

# HEALTH & SAFETY SERVICES

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

**24 Hour Fitness, Planet Fitness & In-Shape Offer Discounted Memberships for Member District Employees & Families!**

**Go to the Local Health Club Discounts page in the H&S Section at [www.cccsig.org](http://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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\*Rev. 6/18

## HEALTH & SAFETY TRAININGS

### TRAINING TOPICS:

- Wellness
- 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
- Hazard Communication
- Personal Protective Equipment
- Bloodborne Pathogens
- Lockout/Tagout
- Asbestos Awareness
- Site Inspections
- Accident Investigation
- Heat Illness Prevention
- Forklift/Scissor Lift Training
- Ladder Safety
- Utility Cart Safety

For additional information visit [www.cccsig.org](http://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 weeks with an emphasis on physical activity
- 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
- Lifting and Back Safety
- Stepladders
- Ladder Safety
- 15-min Relaxation/Guided Imagery
- H&S Overview for Administrators
- Injury & Illness Prevention Program

### CAL OSHA COMPLIANCE ASSISTANCE

#### SAFETY BY DESIGN:

*For New School Construction/Modernization*

- Safety by Design Checklist

#### HEALTH SCREENINGS:

*Confidential; onsite*

- Customized by request

**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 Safety, Wellness and Ergonomics.

**CONTRA COSTA COUNTY SCHOOLS INSURANCE GROUP**

**550 Ellinwood Way, Pleasant Hill, CA 94523 ~ [www.cccsig.org](http://www.cccsig.org) ~ Phone: 1 (866) 922-2744 Fax: (925) 692-1137**