



GOVERNOR'S INDUSTRIAL SAFETY & HEALTH CONFERENCE - OCTOBER 7 & 8, 2009

**Session:** Consequences of Drowsy Driving and Sleep Deprivation on Traffic and Occupation

**Speaker(s):** Ralph Pascualy                      Sophea Hieam    Number of Evals:                      78

	Average
	Bad) 1 - 2 - 3 - 4 - 5 (Good
1. This session was well designed (e.g. pacing, Q A time)	4.6
2. I got information from this session I can use immediately in my job.	4.3
3. The speaker used good presentation skills.	4.6
4. The speaker appropriately involved participants.	4.6
5. This session met my expectations	4.6
6. Did you like the topic?	4.6

**What did you like best about this presentation?**

- This speaker was GREAT!
- Extremely informative
- Examples were clear & real life applicable; Q & A clear & direct.
- Excellent info
- Learning consequences of lack of sleep
- Excellent!!
- New information
- Q & A was very helpful and inforative.
- Great class and thank youfor the book and handouts.
- The speaker was awesome!
- Very interesting topic and great information.
- Great information
- Lots of Q & A, very knowledgable speaker.
- Energetic, informed and useful information.
- Q & A
- The queston and answer portion was given enough time.
- Topic
- Learned something new
- How dangerouse sleep disorders can be -
- Very knowedgable.
- Very informative and I need help.
- Kept it interesting
- All the information
- Information on sleep apnea
- All the details, work and home.
- Outstanding! Great knowledge, information applies to everyone. Data was impactful.



Found information valuable for future training. Good topic.

Excellent information.

Poor sleep and the relationship to very poor health. Age and menopause affecting or contributing to sleep apnea.

Material pertinent, real life situations, answered specific questions.

Importance of sleep! Great presentation!

The Q & A

All Excellent.

New information

Very informative

Thanks

Very knowledgeable speaker who explained things well

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**What constructive changes would you suggest to make the presentation more effective?**

iPerfect as is.

iNone

iNot a thing, this was very educational.

iDVD Clips of bad sleep exp's

iMore suggestion on dealing with shift work.

iLess bouncy red laser light

iGreen box bullets with white learning is very hard for your audience to read.

iI raised my hand at least 10 times and never got called. I was sitting in the center 4 rows back.

iHandouts on slides during the presentation.

iPoor visibility on the slide with the 4 'hotgreen' pop ins regarding the CDL license & the one on insurance, etc.  
Fix it!

iDemonstrate how CPAP, guards, were bring in to see what they look like.

iHandouts would have been good.

iProvide handouts of slides.

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**Suggested Topics for next year:**

Keep this one!

New information - as available

Nutrition - Eating well advice.

Same

How shift work effects driving and/or sleep patterns.

Auditory/Hearing & Safety in the work place (?)

Machine safe guarding

Lift truck safety

Lockout Tagout

Sleep Disorder

How to manage aggressive driving habits.

State Program for Education of this for all population in state.

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**Other Comments:**

Turn the lighting up!

Question # 2 - he rated as a 9.

Question # 3 - he rated as a 10.

Danger of Texting While Driving

Federal Regulations Supporting Industry

When Drivers Have all the Symptoms

Have him speak again.

Question # 4 - was rated as a 5+