

Hillsboro U 2026

Class Title	Time	Room	Instructor	Description	Who Should Attend	CEs
Monday March 9, 2026						
Fire Extinguisher Training	12:00pm – 1:00pm	Wood Street Training Facility	Hillsboro Fire and Rescue	Students will learn how to properly select, classify, and use fire extinguishers to extinguish different types of fires. Integrating theory and practical training, all participants may get the opportunity to test their skills on a live fire!	All employees	0.1 DW/WW
Bloodborne Pathogens Training	1:00pm – 2:00pm	Hillsboro Civic Center Room C431	Tana Quin, Occupational Safety Health and Wellness, LLC	Employees will learn the dangers of Bloodborne Pathogens, preventative practices, and post-exposure procedures to follow if an occupational exposure occurs	Employees who have reasonable anticipation of contact with blood or other potentially infectious materials because of performing designated job duties.	0.1 DW/WW
Tuesday March 10, 2026						
Confined Space and Non-Entry Rescue	8:00am – 4:00pm	Public Works Operations	Greg McDonald, Ritz Safety	Learn how to identify, assess, and control confined space hazards, including the use of the gas detectors and rescue retrieval equipment. Then	All employees who perform confined space entry.	0.7 DW/WW

				learn how to rescue an entrant from a confined space without entering the space.		
Wednesday March 11, 2026						
Hand and Power Tool Safet	8:40am – 9:40am	Hillsboro Civic Center C113 B/C	Stan Shields, Cintas	Hand and power tools are essential to many jobs, but when used improperly, they can lead to serious injuries. This session focuses on the safe selection, use, and maintenance of both hand and power tools. Attendees will learn how to recognize hazards, follow best practices, and comply with safety standards to reduce the risk of cuts, punctures, electrical shock, and other common injuries.	Open to all employees but recommended for those using hand and power tools as part of their role.	0.1 DW/WW
Electrical Safety Training	9:50am – 10:50am	Hillsboro Civic Center C113 B/C	Stan Shields, Cintas	Electricity is a powerful and essential part of nearly every workplace, but it also presents serious hazards when not properly managed. This session raises awareness of electrical risks and provides foundational knowledge to help workers identify, avoid,	Open to all employees but recommended for those who potentially encounter and electrical hazards in their role.	0.1 DW/WW

				and respond to electrical hazards. Whether you're working directly with electrical systems or simply around them, understanding the basics of electrical safety is critical to preventing injuries and fatalities.		
Personal Protective Equipment Training	11:00am – 12:00pm	Hillsboro Civic Center C113 B/C	Stan Shields, Cintas	<p>Personal Protective Equipment (PPE) plays a critical role in safeguarding workers when hazards cannot be eliminated through engineering or administrative controls. This session offers a practical and regulatory overview of PPE, focusing on proper selection, use, maintenance, and limitations. Attendees will gain a deeper understanding of how PPE fits into the broader hierarchy of controls and how to foster a culture of consistent and correct PPE use.</p>	Open to all employees but recommended for those that use PPE as part of their role.	0.1 DW/WW
Oregon Friendly Driver Training	1:00pm – 2:30pm	Hillsboro Civic Center C113 B/C	Citaly Ramirez-Sierra, The Street Trust	Designed to promote safer streets for everyone, the Oregon Friendly Driver	Open to all employees	0.15 DW/WW

				<p>Training is an interactive session that educates drivers on how to safely share the road with people walking, biking, and using mobility devices.</p> <p>Presented by The Street Trust, this training is rooted in Oregon traffic law and real-world scenarios, helping participants become more aware, courteous, and confident when navigating multimodal roadways.</p>		
Lithium-Ion Battery Safety	2:00pm – 3:00pm	Hillsboro Civic Center C113 B/C	Captain Brent Wellington, Hillsboro Fire and Rescue	<p>This session will increase your understanding and awareness of the issues created by the increased reliance on lithium-ion batteries to power our world. We'll discuss strategies to ensure that we know how to use this technology responsibly. This will be the same class that was delivered to the Executive Leadership Team in March of 2025.</p>	Open to all employees	0.1 DW/WW
Thursday March 12, 2026						

What to Expect During an OSHA Inspection	9:00am – 10:00am	Hillsboro Civic Center C113 B/C	Luis Benítezalicea, OR OSHA	<p>An OSHA inspection can happen with little or no warning, are you prepared? This session, led by representatives from Oregon OSHA, offers a clear and practical overview of what managers, supervisors, and employees can expect during an inspection.</p> <p>From the opening conference to the closing report, attendees will gain valuable insights into the inspection process, common triggers, and how to respond effectively and professionally.</p>	Open to all employees	0.1 DW/WW
Fire Extinguisher Training <i>(Repeat from March 9, 2026)</i>	10:00am – 11:00am	Wood Street Training Facility	Hillsboro Fire and Rescue	Students will learn how to properly select, classify, and use fire extinguishers to extinguish different types of fires. Integrating theory and practical training, all participants may get the opportunity to test their skills on a live fire!	Open to all employees	0.1 DW/WW
Safety and the Supervisor	10:10am – 11:10am	Hillsboro Civic Center C113 B/C	Luis Benítezalicea, OR OSHA	Supervisors play a critical role in shaping workplace safety culture and ensuring compliance with	Open to all employees: all supervisors are	0.1 DW/WW

				<p>safety regulations. This session, led by Oregon OSHA, explores the vital responsibilities supervisors have in identifying hazards, enforcing safe work practices, and leading by example. Attendees will gain practical tools and strategies to strengthen their leadership role in safety and support a proactive, prevention-focused work environment.</p>	<p>encouraged to attend</p>	
<p>Hazard Identification</p>	<p>11:30am – 12:30pm</p>	<p>Hillsboro Civic Center Auditorium</p>	<p>Jessica Van Der Wielen (NWB&B)</p>	<p>This presentation focuses on the systematic process of identifying, analyzing, and controlling workplace hazards to improve safety and reduce risk. It emphasizes the role of safety committees, inspection protocols, and auditing practices in maintaining a safe work environment.</p>	<p>Open to all employees</p>	<p>0.1 DW/WW</p>
<p>Bloodborne Pathogens Training <i>(Repeat from March 9, 2026)</i></p>	<p>1:00pm – 2:00pm</p>	<p>Hillsboro Civic Center C113 B/C</p>	<p>Tana Quin, Occupational Safety Health and Wellness, LLC</p>	<p>Employees will learn the dangers of Bloodborne Pathogens, preventative practices, and post-exposure procedures to</p>	<p>Employees who have reasonable anticipation of contact with blood or other potentially</p>	<p>0.1 DW/WW</p>

				follow if an occupational exposure occurs	infectious materials because of performing designated job duties.	
TriMet On-Track Safety	1:00pm – 2:00pm	Hidden Creek Community Center Kalapuya Hall	Matthew Baccitich, TriMet	Working near light rail and transit corridors presents unique safety challenges. This session, led by TriMet safety professionals, provides essential training for anyone who may work on or near TriMet's MAX light rail system. Participants will learn how to recognize hazards, follow safe work practices, and understand the protocols required to stay safe and compliant in active rail environments.	Employees that work on or near TriMet railroads	0.1 DW/WW
Ladder Safety Training	2:10pm – 3:10pm	Hillsboro Civic Center C113 B/C	Stan Shields, Cintas	Ladders are among the most used tools and among the most frequently misused. This session provides essential guidance on how to select, inspect, and use ladders safely in a variety of work environments. Attendees will gain practical insights into hazard recognition,	Open to all employees, recommended to those using ladders as part of their role.	0.1 DW/WW

				regulatory compliance, and best practices that help prevent falls and injuries.		
Fall Protection Awareness Training	3:20pm – 4:20pm	Hillsboro Civic Center C113 B/C	Stan Shields, Cintas	Falls remain one of the leading causes of serious injuries and fatalities in the workplace. This session provides a comprehensive overview of fall protection principles, helping attendees recognize fall hazards and understand the systems and strategies used to prevent incidents. Participants will leave with a stronger awareness of how to protect themselves and others when working at height.	Open to all employees, recommended to those working at heights as part of their roles.	0.1 DW/WW

Repeated Sessions

Bloodborne Pathogen and Fire Extinguisher Training will be offered on two days, Monday, March 9, 2026, and Thursday, March 12, 2026. To provide employees with the opportunity to attend one of the sessions based on their work schedule or conflicts with other sessions.

Bios.

Tana Quinn, Occupational Safety Health and Wellness

Tana Quinn, RN has 14 years of nursing experience providing occupational health, communicable disease and wellness services. Tana graduated with an associate's degree from the Mt Hood Community College Nursing School Program in 2010 and then later a bachelor's degree from Oregon Health and Science University (OHSU) in 2016. She has been working at least part time directly in Employee/Occupational Health since starting her nursing career in 2010. Currently, Tana is the Director of Medical Services for Occupational Safety Health and Wellness, LLC (OSHW). She comes from a family dedicated to public service and is very passionate about supporting the many public agencies in her community and beyond through her work within OSHW. Tana enjoys spending time with her family, raising two amazing daughters, traveling, reading and playing soccer

Stan Shields, Cintas Inc.

My safety career began in 2001 after witnessing a vehicle accident that inspired me to pursue EMT training and workplace safety. In 2009, I became the Employee Health Manager at a Hillsboro hospital, overseeing worker's compensation, safety training, and FEMA Response re-accreditation. With over 20 years of experience in general industry safety and a strong EMS background, I bring a practical, people-focused approach to every class I teach. I'm an OSHA Authorized Outreach Instructor and am currently pursuing a Certified Instructional Trainer certification.

Jessica Van Der Wielen, (NWB&B),

Jessica Van Der Wielen is a graduate from the University of Wisconsin-Whitewater with a bachelor's degree in occupational health and safety and is a licensed agent in the state of Oregon. She has over 13 years of insurance industry experience working for large carriers in underwriting and sales. Jessica is a Claims & Risk Manager at Brown & Brown Insurance Services, specializing in risk management analysis, OSHA, consulting and training, claims negotiations, trend and coverage analysis and on-site safety inspections.

Attendance

Attendance for OESAC DW and WW CEUs will be documented on the OESAC CEU Roster Report Form available at (<https://www.oesac.org/docs/rosterreportform.pdf>).