1) This person has made significant contributions in the areas of safety and/or health through training and/or research which have had a lasting impact on workers in the downstate Illinois area.
- 2) Self Nominations submitted to Nancy Crain-Brown with the Greater Peoria Contractors & Suppliers Association, Inc. located at 1811 W. Altorfer Drive in Peoria, IL 61615. Telephone 309/692-5710 Fax 309/692-5790 email address: nancy@gpcsa.org
- 3) The deadline for submission is January 6, 2012
- 4) The DIOSH Day Committee will review all submissions and select the winner who will be presented with the award at Noon on February 29th at the Conference. The winner must be present to accept the award which will be presented by Governor Quinn or his appointee.

downstate illinois
21st Annual
**Occupational Safety
& Health Day**

DIOSH DAY 2012

SCHEDULE

TIME		ACTIVITY	
7:00 am	Registration Open and Complimentary Refreshments, Hall C		
7:00 am - 3:10 pm	Exhibit Area Open, Hall C		
7:00 am - 11:30 am	Mini Health Fair, Hall C		
8:00 am - 8:50 am Breakout Session 1	1A Respiratory Protection Patrick Fullen, 3M Room 135/136	1B Heat and Cold Justin Sternes, OSHA and Dave Farris, IDOL Room 210/211	1C Wellness...at Work? It's Your Choice! Pam Lichtenstein, OSF Room 220/221
9:15 am - 10:05 am Breakout Session 2	2B CPR and Other Steps to Save a Life Diane Radosavlyev, American Red Cross Room 210/211	2C Ergonomics: Been There, Done That, Why Isn't it Working? A New Approach to Ergonomic Solutions Robin Poston, SmartWork Solutions Room 220/221	2D Lessons Learned from Fatalities —What is Killing Illinois Workers? Brian Bothast, OSHA Cheryl Neff, IDOL Room 222
10:30 am - 11:20 am Breakout Session 3	3B Construction Safety Mark Rzasa, OSHA Room 210/211	3C It's Not Your Father's Office Wayne Abbott, State Farm Room 220/221	3D Distracted Driving Michelle Ellison, Indiana DOL Room 222
11:20 am - 12:50 pm	Hot Buffet Lunch and Exhibit Area Open, Hall C		
12:50 pm - 1:40 pm Breakout Session 4	4A Machine Safeguarding—What's New in Regs and Products Roger Harrison, Rockford Systems Room 135/136	4B Preventing Lower Back Pain Dr. Brad Cotton, Trotter Chiropractic Room 210/211	4C Industrial Hygiene Update Ed Marshall, OSHA Room 220/221
2:00 pm - 2:50 pm Breakout Session 5	5A Personal Protective Equipment (PPE) Erin Cropsey, OSHA Room 135/136	5B What You Don't Know Can Burn You Glen Carter, Justrite Manufacturing Company Room 210/211	5C Health & Safety Issues 303 Brian Bothast, OSHA Room 220/221
3:10 pm - 4:00 pm Breakout Session 6	6A How Lean Enhances Safety & Health Ed Huey, IMEC Room 135/136	6B Community Emergency Response Team (CERT) Russ Steil, Jr., IEMA and Robert Flemming II, IEMA Room 210/211	6C OSHA Safety Standards Tom Materich, OSHA Room 220/221
			6D Mock OSHA Survey Dave Farris, IDOL and Dan Heinar, IDOL Room 222

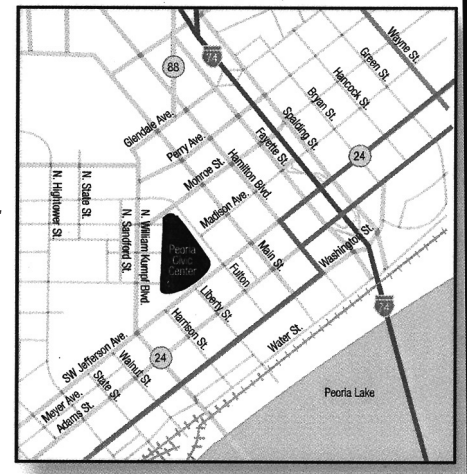


DIOSH DAY 2012

Early registration is encouraged, but on-site registration is available. Take advantage of a \$50 discount for reservations made by February 22. Fees must be paid by cash, check, or credit card at the time of registration. Reservations are transferable but not refundable. **Confirmation and check-in information is 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



21ST ANNUAL DOWNSTATE ILLINOIS OCCUPATIONAL SAFETY AND HEALTH DAY WEDNESDAY, FEBRUARY 29, 2012

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

- Full Registration.** Fee: \$100/person
 (\$150 after February 22)—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/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/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 American Express Account # _____ Exp. Date _____

Diner's Club American Express

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. 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
Session 2:	2A/3A	2B	2C	2D
Session 3:	workshop	3B	3C	3D
Session 4:	4A	4B	4C	4D/5D
Session 5:	5A	5B	5C	workshop
Session 6:	6A	6B	6C	6D

Make your nomination for the Governor's Health & Safety Award - see page 6 for criteria. Nomination form available on the DIOSH Day website.