



An Informative Full-day Seminar:



# MIOsha Recordkeeping and Cost of Injuries

## 1 Who Should Attend . . .

This seminar is a must for anyone concerned about health and safety on the job including:

- ▶ Managers concerned about liability and workers' compensation costs.
- ▶ Employees who want to learn proper techniques for protecting their safety and health at work.
- ▶ Business owners who want to learn about compliance with Michigan Occupational Safety and Health Administration (MIOsha).

## 2 MIOsha Training Institute

MIOsha Consultation Education and Training (CET) Division and Macomb Community College (MCC) have developed the MIOsha Training Institute (MTI) through a formal alliance.

The MIOsha Training Institute introduced a certification program, effective October 1, 2007.

This course is an MTI Level One course. The certification program offers participants an opportunity to be recognized for their educational efforts and increased technical expertise. Courses are offered throughout the state in sponsorship with other M-TEC<sup>SM</sup> facilities, community colleges, and safety and health organizations. To learn more about the certification program, log-on to the CET Division website at [www.michigan.gov/mti](http://www.michigan.gov/mti).

## 3 What You'll Learn . . .

This MIOsha program is designed to help employers ensure that their organization complies with MIOsha recordkeeping requirements as contained in MIOsha Administrative Rules Part 11, Recording and Reporting of Occupational Injuries and Illnesses. In addition to learning and understanding the "recordability" of work related injuries and illnesses, attendees will actively participate in a group exercise to complete the MIOsha 300 log. Using this data, participants calculate injury and illness rates and learn how to compare these rates to other companies with their North American Industrial Classification System (NAICS). There will also be a segment devoted to identifying possible cost savings in a company's workers' compensation program.

### Agenda

*We offer a flexible program agenda to emphasize the health and safety topics you want most.*

- ▶ Overview of CET Services
- ▶ Administrative Rules, Part 11
- ▶ MIOsha Log 300
- ▶ Review of reporting and recording of occupational injuries
- ▶ Questions and answers

The meeting site and parking is accessible. Individuals attending the meeting are requested to refrain from using heavily scented personal care products, in order to enhance accessibility for everyone. People with disabilities requiring additional services (such as materials in alternative format) in order to participate in the meeting should call 517.322.1809. The Department of Energy, Labor & Economic Growth is an equal opportunity employer/program.

[www.michigan.gov/dleg](http://www.michigan.gov/dleg)

# Facilitator

Cindy L. Zastrow was appointed to the MIOSHA Consultation Education and Training Division in 2004 as an Industrial Hygienist, bringing with her over 11 years of experience in safety, health, and emergency services. Based near Saginaw, Cindy provides industrial hygiene services for the northern part of Michigan as well as the Upper Peninsula.

Cindy has her B.S. and B.F.A. degrees from Central Michigan University, and her M.S. degree in Forensic Toxicology from the University of Florida. She is also a certified Firefighter I and II, licensed EMT, HAZMAT Technician, NFPA Fire Inspector I, CPR/First Aid/AED Instructor, and Medicolegal Death Investigator. Cindy is a member of the Federal DMORT-WMD team, as well as serving on the Richland Twp. Fire Department.

Presenters: Cindy L. Zastrow, Industrial Hygienist, MIOSHA-CET Division;  
and the Michigan Economic Development Corporation (MEDC)



**Cindy L. Zastrow**  
*Industrial Hygienist,  
MIOSHA, CET Division*

## Program Details

DATE:	December 1, 2009	TIME:	Check-in - 8:30 a.m. Program - 9:00 a.m. to 4:00 p.m.
LOCATION:	Great Lakes Safety Training Center 4520 E. Ashman Road, Suite FG Midland, Michigan 48642	DEADLINE:	Register by November 20, 2009 Please register early!
COST:	\$90 per person. Includes lunch and course materials. Certification/Maintenance Points Available	CONTACT:	Staff - 800.675.7599 or email glstc@great-lakes-safety.com

**COSPONSOR: Great Lakes Safety Training Center**

If this valuable seminar doesn't fit with your schedule or position, please pass this flyer on to a colleague.

## How to Register

**MIOSHA Recordkeeping  
and Cost of Injuries**

### Four Easy Ways to Register:

- ▶ **Phone:** 989.837.2332 or 800.675.7599
- ▶ **Fax:** 989.837.6646
- ▶ **Email:** glstc@great-lakes-safety.com
- ▶ **Mail:** Great Lakes Safety Training Center  
4520 E. Ashman Road, Suite FG  
Midland, Michigan 48642

Name: \_\_\_\_\_  
Company Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_ Fax: \_\_\_\_\_  
Birth Date: \_\_\_\_\_ (Needed for Registration)  
Credit Card Type: VISA  MasterCard   
Credit Card #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_  
Credit Card Holder's Name: \_\_\_\_\_  
Credit Card Holder's Zip Code: \_\_\_\_\_  
Signature: \_\_\_\_\_

**Complete Separate Registration Form For Each Attendee.**

All meetings are accessible and barrier free. Please contact the cosponsor or the CET Division, at least two weeks in advance, to request necessary accommodations.