



"Safety Happens If You Make It Happen."

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MICHAEL LAMMEY

Safety Speaker · Author · U.S. Navy Veteran

Survivor of the 2006 USS Frank Cable boiler explosion — teaching safety from scars no textbook can replicate.



CREDENTIALS

- ✓ OSHA 10-Hour Certified Instructor
- ✓ OSHA 30-Hour Certified Instructor
- ✓ U.S. Navy Veteran (Retired)
- ✓ USS Frank Cable — 2006 Incident
- ✓ Author: Burnt, Broken, and Rebuilt
- ✓ Documentary: Lammey's Purpose

FEATURED VENUES

NASA Langley Research Center
National Safety Council
Puget Sound Naval Shipyard
NC Dept. of Transportation
Fayetteville PWC · CFPWA

December 1, 2006. Michael Lammey was doing routine maintenance aboard the USS Frank Cable — the same job he'd done a hundred times. 720-degree steam hit the compartment. Two crewmates died. Michael survived with 56% third-degree burns and spent 11 years in surgery. He rebuilt — and now stands in front of your team so it doesn't happen to them.

56%

Third-degree burns

2

Crewmates lost

11 yrs

Years in surgery

SIGNATURE KEYNOTE · 45–60 MINUTES

When Safety Happens To You

The Complacency That Cost Everything — and What It Taught Me

First-person. No slides required. The story of December 1, 2006 — what routine felt like before it killed two of his crewmates — and what your team must hear before it happens to them. Tailored for manufacturing, maritime, utility, government, and military audiences.

WORKSHOP: THE COMPLACENCY GAP

A Workplace Safety Culture Workshop

\$3,500 Half Day · 3–4 hrs
Full Day · 6–7 hrs

Closes the gap between thinking your team is safe and being safe. Real exercises — not slides. Every attendee leaves with their "boiler room" identified and one safety habit committed to before Monday.

- The biology of complacency — why experience increases risk
- Hazard Audit: naming your boiler room before it names itself
- 3 tools: The 3-Second Rule · Near-Miss Culture · Pre-Task Conversation
- Leadership & culture track (full day / supervisor groups)

One OSHA recordable incident averages \$40,000+ in direct costs. This workshop is \$3,500.

WHAT CLIENTS SAY

"Michael's message was powerful and practical. Our team left talking about complacency in a way they never had before."

— Tammy Brown, Puget Sound Naval Shipyard

"We've had safety speakers before. We've never had a speaker like Michael. The room was silent for an hour."

— R. Fokes, Fayetteville PWC

IDEAL AUDIENCES

· Safety conferences & events · Manufacturing & maritime · Government & military · Construction & infrastructure · Annual safety all-hands