

HEALTH & SAFETY SERVICES

**Contra Costa County Schools Insurance Group
Workers' Compensation and Health & Safety Services Provider**

**24 Hour Fitness Offers
Discounted Memberships
for Member District
Employees & Families!**

**Go to the Local Health Club
Discounts page in the H&S
Section of our website at
www.cccsig.org.**



"Library Services had a fabulous presentation on Body Mechanics today! Thank you so much for making this opportunity available to us. Today we had an opportunity to problem-solve together on safer ways to move books. All staff—the veterans and the new hires—came away with new ideas and all were engaged. We recommend this training highly!"

**-Francie Kunaniec,
Supervisor, Library Services
West Contra Costa USD**

CONTACT US!

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HEALTH & SAFETY TRAININGS

TRAINING TOPICS:

- * Fitness
- * Nutrition
- * Stress Management
- * Communication/Team-Building
- * Back Injury Prevention
- * Slips, Trips, Falls Prevention
- * Safe Work Practices
- * Nonviolent Crisis Intervention (Full & Refresher)
- * Supervisor Safety Training
- * New Employee Orientation

CAL/OSHA COMPLIANCE SERIES:

- * Injury & Illness Prevention Plan
- * Hazardous Communications
- * Personal Protective Equipment
- * Bloodborne Pathogens
- * Lockout/Tagout
- * Asbestos Awareness
- * Site Inspections
- * Accident Investigation
- * Heat Illness Prevention
- * Forklift/Scissor Lift Operator Training
- * Ladder Safety

For additional information/descriptions visit our website at www.cccsig.org. Trainings available in instructor-led and online formats.

OTHER HEALTH & SAFETY SERVICES

ERGONOMIC EVALUATIONS:

- Onsite; individual/small group
- All occupations
- For new hires in office/clerical, call within first 30 days

HEALTHY LIFESTYLE PROGRAMS:

- 6-12 weeks with an emphasis on physical activity & nutrition
- Fun; stress-reducing; team-building; easy to implement
- Online & Poster-Based

COMMUNICATIONS:

- Monthly newsletter—"Crossroads"
- Health & Safety Web Pages
- Claims Trends and Progress Reports
- Countywide Health & Safety Coordinator Meetings
- Health & Safety Brochures

ON-DEMAND VIDEOS:

- Heat Illness Prevention Training
- Accident Investigation
- Slip, Trip and Fall Prevention
- Sit Safe Ergonomics: Get Your Ergo On!
- Lifting and Back Safety

CAL OSHA COMPLIANCE ASSISTANCE

SAFETY BY DESIGN:

For New School Construction & Modernization Projects

- Safety by Design Checklist

HEALTH SCREENINGS:

Confidential; onsite

- Flexibility
- Blood Pressure
- Body Composition
- Grip Strength

ABOUT CCCSIG: The Contra Costa County Schools Insurance Group (CCCSIG) is a Joint Powers Authority organized in 1977 for the purposes of self-insuring (and self-administering in 1995) for workers' compensation claims and providing health & safety services to its member public school districts.

ABOUT THE DEPARTMENT: The Health & Safety (H&S) Services Department's mission is to provide member districts with a variety of health and safety services aimed at reducing the frequency and severity of injuries in the workplace and improving the overall health of the workforce. The H&S Services staff has a wealth of expertise in the areas of Fitness, Nutrition, Safety, Wellness and Ergonomics.

CONTRA COSTA COUNTY SCHOOLS INSURANCE GROUP

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