



2016 CUSTOMER SEMINAR SCHEDULE





I encourage all my clients to attend WCF Safety Seminars.

Shannon McQuarrie
Solution Services

WCF'S CUSTOMER SEMINARS

WCF customer seminars offer up-to-date information for best practices in safety and claims management to help you preserve your company's bottom line.

➔ **Classes are free to WCF policyholders.***

On Demand Seminars*

WCF now provides online streaming safety seminars from WCF's website, wcf.com. To access the seminars, 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 with the On Demand program, contact us at 385.351.8103.

Attend Seminars Via Live Video Conference at the WCF St. George or Ogden Branch Offices

Selected seminars will be offered via live video conference at the WCF Ogden and St. George branch offices. Look for the VCO (Video Conference Ogden) and VCS (Video Conference St. George) notations in the calendar schedule or in the seminar description in this brochure to see which seminars are offered by video conference. To register:

- Go online to www.wcf.com/safety
- Or call:

ST. GEORGE video conferences, call 435.652.5027 or 1.800.324.9470 ext 5027

OGDEN video conferences, call 801.476.2425 or 1.800.611.4550 ext 2425

Fulfill Association Discount Program Requirements

Attendance of a manager or supervisor to WCF customer seminars will fulfill the seminar attendance requirements for policyholders who qualify for the WCF Association Discount Program. For policyholders who have signed an association agreement for a premium discount through Utah Manufacturing Association, Associated General Contractors, Utah Trucking Association, Utah Roofing Association, or Utah Home Builders Association, attendance at two 1½-hour seminars or one ½ day seminar fulfills the agreement training requirement. For more information, talk to your insurance agent.

Continuing Education Credit

Select WCF seminars are pre-approved through the Utah Department of Occupational & Professional Licensing (DOPL) to fulfill the requirements for Contractor Continuing Education as specified in Utah Rule R156/55a. These seminars are designated by the letter (P) for professional credit and (C) for core credit, listed after the seminar description in this brochure. Only professional credit can be given for electricians and plumbers licenses. All license numbers are required at the time of attendance, and contractors should keep all course certificates and class materials for documentation/verification purposes should DOPL perform an audit. Select courses are approved for contractor core credit via a joint agreement with Associated General Contractors of Utah (AGC). For more information, visit <http://www.dopl.utah.gov/licensing/contracting.html>.

* Due to the inability to verify attendance for on demand seminars, completing an online course does not count toward the seminar attendance requirements for customers who qualify for the association discount programs or for contractor licensing continuing education.

Attendance in person is required to fulfill these requirements.

* All courses are free to policyholders with the exception of a \$50 materials fee for the OSHA Construction Safety 10-Hour and the OSHA General Industry Safety 10-Hour Seminars. Also, there is a \$10 materials fee for the DDC 4 Course.

WCF CUSTOMER SEMINAR INFORMATION & REGISTRATION

Safety Course Information

- All courses are free to policyholders with the exception of a \$50 materials fee for the OSHA Construction Safety 10-Hour and the OSHA General Industry Safety 10-Hour Seminars. Due to the popularity of these two courses, registration is limited to four people per company. Also, there is a \$10 materials fee for the DDC 4 Course.
- Non-WCF policyholders are invited to attend all courses for a fee of \$175 per seminar.
- If you need special accommodations, please contact WCF five working days in advance of the course so arrangements can be made.
- Please note that the schedule and locations may be subject to change.
- For more information, contact the WCF Safety Department at: 800.446.2667 ext. 8103.

➔ **ONLINE REGISTRATION:** www.wcf.com

➔ **PHONE REGISTRATION:** 385.351.8103 or 800.446.2667 ext.8103

You may register by calling the WCF Safety Department, Monday–Friday 8:00 a.m.– 5:00 p.m.



WCF SAFETY ACADEMY

Safety & Health Certificate Program



SAFETY & HEALTH ASSOCIATE

Must complete required courses.

REQUIRED COURSES

OSHA 10-hour (Construction or General Industry)
Controlling Workers Comp Costs
Incident Investigation
Industrial Ergonomics or Office Ergonomics
Preventing Workplace Slips, Trips, and Falls
Strain & Sprain Injury Prevention Techniques
Basics of Occupational Health Hazards
+3 Hours Elective Courses from WCF Safety Schedule



SAFETY & HEALTH MASTER

Must complete the Associate requirements and required courses.

REQUIRED COURSES

Advanced Ergonomics (1/2 day)
Best Practices in Safety: ANSI Z-10 Standard (1/2 day)
Industrial Hygiene for the Safety Manager (1/2 day)
+9 Hours Elective Courses from WCF Safety Schedule

Apply online through the safety course registration page at www.wcf.com or call 385.351.8103.



WORKERS COMPENSATION FUND 2016 SEMINAR SCHEDULE

		DATE	TIME	CLASS	PLACE			DATE	TIME	CLASS	PLACE
JANUARY		1/14	8:30 - 10:00	Preventing Workplace Slips, Trips, and Falls (P) OD, VCO, VCS	Sandy	APRIL		4/6	8:30 - 10:00	Using Human Performance Indicators in Your Safety Program (P)	Ogden
		1/14	10:15 - noon	OSHA 300 log: Understanding the Requirements (C) OD, VCO, VCS	Sandy			4/6	10:15 - 11:45	Incident Investigation (P) OD	Ogden
		1/20	8:30 - 5:00	OSHA Construction Safety 10 hour (Day 1) (C)	Sandy			4/13	8:30 - 10:00	Severe Injury & Fatality Prevention (P) OD	Salina
		1/21	8:30 - noon	OSHA Construction Safety 10 hour (Day 2) (C)	Sandy			4/13	10:15 - 11:45	Helping Employees Make the Safe Choice (P) OD	Salina
		1/28	8:30 - 11:45	Occupational Health Hazards for the Safety Manager (1/2 day) VCO	Sandy			4/14	8:30 - 10:00	Incident Investigation (P) OD, VCO, VCS	Sandy
FEBRUARY		2/3	8:30 - 10:00	Safety Culture: Promoting a Safe Workplace Culture (P) OD	Cedar City			4/14	10:15 - 11:45	Controlling Workers Compensation Costs (P) OD, VCO, VCS	Sandy
		2/3	10:15 - 11:45	Fraud Prevention: Protecting the Legitimate Need	Cedar City			4/20	8:30 - 10:00	Managing an Effective Safety Committee (P) OD	Logan
		2/4	8:30 - 10:00	Safety Culture: Promoting a Safe Workplace Culture (P) OD	St. George			4/20	10:15 - 11:45	Controlling Workers Compensation Costs (P) OD	Logan
		2/4	10:15 - 11:45	Fraud Prevention: Protecting the Legitimate Need	St. George			4/21	8:30 - 10:00	NEW! NFPA: Understanding the 70E Standard VCO	Sandy
		2/4	8:30 - 10:00	NEW! Confined Space in Construction: Understanding the Regulation (C) VCO	Sandy			4/21	10:15 - 11:45	UPDATED! Forklift Safety Train the Trainer OD, VCO	Sandy
		2/4	10:15 - 11:45	Machine Guarding OD, VCO	Sandy			4/27	8:30 - noon	Strategies for Return to Work	Sandy
		2/11	8:30 - noon	Trucking Industry Safety Seminar (1/2 day) VCO, VCS	Sandy			4/28	8:30 - 10:00	Severe Injury and Fatality Prevention (P) OD, VCO	Sandy
		2/18	8:30 - 10:00	Ergonomics: Industrial Ergonomics (P) OD, VCO	Sandy			4/28	10:15 - 11:45	Using Human Performance Indicators in Your Safety Program (P) VCO	Sandy
		2/18	10:15 - 11:45	Strain & Sprain Injuries: Prevention Techniques (P) OD, VCO	Sandy	MAY		5/4	8:30 - 10:00	Strain & Sprain Injuries: Prevention Techniques (P) OD	Moab
		2/24	8:30 - 5:00	OSHA Construction Safety 10 hour (Day 1) (C)	Ogden			5/4	10:15 - 11:45	Preventing Workplace Slips, Trips, and Falls (P) OD	Moab
	2/25	8:30 - noon	OSHA Construction Safety 10 hour (Day 2) (C)	Ogden			5/5	8:30 - 10:00	Wellness and Injury Prevention Programs (P) OD, VCO	Sandy	
MARCH		3/3	8:30 - 11:45	Ergonomics: Advanced Ergonomics (1/2 day) (P) VCO	Sandy			5/5	10:15 - 11:45	Basics of Occupational Health Hazards (P) OD, VCO	Sandy
		3/9	8:30 - 5:00	OSHA General Industry Safety 10 hour (Day 1) (C)	St. George			5/11	8:30 - 10:00	Helping Employees Make the Safe Choice (P) OD	Vernal
		3/10	8:30 - noon	OSHA General Industry Safety 10 hour (Day 2) (C)	St. George			5/11	10:15 - 11:45	Training: Effective Safety Training Techniques (P) OD	Vernal
		3/16	8:30 - noon	Strategies for Return to Work	Ogden			5/12	8:30 - 10:00	Driver Safety & Awareness (P) OD, VCO, VCS	Sandy
		3/17	8:00 - noon	DDC 4: Defensive Driving Course VCO, VCS	Sandy			5/12	10:15 - 11:45	Drug Free Workplace: Promoting a Drug Free Environment (P) OD, VCO, VCS	Sandy
		3/23	8:30 - 5:00	OSHA General Industry Safety 10 hour (Day 1) (C)	Sandy		5/18	8:30 - 5:00	OSHA Construction Safety 10 hour (Day 1) (C)	Sandy	
		3/24	8:30 - noon	OSHA General Industry Safety 10 hour (Day 2) (C)	Sandy		5/19	8:30 - noon	OSHA Construction Safety 10 hour (Day 2) (C)	Sandy	

DATE		TIME	CLASS	PLACE	DATE		TIME	CLASS	PLACE
MAY	5/26	8:30 - 10:00	Working Safely from Heights VCO	Sandy	OCTOBER	10/20	8:00 - noon	DDC 4: Defensive Driving Course VCO, VCS	Sandy
	5/26	10:15 - 11:45	Preventing Workplace Slips, Trips, and Falls (P) OD, VCO	Sandy		10/27	8:30 - 10:00	Ergonomics: Office Ergonomics & Safety (P) OD, VCO	Sandy
JUNE	6/1	8:30 - 10:00	Risk Management: Identifying, Assessing, & Reducing Risk (P) OD	Orem		10/27	10:15 - 11:45	Strain & Sprain Injuries: Prevention Techniques (P) OD, VCO	Sandy
	6/1	10:15 - 11:45	Using Human Performance Indicators in Your Safety Program (P)	Orem	NOVEMBER	11/2	8:30 - noon	Strategies for Return to Work	Sandy
	6/9	8:30 - 10:00	Risk Management: Identifying, Assessing, & Reducing Risk (P) OD, VCO	Sandy		11/2	8:30 - 10:00	Using the WCF Website	Cedar City
	6/9	10:15 - 11:45	Electrical Safety & Lockout/Tagout OD, VCO	Sandy		11/2	10:15 - 11:45	Defensive Driving for Trucking and Fleets	Cedar City
	6/16	8:30 - 10:00	Training: Effective Safety Training Techniques (P) OD, VCO	Sandy		11/3	8:30 - 10:00	Using the WCF Website	St. George
	6/16	10:15 - 11:45	Dynamic Claims Management VCO	Sandy		11/3	10:15 - 11:45	Defensive Driving for Trucking and Fleets	St. George
	6/21	8:30 - noon	Safety Summit VCO, VCS	Sandy		11/3	8:30 - 10:00	NEW! Confined Space in Construction: Understanding the Regulation (C) VCO	Sandy
AUGUST	8/24	8:30 - 10:00	OSHA Required Programs	Ogden		11/3	10:15 - 11:45	NEW! NFPA: Understanding the 70E Standard VCO	Sandy
	8/24	10:15 - 11:45	Electrical Safety & Lockout/Tagout OD	Ogden		11/9	8:30 - 10:00	Severe Injury and Fatality Prevention (P) OD	Logan
SEPTEMBER	9/8	8:30 - 11:45	Best Practices in Safety: ANSI Z10 Standard (1/2 day) (P) VCO	Sandy		11/9	10:15 - 11:45	Training: Effective Safety Training Techniques (P) OD	Logan
	9/14	8:30 - 10:00	Strain & Sprain Injuries: Prevention Techniques (P) OD	Orem		11/10	8:30 - 10:00	Working Safely from Heights VCO	Sandy
	9/14	10:15 - 11:45	Ergonomics: Industrial Ergonomics (P) OD	Orem		11/10	10:15 - 11:45	Noise Control and Hearing Conservation OD, VCO	Sandy
	9/15	8:30 - 10:00	UPDATED! Forklift Safety Train the Trainer OD, VCO	Sandy		11/16	8:30 - 5:00	OSHA Construction Safety 10 hour (Day 1) (C)	Sandy
	9/15	10:15 - 11:45	Severe Injury & Fatality Prevention (P) OD, VCO	Sandy		11/17	8:30 - noon	OSHA Construction Safety 10 hour (Day 2) (C)	Sandy
	9/21	8:30 - noon	Strategies for Return to Work	St. George	DECEMBER	12/1	8:30 - 10:00	Incident Investigation (P) OD, VCO	Sandy
	9/22	8:30 - 10:00	Incident Investigation (P) OD, VCO	Sandy		12/1	10:15 - 11:45	Getting and Keeping Safe Employees (P) VCO	Sandy
	9/22	10:15 - 11:45	Emergency/Disaster Planning & Recovery (P) OD, VCO	Sandy		12/7	8:30 - 10:00	Strain & Sprain Injuries: Prevention Techniques (P) OD	Ogden
	9/28	8:30 - 5:00	OSHA Construction Safety 10 hour (Day 1) (C)	Logan		12/7	10:15 - 11:45	Basics of Occupational Health Hazards OD	Ogden
	9/29	8:30 - noon	OSHA Construction Safety 10 hour (Day 2) (C)	Logan		12/8	8:30 - 10:00	Preventing Workplace Slips, Trips, and Falls (P) OD, VCO, VCS	Sandy
OCTOBER	10/6	8:30 - 10:00	Controlling Workers Compensation Costs (P) OD, VCO	Sandy		12/8	10:15 - noon	OSHA 300 Log: Understanding the Requirements (C) OD, VCO, VCS	Sandy
	10/6	10:15 - 11:45	Respiratory Protection OD, VCO	Sandy					

WORKERS COMPENSATION FUND 2016 CUSTOMER SEMINAR DESCRIPTIONS

Basics of Occupational Health Hazards: This course is designed to help managers understand the art and science of measuring for chemicals, dust, and noise as it applies to the modern workplace. Skills necessary for the anticipation, recognition, evaluation and control of various subtle workplace hazards will be discussed. Workplace exposure values will also be discussed as well as the basics of chemical toxicology. (This course approved for 1.5 Professional Electrician & Plumber Continuing Education hours.) **5/5, 12/7 (P) VCO,OD**

Best Practices in Safety: ANSI/AIHA Z10-2012 Standard (1/2 day): The ANSI/AIHA Z-10-2012 Standard for Occupational Health and Safety Management Systems is a valuable tool for employers to use to evaluate their current safety management system and compare it to industry best-practices. This course will provide an overview of the standard and discuss how to use it in developing new, or in evaluating current safety management systems. (This course approved for 3 Professional Electrician & Plumber Continuing Education hours.) **9/8 (P) VCO**

NEW! Confined Space in Construction: Understanding the Regulation: This course will review the requirements of the New OSHA Confined Space Standard for construction, the hazards involved in confined spaces and how to eliminate, control or minimize such hazards. Specific spaces that fall under this standard will be reviewed as well as what spaces are covered under other OSHA standards. (This course approved for 1.5 Core Continuing Education hours.) **2/4, 11/3 (C) VCO**

Controlling Workers Compensation Costs: It is very important to understand sound workers compensation management principles and how to implement them into business management systems. This course will explain the basics of workers compensation pricing and how you can help control the cost of workers compensation insurance. (This course approved for 1.5 Professional Electrician & Plumber Continuing Education hours.) **4/14, 4/20, 10/6 (P) VCO, VCS, OD**

DDC 4: Defensive Driving Course: The National Safety Council's DDC 4 course provides key understanding, skills and techniques to avoid collisions, reduce traffic violations and change driver behaviors and attitudes. Participants will acquire the basic knowledge and techniques to recognize potential hazards and avoid collisions and violation. The course will motivate them to change their behind-the-wheel behaviors and attitudes. Students will learn coping techniques for dealing with speeding, distracted driving, impaired driving, and hazardous traffic conditions and more. The result will be a more responsible driver who understands best practices to prevent injury and death while driving a motor vehicle. Attendance fee for this course: **WCF policyholders – \$10, non-WCF policyholders – \$175. 3/17, 10/20 VCO, VCS**

Defensive Driving for Trucking and Fleets: Motor vehicle accidents are among the leading causes of fatalities in the U.S. This course will teach awareness and driving skills that will assist drivers in making safe driving decisions. Attendees will also learn how to set up or enhance an effective driver safety program. **11/2, 11/3**

Driver Safety & Awareness: Motor vehicle accidents are among the leading causes of fatalities in the U.S. This course will teach awareness and driving skills that will assist drivers in making safe driving decisions. This course does

not give points off on attendees' driving records, but it may save lives. (This course approved for 1.5 Professional Electrician & Plumber Continuing Education hours.) **5/12 (P) VCO, VCS, OD**

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 signs of drug use. (This course approved for 1.5 Professional Electrician & Plumber Continuing Education hours.) **5/12 (P) VCO, VCS, OD**

Dynamic Claims Management: This course will explain the fundamentals of good claims management with emphasis on how to create a great claims culture within your organization. Subtleties associated with great communication in the claims management system will be explored. The basics of how claims processes differs between states will be discussed. **6/16 VCO**

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 (29 CFR 1910.146). **6/9, 8/24 OD, VCO**

Emergency/Disaster Planning & Recovery: Emergency management issues will be presented, as well as resources for continuity planning in the event of business interruption. 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. (This course approved for 1.5 Professional Electrician & Plumber Continuing Education hours.) **9/22 (P) VCO, OD**

Ergonomics: Advanced Ergonomics: This half day course will discuss and demonstrate accepted mathematical methods and tools used to evaluate ergonomic risk factors, and to calculate and create risk analyses of specific job tasks. The NIOSH Revised Lifting Equation and other peer reviewed tools for evaluating the risk of musculoskeletal injury will be presented and practiced. Other ergonomic evaluation tools will be introduced. Please bring a calculator. (This course approved for 1.5 Professional Electrician & Plumber Continuing Education hours.) **3/3 (P) VCO**

Ergonomics: Industrial Ergonomics: This course introduces fundamental ergonomic principles and how they apply to the industrial environment. Common ergonomic risk factors will be reviewed. Tips to optimize posture and to increase comfort and productivity will be discussed. (This course approved for 1.5 Professional Electrician & Plumber Continuing Education hours.) **2/18, 9/14 (P) OD, VCO**

Ergonomics: Office Ergonomics & 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 and to increase comfort and productivity will be discussed. (This course approved for 1.5 Professional Electrician & Plumber Continuing Education hours.) **10/27 (P) VCO, OD**

UPDATED! Forklift Safety 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). Critical issues of safe lift truck operations will be discussed, and materials to help implement the program will be available. **4/21, 9/15 VCO, OD**

Fraud Prevention: Protecting Legitimate Need: This course outlines the business impact of workers compensation fraud. Topics will include identification and prevention of fraud. Resources and information will be provided for employers to protect their businesses, and deter illegitimate claims. **2/3, 2/4**

Getting and Keeping Safe Employees: An unsafe employee can cost your company thousands of dollars in lost production and workers compensation premium. This course will provide insight into getting and keeping safe employees. We will discuss practices such as employee drug screening, new and ongoing employee safety training, safety incentive programs and other practices for getting and maintaining a safe and healthy workforce. NOTE: This is not a seminar on employment law or practices, but will focus on safety management practices with regard to employees. (This course approved for 1.5 Professional Electrician & Plumber Continuing Education hours.) **12/1 (P) VCO**

Helping Employees Make the Safe Choice: This course will look at ideas for safe behavior management and provide you with means to help employees make the right choice when dealing with safety issues. Safety training alone doesn't make employees safe. Unsafe choices may lead to injury. We will discuss how to help employees choose to work safely, even when they are not continually under direct supervision. We will also review current safe behavior management ideas that are increasingly being accepted in the workplace, as well as new ways, to help your employees have a safe workday, every day. (This course approved for 1.5 Professional Electrician & Plumber Continuing Education hours.) **4/13, 5/11 (P) OD**

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. (This course approved for 1.5 Professional Electrician & Plumber Continuing Education hours.) **4/6, 4/14, 9/22, 12/1 (P) VCO, VCS, OD**

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 the Occupational Safety and Health Administration (OSHA) and American Standards Institute (ANSI) protocol. **2/4 VCO, OD**

Managing An Effective Safety Committee: Safety committees are a valuable key to a successful safety program. The challenge for employers is to develop an effective safety committee with members who are knowledgeable in effective safety and injury prevention programs. 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. (This course approved for 1.5 Professional Electrician & Plumber Continuing Education hours.) **4/20 (P) OD**

NEW! NFPA: Understanding the 70E Standard:

This course is designed to help organizations understand the requirements of the NFPA 70E "Standard for Electrical Safety in the Workplace" and the relationship with OSHA Standards. The majority of the course focuses on requirements of NFPA 70E. Topics include discussion on basic electrical hazards, arc flash information, PPE requirements, proper electrical work practices, and compliance practices. **4/21, 11/3 VCO**

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 effects 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 also be discussed. **11/10 OD, VCO**

Occupational Health Hazards for the Safety Manager (1/2 day): This course is designed to help managers understand the art and science of industrial hygiene as it applies to the modern workplace. Skills necessary for the anticipation, recognition, evaluation and control of various subtle workplace hazards will be discussed. Calculations of workplace exposures will be reviewed in the course. Bring a calculator. **1/28 VCO**

OSHA 300 Log: Understanding the Requirements: This course will discuss the OSHA requirements for recordkeeping, including tracking and documenting workplace injuries/illnesses and filling out the required OSHA 300 log form. This course will review the "300 Form" and the basic subtleties between "OSHA recordable" and "reportable" injuries. Basic principles of claims management will also be discussed. (This course approved for 1.5 Core Contractor Continuing Education hours.) **1/14, 12/8 (C) VCO, VCS, OD**

OSHA Construction Safety 10-hour: Using OSHA standards as a guide, this 10 hour course will provide safety information on topics directly impacting most construction companies. Attendees will receive an OSHA completion card, which is a requirement on many bid submissions and job sites. Attendance fee for this course: **WCF policyholders – \$50, non-WCF policyholders – \$175.** (Limit 4 enrollments per company.) Note: This course is offered over two days. Attendance for both days is required to qualify for an OSHA certificate/wallet card. (This course approved for 10 Core Contractor Continuing Education hours.) **1/20-21, 2/24-25, 5/18-19, 9/28-29, 11/16-17 (C)**

OSHA General Industry Safety 10-hour: Using OSHA General Industry Standards as a guide, this 10-hour course provides safety and related information to businesses who fall under OSHA's general industry standards. Two-day attendance is required to receive an OSHA completion card. Attendance fee for this course: **WCF policyholders – \$50, non-WCF policyholders – \$175.** (Limit 4 enrollments per company.) (This course approved for 10 Core Contractor Continuing Education hours.) **3/9-10, 3/23-24 (C)**

OSHA Required Programs: This course will provide an overview of the basic requirements of mandatory OSHA programs, including: Lock Out/Tag Out, Confined Space Entry, Hazard Communication, Bloodborne Pathogens,

Respiratory Protection, Personal Protective Equipment, and Hearing Conservation. **8/24**

Preventing Workplace Slips, Trips & Falls: This course will provide techniques and principles for preventing slips, trips and falls in the workplace due to slippery or cluttered work surfaces. WCF's slip & fall prevention tool will be given to each attendee. **NOTE: This course is not a course in fall protection from heights. 1/14, 5/4, 5/26, 12/8 VCO, VCS, OD**

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. **10/6 VCO, OD**

Risk Management: Identifying, Assessing & Reducing Risk: If you feel your safety program is at a plateau and you are looking to take that next step to developing a "world class" safety program, look to an approach of reducing your risks. Just about everything we do at work involves some degree of risk to loss due to injury, product or property damage. This course will provide the tools necessary to assess, prioritize and formulate a specific plan of action to reducing risk and the subsequent potential for dollar losses. (This course approved for 1.5 Professional Electrician & Plumber Continuing Education hours.) **6/1, 6/9 (P) VCO, OD**

Safety Culture: Promoting a Safe Workplace Culture: The success of a company is directly related to its corporate culture and integrated in that culture is the way in which a company views the importance of safety. 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. (This course approved for 1.5 Professional Electrician & Plumber Continuing Education hours.) **2/3, 2/4 (P) OD**

Safety Summit: Come join WCF's second safety summit in honor of Utah Safety Week. Best practices in safety and how to implement effective safety programs will be discussed. WCF safety award winners will present real life how to's for an effective safety program. **6/21 VCO, VCS**

Severe Injury & Fatality Prevention: There are hundreds of life changing, severe injuries every day. This workshop will focus on proactive measures that can be taken to identify and prevent fatalities and severe injuries in the workplace. (This course approved for 1.5 Professional Electrician & Plumber Continuing Education hours.) **4/13, 4/28, 9/15, 11/9 (P) OD, VCO**

Strain & Sprain Injuries: Prevention Techniques: This course will focus on the fundamental components of a successful strain and sprain injury prevention program. Basic techniques in awareness, training and conditioning used for effective strain and sprain injury prevention will be highlighted. Participants will leave with samples and helpful information to assist them in injury prevention and control. (This course approved for 1.5 Professional Electrician & Plumber Continuing Education hours.) **2/18, 5/4, 9/14, 10/27, 12/7 (P) VCO, OD**

Strategies for Return to Work (Strategies for Managing Lost Time Claims): This course will detail important aspects of returning injured workers back to functioning employees, thus reducing overall costs. This is a "win-win" process for you and your employee. (This course approved for 1.5 Professional Electrician & Plumber Continuing Education hours.) **3/16, 4/27, 9/21, 11/2 (P)**

Training: 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 "do's and don'ts" for the safety trainer. (This course approved for 1.5 Professional Electrician & Plumber Continuing Education hours.) **5/11, 6/16, 11/9 (P) VCO, OD**

Trucking Industry Safety Seminar (1/2 day): This course is designed to address the loss prevention and claims management issues specific to the trucking industry. Lunch will be provided. **2/11 VCO, VCS**

Using Human Performance Indicators in Your Safety Program: Human Performance Indicators are a system of identifying and analyzing the root causes of performance issues, and implementing big picture solutions across the organization. The system approach puts new perspective on human error: it is not a cause of failure, alone, but rather a symptom of deeper trouble within your organization's system. In this seminar you will learn to identify error precursors in your workplace and implement tools in your organization that are designed to help you reduce the consequence of errors to zero. (This course approved for 1.5 Professional Electrician & Plumber Continuing Education hours.) **4/6, 4/28, 6/1 (P) OD, VCO**

Using the WCF Website: Navigating the web has been made easier thanks to search engines, but can still be confusing when looking for safety information. The WCF website offers a wealth of information from safety to claims data. Tips and tricks for what websites to trust and where to go quickly for safety information, meetings, and good videos for use with safety training will also be presented. **11/2, 11/3**

Wellness and Injury Prevention Programs: There are well known benefits resulting from both workplace wellness and safety programs. These programs can be, and typically are, implemented separately and independently of one another. In this seminar, we will look at the benefits and improved efficiencies of integrating these programs together into one overarching Health, Safety and Wellness program. (This course approved for 1.5 Professional Electrician & Plumber Continuing Education hours.) **5/5 (P) VCO, OD**

Working Safely From Heights: Working at heights remains one of the biggest causes of fatalities and serious injuries. This seminar is specifically designed to help prevent falls from heights in the workplace. Exposure from heights from ladders, elevated platforms, scaffolding and many more will be covered. OSHA standards on working from heights and best practices to prevent falls will be highlighted. **5/26, 11/10 VCO**

(P) = This course meets the requirements for professional continuing education hours for contractor licensing.

(C)* = This course meets the requirements for core continuing education hours for contractor licensing.

OD = On Demand - This course is available for viewing on demand through WCF Online Safety Seminars.

VCO = Video Conference Ogden - This course is available via video conference at the WCF Ogden branch office. (Check course schedule for specific dates.)

VCS = Video Conference St. George - This course is available via video conference at the WCF St. George branch office. (Check course schedule for specific dates.)

**Per Utah Division of Occupational and Professional Licensing (DOPL) requirements, WCF Seminars provide only professional continuing education credit for licensed plumbers and electricians*

