

MICHAEL LAMMEY

Workplace Safety Keynote Speaker

U.S. Navy Veteran | OSHA Certified | Author | Documentary Subject

S P E A K E R K I T

This kit contains:

MC Stage Introduction · Speaker Bio · Topic Descriptions · A/V Rider

Book Michael: michael@safety-happens.com | (210) 632-8367
safety-happens.com

MC STAGE INTRODUCTION

Read verbatim — approximately 75 seconds

Our next speaker knows something most of us will never experience — and hopes you never do.

In December of 2006, a routine day aboard the USS Frank Cable turned catastrophic. A 720-degree steam blast left Navy sailor Michael Lammey with third-degree burns over 56% of his body. Two of his shipmates didn't make it home. He survived — through 56 surgeries and more than a decade of reconstruction.

But Michael didn't just survive. He turned that experience into a mission: making sure it never happens to your people.

He has brought this message to NASA Langley Research Center, the National Safety Council, Puget Sound Naval Shipyard, the NC Department of Transportation, and organizations across the country.

His story is impossible to ignore — and impossible to forget.

Please welcome — Michael Lammey.

Notes for the MC:

- Pronounce: LAM-ee
- If time allows, mention the documentary: Lammey's Purpose — available on YouTube
- Do not reveal the cause of the accident beforehand — Michael builds to it during his talk

SPEAKER BIO

SHORT BIO — 50 WORDS

Michael Lammey is a workplace safety keynote speaker and U.S. Navy veteran who survived a 720-degree steam explosion aboard the USS Frank Cable in 2006 — leaving him with third-degree burns over 56% of his body and two shipmates lost. He has since spoken for NASA, the National Safety Council, Puget Sound Naval Shipyard, and organizations across the country.

LONG BIO — 200 WORDS

Michael Lammey is a workplace safety keynote speaker, OSHA-certified instructor, and U.S. Navy veteran who survived one of the most devastating industrial accidents in the service's recent history.

In December 2006, a steam boiler explosion aboard the USS Frank Cable left Michael with third-degree burns over 56% of his body. Two of his shipmates didn't survive. What followed was eleven years of surgeries, skin grafts, and reconstruction — and a reckoning with a hard truth: nobody violated a single safety protocol that day. The cause was complacency. A false sense of security had taken root, and three men paid the price.

Today, Michael takes that truth into rooms where it can save lives. His signature keynote, When Safety Happens To You, and his workshop The Complacency Gap have been delivered to audiences at NASA Langley Research Center, the National Safety Council, Puget Sound Naval Shipyard, the NC Department of Transportation, and organizations across the country.

Michael is also the author of *Burnt, Broken & Rebuilt* and the subject of the feature documentary *Lammey's Purpose*. His message is direct, his humor is disarming, and his story is impossible to forget.

Book Michael at michael@safety-happens.com or (210) 632-8367.

TOPIC DESCRIPTIONS

SIGNATURE KEYNOTE | 45–60 MINUTES

When Safety Happens To You

The Complacency That Cost Everything — and What It Taught Me

Nobody violated a protocol the day Michael LammeY was burned over 56% of his body aboard the USS Frank Cable. Two shipmates didn't come home. The cause wasn't recklessness — it was complacency. A false sense of security had quietly taken root, and three men paid the price.

In this keynote, Michael uses his survival story, his recovery, and his journey back to purpose to deliver one of the most powerful safety messages your audience will ever hear. He combines unflinching honesty with humor and hope — leaving people not just informed, but genuinely changed.

Audience takeaways:

- Why complacency is more dangerous than recklessness — and how to recognize it
- The real cost of a false sense of security on the job
- Personal responsibility as a life-saving practice, not a policy
- How to stay sharp when nothing has gone wrong in a long time

WORKSHOP | 90 MINUTES – HALF DAY

The Complacency Gap

A Hands-On Workshop for Safety Teams and Front-Line Leaders

The Complacency Gap takes Michael's keynote message into a working session. Participants identify where complacency has silently crept into their own operations — and leave with a concrete plan to close the gap before it becomes a tragedy.

Workshop modules:

- The Anatomy of a Complacency Incident — examining what really goes wrong
- Your Complacency Audit — group exercise identifying risk in your own environment
- The Accountability Conversation — how to speak up without it feeling personal
- Building a Safety Culture That Doesn't Rely on Rules Alone

Best for: Safety managers, front-line supervisors, EHS teams, all-hands safety days

BREAKOUT SESSION | 30–45 MINUTES

The Personal Responsibility Reset

A Focused Session for Conference Breakouts, Lunch & Learns, and Safety Standdowns

A tightly focused version of Michael's core message, designed for breakout rooms, lunch-and-learns, safety standdowns, and pre-shift gatherings. High-impact in a short window. Q&A included.

Participants leave with:

- A clear, memorable framework for personal accountability on the job
- Michael's own "If I had done this one thing" moment — and how to apply it
- One habit they can start the next day

A/V & TECHNICAL RIDER

Please share with your A/V team and event coordinator before the event.

MICROPHONE

- Wireless lavalier (clip-on) microphone — strongly preferred
- Handheld wireless acceptable if lavalier is unavailable
- Please have a backup mic available on stage

SCREEN & PROJECTION

- Projection screen or display — 16:9 aspect ratio preferred
- HDMI input required (Michael travels with a USB-C to HDMI adapter)
- Screen should be visible from all audience seats
- A confidence monitor (facing the stage) is helpful but not required

STAGE SETUP

- Michael works the full stage — no podium required
- If a podium is used, it should be off to one side, not center stage
- Clear walking space — minimum 15 feet wide across the front of the stage
- Clicker/presentation remote with laser pointer — Michael will bring his own
- Water on stage (still water, no ice preferred)

LIGHTING

- House lights at 50% during the presentation — Michael uses audience interaction
- Full blackout not recommended — audience eye contact is part of the delivery
- Stage wash lighting preferred over a single spotlight

TIMING & FORMAT

Signature Keynote: 45–60 minutes + optional Q&A

Workshop: 90 minutes – half day (customized to your schedule)

Breakout / Lunch & Learn: 30–45 minutes + Q&A

Sound check: Michael requests 15 minutes before doors open

TRAVEL & LOGISTICS

- Michael is available for domestic travel
- Please coordinate travel and hotel arrangements through michael@safety-happens.com
- Michael will bring his own slide deck — please confirm laptop connection the day before

Questions? Contact Michael directly:

michael@safety-happens.com | (210) 632-8367 | safety-happens.com