



**Make Your  
Safety  
Training  
Stick**

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**This session is eligible for 1.25 Continuing Education Hours.**

For these hours to appear on your certificate, you must:

- Have your badge scanned at the door
- Attend 90% of this presentation
- Fill out the online evaluation for this session



Online Evaluation

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**What was the  
last training  
class you  
attended?**

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**Name 3 Things  
You Learned in  
That Class**

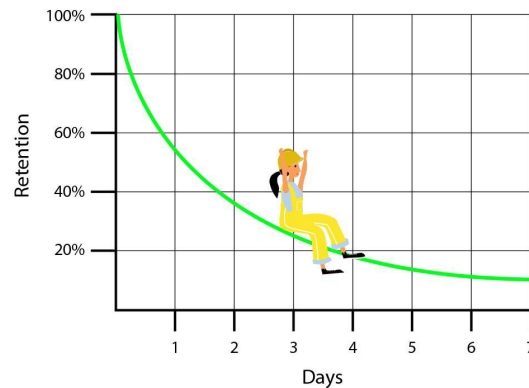
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Think of a  
training  
class you  
delivered  
last year

How much do you think trainees  
would remember from that class  
if you asked them today?

How much of that content do  
they use on the job?



The Ebbinghaus  
Forgetting  
Curve

Don't  
FORGET!

What's the  
Problem  
with Forgetting?





# ACCIDENTS TIME MONEY




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# Attention

- How do you to get it?  
How do you keep it?
- What gets your attention?
- How do you decide what to pay  
attention to and not?

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10

# This or That?

**Silica, Crystalline**

**Health Effects**

**Construction**

**General Industry and Maritime**

**Sampling and Analysis**

**FAQs**

**Workers' Rights**

**CONTROL SILICA DUST**



Breathe Easier

## STAY SAFE AROUND SILICA

Overexposure to silica can lead to silicosis, lung cancer, chronic obstructive pulmonary disease (COPD) and kidney disease. To help prevent the development of silicosis, NIOSH recommends the following:

- Shower and change into clean clothes before leaving work to help prevent contamination
- Use a respirator if your employer has determined them necessary
- Avoid working in or near silica dust as much as possible
- Know the dangers of breathing in silica dust
- Use water spray systems
- Use proper ventilation in confined spaces
- Wash your hands before eating or drinking in dusty areas
- Get any health and lung screenings if offered by your employer

Source: <https://www.osha.gov/silica-crystalline>

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# This or That?

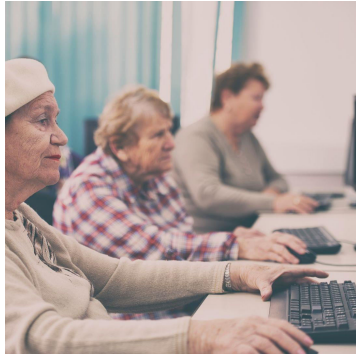




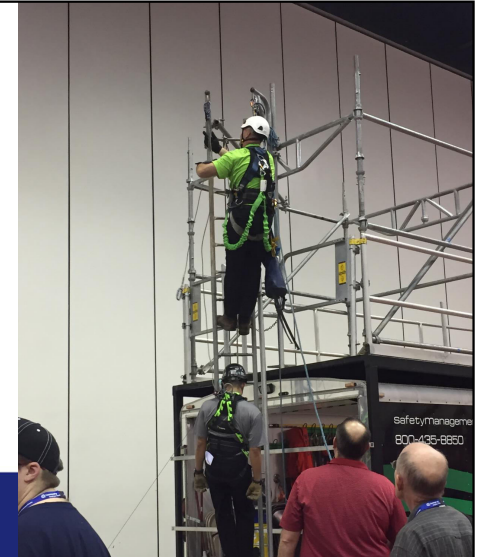
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## This or That?



## This or That?



## This or That?

- Words or Images?
- Stock Photos or Realistic Photos?
- Online learning or Interactive Activities?
- Live Demonstrations or Off-the-shelf video?



## Ask Yourself...

- Is it relevant?
- Does it personally matter or affect me?
- Does it make you curious?
- Does it touch on emotions?
- Does it keep me interested?












## But Wait...First Let's Take a Quick Quiz



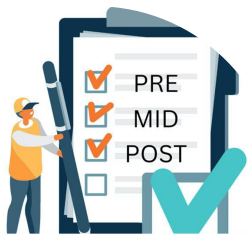
Confidence Rating



- \_\_\_\_ 1. What is the Ebbinghaus Curve?
- \_\_\_\_ 2. How much content is remembered after 7 days?
- \_\_\_\_ 3. What are the 3 problems with forgetting?



## EVALUATIONS



The slide features a circular inset at the top showing a group of students in a classroom setting, focused on writing. Below this, the word "EVALUATIONS" is prominently displayed in a large, bold, blue font. To the left of the text is an illustration of a worker in a yellow safety vest and hard hat holding a clipboard with a checklist that includes "PRE", "MID", and "POST" items, with a large green checkmark at the bottom. The slide is framed by a dark blue footer containing the NSPC logo and a small illustration of a forklift and worker.

## SAMPLE QUIZ

1. Chlorine gas is \_\_\_\_\_ than air
2. Chlorine reacts with this material to form a corrosive solution of hydrochloric acid and hypochlorous acid \_\_\_\_\_
3. A symptom of chlorine inhalation \_\_\_\_\_
4. What should not be present where chlorine gas is used? \_\_\_\_\_
5. If chlorine gas comes in contact with the skin, it may cause \_\_\_\_\_.



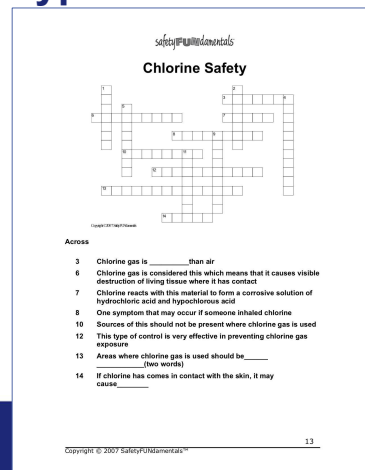


## Games & Activities Can Be a Type of Evaluation

### SAMPLE QUIZ

1. Chlorine gas is \_\_\_\_\_ than air →
2. Chlorine reacts with this material to form a corrosive solution of hydrochloric acid and hypochlorous acid →
3. A symptom of chlorine inhalation →
4. What should not be present where chlorine gas is used? \_\_\_\_\_
5. If chlorine gas comes in contact with the skin, it may cause \_\_\_\_\_ →

TRY: BINGOBAKER.COM



## Better Retrieval Practice

\_\_\_\_ 1. What is the Ebbinghaus Curve?

1. What is the Ebbinghaus Curve?

- A roller coaster
- Graph for learning vs. retention
- An electric car

\_\_\_\_ 2. How much content is remembered after 7 days?

2. How much content is remembered after 7 days?

10%      30%      50%

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"The principal benefit of **retrieval practice** is that it encourages an *active* exertion of effort rather than the passive seepage of external information"

-- Peter Hollins,  
The Science of Accelerated Learning

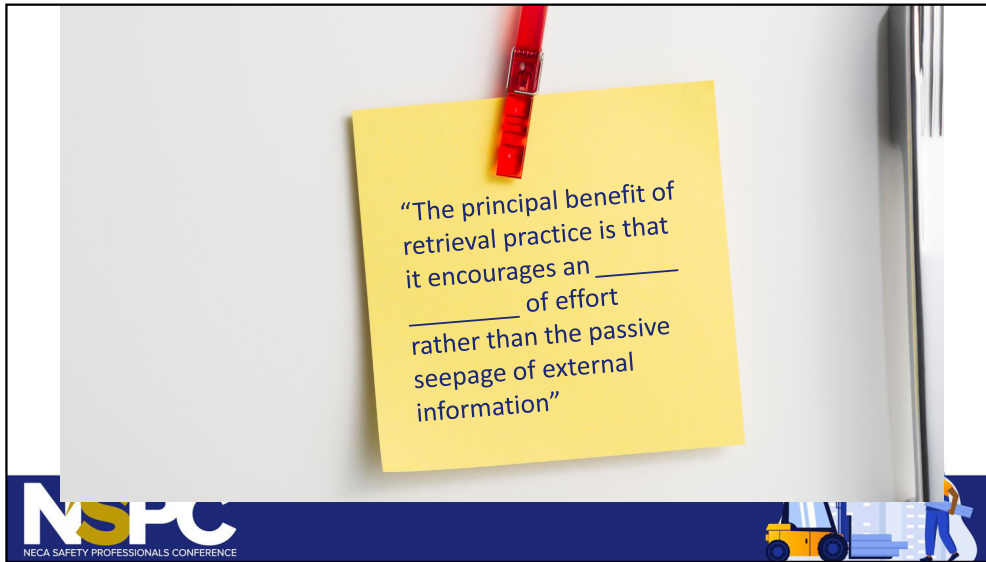
"The principal benefit of retrieval practice is that it encourages a/an:

- a) active    b) inactive    c) harmless

exertion of effort rather than the passive seepage of external information"

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What are a few ways to increase retention?



Repetition



Reinforcement



Retrieval Practice



Real World



Reduction



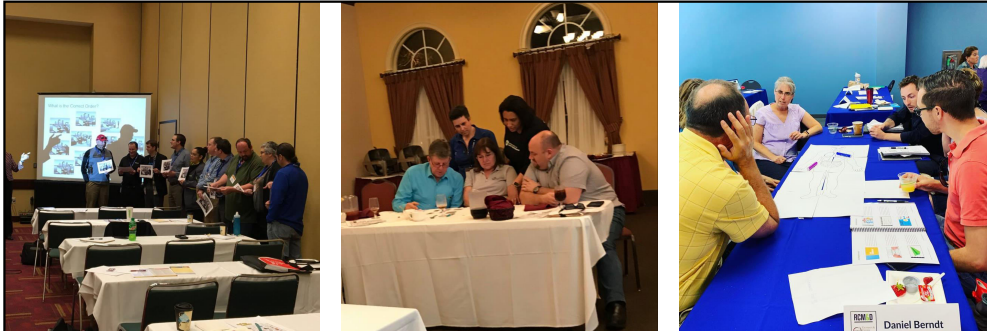
What's Missing?



Spacing

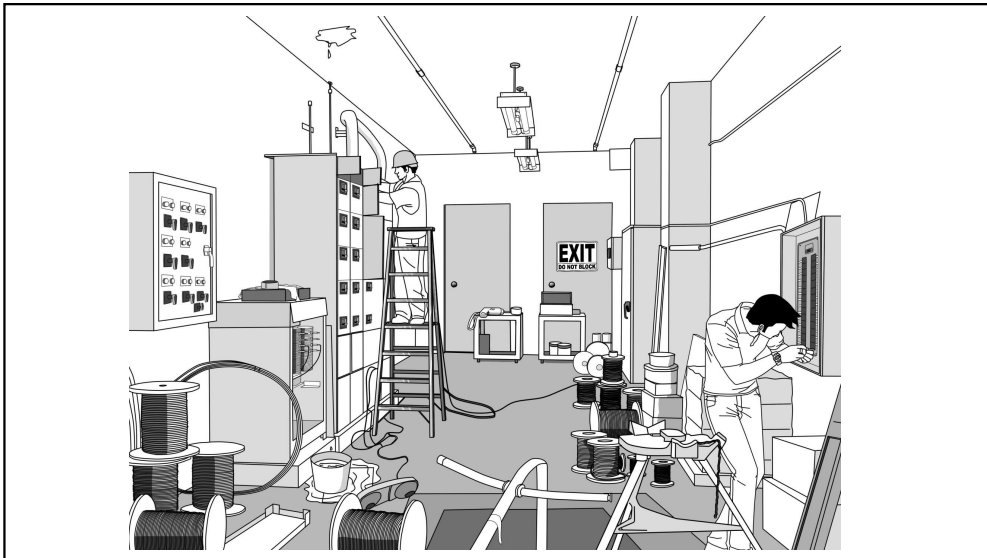




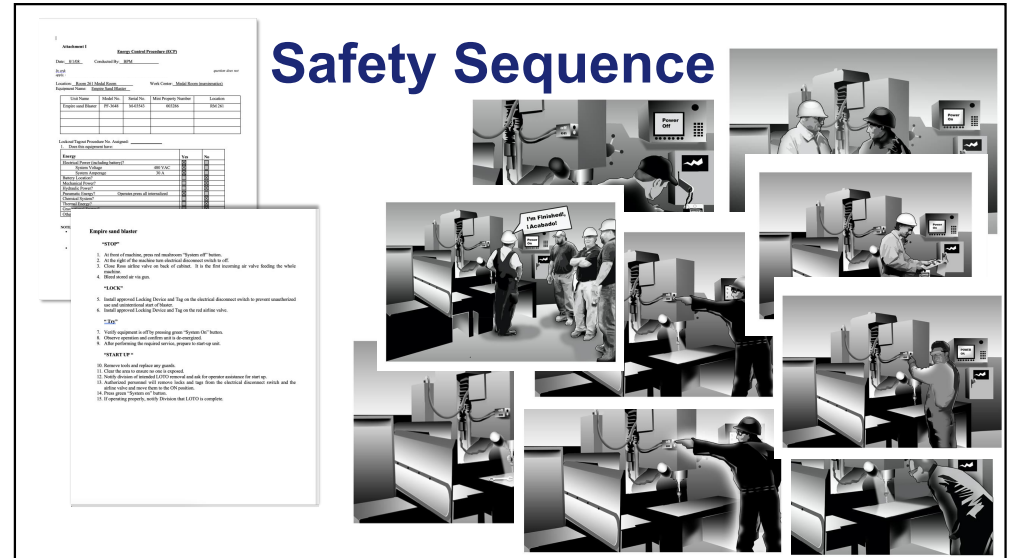


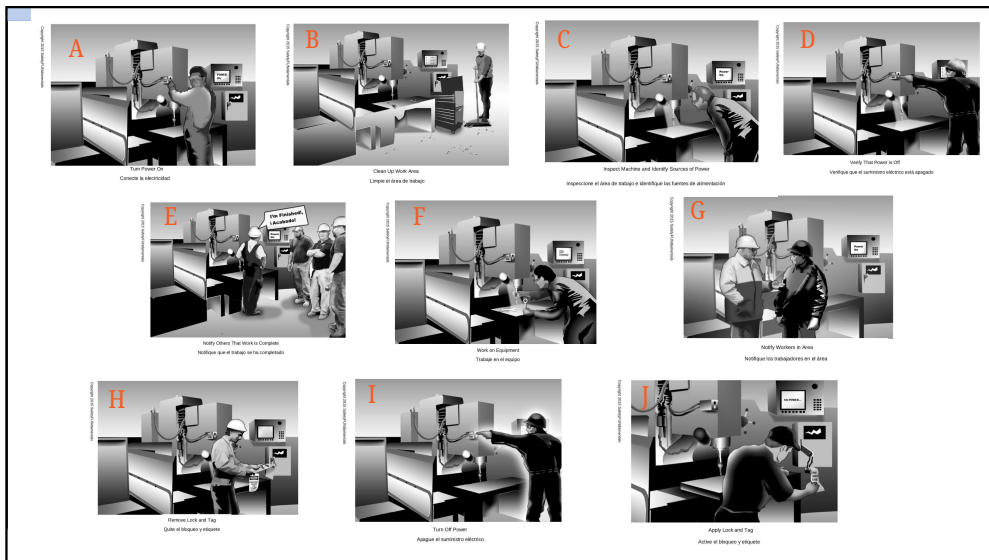
## Safety Training Activities for Improved Retention

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## Safety Sequence





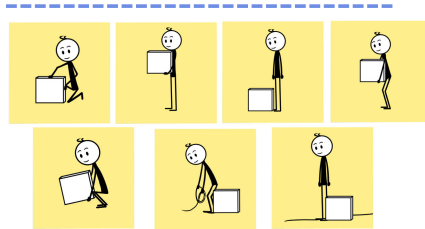
## How Did You Do?

- Why were there different answers?
- How do you determine who is right?
- How can you make this activity more difficult?
- How can you make this activity easier?

48

# Lifting Layers

- |                    |                                             |                                     |                        |                          |
|--------------------|---------------------------------------------|-------------------------------------|------------------------|--------------------------|
| Clean Up Work Area | Inspect Machine & Identify Sources of Power | Notify Others That Work Is Complete | Notify Workers in Area | Verify That Power is Off |
| Turn Power On      | Work on Equipment                           | Remove Lock and Tag                 | Turn Off Power         | Apply Lock and Tag       |



# Wait One Second!



## What Were The 6 Ways?

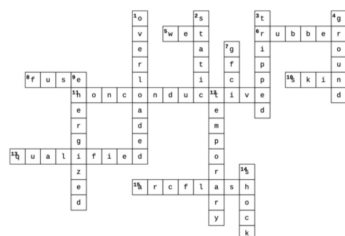


# TEAMWORK





## Reverse Crossword



### ACROSS

- 5.
- 6.
- 8.
- 10.
- 11.
- 13.
- 15.

### DOWN

- 1.
- 2.
- 3.
- 4.
- 7.
- 9.
- 12.
- 14.

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## Safety BINGO & Safety Lotería



## Example Clues

1. How long to recover from heat stroke?
2. How often should you drink water to stay hydrated?
3. How much water should you drink every 15 minutes?
4. In addition to water, what else is commonly taken to help prevent heat stress?

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### Heat Stress

Heat Stroke	15 Degrees F	Cool Shower	Heat Cramps	Sweating
Flushed Face	Heat Exhaustion	Headache	Acclimatization	Hydration
Sports Drink	High Heat Producing Equipment	Free Space	Breathable and light colored	Buddy System
Falls	Death	PPE	Scheduled Breaks	Shade or Air Condition
15 Minutes	Caffeine	one cup	Humidity	24-48 hours

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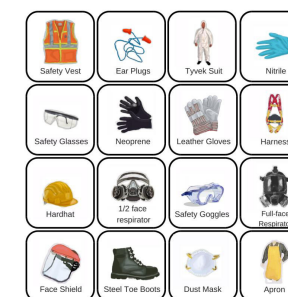


## Example Clues

1. These protect the eyes from flying objects
2. Good gloves for handling rough objects
3. This type of PPE protects the body from asbestos
4. This is required to protect the head from falling objects

Safety Lotería

### PERSONAL PROTECTIVE EQUIPMENT

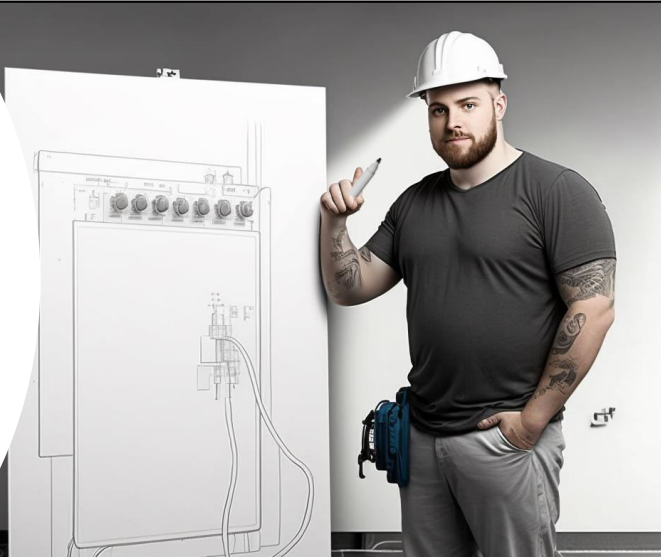


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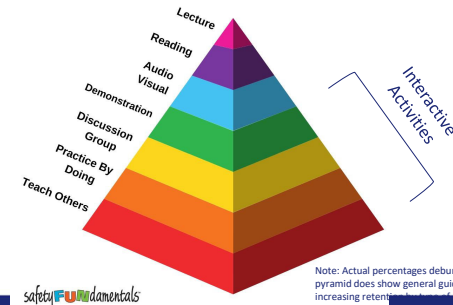
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# Teach Others



## Training Delivery Method Related to Retention

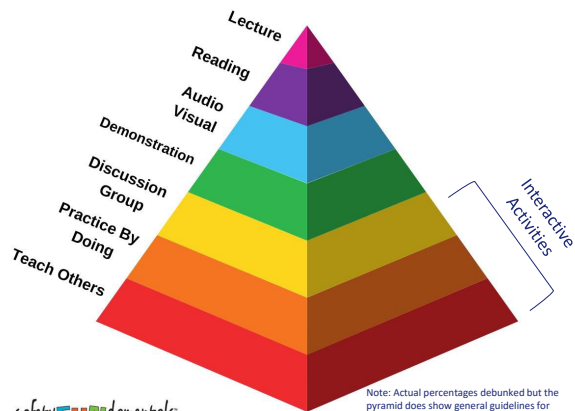


Note: Actual percentages debunked but the pyramid does show general guidelines for increasing retention by type of delivery method

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## Learning Methods and Retention



Note: Actual percentages debunked but the pyramid does show general guidelines for increasing retention by type of delivery method

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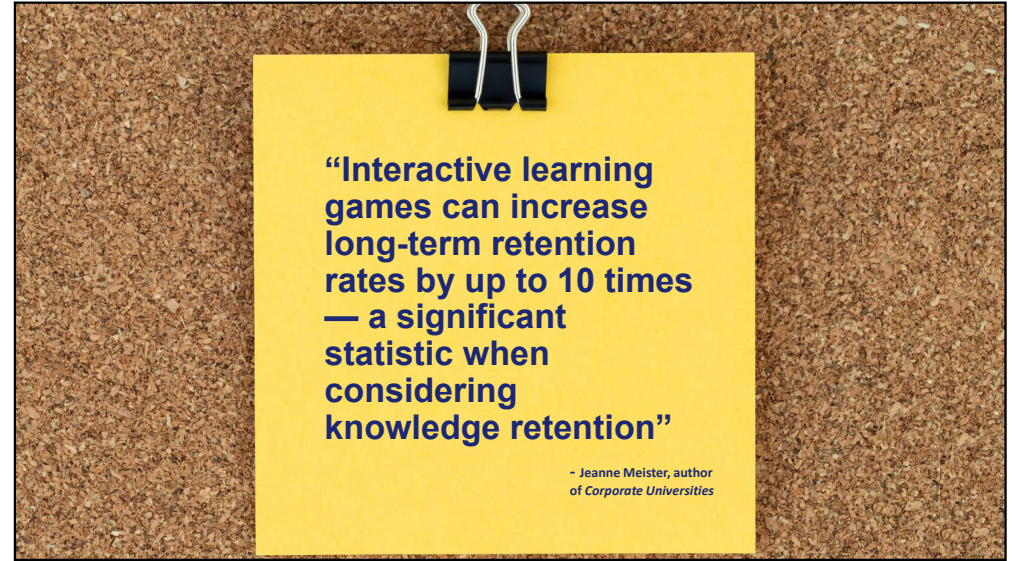
## A-Z Race

A	accelerated	N
B		O
C		P
D		Q
E		R
F		S
G		T
H		U
I		V
J		W
K		X
L		Y
M		Z





## Which of the 6 Retention Techniques Did You Recognize?



“Interactive learning games can increase long-term retention rates by up to 10 times — a significant statistic when considering knowledge retention”

— Jeanne Meister, author of *Corporate Universities*



## Safety Loteria

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# Retrieval Practice for You

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**Please complete the Online Evaluation**

