

HEALTH & SAFETY SERVICES

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

24hr Fitness, Planet Fitness, Diamond Hills & In-Shape Offer Discounts for Member District Employees & Families!

Go to the Discounted Gym Memberships page in the H&S Section 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

- Wellness
- Stress Management/Resiliency
- Communication/Team-Building
- Back Injury Prevention
- Slips, Trips, Falls Prevention
- Safe Work Practices
- Nonviolent Crisis Intervention (CPI)
- Supervisor Safety Training
- New Employee Safety Orientation
- Ergonomics
- Relaxation/Mindfulness
- Injury & Illness Prevention Plan
- Hazard Communication
- Personal Protective Equipment
- Bloodborne Pathogens
- Lockout/Tagout
- Asbestos Awareness
- Accident Investigation
- Heat Illness Prevention
- Forklift & Scissor/Boom Lift Training
- Ladder Safety
- Utility Cart Safety

For more information visit www.cccsig.org. Trainings available in instructor-led and video on demand formats.

OTHER HEALTH & SAFETY SERVICES

ERGONOMIC EVALUATIONS:

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

HEALTHY LIFESTYLE PROGRAMS:

- 4-6 weeks with an emphasis on physical activity
- Fun; stress-reducing; team-building; easy to implement
- Online & Poster Formats

COMMUNICATIONS:

- Quarterly newsletter—"Crossroads"
- Health & Safety Web Pages
- Claims Trends and Progress Reports
- Countywide H&S Coordinator Meetings
- Quarterly H&S Email Updates (Administrators)

VIDEOS ON-DEMAND:

- Heat Illness Prevention Training
- Accident Investigation
- Slip, Trip and Fall Prevention
- 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:

- IIPP, Bloodborne Pathogens, Heat Illness, etc.

SAFETY BY DESIGN:

For New School Construction/Modernization

- Safety by Design Checklist

HEALTH SCREENINGS (on-site):

- Blood Pressure/Body Composition

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.