

Risk Management Training Programs

Back Injury Prevention - Material Handling

A program designed to raise awareness about the severity of back injuries and other musculoskeletal injuries. The program will cover some steps employees can take to prevent injuries through an understanding of body mechanics. Emphasis will be placed on identifying ways to reduce injuries through the use of equipment and engineering controls. **60 to 90 minutes.**

Back Injury Prevention: An Emergency Service Focus

A program designed to raise awareness about the severity of back injuries, and to offer some prevention strategies for emergency services workers. The program includes a review of facts and figures highlighting the severity of back injury problems of emergency services workers throughout the Primex³ membership, and a hands-on demonstration of proper body mechanics to utilize when lifting and carrying patients. Department heads are encouraged to supplement the session with a discussion of SOP's which address patient handling, and to provide specific patient handling devices (ambulance cot, chair stretcher, orthopedic stretcher, and backboards). **90 minutes.**

Beyond the Blade: Snow Plow Operator Safety

This program addresses the health and safety of the snow plow operator. From a lack of pre-planning the route to not enough sleep, participants will examine the factors that lead to injuries, and discuss ways to prevent them. This program is not intended to teach operators how to plow, but rather, how to control factors which can affect their health and safety. **1 hour.**

Building & Maintaining a Positive Risk Management Culture

This program is targeted to the chief executives, senior staff, line supervisors and members of the Joint Loss Management Committee (JLMC) and focuses on what it takes to establish the foundation of a positive risk management culture. This program introduces the basic tenet that "good management equals good risk management" and explores pooling and risk mitigation concepts at a basic level. **60 to 90 minutes.**

Chainsaw Safety

This program is designed to highlight proper safety procedures and equipment while operating a chainsaw. This will be especially useful for the occasional operator, either as an introduction or as a refresher. This is not designed nor intended to be instruction on how to use a chainsaw. It is expected that all personal protective equipment will be in place prior to conducting the program. **60 to 90 minutes.**

Collision Avoidance

Driving is one of the more common and dangerous tasks a staff member will perform. This program is designed to highlight key concepts in vehicle collision avoidance. Vehicle crashes continue to be recognized as serious workplace events and this program is a chance for drivers to brush up on important concepts behind the wheel, including; braking, backing, following, steering and the use of seat belts. **1 hour.**

Communicable Disease Exposure Control

Often referred to as blood borne pathogens training, this program will provide an overview of some of the communicable diseases to which workers may be exposed. The discussion will include information about how the diseases are, and are not, transmitted, and how workers can protect themselves against an exposure. It is appropriate for employees in any department who may potentially be exposed to a communicable disease. Department heads and/or supervisors are encouraged to reinforce the discussion with a review of their policies and procedures regarding communicable disease exposure protection. **90 minutes.**

Confined Space Entry Safety

Confined space entry is dangerous since many of the hazards associated with confined spaces are difficult to detect. This program is designed to teach employees the proper safety procedures and equipment needed when entering a confined space. Emphasis will be placed on identifying confined spaces and highlighting the appropriate sequence of events needed to safely enter these dangerous areas. Although the program touches upon it, this is not a class in confined space rescue techniques. **90 minutes to 2 hours.**

Environmental Hazards

From poisonous plants to cold temperatures, the operating environment for employees can present numerous safety and health concerns. This program will highlight some of the more common environmental hazards and ways to protect staff from these hazards. **1 hour.**

Fall Protection

Each year over 1,300 workers die in falls, and another 300,000 suffer disabling injuries. This program will look at basic control measures and the elements of good fall protection, including needed equipment to safeguard workers from falls with an emphasis on preventing falls from heights. **1 hour.**

Firefighter Safety

A close look at firefighter injuries in New Hampshire. Emphasis will be placed on accidents and related injuries that firefighters are most likely to incur based on statistical analysis. Further, discussion and films will highlight common fire ground hazards that can injure and/or kill a firefighter if not properly recognized. This program provides a good opportunity for open discussion of safety issues specific to your department. **60 to 90 minutes.**

Fire Protection

Every workplace has numerous practices and conditions that could give rise to a fire. Fires can threaten personal safety and can result in tremendous property loss. This program will highlight some of the more common workplace fire and life safety hazards and will provide basic strategies to prevent a fire in the workplace. **1 hour.**

Hazardous and Toxic Substances

A program designed to raise awareness of hazardous and toxic substances in the workplace. Emphasis will be placed on RSA 277-A, the Worker's Right-To-Know Act, and on the types of hazardous/toxic substances that employees may be exposed to. Participants will also gain an understanding of how hazardous/toxic substances can enter the human body, and in turn, learn how to protect themselves. This program does not satisfy the training provisions of the Act. Employers are still required to train their employees. However, the program will provide a foundation for supervisors who will conduct the required training. More importantly, this program will hopefully prevent exposures to hazardous/toxic substances. **1 hour.**

Incident Review

Incident review is a proactive measure that can help organizations to control the likelihood or reoccurrence of events that can or do result in injury or property damage. Emphasis will be placed on why we review and investigate these events, various incident theories, incident reporting, and specific review and investigation guidelines. **45 minutes to one hour.**

Joint Loss Management Committee Primer

Is your statutorily required joint loss management committee (JLMC) looking for a fresh start? Are they unsure of their roles and responsibilities? Are they confused about the workplace inspection process? If so, this program can help. Primex³ staff will work with the committee to help in developing an understanding of their roles and responsibilities and will guide them to a better understanding of the workplace inspection process. The program can be customized to meet your committee's particular needs. **60 to 90 minutes.**

Ladder Safety

Each year over 1,300 workers die in falls, and another 300,000 suffer disabling injuries. This program will look at basic control measures and the elements of ladder safety including proper ladder selection, set-up and use and will help employees to develop an awareness of common causes of ladder falls. **1 hour.**

Landscape Maintenance Safety

Lawn mowing accidents account for over 60,000 injuries each year, and such injuries are easy to prevent with proper training. This program addresses the hazards associated with lawn mowing and other landscape care and maintenance tasks. It is especially appropriate for "summer help" hired specifically to perform those duties. **1 hour.**

Lockout/Tagout Procedures

Many employees who service and maintain equipment are routinely exposed to a variety of hazardous energy sources. Failure to properly recognize and control these energy sources can lead to serious personal injury or death. Using a systematic approach, this program will help individuals to understand the practices and procedures necessary to disable machinery or equipment and to prevent the release of potentially hazardous stored energy. Department heads will be asked to adopt a written policy that requires and outlines the steps for effective control of hazardous energy (lockout/tagout). **1 hour.**

Personal Protective Equipment

"I give it to them, but I can't make them wear it," is no longer a valid excuse when discussing personal protective equipment. This session will highlight basic forms of protective equipment and will dismiss myths commonly associated with the equipment's non-use. This program provides an ideal forum to review the obstacles, requirements, and successful strategies for the use of personal protective equipment in the workplace. Department heads and/or supervisors are encouraged to reinforce the discussion with a review of their policies regarding personal protective equipment. **1 hour.**

Respiratory Protection

This session is an open forum regarding the selection, use, care maintenance of respiratory protection. Students will be encouraged to discuss obstacles and successful strategies for the use of respiratory protection equipment in the workplace. Emphasis will be also placed on statutory requirements and medical considerations when considering the use of respiratory protection equipment. **1 hour.**

Slip-Slicin'-Away (Food Service Safety)

This program will take a closer look at the some common causes of injuries in the kitchen environment. From cuts, burns, strains and sprains the commercial kitchen is a dangerous place. This program will place emphasis on identifying kitchen hazards, and more importantly, ways to eliminate them. **1 hour.**

Slips, Trips and Falls Prevention

Slips, trips, and falls are some of the leading causes of accidents and related injuries in the workplace. This program will offer a close look at the common causes of slips, trips, and falls, including falls from heights. Emphasis will be placed on identifying hazards, as well as preventive techniques to help prevent these injuries from occurring at your site. **45 minutes to 1 hour.**

Traffic Control Techniques: Road Crews

A program which highlights the proper methods of traffic control using appropriate equipment and signals. Stressed is the need for signage and proper work zone orientation in addition to the use of highly visible apparel. A must have for any activity or operation conducted on or near the roadway! **60 to 90 minutes.**

Traffic Flagger: Certification Program

Controlling traffic through work areas is one of the most important -- and dangerous -- operations in construction maintenance. The National Safety Council's Flagger Training Course is a comprehensive skill-building session that meets federal industry guidelines: the Manual on Uniform Traffic Control Devices (MUTCD) guidelines and the ANSI standard ISEA-107-1999. The Office of Highway Safety, the Federal Highway Administration, and several state Departments of Transportation have reviewed this program. **4 hours.**

Traffic Control Techniques: Crossing Guards

A program designed to highlight the proper methods of controlling traffic at roadway pedestrian crossings. Emphasis is placed on proper methods and equipment to enhance safety for pedestrians, motorists, and employees. A benefit to both new and seasoned crossing guards. **1 hour.**

Traffic Control Techniques: Law Enforcement

This program will highlight the proper methods of traffic control in both emergency and non-emergency situations. Emphasis is placed on the importance of the activity, as well as proper methods and equipment to utilize. A benefit to both new and seasoned officers. **1 hour.**

Traffic Control Techniques – Fire Service

A program that highlights the proper methods of traffic control in both emergency and non-emergency situations. Emphasis is placed on the importance of the activity as well as proper methods and equipment to utilize. Emphasis is placed on recognizing effective positioning strategies for apparatus and personnel and the use of proper traffic control signals.

Trench and Excavation Safety

This session will highlight the importance of using appropriate trench protection techniques, and will offer guidelines which can be used to determine the need for using them. The program is especially helpful for departments doing quick “in and out” repair work. This is not designed nor intended to be instruction in specific trench protection equipment. **90 minutes.**

Workstations and Offices: Accident and Prevention Techniques

During accident prevention training, administrative support personnel are often overlooked due to their perceived “non-hazardous” environment. From ergonomic related disorders to slips and falls, Primex³ members experience many office accidents and illnesses each year. There are ways to prevent many of these accidents, and this session is intended to inform workers about some of the steps they can take. Attendees receive a workstation self-evaluation checklist. **1 hour.**