



4601 President Dr., #120  
Lanham, MD 20706  
301-731-0330  
www.mcamw.org

**Date:**  
April 23, 2010

**Place:**  
Greenbelt Marriott  
6400 Ivy Lane  
Greenbelt, MD  
20770

**Breakfast:**  
7:30 to 8:00am

**Seminar:**  
8:00am to Noon

**Cost:**  
\$50 Per Person

**Space is Limited!**  
**To Register:**  
**Fax your**  
**registration**  
**form by April 19**  
**to Debra at**  
**MCAMW, Fax**  
**301-731-5343.**



**MCAMW Industry Fund Trust  
Educational Seminar  
Friday, April 23, 2010 — 8:00am to Noon**

***“Enhance Mechanical Construction  
And Service Business With Safety”***

MCAMW's Industry Fund Trust is pleased to present **“Enhance Your Business With Safety.”** The following safety topics will be covered during this half-day seminar.

**8:00am—8:20am** Pete Chaney, Director of Safety & Health, MCAA

***“Are You Prepared for 2010 Safety Affairs?”*** This presentation will cover OSHA's new leadership, the agency's budget for fiscal year 2010, its current enforcement initiatives, and regulatory agenda affecting the mechanical industry. *Pete Chaney has been in the occupational safety and health field for 25 years. He has been with MCAA since 1997. He has a Masters degree from West Virginia University in Safety Management and is a Certified Safety Professional.*



**8:20am—8:50am** Mike Farrington, CRIS, Program Underwriting Director, Construction Group, CNA Insurance Companies

***“The Profitability of Safety.”*** This presentation will illustrate the relationship between the adoption/implementation of an effective safety program and the positive impact on a company's “bottom line.” *Over his 20 year career with CNA, Mike Farrington has held various claims, risk management, marketing/business development, and underwriting positions within both CNA Standard and Specialty Lines. In his current role, he is responsible for the overall performance of his assigned programs in terms of production, profitability, agency and association relationship management and risk control support.*



**9:00am—9:50am** Larry Hilgeman, MS, President, The Hilgeman Group, Inc.

***“Arc Flash Safety for Mechanical Contractors.”*** Learn cost-effective NFPA 70E compliance strategies. A discussion of some recent Arc Flash accident case studies will also help to highlight the importance of having an effective Arc Flash safety program. *The Hilgeman Group specializes in Arc Flash training and consulting for mechanical contractors. Larry Hilgeman's specialty for the past 8 years has been the investigation of electrical Arc Flash injuries and fatalities, and the providing of legal testimony for clients in both workers compensation and civil litigation cases. He holds Bachelors and Masters degrees from Indiana University and is a 10-year member of the NFPA 70E Electrical section.*



**10:00am—10:50am** Tom Meighen, CPCU, Director of Risk Management, John J. Kirilin, LLC

***“How to Build a World Class Safety Program.”*** What makes up an effective safety program that goes beyond your experience mod? Would you like to answer “yes” to all of those safety pre-qualifications and actually mean it? Invest some of your time and participate in a roadmap to taking your safety program to a higher level. *Tom Meighen has over 25 years of construction specific safety and risk management experience. He is a graduate of Indiana University of PA with a Bachelor of Science in Safety Management. He is a founding member of DCMSA Safety Committee and Past President of Washington Metro Area Construction Safety Association.*



**11:00am—Noon** Brian Roberts, CSP, CIE, Director Ergonomic Services, CNA Risk Control

***“Motion is Money.”*** Cost savings are important to every employer, but even more so during a downturn in the economy. Employers must align themselves for staying in business, maintaining productivity, and bringing in a bottom line profit. The “Motion is Money” process is a proven method which reviews critical waste that occur on the jobsite with the human interface of materials, equipment, tools and parts. Workplace layout, workflow, and work method techniques will be discussed with the focus of increasing productivity, enhancing work efficiency, improving the bottom line profitability and reducing injuries. *Brian has been with CNA for 30 years working in various capacities of risk control within the home, regional, branch and services offices. His major areas of responsibility are the development, direction and guidance for the Workers' Compensation & Ergonomic processes of CNA Risk Control.*



# Registration Form



MECHANICAL CONTRACTORS ASSOCIATION  
OF METROPOLITAN WASHINGTON

## Industry Fund Trust

4601 Presidents Drive, Suite 120,

Lanham, Maryland 20706

Tel: 301-731-0330 Fax: 301-731-5343

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**April 23, 2010 — 8:00am to Noon**

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6400 Ivy Lane,  
Greenbelt, MD 20770

Space is Limited—Register Early

COST: \$50.00 Per Person

**Fax by April 19 to**

**Debra at MCAMW: 301-731-5343**

Company Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Attendee's Name \_\_\_\_\_  
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