

CHEMICAL SAFETY IS CRITICAL FOR DISTRICTS (Continued)
By Steve Webber, Health & Safety Services Specialist

How CCCSIG Can Help

For one day, or up to one full week, CCCSIG can provide a dedicated Health & Safety Services Specialist to go to each site within your district to assist in the removal of non-utilized, non-labeled, chemicals and hazardous waste. Noted below are the ways that CCCSIG can assist, provided the District can provide the truck and one Maintenance employee:

- * Sweep all school sites with one district maintenance employee, one CCCSIG employee, site head custodian, site principal, and district truck. (Interview head custodian and principal for all waste locations & make announcement prior to site visit informing staff to notify head custodian of any chemicals within the classroom they are using or would like removed)
- * Remove all chemicals and Hazardous waste not being utilized (CCCSIG & District)
- * Disposal at Hazardous Waste Facilities (District) - www.cccrecycle.org
- * Inventory all chemicals being utilized
- * Create MSDS binder with copy of written Hazard Communication Program
- * Print and distribute binder to all sites



Watch for the informational flyer to be distributed to districts, or contact Steve Webber, Health & Safety Services Specialist at swebber@cccsig.org or 1 (866) 922-2744 ext. 273 to schedule an appointment!!

MEDICAL TREATMENT DECLINED
By Michael Clark, Claims Manager

There have been a number of instances where employees experience an incident such as a slip and fall, yet they have no need to file a workers' compensation claim because they did not suffer an injury as a result of the fall and do not require medical treatment. In these cases it is still strongly suggested that the employee notify a supervisor to report any safety hazards to prevent similar accidents from occurring.

The supervisor or manager has access to the appropriate paperwork that should still be completed even though the employee does not wish to file a claim. This is the Employee Incident Report: Medical Treatment Declined form. It allows the employee to provide a full description of the incident to include the nature of the incident (puncture, scratch, bruise, etc) as well as any witnesses to the incident itself.

This form is then kept on file with the District office and not reported as a workers' compensation claim based on the fact that the employee declined medical treatment.

In the event the employee later wishes to file a workers' compensation claim for the incident, at that time the DWC-1 form will be completed and forwarded to CCCSIG along with the original Employee Incident Report: Medical Treatment Declined form.



2005 DISTRICT WALKING PROGRAMS A SUCCESS!
By Denise Dickson, Health & Wellness Services Coordinator

Over 500 school employees of various occupations in Contra Costa County have participated in one or both of our Worksite Walking Programs titled, "Kickin' Down the Coast" and "Trek Across America" in the past year. Each program is 10-12 weeks long and was designed to encourage participants to be physically active during breaks at work and/or in their leisure time. The programs are commonly called 'walking programs' but actually any physical activity done with the intention to improve health, e.g. swimming, running, biking, stretching, strength training, group fitness classes, etc., counts toward the overall goal. The programs are easy to implement and manage for site contacts and easy to follow for participants. CCCSIG provides program t-shirts to those who complete the program. Here is what one program participant had to say about her experience:

One program participant had this to say:

"When you started the Kickin' Down the Coast program in May, I thought, 'this will be fun and help me to stay on track', which it did. I was especially excited when we began Trek Across America because that motivated me to work out at home on my treadmill and alternate with a little step aerobics. The results have been wonderful. I have more energy and I've lost a few inches."

If you would like to launch a Worksite Walking Program at your site, please contact Denise Dickson at 1-866-922-2744 ext. 235 or by email to ddickson@cccsig.org. The first step includes scheduling a time for one of us to introduce the program to your staff, which typically is done at a staff meeting. The introduction can be five minutes or it can be up to an hour, which would include more information about physical activity, in general.



Contra Costa Community College District Office "Trekking", along with Denise Dickson, CCCSIG's Health & Wellness Svcs. Coord., met over the lunch break for a brisk group walk down to the marina and back. Group walks are one way to not only have fun with co-workers and relieve stress, but also to help keep program momentum up.



For more information visit www.cccsig.org or contact 1 (866) 922-2744!



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Pleasant Hill, CA 94523

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1 (866) 922-2744
Fax: (925) 692-1137
Email: info@cccsig.org

WE'RE ON THE WEB!
WWW.CCCSIG.ORG

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-
- Bridget Moore, Interim Executive Director**

THE ONGOING SAGA OF RISING HEALTHCARE COSTS

by Bridget Moore, Deputy Director

What can we as users do about it? With the **CCCSIG Health Benefits Program Committee** procedures and annual activities in place, it has added a new task focusing on an educational campaign. At the October meeting, the committee overviewed how the cost of pharmacy drugs can impact health benefit rates. The first step in understanding these costs is to look at name-brand v. generic drugs.

According to the FDA's website topic *Consumer Education: Savings From Generic Drugs Purchased at Retail Pharmacies*, "Generics have long offered a safe and inexpensive alternative to many brand-name drugs...drug costs per day can fall by 14 to 16 percent if patients use generics instead of branded drugs..." Some FDA FAQ's:

- * **“What are generic drugs?** A generic drug is a copy that is the same as a brand-name drug in dosage, safety, strength, how it is taken, quality, performance and intended use.
- * **Why are generic drugs less expensive?** ... because generic manufacturers don't have the investment costs of the developer of a new drug...greater competition...

With the rising costs of every-day living, it's a plus when we can find a way to control at least some of our expenses. If you are taking medications, it's worth the effort to see if your name-brand prescription is available in a generic brand. Check with your doctor and visit the FDA website at <http://www.fda.gov/cder/ogd/index.htm>.

Attention HBP Members!!

Blue Cross/CCCSIG Event—Spring 2006!
It will be a lot of fun and will focus on **Changing Our Health Habits, which will impact healthcare premiums. Control your healthcare costs & have fun!**

CHEMICAL SAFETY TIPS!

By Steve Webber, Health & Safety Services Specialist

In addition to disposing of chemicals at the district, it is also important to dispose of hazardous chemicals properly at home. Visit www.cccrecycle.org for Household Hazardous Waste (HHW) Facilities in Contra Costa County, and for more information on how to safely dispose of household hazardous waste.

Following is a list of materials accepted at these facilities:

HOUSE:

- * Aerosol sprays
- * Batteries
- * Cleaners
- * Fluorescent lamps
- * Medications
- * Nail polish
- * Oven cleaners
- * Poisons
- * Thermometers

GARAGE:

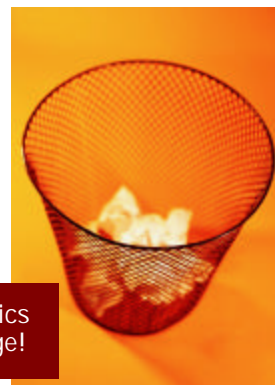
- * Antifreeze
- * Auto batteries
- * Engine cleaners
- * Fuel & gasoline
- * Oil & filters

YARD:

- * Fertilizers
- * Pesticides
- * Pool chemicals
- * Propane tanks (5-gallon or less)
- * Weed killers

WORKSHOP:

- * Glues
- * Paint, all kinds
- * Paint thinners
- * Solvents
- * Wood finishes



Don't put toxics in the garbage!

CCCSIG LINK

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



CCCSIG PROVIDES STRESS MANAGEMENT FOR DISTRICTS

By Wade Gulledge, Health & Safety Services Manager

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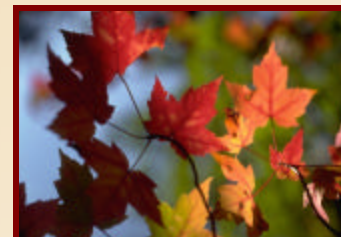
On the morning of October 31st there was more going on at CCCSIG than the usual self-insurance operations that one may think about! The ghosts and goblins of the insurance world were engaged in providing the second professional development workshop on **“STRESS MANAGEMENT”** for district contacts.

As part of an ongoing effort to provide professional development, Karen Habegger of Revel Coaching, provided a presentation that covered the following topics:

- * **CAUSES OF STRESS**
- * **FACTORS THAT CONTRIBUTE TO JOB STRESS**
- * **EFFECTS OF STRESS ON EMPLOYEES**
- * **RELATIONSHIP BETWEEN STRESS AND PERFORMANCE ON THE JOB**
- * **ACCESS YOUR TEAM'S STRESS**
- * **HOW TO MANAGE STRESS**
- * **CREATING A STRATEGY FOR MANAGING STRESS BETTER!**

The workshop was a great success, and participants gained insight and skills into this critical area of life, both inside and outside the work environment.

In Spring of 2006, watch for a notice on the next Professional Development Workshop: “How To Create and Foster Organizational Change”! This workshop will focus on Team Building, Positive Thinking and Improving Morale! Additionally, CCCSIG has presentations that are available on this important topic which can be conducted for employee groups/department staff on request. Please contact CCCSIG for more information or to schedule a presentation.



FALL 2005

CHEMICAL SAFETY IS CRITICAL FOR DISTRICTS

By Steve Webber, Health & Safety Services Specialist

Under California Labor Code and the California Occupational Safety and Health Act, all employers in California are legally obligated to provide and maintain a safe and healthful workplace for employees.

Whatever the size of the facility or number of chemical hazards, it is essential that both employers and employees know how to identify potentially hazardous substances, understand the health hazards associated with these chemicals, and follow safe work practices. Every workplace which has or uses hazardous substances must have a written and effectively implemented hazard communication program that specifically addresses the potential hazards found at that particular site. **CCCSIG can help with this!!!** (Continued on page two)