

SAFETY 2024



August 2024 Safety Roundtable

Supporting Healthy Sleep in Shift Work & Beyond

Wednesday, August 14th, 2024
9:00 a.m. - 2:30 p.m. MDT

Ulteig
5575 DTC Parkway, #200
Greenwood Village, CO 80111

Hosted at &
sponsored by:



We listen. We solve.®

Description

Roundtables offer a unique forum for peer-to-peer sharing of experiences, critical issues and expertise. The roundtable is a discussion group, open only to Alltricity Network members. Typically, one or two presentations are given, followed by attendee discussion and sharing. The roundtable is a good opportunity to share experiences, troubleshoot problems and network with peers in a smaller, informal setting. Each participant is offered a chance to pose questions and share information. All attendees are encouraged to bring issues for discussion and materials for sharing. There has been strong support from members to meet regularly to discuss current safety topics, product experience and safety related issues in the electric utility industry.

Who Should Attend

All Alltricity Network members are invited to participate in the roundtable discussions. This roundtable is geared towards those with responsibility for the development, implementation, monitoring, and oversight of safety programs for electrical utilities, as well as safety consultants.

Professional Development Hours

All attendees will receive a continuing education certificate worth 4.0 Professional Development Hours (PDHs) by Alltricity Network, upon completion of the roundtable. Alltricity Network serves a large territory in which attendees participate in a number of accrediting organizations, each with their own requirements. Depending on the certifying body you are affiliated with, Alltricity Network PDHs may be applied towards your recertification credit. Use the event brochure and agenda to determine how the content applies to your certification. The attendee is also responsible for verifying how the quantity of Alltricity Network PDHs convert to your certifying body credits. Typically 1.0 PDH is equal to .1 CEU, but you should always verify the conversion scale.

Event Highlights

- Discuss current “hot topics” focused on safety
- Learn from your peers
- Hear actual experiences and cases
- Share your challenges for support
- Share and find safety related materials
- Casual atmosphere

Roundtable Pricing

Registration includes: Breakfast, breaks, lunch, electronic handouts, attendee roster and, upon course completion, a continuing education certificate for 4.0 Professional Development Hours (PDHs).

Registration is open only to Alltricity Network members, and is limited to the first 50 registrants.

Member price	\$100
Group Registration - 5-pack	\$400 (save \$100!)

Registration is Open!

ONLINE: Register at AlltricityNetwork.org

PHONE: Call Alltricity Network at (303) 865-5544

Cancellation Policy: Fees are refundable if cancellation is received on or before 5 p.m. MDT on August 4th, 2024. If cancellation is received after that date, half of the registration fee will be refunded. Payments will be processed for those who do not attend or do not cancel by 5 p.m. MDT the day before the event. To have someone take your place, please notify Alltricity Network anytime before the event.

Roundtable Agenda

Wednesday, August 14th 2024

8:00-9:00 a.m.

Breakfast

9:00-11:30 a.m.

Welcome & Introductions

Featured Topic: Supporting Healthy Sleep in Shift Work & Beyond

Do you have trouble sleeping? Do you think you sleep well, but wake up not feeling refreshed? Do you have general safety concerns in your setting? If so, this sleep presentation will help you. You will learn the physiology of sleep and proven behaviors and habits that lead to better sleep and related daily functioning. We will cover the benefits of sleep to your physical, emotional, and mental well-being, and how safety is affected by disturbed sleep. This presentation goes way beyond sleep hygiene, including how to get the best sleep while on shift work and what your sleep patterns might be telling you.

Presented by: **Natalie Rolle**, MOT OTR/L, Occupational Therapist & Expert in Behavioral Insomnia Treatments

Natalie specializes in behavioral sleep treatments and is considered an expert as well as nationally and internationally known for her work in Cognitive Behavioral Therapy for Insomnia (CBTI). Natalie does multiple presentations nationally each year and works with OT fieldwork and doctoral students to help bring the field of sleep more into OT's view. Her overall goal is to lower insomnia symptomology, improve overall sleep quality, and increase daytime functioning and participation through behavioral interventions.



Roundtable Discussion

Topics brought by attendees

11:30 a.m.-12:30 p.m.

Lunch

12:30-2:30 p.m.

Roundtable Discussion

Topics brought by attendees

2:30 p.m.

Adjourn



Thank You, Alltricity Network Safety Committee!

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Russ Weatherly

*Senior Manager - Environmental, Health, & Safety,
Associated Electric Cooperative, Inc.*

The **Alltricity Network Safety Committee** plans all Alltricity Network Safety events.
If you'd like to send information to the committee, please email Kathryn Hail at
khail@alltricitynetwork.org.