

HEALTH & SAFETY SERVICES

Contra Costa County Schools Insurance Group

Workers' Compensation/Health & Safety Services & Health Benefits Program Provider



"Yesterday's CCCSIG training was great! Steve & Abbie gave a wonderful presentation on back safety, stress and then on the baseball walking program. Nearly all signed up....Thank you!"

*-Thomas Jamison,
Dir./Maintenance & Operations
San Ramon Valley USD*



CONTACT US!

1 (866) 922-2744

Denise Schreiner,
H&S Services Manager
Ext. 270/dschreiner@cccsig.org

Steve Webber,
Senior H&S Services Specialist
Ext. 273/swebber@cccsig.org

Abbie O'Toole,
Senior H&S Services Specialist
Ext. 235/aotoole@cccsig.org

Susan Patterson,
H&S Services Specialist
Ext. 238/spatterson@cccsig.org

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HEALTH & SAFETY TRAININGS

TRAINING TOPICS:

- * Fitness
- * Nutrition
- * Stress Management
- * General Wellness
- * Back Injury Prevention
- * Slips, Trips, Falls Prevention
- * Safe Work Practices
- * Nonviolent Crisis Intervention Training Program (Full Day)
- * Supervisor Safety Training
- * New Employee Orientation

CAL/OSHA COMPLIANCE TRAINING SERIES:

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

For additional information/descriptions visit our website at www.cccsig.org.

OTHER HEALTH & SAFETY SERVICES

HEALTH CLUB DISCOUNTS:

- * 24 Hour Fitness
- * Bally's
- * In-Shape

ERGONOMIC EVALUATIONS:

- * Onsite; individual/small group
- * Any occupational group
- * 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 & follow

HEALTH FAIR ASSISTANCE:

- * Planning assistance
- * Day-of-event services
- * Vendor list available

HEALTH SCREENINGS:

Confidential; onsite

- * Flexibility
- * Blood Pressure
- * Body Composition
- * Grip Strength
- * Cholesterol & Glucose*

**Fee-based service using outside provider*

COMMUNICATIONS:

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

ABOUT CCCSIG: The Contra Costa County Schools Insurance Group (CCCSIG) is a Joint Powers Authority organized in 1977 for the purposes of self-insuring workers' compensation 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 have a wealth of expertise in the areas of Fitness, Nutrition, Safety, Wellness and Ergonomics.

CONTRA COSTA COUNTY SCHOOLS INSURANCE GROUP

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