



**Bee Involved
in Health & Safety!**

PEF NYS Health & Safety Conference Workshop Descriptions 2026

May 12, 2026

AM Sessions 10:15AM-12:30PM

FIRE SAFETY AND EMERGENCY RESPONSE AWARENESS

This training is targeted for labor and management health & safety committees and will provide participants with essential information on how to assess their organization for effective fires safety plans, disaster preparedness, disaster response, evacuation procedures, and post-disaster return to work protocols.

ADDRESSING HEALTH & SAFETY CONCERNS IN LEASED SPACES

Getting different building issues acknowledged and resolved when working in a leased space can pose additional challenges. In this workshop, participants will learn how to navigate and work through the process for managing concerns in leased spaces, as well as how to best approach landlords.

NAVIGATING AN INCIDENT - WHERE TO START?

Workers are usually our first point of contact when a workplace health and safety issue pops up. Navigating health and safety concerns, such as temperature, heat, remodeling, construction projects and more, can be a challenge. In this session health & safety activists and management will learn more about how to navigate working cooperatively through workplace concerns.

WHAT DO WE SEE? USING WALKTHROUGHS FOR SAFETY

Buildings with multiple hazards and indoor environmental quality issues can negatively affect the health and safety of everyone who works there. This training educates Labor and Management representatives, H&S Committees, and building occupants on some of the most common building-wide hazards, what can be done to protect safety and health, and how to conduct a walkthrough and work with management to resolve issues. Health and safety concerns need to be identified and addressed swiftly to avoid injury and illness for building occupants. In this workshop, participants learn what types of hazards they may encounter, how those hazards can be prevented or controlled, how to conduct walkthroughs and the role communication plays in managing these complex situations.

BUILDING THE FOUNDATION: HEALTH & SAFETY COMMITTEES 101 (Part 1)

Effective committees support safer workplaces through structured collaboration and accountability. This foundational session is designed for members establishing health and safety committees, new committee chairs, or those seeking a refresher on core responsibilities. Participants will review committee structure, roles, meeting best practices, and the framework of Article 18, including rights, obligations, and effective labor-management collaboration.

TEST THE STRENGTH OF YOUR WORKPLACE VIOLENCE PREVENTION PROGRAMS

Since 2009, workplace violence prevention programs have been required for public sector workers in NYS. They are intended to reduce workplace violence, making all covered NYS public workplaces safer for the workers and the public they serve. This workshop will help you to assess your employers' program, identify potential deficiencies, recommend improvements, and allow participants to develop an action plan to bring back to the workplace to make their programs compliant and effective.

Afternoon Sessions 1:45PM-4:00PM

UNKNOWN SUBSTANCE EXPOSURE IN DOCCS: SAFETY, RESPONSE, AND ONGOING QUESTIONS

Substance exposure incidents in correctional facilities present complex safety and health concerns. This session explores current patterns, response protocols, and the realities of investigating unidentified materials, while acknowledging areas where information is still evolving. The focus remains on practical response steps, medical follow-up, and strengthening workplace protections for staff.

OFFICE ERGONOMICS

This session introduces important aspects of the early prevention of work-related musculoskeletal disorders, as well as the importance of ergonomic committees, medical management, and rehabilitation. Participants will gain an understanding of the basic concepts, principles, and techniques of ergonomics. This includes the impact of posture, occupational exposure, and work stress. Participants will also learn how to conduct an ergonomic evaluation of their own workstations.

PESH -OUR PARTNERS IN HEALTH AND SAFETY

What is PESH? How can they help workers? In this workshop participants will learn about employer and worker rights and responsibilities under the PESH Act. The session will cover filing complaints, applicable standards, inspections, and appeal procedures. An overview of the PESH Consultation Program will be provided. We will also discuss what types of hazards PESH can and cannot address under its legislative mandate.

NAVIGATING AN INCIDENT, PART 2: BEYOND SPREADSHEETS

As incidents arise, documentation is commonly requested through the health and safety committee or local PEF leadership. This may include Injury and Illness logs (SH900), Unusual Incident Reports, Workplace Violence Reports, etc. Once that information is obtained, what do we do with it? This training will teach you how to read, interpret, and utilize that data for productive conversations at your Health and Safety Committee Meetings.

ADDING STRUCTURAL ELEMENTS: HEALTH & SAFETY COMMITTEES 102 - Part 2

How can you know if your committee is running effectively and efficiently? This advanced session is intended for members who already have an established committee and are seeking strategies and information to take their committee to the next level. Participants will review different recommendations, tactics, and best practices to ensure productive meetings and results.

INDOOR AIR QUALITY (IAQ) - WHAT IS IT AND WHAT CAN I DO ABOUT IT?

Indoor air quality has been an ongoing concern for indoor workplaces since the 1980s, when building owners started to take steps to make their buildings more energy efficient by sealing the building's exterior envelope. As a result of these efforts, pollutants generated by the materials in the buildings and those coming in from outside were able to concentrate to the level where the occupants may experience adverse health effects from them. This workshop will help participants understand the common causes for IAQ problems, the means to address them and some applicable regulatory requirements that can assist in addressing them with their employer, as there is no IAQ specific regulation in New York State.

PM Sessions 4:15PM-5:00PM

DESKERCISE-STRETCHES YOU CAN DO AT WORK

Wondering what to do about that ache or pain? If you sit in an office chair (or drive) more than a few hours each day, chances are you may have some discomfort. In this workshop you will learn simple exercises you can do to counteract some of the awkward and sustained postures you are in during the workday. These exercises will help you loosen up muscles, keep more alert, and make a big difference in how you work and feel!

WORKERS' COMPENSATION

Members injured on the job are often confused by the workers' compensation system. In this workshop we will give a brief overview of the steps members need to take to file for Workers' Compensation. Workers' Compensation Attorneys will be available for question and answer, and the PEF's workers' compensation resources will be discussed

NAVIGATING HEAT EXPOSURES

This workshop will review the OSHA proposed heat-specific workplace standard. Participants will learn how to recognize, respond to, and prevent excessive heat-related injury and illnesses. Participants will also learn how to utilize safety measures and cooling strategies to mitigate heat related exposures. Participants will leave this training better prepared to keep themselves and fellow workers safe from potential heat hazards.

DON'T LET THE BEDBUGS BITE: RESPONSE AND PREVENTION FOR BEDBUGS IN THE WORKPLACE

This training educates Labor and Management representatives, H&S Committees, and building occupants on the basics of bedbugs, signs to look out for, what to do if you see a bedbug in the workplace, and how best to prevent and control the spread if a bedbug is seen. In addition, you will learn ways to protect yourself and others either when there is a known sighting or if there is concern for a potential sighting. Are you itchy yet?

ASBESTOS AWARENESS: PROTECTING WORKS IN AGING BUILDINGS

This workshop covers the basics of asbestos, potential exposure pathways, and why proper management of asbestos-containing materials remains critical. Participants will leave with a stronger understanding of risk factors and the importance of safe handling, reporting, and compliance in maintaining safe work environments.

LEGIONELLA AWARENESS: BUILDING SAFER WATER SYSTEMS

This workshop introduces the fundamentals of Legionella bacteria, transmission risks, and prevention strategies in building water systems. Attendees will gain a clear understanding of risk factors and the importance of monitoring and water management planning in maintaining safe workplace environments.