



Stanislaus County

**CEO-Risk Management
Division**

Safety Unit

Course Schedule

2009 - 2010

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How to Contact Us

Stanislaus County CEO-Risk Management Division
Safety Unit:

Address: 1010 10th Street, Suite 5900
Modesto CA 95354

Office Hours:
8:00 am to 5:00 pm
Monday - Friday

Mailing Address:
Stanislaus County CEO-Risk Management Division
1010 10th Street Suite 5900
Modesto CA 95354
Or
P.O. Box 1723
Modesto CA 95353

Telephone: (209) 525-5781
Fax: (209) 525-5779

Website: www.stancounty.com/riskmgmt/index.shtm

Safety Unit Course Description

2008 Schedule

Back Safety – Mary Krost

Class length: 4 hours

8:00 am to 12:00 pm or 1:00 pm – 5:00 pm

Offered at - County Center III



The purpose of this class is to show attendee's proper lifting techniques, and to demonstrate different stretching and strengthening exercises to decrease the possibility of injuries due to a deconditioned spinal column and musculature system. You will learn from a physical/occupational therapist some basics of lifting, pushing/pulling, carrying and reaching techniques for both on or off the job exposure. Nutrition and proper supplementation will also be discussed to help improve your health.

Dates for this class are:

2009

November 10

2010

March 31

June 8 (1:00 pm – 5:00 pm) only

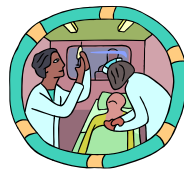
CPR/First Aid/AED

Valid: 2 years

Class length: 8 hours

8:00 am – 5:00 pm

Offered at – Doctors Medical Center Foundation,
700 McHenry Avenue, Suite A, Modesto



This class teaches American Safety and Health Institute (ASHI) Cardio Pulmonary Resuscitation, First Aid and Automatic External Defibrillator training (Adult/Infant/Child CPR/FA/AED). This class will provide you with a two-year CPR card and more importantly the ability to save a life, maybe the life of a loved one. AED information will also be covered.

Prerequisites:

- One Class III, IV or V Personal Flotation Device (PFD) equipped with a whistle for every registered employee.
- One 70-foot 3/8 Poly-rope bag for every two employees.
- One waterproof flashlight for every employee (to be attached to the PFD).
- One radio, cellular phone or some other forms of communication, which allow employees to contact assistance (for every two employees).

The above equipment can be shared so not every employee will need the equipment at the same time. Should you require any suggestions as to the type of equipment to be purchased, please contact the CEO-Risk Management Division. Some equipment will be available at the pool; however, equipment must be reserved before the class. Do so when completing your registration.

Dates for this class are:

2009

November 5

2010

April 13



Slip/Trip/Fall

Class length: 2 hours

8:00 am – 10:00 am

Taught by – Stanislaus County, Risk Management Division

Offered at – County Center III

Slips, trips and falls are a leading cause of injury and death, both on and off the job. Managers/Supervisors will learn how these events occur, and the warning signs of a problem area. By being a better-educated observer, we will be able to avoid dangers that we may have overlooked previously.

Dates for this class are:

2009

August 6

December 10

2010

March 25

May 4



Water Safety Training

Class length: 4 hours

8:30 am – 11:30 pm or 1:00 pm – 4:00 pm

Offered at – Aquatic Dreams, 1212 Kansas Ave, Modesto

The County Safety Manual, Water Safety Policy, demands any employee, who is engaged in work activities near (10 feet) deep, swift, or rapidly rising water, where employees are exposed to a drowning hazard, to have water safety training. This class is good for on or off the job exposure to water activities.

All attendees will get wet. Clothing that is similar to regular work attire, that can get wet, is required. It is requested you bring both a towel and change of clothing. You must be pre-registered.

Upon completion of this class, you will be provided with a two year First Aid card. Eighty percent of First Aid/CPR use is in the home, not on the job. Be prepared to save a life at home or work.

Dates for this class are:

2009

July 20

August 3

September 23

October 5

November 18

December 14

2010

January 20

February 1

March 17

April 5

May 17

June 23

CPR/ First Aid/AED (CPR Enrollment required)

Recertification

Valid: 2 years

Class length: 5 hours

8:00 am – 1:30 pm

Offered at – Doctors Medical Center Foundation,
700 McHenry Avenue, Suite A, Modesto

As above, but must have current CPR card – class to be taken within 2 weeks of expiration if not working – will give 4-6 weeks if working.

Dates for this class are:

2009

July 8

August 19

September 9

October 14

November 2

December 2

2010

January 4

February 17

March 1

April 21

May 5

June 7

CPR/AED Health Care Provider

Valid: 2 years

Offered at – Doctors Medical Center Foundation,
700 McHenry Avenue, Suite A, Modesto



This program brings with it: 1) CPR recertification required every other year and 2) a combined class involving AED, done in such a manner that they are all required every two years. This class is for professionals; hospital, Doctors office staff, EMT, lifeguards, and includes adult, child and infant CPR.

SPECIAL HEALTH CARE CPR PRO AND RECERTIFICATION CLASS ARE AVAILABLE FROM CEO-RISK MANAGEMENT DIVISION UPON REQUEST OR BY CONTACTING DMCF DIRECTLY.

CPR/AED Health Care Provider recertification

Valid: 2 years

Offered at – Doctors Medical Center Foundation,
700 McHenry Avenue, Suite A, Modesto

Valid: 2 years

Offered at – Doctors Medical Center Foundation,
700 McHenry Avenue, Suite A, Modesto

As above, but must have current CPR card – class to be taken within 2 weeks of expiration if not working.

SPECIAL HEALTH CARE CPR PRO AND RECERTIFICATION CLASS ARE AVAILABLE FROM CEO-RISK MANAGEMENT DIVISION UPON REQUEST OR BY CONTACTING DMCF DIRECTLY.

Defensive Driving

Valid: 4 years

Class length: 4 hours

8:30am to 12:30 pm

Taught by – Stanislaus County, Risk Management Division

Offered at – County Center III



Dates for this class are:

2009

August 27

October 22

Risk Management 102 Workshop

Class length: 8 hours

8:30 a.m. – 4:30 p.m.

Taught by – Stanislaus County, Risk Management Division

Offered at – County Center III

Prerequisite: RM 101

If Risk Management 101 class left you with wanting more practical hands-on experience in the areas of Accident Investigation, For Cause Drug and Alcohol Testing, General Liability or Motor Vehicle Accidents, then Risk Management 102 is for you.

Learn from professionals in Law Enforcement, Risk Management, and Human Resources:

- * How and why to complete forms;
- * How to recognize an employee under the influence;
- * What to do if you suspect an employee is under the influence;
- * What you and your employee need to know about on the job Motor Vehicle Accidents;
- * What to do and not to do for non-employee injuries;
- * How to work through an injury/accident investigation.

Dates for this class are:

2009

September 10

2010

March 16

Mail Handling Safety

Bomb, Bio, Chemical Threats

Class length: 3 hrs

8:00 am – 11:00 am

Taught by – Stanislaus County, Risk Management Division

Offered at County Center III



Does your job include opening mail or packages? Would you like to review the issues and warnings distributed to all employees and have a chance to ask questions? Many people have questions about how mailrooms and offices should handle mail that may contain a bomb, written threats, chemical, biological material inside, or mail that may contain some form of powder.

Dates for this class are:

2009	2010
July 23	January 21

Risk Management 101 for Supervisors

Class length: 2 hours

8:30 am – 4:30 pm

Taught by – Stanislaus County, Risk Management Division

Offered at – County Center III

This training is for every employee who supervises employees or is interested in doing so in the future. Some of the subjects to be discussed are:

- * Disability Management
- * FMLA
- * Employee Benefits
- * Workers Compensation Forms/Instructions
- * Incident/Accident Report
- * Ergonomics
- * Workplace Violence

Motor Vehicle collisions are one of the leading causes of death and serious injury to employees who drive as part of their work responsibilities. The national cost of motor vehicle collisions is now more than \$230 billion annually. Even with today's budget cuts and economy, the cost of implementing a safe driving program is often far less than the average 'backing crash'. Do you want to learn to drive safer? Then come to this class!

Dates for this class are:

2009		
July 14	August 25	September 24
October 27	November 19	December 17
2010		
January 26	February 25	March 18
April 22	May 27	June 29

D.O.T Training

Class length: 6 hours

8:00 am – 2:00 pm

Taught by – Stanislaus County, Risk Management Division

Offered at – County Center III



Both State & Federal Law requires training for any Supervisor or person overseeing a DOT driver. To comply with these State & Federal laws, the CEO-Risk Management Division will conduct a DOT training class for all DOT Representatives, Supervisors and other persons overseeing DOT drivers. Please check within your department/division to determine who must attend. Remember only trained people can supervise and oversee DOT drivers/issues.

Date for this class is:

2010
October 29

Ergonomics (Office) - Mary Krost

Class length: 4 hours

8:00am to 12:00 pm or 1:00 pm – 5:00 pm

Offered at – County Center III



The CEO-Risk Management Division has scheduled Office Ergonomics training workshops for all County employees. You will learn from a physical/occupational therapist some basics of how the body is put together and reacts to repetitive stress. This class is recommended for supervisors, managers, Safety Representatives, injured workers and any County employee who spends more than two hours on or off the job doing repetitive office tasks.

The topics discussed are: back, neck, shoulder, elbow/forearm and wrist/hand. You will learn how to identify hazardous conditions and reduce musculoskeletal injuries frequently occurring in the office environment. This class will also help improve the employee work settings, use of furniture and equipment particularly in the use of computers. Solutions are offered for ergonomics changes in posture, work methods, workstation and furniture design.

Dates for this class are:

2009

November 9

2010

March 30

June 8 (8:00 am – 12:00 pm) only

Ergonomics

Class length: 2 hours

8:00 am – 10:00 am

Taught by – Stanislaus County, Risk Management Division

Offered at – County Center III

It is important to remember ergonomics all day - - and not just at the office. Learning to listen to signals from your body is critical to the quality of your life. This class will teach you how ergonomics can save you from pain,

suffering, and loss of income and disruption of your lifestyle due to injury.

Any County employee who spends two hours or more on or off the job doing repetitive task is a candidate for an Ergonomics class.

Dates for this class are:

2009

August 20

December 3

2010

February 9

June 17

IIPP

Class length: 1 hour

8:00 am – 9:00 am

Taught by – Stanislaus County, Risk Management Division

Offered at – County Center III

In California, the words, "Injury and Illness Prevention Plan" (IIPP) are the title for a state mandated safety program. It is mandated for any employer that has ten or more employees. The scope of this plan is to prevent injury and illness by risk assessment, open lines of communication, training and assigned responsibilities. Every person employed by Stanislaus County is covered by our IIPP. Attendees will learn what the County IIPP says about our prevention plan so they may become more involved in protecting themselves (required for County Employees).

Dates for this class are:

2009

September 15

2010

January 28

April 8

June 24