SAFETY HAPPENS

MICHAEL LAMMEY

Workplace Safety Keynote Speaker · Retired U.S. Navy · Author

SPEAKER KIT

Everything your event team needs to book, introduce and host Michael Lammey.

INSIDE

- MC stage introduction
- Speaker bios (short and long)
- Programs and fees
- A/V, virtual and travel rider

"Safety Happens ... If You Make It Happen."

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READ AS WRITTEN · ABOUT 75 SECONDS

MC Stage Introduction

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

On December 1, 2006, a routine day aboard the USS Frank Cable turned catastrophic. A boiler explosion filled the space with 720-degree steam. Six sailors were critically injured. Two of them didn't make it home.

Navy sailor Michael Lammey survived with third-degree burns over 56% of his body. He spent two and a half weeks in a medically induced coma, and went on to endure 56 surgeries and more than 2,000 hours of physical therapy.

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 crew of the USS Abraham Lincoln, and organizations across the country.

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

Please welcome Michael Lammey.

Notes for the MC

- Pronunciation: **LAM-ee**
- Please don't reveal the cause of the explosion beforehand. Michael builds to it during his talk.
- If time allows, mention the documentary *Lammey's Purpose*, available on YouTube.

Speaker Bio

SHORT BIO · ABOUT 60 WORDS

Michael Lammey is a workplace safety keynote speaker and retired U.S. Navy Petty Officer First Class. He survived the December 1, 2006 boiler explosion aboard USS Frank Cable with third-degree burns over 56% of his body. Today he helps teams beat complacency before it beats them, and has spoken for NASA Langley Research Center, the National Safety Council and Puget Sound Naval Shipyard.

LONG BIO · ABOUT 250 WORDS

Michael Lammey is a workplace safety keynote speaker, retired U.S. Navy Petty Officer First Class, and the founder of Safety Happens LLC.

On December 1, 2006, a boiler explosion aboard the USS Frank Cable in Guam critically injured six sailors. Two did not survive. Michael sustained third-degree burns over 56% of his body. What followed was two and a half weeks in a medically induced coma, two months in the Brooke Army Medical Center Burn Unit, 56 surgeries (the last in 2018) and more than 2,000 hours of physical therapy. Procedures had been followed and PPE had been worn. The cause was complacency and a false sense of security. Michael received the Navy and Marine Corps Commendation Medal for his actions that day.

After his medical retirement, Michael served as a safety specialist at Naval Sea Systems Command headquarters, supporting Navy-wide shipyard safety, and graduated from the CP-12 safety career program. He founded Safety Happens in 2013.

Today, his keynote *When Safety Happens To You* and his workshop *Beating Complacency Before It Beats You* help teams see how complacency grows in good people, on good teams, at good companies. He has spoken for NASA Langley Research Center, the National Safety Council, Puget Sound Naval Shipyard, the USS Abraham Lincoln winter safety stand-down, the North Carolina Department of Transportation and others.

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

Programs and Fees

KEYNOTE · IN PERSON OR VIRTUAL · UP TO 90 MINUTES

When Safety Happens To You

Michael's signature keynote: the true story of the December 1, 2006 boiler explosion aboard USS Frank Cable, the safety investigation, his recovery, and the complacency behind it. Procedures were followed and PPE was worn, and it still happened. Michael shows your team how complacency grows in good people, on good teams, at good companies, and leaves every person with a daily commitment: **Set It, Own It, Say It.**

- The full story and the complacency message
- Content tailored to your industry
- Live Q&A and post-event safety handouts

Ideal for: safety days, stand-downs, banquets, conferences, all-hands meetings

$20 per participant · $1,500 minimum per session · travel billed separately for in-person events

WORKSHOP · HALF-DAY OR FULL-DAY

Beating Complacency Before It Beats You

A hands-on workshop, not a compliance lecture. Your team works through the USS Frank Cable case study and facilitated modules built on real, routine, high-energy tasks from your own site.

Half-Day · about 4 hours

- The case study: USS Frank Cable
- How complacency develops
- Complacency at your site (task teardown)
- Conditioned response (making emergency actions automatic)
- Ownership and your daily commitment

$3,500 per session

Full-Day · about 8 hours

Everything in the half-day, plus:

- Empowerment to communicate (speak-up practice)
- Leading against complacency
- The true cost
- 30-day team action plan

$6,500 per session

Every workshop includes all participant handouts and commitment cards, and participant evaluations. The full day adds each team's 30-day action plan and a summary of what your frontline asked of leadership. Travel billed separately.

Travel is billed separately at actual cost; for government clients it follows the Federal Travel Regulation / Joint Travel Regulations. **Government purchase cards** are accepted. Capability statement and W-9 available on request.

A/V, Virtual and Travel Rider

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

Microphone

- Wireless lavalier (clip-on) mic strongly preferred
- Handheld wireless acceptable if no lavalier
- A backup mic available on stage

Screen and projection

- Screen or display, 16:9 preferred, visible from all seats
- HDMI input (Michael brings a USB-C to HDMI adapter)
- Confidence monitor helpful, not required

Stage

- Michael works the full stage; no podium needed
- If a podium is used, place it off to one side
- Clear walking space across the front of the stage
- Water on stage (still, no ice preferred)
- Michael brings his own clicker and slide deck

Lighting

- House lights at about 50%; Michael interacts with the audience
- No full blackout; eye contact is part of the delivery
- Stage wash preferred over a single spotlight

Virtual events

- Zoom, Teams or your platform
- Send the meeting link and a host contact at least 3 business days ahead
- Allow Michael to share his screen for slides
- Tech check with your host 30 minutes before start

Timing

- Keynote: up to 90 minutes, including Q&A
- Half-day workshop: about 4 hours
- Full-day workshop: about 8 hours
- Sound check 15 minutes before doors open

Travel and logistics

- Available for domestic travel; travel billed separately at actual cost
- Please coordinate travel and hotel through michael@safety-happens.com
- Please confirm the laptop connection the day before