

# On-Demand Safety Training: Available at Your Finger Tips



WCF Insurance provides online, streaming safety seminars from our website. The new on-demand system is helpful for training large or small groups and is accessible anytime. They are developed and presented by WCF's board-certified safety and industrial-hygiene professionals.

## HOW TO ACCESS WCF ON-DEMAND SEMINARS

Seminars are available at WCF's website, [wcf.com](http://wcf.com). Select the safety tab on the top navigation bar and select On-Demand Seminars. You will need your policy number to access the seminar. If you have trouble accessing the seminars, call 385.351.8103. Below are the topics currently available online. New courses are continually being added and updated.

## WCF ON-DEMAND SEMINARS

**Controlling Workers' Compensation Costs:** This course for business owners and key decision makers will discuss effective risk-control programs, which are key to managing insurance costs. Practical examples will be reviewed.

**OSHA 300 Log:** This course will discuss the OSHA requirements for record keeping, including tracking and documenting workplace injuries/illnesses and filling out the required OSHA 300 log form. Basic principles of claims management will also be discussed.

**Forklift Train-The-Trainer:** This course will cover aspects of forklift-operator training and will prepare participants to develop and implement an in-house program in compliance with the OSHA standard for powered, industrial trucks (29 CFR 1910.178).

**Drug Free Workplace: Promoting A Drug Free Environment:** Topics discussed will include how to develop a drug-free-workplace program, how to plan and implement a substance-abuse-testing program, and a discussion of the common traps, pitfalls and mistakes encountered along the way.

**Violence In The Workplace:** This course will address the occupational risks in dealing with angry customers and coworkers. Techniques for diffusing hostile situations, preventing violent outbursts, and preventing robbery will be presented.

**Safety Culture: Promoting A Safe-Workplace Culture:** This course is designed to help companies realize the importance of establishing a strong safety culture within an organization and that corporate culture ultimately determines injury frequency and severity.

**Incident Investigation:** This course will give participants basic-investigative techniques and management tools directed at gathering information during an incident investigation. It will focus on underlying accident causation in order to prevent reoccurrences.

**Back, Eye, & Hand Injury Prevention:** This course reviews the basic techniques of injury prevention for back, eye and hand. Participants will gain helpful information to assist them in loss-prevention control.

**OSHA: Top OSHA Citations For General Industry:** This course will examine several of the standards that were most frequently cited by Utah OSHA for the most recent year available. It will also include a brief overview of the OSHA-inspection process and recordkeeping requirements associated with the OSHA 300 log.

**Respiratory Protection:** This course provides the tools and knowledge needed to implement and manage a respiratory-protection program as required by OSHA. This course will review updates to standards, approved respirator types, and correct respirator selection, fit, and usage.



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**Noise Control & Hearing Conservation:** This course will provide a basic understanding of the principles of noise control and hearing conservation to assist you in protecting your employees from the permanent affects of noise-induced hearing loss. The requirements of the OSHA Hearing Conservation Standard (1910.195) will be reviewed. Various alternatives for noise dampening and control in the workplace will be discussed.

**Accident Prevention:** Principles of loss control will be discussed with an emphasis on integrating safe work practices into management systems. This course will discuss traditional accident-control techniques and the philosophy of safe work practices for accident prevention.

**Office Ergonomics and Safety:** This course introduces fundamental ergonomic principles and how they apply to the office environment. Common ergonomic-risk factors will be reviewed. Tips to optimize workstation setup and employee posture to increase comfort and productivity will be discussed.

**OSHA Injury Prevention:** This course is designed to assist the small-business owner with safety and injury-prevention programs. A general overview of OSHA regulations that may apply to small businesses will be discussed. Information on resources available to small businesses will be provided.

**Personal Protective Equipment:** This course provides an overview of the OSHA and NIOSH requirements for the selection and use of personal-protective equipment. It will discuss hazard assessments and employee training as required by the OSHA Personal Protective Equipment Standard.

**Managing An Effective Safety Committee:** This course will provide attendees with ideas for developing and managing an effective safety committee to ensure the best possible use of this valuable resource in reducing injuries and promoting workplace safety culture.

**Safety Management:** This course describes traditional safety-management principles. Key elements of a written safety-program will be described. Participants will learn safety management techniques that will help them transform a written safety program into work operations.

**Behavioral Safety:** This course is an introduction to the concepts of behavioral safety. Basic elements of behavioral safety will be presented and resources provided on how to implement the process in the workplace.

**Machine Guarding:** Basic machine-guarding techniques and a variety of machinery-guarding options will be discussed. This course is designed to give participants basic knowledge of machine-guarding requirements based on OSHA and ANSI protocol.

**Back Injury Prevention:** This course will discuss basic safe-lifting techniques and the risk factors for back injury. Proper body mechanics for lifting will also be discussed.

**Welding Safety:** A wide variety of welding processes are used in many industries. This course describes common types of welding and the associated hazards. It also covers measures employers and employees can take to control welding hazards. We will discuss chemical hazards, physical hazards, engineering controls, personal-protective equipment and relevant OSHA requirements.

**Electrical Safety Lockout Tagout:** This is a basic electrical safety course to help participants recognize the electrical hazards that might be present in the workplace. Participants will also receive information to assist them in complying with OSHA's Control of Hazardous Energy Standard.

**Confined Space Safety:** This course will review the requirements of the OSHA Confined Space Standard, the hazards involved in confined spaces and how to eliminate, control or minimize such hazards. An introduction to atmospheric testing of confined spaces will also be provided.

**Effective Safety Training Techniques:** This course will focus on effective safety presentation and training techniques for the most effective learning environment. Adult-learning theory will be discussed as well as the dos and don'ts for the safety trainer.

**Emergency Disaster Planning and Recovery:** This course will review both the process and the elements that must be included in any effective continuity plan. The last portion of this class will explore emergency-plan testing and plan maintenance to ensure the continuing viability of business.

