

Blaine Bierschenk, GSP, The Baker Group | Ankeny, IA

Blaine has been employed with The Baker Group as a Safety Specialist for 6 years. He graduated from Iowa State University with a Bachelor's Degree in Industrial Technology, emphasis in Occupational Safety, and a Minor in Environmental Studies. Part of Blaine's duties is working with Baker Group's Mechanical, Sheet Metal, and Industrial Business Units to plan and execute shutdown work for process mechanical systems, where he acts as the Entry Supervisor for permit-required confined spaces. As an OSHA outreach instructor, he has a comprehensive knowledge of OSHA standards and brings with that, hands on experience.

Brandon Black, Construction Safety Specialists, Inc. | Des Moines, IA

Brandon began his career as a card-carrying member of the Carpenter's Local Union #106 and was previously employed with an ENR Top Specialty Contractor where he worked on the site of Microsoft's large Data Center project in Des Moines. This opportunity allowed him to look at construction project safety from a different perspective, all the while providing him knowledge growth of "whole-project" safety. Brandon now helps to provide a well-rounded safety-mentality to job sites and provides the CSSI team with a "field perspective" while delivering a wide array of services related to inspections, site visits and employee education. In addition to being a certified American Red Cross Instructor for First Aid/CPR/AED, Brandon has earned certificates from the National Safety Council that include Specialist in Safety & Health and Advanced Safety.

Angela Dix, Terracon | Des Moines, IA

Angela's education and experience have always been focused on the same areas—environmental safety and industrial hygiene. After receiving her master's in industrial hygiene, her focus has been on making worksites safer and educating others. From the line worker to the CEO, she enjoys helping people understand how they can do their jobs safely and explaining the benefits of industrial hygiene. Angela has the unique ability of relating to people on all levels. Being viewed as a trusted and knowledgeable resource is something she values. Between education and experience, Angela has acquired a broad and deep knowledge in every area of Industrial Hygiene including OSHA, ACGIH and regulatory standards and compliance. From ergonomics to confined space, respirator, Noise, Cr+6, NH3, Methanol, Formaldehyde and laboratory safety she is valuable subject matter expert that can always be counted on to find the right answers. Angela has been a senior industrial hygienist at Terracon Consultants in Des Moines for the past four years.

Chris Downs, Iowa OSHA | Des Moines, IA

Chris has been a safety and health consultant with Iowa OSHA Consultation & Education since 2014. He travels the state of Iowa providing compliance assistance and education to employers in all industries so that they can take charge of eliminating workplace hazards and to minimize risk to their employees. He is a 10-year Navy combat veteran with deployments around the world and experience onboard nuclear submarines, where he fulfilled safety responsibilities. Continuous improvement of safety and health management systems was not only mandatory, it was necessary for the successful completion of missions and to ensure that everyone on the team returned home to their families.

Eric Herman, The Baker Group | Ankeny, IA

Eric became involved in the life safety and health field twenty plus years ago after serving as a United States Marine. Eric enjoys working to ensure employees go home safe at the end of the day, and just as importantly that they return back to work safe from home. He served two terms as a board member for the Hawkeye Chapter of the American Society of Safety Engineers and have been elected to serve on the Board of Directors for the Iowa Illinois Safety Council, a chapter of the National Safety Council. Eric consider himself a lifelong learner who strives to be better every day.

Scott Hook, Iowa OSHA | Des Moines, IA

Scott began his safety career in the meat packing industry for 17 years starting off his career as a production line worker and worked his way up through the ranks as a Production Supervisor, Production Senior Supervisor, Production General and then as a Safety Manager and was responsible for the written safety and health programs. Scott along with employee involvement and the management team were able to change the safety culture and achieved Million Man-Hours without a lost time incident. Scott has been with the Iowa Division of Labor for approximately 13 years. Scott started his OSHA career as a Safety and Health Officer (CSHO) in Enforcement and then joined the OSHA Consultation and Education team. Scott is actively involved in Voluntary Protection Program (VPP) partnerships as well as conducting onsite visits throughout the State of Iowa in construction, general industry and grain handling facilities helping employers identify and eliminate workplace hazards to minimize risk to workers.

Jamie Papain, Iowa Lead & Asbestos Safety | Urbandale, IA

Jamie is the owner and primary training provider at Iowa Lead & Asbestos Safety; a private, statewide company that provides EPA, OSHA and State required training for lead and asbestos professionals as well as inspections, consultation and project management services. His background includes 25 years in the commercial and residential construction industry, and 10 years with Iowa Lead & Asbestos Safety. Jamie is a licensed Lead, Asbestos and HUD Housing inspector, Lead Abatement Contractor, Asbestos Supervisor and Management Planner. He is also an accredited indoor environmentalist for Alliance Environmental Services (an affiliate of Iowa Lead & Asbestos Safety) where he performs environmental testing, lab analysis, and consultation for issues relating to lead, asbestos, water damage and indoor air quality.

Jeff Koudelka, Iowa Plains Signing, Inc. | Des Moines, IA

Jeff is the President of Iowa Plains Signing, Inc. (IPSI) as well as the current Vice President of Associated General Contractors of Iowa and past President of American Traffic Safety Services Association (ATSSA). Growing up in the small town of Protvin, Iowa, Jeff aspired to own restaurants and hotels which led him to attend the American Institute of Business. After graduating, Jeff's plans changed when he had an opportunity to join IPSI, and he never looked back. Jeff was one of the previous owners of IPSI, which sold it to his employees to create a 100% Employee Owned Company in 2017. IPSI is committed to the safety of all workers, pedestrians and the traveling public.

Michael Messer, Construction Safety Specialists, Inc. | Cedar Rapids, IA

Michael works closely with clients to provide a "coaching" approach to safety and risk management. Thus far in his career, Michael has earned his construction safety stripes as a private consultant; a safety coordinator with an eastern Iowa general contractor; and even as an installer with an HVAC contractor during his time in college. He is a University of Northern Iowa graduate with a degree in technology management. He also has a degree in construction management from Kirkwood Community College. Michael makes safety a top priority in working with construction firms to enhance their safety programs and instill philosophies that make each client a top safety performer.

DeAnn Richards, North Central States Regional Council of Carpenters | St. Paul, MN

DeAnn has worked in Infection Prevention and Occupational Health for over 26 years. She has an Associate Degree in both Occupational Therapy and Nursing, followed by her bachelor's in nursing. She combined her patient safety and quality experience in her previous role as a regional lead at Lake Superior Quality Innovation Network (Lake Superior QIN to support the Centers for Medicare & Medicaid Services (CMS) priorities for health care quality improvement). She supported the Wisconsin Hospital Association in the Hospital Improvement Innovation Networks (HIIN) and WI Department of Health Services regarding new Infection Preventionist education through subcontracts. In 2020, she started her own consulting business – D. Richards Infection Prevention and joining an industry partner, North Central State Regional Council of Carpenters as an Infection Control Risk Assessment Outreach Specialist. This opportunity allowed DeAnn to apply her experience in multiple settings and love of environmental infection prevention.

Diane Rohlman, University of Iowa | Iowa City, IA

Dr. Rohlman is a professor in the Department of Occupational & Environmental Health in the University of Iowa's College of Public Health where she holds the Endowed Chair in Rural Safety and Health. She is director of the University of Iowa's Healthier Workforce Center as well as the director of the Agricultural Safety and Health Training Program in the University of Iowa's Heartland Center for Occupational Health and Safety. Her research focuses on the health effects of occupational and environmental exposures, with emphasis on the increased workplace risks faced by younger employees. She has studied how lifestyle factors, such as risk-taking, substance use, distracted behaviors, and fatigue or sleep deprivation, can impact safety on the job, as well as the effect of interventions directed toward supervisors and workplace policies. Dr. Rohlman received her masters and doctorate in experimental psychology from Bowling Green State University.

Dan Swiggum, Dan Swiggum Crane Training and Consulting | Monona, WI

Dan is a certified crane trainer and practical examiner through the National Commission for the Certification of Crane Operators (NCCCO), a credential that he has held since 2008. Prior to venturing out as a sub-contractor in August 2020, Dan served as the Chief Crane Instructor and Veterans Outreach Coordinator for a large crane and heavy equipment training center in Wisconsin. Dan is also a certified Craft Instructor through the National Center for Construction Education and Research (NCCER).

Dan Weekly, Price Electric | Robins, IA

Prior to joining as a full-time apprentice in 2009, Dan worked at Price Electric part-time while pursuing his degree in Engineering from the University of Iowa. He became Price Electric's full-time safety officer in 2011 and, in 2012, Dan acquired his Iowa Class A Journeyman Electrician license. In 2015, Dan became a board-certified Associate Safety Professional. Since Dan's promotion to Safety Officer, Price Electric has been named as one of America's Safest Companies by EHS Today and has been recognized through the construction and safety industries. At the Master Builders of Iowa 2020 Annual Winter Conference, Dan was recognized with MBI's coveted Safety Professional of the Year Award.

Mark Wieland, Construction Safety Specialists, Inc. | Des Moines, IA

Mark has worked in the Safety / Risk Management field for 24 years, with degrees from DMACC and William Penn University. He has worked in the construction industry for the last 18 years with additional experience in manufacturing, chemical, meat processing and military. He specializes in behavior-based safety identifying exposures in employee training and unsafe behaviors. Mark is certified as a Construction Health & Safety Technician (CHST), as well as an Agribusiness and Farm Insurance Specialist (AFIS).



EDUCATION | LEADERSHIP | TRAINING

Brought to you by Construction Safety Specialists, Inc.

This conference is held to provide Iowa’s construction industry, and related industries, with education and training that will enhance your leadership / management skills, build on your existing skillset and celebrate the importance of safety in your workplace. Attendees are afforded quality training courses and workshops, an awards breakfast for outstanding safety achievements, lunch as well as an array of exhibits designed to showcase products and services in the world of construction. Participants will also be entertained by a national keynote speaker who will ignite a change in how you view yourself, your team, and your work.

BROUGHT TO YOU BY:
Construction Safety Specialists, Inc.
Your Partner in Safety Excellence



SAFETY MEASURES

In order to successfully hold a public event of this nature, MBI is requiring all participants to follow CDC guidelines regarding hand washing, social distancing, and face coverings. Also, MBI asks that once the date of the event draws close, that anyone who is not feeling well or has been in close contact with someone who has tested positive for COVID-19 or who is experiencing symptoms related to COVID-19, please refrain from attending this event.

Please know that for the foreseeable future, MBI is following and will be adhering to these new procedures and practices for all events we hold as the safety and well-being of those attending our programs, our members, and our professional staff is of the utmost importance.



Masks Are Required

Unless you are seated to eat & drink



Hand Sanitize Often
















Available throughout the conference



Spaced Seating

Cutting capacity allows for distance seating

One day – four sessions. Each session has four options to choose from.
Select the combination that provides the best value to you!
Safety Day Registration: 1st Person - \$225 | 2nd+ Person(s) - \$195
Fee includes: Safety Awards Breakfast, lunch, and four sessions.

6:00 am	Registration & Exhibits Open			
Session I 7 - 8 am	Chemical Safety, Right to Understand, SDS and You the Worker  (1 Ecological Credit)	Construction and Mental Health: Let’s Talk  (1 Leadership Credit)	Hindsight is 20/20 - OSHA Now  (1 Safety Credit)	Traffic Control and Work Zone Safety  (1 Safety Credit)
8:15 - 9:45 am	Safety Awards Breakfast Sponsored by UFG Insurance <i>Keynote: Todd Dewett - “Show Your Ink: Unleashing the Power of Authenticity”</i>			
Session II 10 am - 12 pm	Asbestos: What You May Not Know, But Need To  (2 Ecological Credits)	Safety Transformation Through Innovation and Creativity (Part 1)  (3 Leadership Credits)	Fall Prevention & Protection in the Construction Industry  (2 Safety Credits)	Basic Principles of Cranes and Load Dynamics  (2 Safety Credits)
12 - 1:15 pm	Safety Lunch & Exhibitor Time			
Session III 1:30 - 2:30 pm	How IH Can Ensure Your Project Meets Consensus Standards  (1 Ecological Credit)	Safety Transformation Through Innovation and Creativity (Part 2)	Excavation & Trenching Awareness  (1 Safety Credit)	Understanding and Preventing Skid-Steer Loader Hazards  (1 Safety Credit)
Session IV 2:45 - 4:45 pm	Infection Prevention in Construction - Key Factors for Success  (2 Ecological Credits)	Hub-and-Spoke Design: Safety Integration in Business Operations  (2 Leadership Credits)	Six Elements of Planning  (2 Safety Credits)	Your Confined Space Entry Approach – Are You Meeting OSHA Standards?  (2 Safety Credits)

SESSION 1

Chemical Safety, Right to Understand, SDS and You the Worker
Brandon Black, Construction Safety Specialists, Inc. - Des Moines, IA

When it comes to hazard communication, do you understand what to do? Where are your Safety Data Sheets, what means of accessibility is allowed, and what truly is chemical safety, especially in the construction environment? In this seminar, we will talk about the HAZCOM standard and how construction personnel can successfully address this topic on every job site and in every warehouse.
Master Builder Designation: Ecological - 1 Credit

Construction and Mental Health: Let’s Talk
Dr. Diane Rohlman, University of Iowa - Iowa City, IA

Make mental health part of the safety conversation. We know that work has both positive and negative impacts on physical and mental health. However, the construction industry has higher rates of suicide and mental health issues compared to other industries. Long working hours, physically demanding work, and a “tough guy” culture lead to stress and adverse mental health. These factors also prevent someone from seeking treatment. However, poor mental health can be treated. When someone is at risk, it is important to start a conversation. In this seminar, we will explore warning signs, available resources, and how to talk to a coworker in distress. Making awareness about mental health reduces stigma. Making mental health part of the safety conversation creates a work environment that promotes good mental health.
Master Builder Designation: Leadership - 1 Credit

Hindsight is 20/20 - OSHA Now
Christopher Downs, Iowa OSHA - Des Moines, IA

This seminar will provide an overview of changes and events from the past year, as well as what to expect in the near future regarding OSHA in Iowa. Fatal incidents occur every year in our state so it is important for us to learn vicariously so that we can minimize the number of these incidents moving forward. Employers are ultimately responsible for the safety and health of their employees, but the burden is not theirs alone. Every person on the job site is responsible for following safety rules and policies to protect themselves, their coworkers, and their community. Let’s work together to make the upcoming year better than the last.
Master Builder Designation: Safety - 1 Credit

Traffic Control and Work Zone Safety
Jeff Koudelka, Iowa Plains Signing, Inc. - Des Moines, IA

This informative and interactive seminar will provide attendees with an overview of basic traffic control procedures for commercial construction projects and work zones. Throughout this seminar, we will explore the latest and greatest in traffic control devices and other safety devices as well as unique approaches to traffic control and methods for reducing risk and liability. Devices that can be used to provide safe traffic into, out of and around commercial construction projects include water filled barrier rail, pedestrian walkway devices and much more.
Master Builder Designation: Safety - 1 Credit

SESSION 2

Asbestos: What You May Not Know, But Need To
Jamie Papian, Iowa Lead & Asbestos Safety - Urbandale, IA

Asbestos is arguably the most notorious workplace hazard in history. More than 125 million people are exposed to asbestos each year, with a large number of those incidents occurring on the job. There is a wealth of information on asbestos and how to keep yourself and your workers safe, but unless you’ve had formal training beyond an awareness class, you may not know everything you should. This seminar will take you beyond the basics of asbestos awareness. We’ll discuss testing and inspection requirements, when they apply, and who they apply to. How do OSHA asbestos regulations apply to you and your business? We will also address some of the misconceptions about asbestos, such as which buildings require asbestos testing prior to renovation or demolition and clarify the regulations surrounding it. (Hint: the answer is almost all of them, regardless of age.)
Master Builder Designation: Ecological - 2 Credits

Safety Transformation Through Innovation and Creativity (Part 1)
Dr. Todd Dewett, TVA Inc. - Houston, TX

The simple truth about teams is that achieving safety compliance is easy, but inspiring safety commitment is more difficult. Staffing a team, setting expectations, and delivering feedback are not complicated processes. Building a winning team centered on safety, collaborating to set engaging goals, and creating a dialogue that improves all of us is much more challenging – but so worth it. When managed correctly, a team is definitely much more than the sum of its parts. It’s time to bridge the gap between our potential and our reality. Using his trademark no-nonsense delivery, Dr. Dewett shares the behaviors and practices that transform a group into a team. Attendees will be entertained and educated as Todd uses practical wisdom and memorable stories to prepare you for next level performance. The result is professionals more informed about how great teams function and more willing to go make it happen. (Note: This seminar is a two-part series taking place 10:00 am – 12:00 pm and 1:30 – 2:30 pm)
Master Builder Designation: Leadership - 3 Credits

Fall Prevention & Protection in the Construction Industry
Michael Messer, Construction Safety Specialists, Inc. - Cedar Rapids, IA

Falls are among the most common causes of serious work-related injuries and deaths. Each year, falls account for approximately one-third of the total construction fatalities. These injuries and deaths can be prevented by planning ahead of time to get the job done safely, providing the proper fall protection equipment, and training all workers to use the equipment properly. In this seminar, attendees will learn to identify common fall hazards, OSHA requirements, and general guidelines for various fall protection systems in everyday use.
Master Builder Designation: Safety - 2 Credits

Basic Principles of Cranes and Load Dynamics
Dan Swiggum, Dan Swiggum Crane Training & Consulting - Monona, WI

This interactive seminar will provide attendees with a deeper understanding of how cranes work and the proper setup necessary for optimal and safe operation on a commercial construction project. In addition, we will explore the different load types common on commercial projects and the typical reactions to these loads and situations. We will address types of cranes, crane components, leverage, lifting capacities, critical lifts and much more. This seminar is designed for anyone who operates or works around mobile cranes, as well as safety professionals who oversee crane operations.
Master Builder Designation: Safety - 2 Credits

SESSION 3

How IH Can Ensure Your Project Meets Consensus Standards
Angela Dix, Terracon - Des Moines, IA

What is Industrial Hygiene (IH) and how can it help on a commercial construction project? Construction workers are exposed to health hazards on a daily basis, but awareness about them may be lacking. In this seminar we will focus on the four most common health hazards faced by construction workers. They are ergonomics (material handling, repetitive motions, etc.), noise, air contaminants (silica, dust, vapors, etc.), and finally, temperature (heat and cold stresses). By the end of this seminar you will have a better understanding of how each of these affects construction workers and how an industrial hygienist could help mitigate the issues.
Master Builder Designation: Ecological - 1 Credit

Safety Transformation Through Innovation and Creativity (Part 2)
Dr. Todd Dewett, TVA Inc. - Houston, TX

(Note: This seminar is a two-part series taking place 10:00 am – 12:00 pm and 1:30 – 2:30 pm)

Excavation & Trenching Awareness
Eric Herman, The Baker Group - Ankeny, IA

This seminar will explore the OSHA Excavation Standard and delve into safety and health aspects of excavation and trenching. Topics presented will include practical soil mechanics and its relationship to the stability of shored and un-shored slopes and walls of excavations as well as an introduction of various types of shoring, soil classification, and use of protective systems. Upon completion, attendees will have the ability to utilize soil-testing methods to classify soil types, determine protective systems for excavation operations, and have an awareness of excavation and trenching hazards.
Master Builder Designation: Safety - 1 Credit

Understanding and Preventing Skid-Steer Loader Hazards
Scott Hook, Iowa OSHA - Des Moines, IA

Workers who operate or work around skid-steer loaders on commercial construction projects are susceptible to injury by being caught in moving parts or crushed by the machine itself. Over the past 3 years, there has been a significant up-tick in the number of hospitalization and fatalities on construction sites in Iowa as a result of skid-steer loader accidents, but your team does not need to become a statistic. In this informative seminar, we will explore critical steps and practices to help identify, prevent, and eliminate the exposure to these hazards on your projects.
Master Builder Designation: Safety - 1 Credit

HOTEL INFORMATION

Holiday Inn Des Moines – Airport
6111 Fleur Drive | Des Moines, IA

Master Builders of Iowa has reserved a block of rooms at the Holiday Inn Des Moines – Airport hotel for Sunday, January 24th for your convenience. The special group rates will expire on January 5, 2021.

Reservations can be made at www.holidayinn.com/dsm-airport using group code MBI or by calling reservations at the numbers below. Please ask for the Master Builders of Iowa room block when making your reservation.

(515) 287-2400 or (888) 465-4329
SPECIAL GROUP RATE: \$119.00

SESSION 4

Infection Prevention in Construction - Key Factors for Success
DeAnn Richards, North Central States Regional Council of Carpenters - St. Paul, MN

Infection prevention goals on occupied commercial construction projects should include keeping all individuals healthy and safe while economically achieving this mission. This seminar will explore considerations for a successful construction or renovation project from start to finish. Highlights include owner requirements, recommendations, and the rationale for a systematic approach in all settings. Methods for goal success must consist of teamwork and communication to avoid negative consequences for both the owner and the construction trades. Participants will leave this seminar with a better understanding of health and safety factors, including COVID-19 elements. Many of the examples in this seminar will center around the healthcare space, but concepts discussed can be appropriately applied to any occupied commercial construction project.
Master Builder Designation: Ecological - 2 Credits

Hub-and-Spoke Design: Safety Integration in Business Operations
Dan Weekly, Price Electric - Robins, IA

This seminar will explore how safety, both at an operations level and in the field, is crucial to the success of your business. We will discuss the relationship between Safety and HR, Project Management, Construction Management, Marketing, and Operations in order to help build the bridges necessary to integrate safety into all aspects of business. Field pre-planning, pre-bid safety planning, and the ability to change those plans effectively will be discussed, as well as the role safety plays in ensuring that employees are not only healthy, but happy with their work. Employee Assistance Programs (EAP) are typically available through your standard insurance programs, but aren’t promoted to employees properly, which can shut employees out of help they may need to cope with the challenges faced by today’s construction worker. We will discuss how EAP’s can increase employee wellness, trust, and cooperation.
Master Builder Designation: Leadership - 2 Credits

Six Elements of Planning
Mark Wieland, Construction Safety Specialists, Inc. - Des Moines, IA

Do you start your shift everyday figuring out everything that you will need to perform every task in the safest, most productive and most efficient way possible that involves your entire crew? Would you like to develop the tools to develop this plan that can be used by every crew, on every job, every day? This informative and engaging seminar will provide attendees with all of the tools necessary to pre-plan your work that accomplishes a safer and more productive jobsite that involves everyone in the path to safety.
Master Builder Designation: Safety - 2 Credits

Your Confined Space Entry Approach – Are You Meeting OSHA Standards?
Blaine Bierschenk, The Baker Group - Ankeny, IA

In 2015, OSHA enacted a new confined space standard specifically for construction. This seminar will explore different confined space classifications, common hazards encountered in the commercial construction space, engineering controls, duties of all involved and rescue options. Emphasis will be on the change in the standard from general industry to construction industry, and what that means in our approach to work in confined spaces. Attendees will have the opportunity to use a four-gas monitor and learn how to reclassify a space as “non-permit required”.
Master Builder Designation: Safety - 2 Credits