

PMA's Organizational Safety Institute

Schedule of Learning Events

PMA's Organizational Safety Institute is a place where you can learn "virtually" about some of the emerging best practices in leading safety efforts that reduce the total cost of risk for your organization. We welcome any feedback you have to make our programs even better! Send an email to us at heretohelp@pmagroup.com. To register for an upcoming session(s), click on the title/link below or visit <http://websource.pmagroup.com>.

	<p>April 14, 2020 – 10:30 AM (EDT), 9:30 AM (CDT) – Duration: 60 minutes <u>PMA Websource, Your Link to PMA's Risk Control Solutions</u> Session Leader: Marcy Barker, Senior Risk Control Services Coordinator</p> <p>PMA Websource® provides online access to PMA Risk Control's growing offering of safety resources. Find answers to common risk management questions in our articles, technical bulletins, and white papers or learn how you can join one of the Instructor-led Sessions hosted by our Organizational Safety Institute. This orientation to our online resources will also provide information on how to request a safety DVD for employee training, or simply link to one of many leading safety websites to build your own knowledge of important issues. This session is ideal for new clients but existing customers may be surprised at what they learn about our growing online resources.</p>
	<p>April 23, 2020 – 10:30 AM (EDT), 9:30 AM (CDT) – Duration: 60 minutes <u>Work Zone Safety: Protecting Workers and Motorists during Construction Projects</u> Session Leaders: Patrick Mackin, Sr. Risk Control Consultant and John Matthews, Sr. Risk Control Consultant</p> <p>The Manual on Uniform Traffic Control Devices (MUTCD) provides the framework for traffic movement and direction across the country although local codes may influence the requirements for a jurisdiction. Roadway size, layout and features will also require practitioners to use logic and personal assessments of the area to determine the best design for their work zones. This session will review minimum design standards according to the MUTCD, as well as best practices in applying the concepts of the MUTCD to the roadways and highways in your jurisdiction.</p>
	<p>April 30, 2020 – 10:30 AM (EDT), 9:30 AM (CDT) – Duration: 60 minutes <u>Office Ergonomics: An Opportunity to Re-evaluate Your Office Ergonomics with Proper Workstation Set-up</u> Session Leader: William Pudlewski, Senior Risk Control Specialist</p> <p>As a result of our nation dealing with the coronavirus, many employers will eventually be moving employees back into their "corporate" offices. This situation may present an opportunity to review both the ergonomic risk factors associated with "permanent" workstation set up and the keys to reducing these risks factors for the individual. Positive outcomes can often be accomplished by making adjustments to the individual's workstation based on a few <i>body link segment measurements</i>. Workstation assessment forms (including a self-assessment form) will be reviewed and made available to participants of this session.</p>

May 14, 2020 – 10:30 AM (EDT), 9:30 AM (CDT) – Duration: 60 minutes
Developing a Driver Fatigue Management Program
Session Leader: Mike Danford, Risk Control Specialist



In a study of 182 fatal truck accidents, the National Transportation Safety Board cited *driver fatigue* as the leading cause of these accidents. In this session, we will examine the standing DOT guidance in this area while looking more purposefully at the elements of a comprehensive Fatigue Management Program including employee education, health and wellness, sleep disorders, understanding of our “body clocks” and some best practices for selecting a DOT physician. The highly informative driver fatigue discussion presented in this session will be focused on the DOT fleet, but lessons being learned may be beneficial to other fleets as well.

May 21, 2020 – 10:30 AM (EDT), 9:30 AM (CDT) – Duration: 60 minutes
Reducing the Risks of Heat Stress in the Season Ahead
Session Leaders: JoAnn Goshorn, Corporate Industrial Hygienist and Joseph Sanna, Sr. Risk Control Specialist



Heat stress occurs when a body cannot eliminate excess heat. Exposure to excessive heat can cause various symptoms including confusion, dizziness, fatigue, cramps, and nausea, and could lead to illnesses such as heat exhaustion or heat stroke. This session will review tools and techniques for monitoring the environment and assessing the potential for heat related illness. We will describe methods to reduce levels of heat stress through engineering controls and administrative management. Assessment of heat exposure and development of heat stress controls can be incorporated into a heat related illness prevention program.

June 11, 2020 – 10:30 AM (EDT), 9:30 AM (CDT) – Duration: 60 minutes
Tips for (Safety) Trainers - #3
Session Leader: Julie Waller, Strategic Risk Control Consultant



Julie Waller, Strategic Risk Control Consultant, is a 25-year safety professional with a background in safety, human resources, operations and public entities; and is an in-demand conference speaker. Julie realizes that sometimes it’s hard to know where to start with training and that it can feel like an overwhelming task. She believes that in order to deliver effective training, it’s important to be prepared in the subject matter you are training on, as well as knowing your audience. Julie will address several training steps that will allow you to keep it simple, engage attendees and help everyone enjoy the learning process!

June 25, 2020 – 10:30 AM (EDT), 9:30 AM (CDT) – Duration: 60 minutes
PMA’s 2020 Workers’ Compensation Higher Education Study Results and Tools to Address a Leading Loss Driver: Sprains & Strains
Session Leader: Heather Smith, Sr. Strategic Risk Control Consultant



As a leading provider of risk solutions for the higher education field, PMA continues to study loss trends and offer organizations clear guidance and insights on how to impact both claims and the total cost of risk. This session will highlight our most recent *Higher Education Study* (2013-2017) involving over 100 higher education clients nationwide. Key findings and trends will be presented along with a diverse set of persistent challenges. A special focus in this session will be on the prevention of Strains and Sprains – the frequency and severity loss leaders for the industry in our study.

For additional information, please contact your PMA Risk Control Consultant or:

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