

# THE OSHA COMMUNICATOR

A PUBLICATION OF THE OREGON SPEECH-LANGUAGE & HEARING ASSOCIATION

2020 Issue 2 (Summer)



## Letter from the President

by Janet Wagner

Our world has been deeply affected and forever changed by COVID-19. This virus has brought havoc to our lives, personally and professionally. Many have experienced a pay cut, job loss, staff or resource shortage, and significant changes in home life, which results in family distress while trying to maintain the same quality of service for those we serve.

Our methods of delivering services have changed and may include teletherapy, telesupervision, distance learning, Zoom meetings, Google classrooms, etc. If you are like me, this has catapulted you into a significant learning curve; however, you are not alone. Many organizations are working diligently to provide you the support you need, including The American Speech-Language-Hearing Association (ASHA), Board of Examiners for Speech-Language Pathology and Audiology (BSPA), Oregon Speech-Language and Hearing Association (OSHA), United States Department of Education, Oregon Health Authority (OHA), Oregon Department of Education

(ODE), Oregon Education Association (OEA), and the Governor's Office. They are dedicated to helping us through the learning curve and adapting to our new reality, doing all they can during this difficult time.

For example, ASHA provides regular updates for graduate programs and graduate students to ensure that students are meeting certificate standards. They review and amend ways to relax the work weeks for the clinical fellows, giving them a better opportunity to complete their clinical fellowship experience on time. ASHA continues to host Town Halls that focus on providing updates and answering questions based on specific work locations. Their website contains a link providing the latest information on resources for telepractice, including state by state rules and regulations which are updated regularly. Until June 30, you can access the ASHA Learning Pass free of charge. OSHA provides updates to their social media platforms, including information and links from

all the state and federal organizations that will affect your services, many of which are mentioned above. We also have an active board comprised of 37 members who are more than happy to help with questions or comments. OSHA is proud to be working closely with ASHA, BSPA, OHA, ODE, and the OEA to continue to support all our amazing speech-language pathologists and audiologists in the best way we can.

But we need your help, too. We need you to stay healthy and strong. Here are just a few ideas and strategies to try:

- Limit your exposure to electronics/media
- Take care of your body: take deep breaths, stretch, meditate, eat healthy, exercise regularly, and get plenty of sleep
- Connect with others; share your feelings
- Spend time with your pets
- Embrace a new hobby
- Declutter a room or your home

Be safe, everyone!

## Inside!

Message from the OSHA Board  
Page 2

OSHA *Strong!*  
Page 3

STAR Update  
Page 4

Spring 2020 Recap  
Page 6

New Teletherapy Regulations  
Page 7

Update on Interstate Compact  
Page 7

Images in History  
Page 8

Mindful Moments  
Page 9

Telepractice: Ready or Not, Here We Go!  
Page 11

## Message from the OSHA Board

During this uncertain time, the Oregon Speech and Hearing Association (OSHA) board would like you to know that we are here to assist our members. A few ways we can support you include...

- 1) OSHA is in close contact with Executive Director Erin Haag at the **Board of Examiners for Speech-Language Pathology and Audiology** in order to learn more about the **reopening of Oregon**, specifically as it pertains to SLPs and audiologists, as well as to provide feedback to those making decisions at the Governor's office.
- 2) An informative **Telepractice Questions & Answers** session hosted by **OSHA's Telepractice Advisory Committee** was taped on March 19, 2020, and is now available on the OSHA website at <https://www.oregonspeechandhearing.org/>.
- 3) OSHA's **Conference Committee** is hard at work on the Fall 2020 Conference that will take place **October 9-10**. This committee is working diligently to provide the conference both online and live in Salem, depending on the state's guidelines at the time.
- 4) OSHA's hired **lobbyist** in Salem regularly scans the legislation being presented at the state level and sifts through the bills that would affect our profession, either negatively or positively. With this knowledge, OSHA can send people to the **Oregon Legislature** to advocate on behalf of all Oregon speech-language pathologists and audiologists.
- 5) OSHA has board members who are state representatives to the American Speech-Language and Hearing Association (ASHA) via the **State Education Advocacy Leaders (SEAL)**, **State Advocates for Medicare Policy (StAMP)**, and **State Advocates for Reimbursement (STAR)**. All three board positions keep OSHA aware of what is happening throughout the country so we can better represent our members here in Oregon.
- 6) OSHA has more than **30 board positions** filled with volunteers who work to provide the **fall conference** (mentioned above), a **spring conference** that is live-streamed to school districts and other participating sites around the state, an **ethical practices liaison** for SLPs and audiologists with questions or concerns about their work place, **regional representatives** who can raise questions or concerns to the board on your behalf, a **telehealth** representative, this **quarterly publication** that keeps members up to date on what is happening in our fields in Oregon, and once-a-month **networking events** around the state (which may be happening remotely sometime soon).



As you can see, OSHA is doing a lot to promote and protect the professions of speech-language pathology and audiology. When we have a strong member base, we can be more effective and viable for the speech-language pathologists and audiologists of Oregon. If you are not currently a member, we'd love you to join our efforts around the state. You can access membership renewals any time via [oregonspeechandhearing.org/JoinorRenew](https://oregonspeechandhearing.org/JoinorRenew).

Please stay safe and know that OSHA is here for you during this challenging time.



### Fall Conference: Call for Papers

by Rik Lemoncello, PhD, CCC/SLP

OSHA Vice President for Scientific & Educational Affairs

Greetings, colleagues!

The Conference Planning Committee and the full OSHA Board and staff have been busy behind the scenes preparing to launch a new format for our fall conference.

I am pleased to announce that our 2020 OSHA Annual Fall Conference will be offered as a hybrid. Participants will have the choice to attend live, either on-site\* in Salem or online. All sessions will be broadcast simultaneously for synchronous online participation. As a potential presenter, this means:

- ◇ If accepted, all presenters will attend the live, on-site\* conference in Salem and deliver their session or poster on-site.
- ◇ If accepted, all *session* speakers are required to broadcast live. Additionally, speakers have the option to select if they would like to have their session recorded for asynchronous availability after the conference. We will take care of the technology to make this happen!
- ◇ If accepted, all *poster* session presenters will have the option to record a 15-minute technical session available to online participants. We will support the technology to make this happen!

As usual, the Conference Planning Committee will invite sessions for the Friday conference slots, and the Call for Papers invites proposals for the Saturday conference slots. There are four presentation format options this year: either 3-hour, 2-hour, or 1-hour presentations scheduled for Saturday, or poster sessions occurring on Saturday mid-afternoon.

Presentations on a variety of topics are welcome and considered. We particularly welcome those in keeping with our “OSHA *Strong!*” theme, as well as sessions that focus on telepractice, changes in practice due to COVID-19, interprofessional collaboration, or sessions that meet new ASHA CE requirements for supervision or ethics.

Please see the Call for Papers proposal form for complete instructions on submitting a proposal. A complete proposal form and individual disclosure forms for *each* presenter must all be submitted together for a proposal to be reviewed; incomplete submissions will not be considered. Both forms are linked below and are available on the [OSHA website](#). Please note that presenters may not use their session to promote or sell products or services. Applicants will be notified by June 19, 2020, if their proposal has been accepted.

Proposal Form - [Word Version](#) [PDF Version](#)  
Disclosure Form - [Word Version](#) [PDF Version](#)

I look forward to reviewing conference proposals with the Planning Committee and to making our fall conference widely available this October to support professional development and continuing education in our state and region. If you have any questions about the new format, technology requirements, your rights as a presenter, or content of your session, please reach out to me via email at [rik.lemoncello@gmail.com](mailto:rik.lemoncello@gmail.com).

Please stay healthy and take good care!

*\*Assuming we can gather in groups for professional education, with physical distancing measures in place for public health and safety.*



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## STAR Update by Cynthia Green

### Medicare Expands Telehealth Services to Audiologists and SLPs During COVID-19

Medicare [will now temporarily cover telehealth services](#) provided by audiologists and speech-language pathologists (SLPs) via the waiver authority it was granted by the Coronavirus Aid, Relief, and Economic Security (CARES) Act (P.L. 116-136). Medicare reimbursement of telehealth services provided by audiologists and SLPs will only last the duration of the public health emergency (PHE) and is retroactive to March 1, 2020.

The following codes represent services that are now covered Medicare telehealth services:

### Covered Audiology Current Procedural Terminology (CPT)® Codes

- **92601:** Diagnostic analysis of cochlear implant, patient younger than 7 years of age; with programming
- **92602:** Diagnostic analysis of cochlear implant, patient younger than 7 years of age; with programming; subsequent programming
- **92603:** Diagnostic analysis of cochlear

implant, age 7 years or older; with programming

- **92604:** Diagnostic analysis of cochlear implant, age 7 years or older; with programming; subsequent programming

### Covered SLP Current Procedural Terminology (CPT)® Codes

- **92507:** Treatment of speech, language, voice, communication, and/or auditory processing disorder; individual
- **92508:** Treatment of speech, language, voice, communication, and/or auditory processing disorder; group
- **92521:** Evaluation of speech fluency (e.g., stuttering, cluttering)
- **92522:** Evaluation of speech sound production (e.g., articulation, phonological process, apraxia, dysarthria)
- **92523:** with evaluation of language comprehension and expression (e.g., receptive and expressive language)
- **92524:** Behavioral and qualitative analysis of voice and resonance

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**Note:** Audiologists and SLPs will not be able to enter into private pay arrangements with Medicare beneficiaries and must bill Medicare for telehealth services, because telehealth services are now covered.

### Institutional Billing

Institutional settings, such as skilled nursing facilities and home health agencies, do not appear able to bill for telehealth services; however, ASHA is seeking clarification and will advocate for additional waivers as necessary. As noted in a [fact sheet](#) associated with waivers provided for home health services under the PHE, CMS states that only in-person services can be reported via the home health claim even when the plan of care is developed or updated to include the use of telecommunication technology. In a similar [fact sheet](#) developed for skilled nursing facilities, the only eligible telehealth services are the physician and nonphysician practitioner in-person visits (SLPs are considered suppliers under Medicare). However, Medicare officials [have stated](#) that services provided via audiovisual equipment—such as a smartphone or platforms like FaceTime or Skype—in the same building as the patient or through the patient's window are allowed but are considered in-person services and not telehealth services.

Under the expanded coverage, audiologists and SLPs should also consider the following:

- For codes that are not authorized telehealth services, you can continue to maintain private contracts with Medicare beneficiaries.
- If you have taken cash from a Medicare beneficiary since March 1 for covered telehealth services, you should reimburse the beneficiary and submit the claim to Medicare.
- If you are not currently enrolled in Medicare, you must enroll in order to provide covered telehealth services. Federal law requires mandatory enrollment and claim submission for Medicare covered services.
- If you are not a Medicare enrolled provider and delivered telehealth services to a Medicare beneficiary at any time since March 1 via a private pay arrangement, you should return those funds and will not be able to bill Medicare for those services.

### Resources

ASHA provides coding and billing guidance for Medicare telehealth services during the public health emergency: [www.asha.org/Practice/reimbursement/medicare/...](http://www.asha.org/Practice/reimbursement/medicare/...)

Contact [reimbursement@asha.org](mailto:reimbursement@asha.org) for additional information.

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### *FREE Advertising through OSHA's Event Calendar*

Keep your associates informed about SLP/Audiology-related events happening around the state.  
Submit to our Upcoming Events calendar today!

Take advantage of this **FREE** advertising opportunity!

***Follow this link to post:***

[//www.oregonspeechandhearing.org/event-886228](http://www.oregonspeechandhearing.org/event-886228)



## Spring 2020 Conference Re-Cap

by Jessica Fanning



Despite the fact that the 5<sup>th</sup> annual OSHA Spring Conference (March 6, 2020) coincided with the start of COVID-19 in Oregon, the real-time, synchronous videoconference broke its own records by successfully bringing together over 225 clinicians (SLP, special education) across 22 livestreamed sites in Oregon, Washington, and Arizona. The Conference Committee achieved remarkable feats of coordination, flexibility, and creativity to avoid cancelling the conference by changing the host site from InterMountain ESD in Pendleton to the University of Oregon in Eugene.

Many thanks go to the Technology Support personnel who volunteered endless (and late night) hours in the week prior to the conference to facilitate a smooth host-site transfer and online execution. Feedback from participants was overwhelmingly positive for conference logistics (e.g., registration, technology support, online materials) and presentations by Dr. Franklin Bender and Dr. Jessica Fanning. Clinicians reported feeling extremely lucky to have the opportunity to receive high-quality training in the context of physical distancing. Special thanks to Laoreal Williams and Tonya Smith for many months of preparatory logistical planning and recruitment expansion.

### Items to Remember

- ✓ *Fall Conference Dates: October 9-10, 2020*
- ✓ *Location: Salem Convention Center; Salem, OR*
- ✓ *Call for Papers Submissions Deadline: May 29, 2020*

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# New Teletherapy Regulations

by Elizabeth Ebensteiner, M.S. CCC-SLP,  
OSHA VP of Governmental Affairs

**M**any insurance companies are covering speech and audiology teletherapy services in Oregon, including Medicare, Kaiser, and United Healthcare. Regulations vary by insurance company; however, many are following Medicare regulations, which state that teletherapy can be provided by an SLP, CF, or Audiologist (students and SLPAs are not clearly defined under Oregon regulations) and that teletherapy may be conducted via audiovideo (e.g., Zoom, Skype) or by telephone. Telepractice services may not be provided only by correspondence (e.g., mail, e-mail, fax), although these may be used in connection with telepractice. Medicare considers audiovisual communication with a patient located in the same building as in-person care rather than teletherapy.

Covered audiology codes: 92601-92604.

Covered SLP codes: 92507, 92508, 92521-92524.

Medicare notes that coverage is retroactive to March 1, 2020, and will be in effect until this public health emergency is over. Providers who were working with Medicare patients and billing privately are required to reimburse their patients and bill Medicare instead. Codes that are not currently authorized by Medicare may be continued to be billed privately. Telepractice is not approved by Medicare at this time for skilled nursing facilities and home health services.

Further information can be found at the following websites:

[www.asha.org/uploadedFiles/COVID-19-Commercial-Insurance-Telepractice-Policy-Tracking.pdf](http://www.asha.org/uploadedFiles/COVID-19-Commercial-Insurance-Telepractice-Policy-Tracking.pdf)

[www.asha.org/uploadedFiles/State-Telepractice-Policy-COVID-Tracking.pdf](http://www.asha.org/uploadedFiles/State-Telepractice-Policy-COVID-Tracking.pdf)

[www.asha.org/About/Coronavirus-Updates/](http://www.asha.org/About/Coronavirus-Updates/)

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## Update on the Audiology and Speech-Language Pathology Interstate Compact (ASLP-IC)

by Elizabeth Ebensteiner, MS, CCC-SLP

The ASLP-IC authorizes both telehealth and in-person practice between states that have enacted the compact, which is operational when 10 states enact the legislation. Currently, it has been enacted in three states (Utah, West Virginia, Wyoming), and legislation is pending in 45 states—Nebraska and Kentucky are the only states that do not have any pending legislation. Legislative schedules and hearings around the country have been affected by the COVID-19 pandemic and have slowed down enactment of the ASLP-IC. For instance, Oregon legislature has adjourned for the year and is looking only at emergency bills. When the Oregon legislature resumes next year, OSHA plans to work toward Oregon's enactment of the ASLP-IC.



# Images in the History of Audiology and Speech-Language Pathology in Oregon

*by Jim Huffman, Warren Johnson, John Tracy, and Glenn Weybright  
Historian: Pioneer Committee*

## **In Honor of Mary Gordon-Brannan, PhD, 1943-2020**

### **Education**

BS Purdue University

MS Purdue University

PhD Wichita State University

Mary Gordon-Brannan is best known to a large number of speech-language pathologists inside and outside Oregon as one of their professors at Portland State University (PSU). She was part of PSU faculty for more than 30 years and, beginning in 1977, led the Speech and Hearing Sciences Program for 17 years. She was president of the Oregon Speech-Language and Hearing Association in 1976 and a recipient of the Honors of the Association in 1980. She also served Oregon for many years on the Legislative Council of the American Speech-Language-Hearing Association (ASHA) and was elected a Fellow of that organization in 1990. Her national service included being a member of the Executive Board of the Council of Academic Programs in Communication Sciences and Disorders.

### **Remembrances**

"I first remember meeting Mary when I was a second-year graduate student at Portland State University (PSU) in 1973 when she had just been hired as an instructor. Over the years I got to know her as a guest lecturer in some of her courses, and in 2001 she asked me to teach the fluency disorders course at PSU.

"I was very aware of Mary's 20 years of work as a liaison between the PSU speech and hearing sciences program and Meadowood Springs Speech Camp in Eastern Oregon. She placed students to work as student clinicians at camp. As a former board member, I was privileged to present her with an award for her years of service at her retirement dinner. I also told my favorite story about Mary, which I heard from reliable sources: It seems she got so many speeding tickets driving from Portland to camp (about 4 hours) that it was cheaper to send her by plane than to continue to pay traffic fines.

"For several summers, Mary and her husband Steve

graciously hosted an open house on their beautiful houseboat on the Willamette River in Portland for the staff and attendees of the Stuttering Foundation's Western Workshop, held at PSU.

"My last visits with Mary occurred in the wee morning hours in Oregon's coast range on two or three late August weekends. The occasion was Oregon's famous 196-mile Hood to Coast Relay, where we were both participants."

*-Glenn Weybright, SLP*

"From 1977 to 1992, when I had my stroke, she was my boss. She quietly showed great strength. Before she received her doctorate, she coauthored a book with Lillywhite (Herold)."

*-Robert Casteel,  
Professor Emeritus, PSU*

"I only got to know her from attending the OSHA Past Presidents breakfasts. I admired her record of service to OSHA and ASHA."

*-Warren Johnson, Retired  
director of the Portland Center  
for Hearing and Speech*



# Mindful Moments in the Face of a Pandemic

by Marcia Frost, MS, CCC-SLP

*Mindfulness is awareness that arises through paying attention,  
on purpose, in the present moment, nonjudgmentally.*

~Kabat-Zinn, 2003

Through informal and formal mindfulness practice, we can begin to notice and be conscious of where we are putting our focus. This practice can teach us that we have incredible freedom in how we choose to interact with our lives and how we experience joys, challenges, and, yes, even pandemics. Mindfulness can be accessible and a way we choose to show up and experience the world as we navigate dynamic hills, valleys, and terrain in our personal and professional lives.

The following excerpt, from the book *Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others* by Laura van Dernoot Lipsky, is an illustration of this:

You're in the wide-open ocean, hoping to catch a wave. You can be annoyed that the sets are so far apart and the waves are breaking from the wrong direction—or you can choose to notice that the sky is blue and the sun is out and you're with a whole group of strangers who are loving and waiting. Then the waves arrive and you have no control over them. Wave after wave comes, in surfing as in life, and you don't get to decide what they look like or how they break or how far apart they are. What you do get to choose is which wave you try to catch, which wave you are going to focus on. When you pick a wave, you try your best. Sometimes you ride it all the way in and it is sublime. Often you ride it for a time and you fall off, sometimes very hard. In that moment, as in life, you have a decision to make. Do you focus on the seconds that you stayed upright, rejoice that there will be another wave to catch? Or do you belittle yourself for not being strong enough, curse the wave, blame another surfer, or tell yourself that if the board handled differently, you would have had a different ride? It is always up to us where we place our focus. It is this choice that will determine, ultimately, what our ride is like.



This is a difficult moment, but we are not alone. May we be kind to ourselves and may we give ourselves that grace and compassion. May we acknowledge our challenges while honoring what we are grateful for. I hope some of the following prompts, links, and apps can support your continued or beginning work in mindfulness to support the well-being of you and of others.

## Daily Quarantine Reflections

1. What am I grateful for today?
2. Who am I checking in on or connecting with today?
3. What expectations of "normal" am I letting go of today?
4. How am I getting outside today?
5. How am I moving my body today?
6. What beauty am I either creating, cultivating, or inviting in today?

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## Mindfulness Links for Education and Healthcare Professionals

Peace in Schools: [www.peaceinschools.org/](http://www.peaceinschools.org/)

Mindful Medicine: [mindfulmedicinepdx.org/](http://mindfulmedicinepdx.org/)

UCLA MARC: [www.uclahealth.org/marc/](http://www.uclahealth.org/marc/)

URMC Mindful Practice Program: [www.urmc.rochester.edu/family-medicine/mindful-practice.aspx](http://www.urmc.rochester.edu/family-medicine/mindful-practice.aspx)

Stop, Breathe, Think for Educators: [www.stopbreathethink.com/educators/](http://www.stopbreathethink.com/educators/)

TEDx Talk: Beyond the Cliff; Laura van Dernoot Lipsky [www.youtube.com/watch?v=uOzDGrcvmus](http://www.youtube.com/watch?v=uOzDGrcvmus)

TED Talk: [www.ted.com/talks/andy\\_puddicombe\\_all\\_it\\_takes\\_is\\_10\\_mindful\\_minutes?language=en](http://www.ted.com/talks/andy_puddicombe_all_it_takes_is_10_mindful_minutes?language=en)

## Mindfulness Apps

Insight Timer

UCLA Mindful

Headspace

10% Happier

Breathe/Breathe Kids

iBreathe

Liberate

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## Telepractice: Ready or Not, Here We Go!

by Melissa Fryer, MA, CCC-SLP

**U**nprecedented, scary, wild, challenging: These adjectives describe what we are experiencing personally and professionally. Many have had to reconceptualize our jobs, figuring out how to continue to serve our clients as we progress through city, state, and national closures. Fortunately, forward progress is happening. Since mid-March, the local and national SLP community has come together to support the implementation of telepractice (or teletherapy) across clinical and school-based settings. Trainings are widely available, resources are popping up across social media platforms, and some restrictions have been relaxed to allow telepractice in settings where it was once prohibited. The amount of information available to our profession can be overwhelming, so this article serves to provide Oregon SLPs and Audiologists with links to the resources to get started on the journey into telepractice modality. This list is not exhaustive, and resources grow daily. If you have ideas or questions, please feel free to email [fryer@pacificu.edu](mailto:fryer@pacificu.edu).

ASHA Practice Portal on Telepractice, providing guidance from the mother ship on implementation of telepractice across settings. See also the embedded [Telepractice Evidence Map](#).

Our Oregon license allows us to provide services via telepractice. The Board of Examiners for Speech-Language Pathology and Audiology created a specific [FAQ](#) on March 24, 2020, to address this.

Oregon Department of Education created a [FAQ](#) regarding School SLP Telehealth.

The Oregon Health Authority (administrators of Oregon Medicaid) and the Department of Consumer and Business Services (regulators of commercial health plans in Oregon) provided [guidelines](#) for insurers in the state to provide broad access to services via telehealth.

Telepractice Training—several paid and free options are online, such as from [SpeechTherapyPD.com](#) and [The Hello Foundation Telepractice Training](#) (buy local!).

Telepractice Tools—a sampling of websites offering both free and paid materials, tools, and ideas. Check out this free [list of online games, websites, activities, and therapy ideas](#) or get a free [packet](#) from Honeycomb Speech Therapy on Meeting Functional Needs in a Pandemic. Collaborative SLP Teletherapy Resources and Materials provide free, crowd-sourced [recommendations](#) for beginners. Or you can pay for [Everything SLP Marketplace](#).



## **Oregon Speech-Language & Hearing Association**

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