

# 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!**

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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](http://www.cccsig.org).

## OTHER HEALTH & SAFETY SERVICES

### HEALTH CLUB DISCOUNTS:

- \* 24 Hour Fitness
- \* Bally's
- \* In-Shape
- \* Pleasant Hill YMCA

### 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**

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