



**Emergency  
Management &  
Safety  
Solutions**

## **Safety Training Courses**

---

### **Safety Training-Injury & Illness Prevention**

This course brings your company in complying with the recent changes in the Cal-OSHA law as a result of S.B. 198 (IIPP). Practical information is given to prevent injury on the job. This program requires a preliminary consultation session in order to customize it to complement your Injury and Illness Prevention Plan (IIPP) and emergency procedures manual. EMSS can also design and write your IIPP. One-hour course *\$395 for up to 30 people*

### **Ergonomic Training**

Repetitive Motion Injuries (RMI) are some of the most expensive injuries. In 1993, the median number of days off in California for an RMI was 25 days. These injuries cost employers millions of dollars each year. This course will cover awareness of the symptoms and consequences of RMI's; awareness of risk factors and safe work methods; and job-specific training. One-hour course *\$395 for up to 30 people*

### **Back Safety**

Three out of four adults will have a problem with their back sometime in their life. The best way to protect your back is to learn how to take care of it. This course focuses on the three most common causes of back problems: posture, incorrect lifting and weak abdominal muscles. Students perform lifting and exercise in class. One-hour course *\$395 for up to 30 people*

### **Hazard Communication Training**

The goal of this program is to provide individuals with practical information on chemical safety on the job. This course will review how to identify hazardous chemicals, read product labels and read Material Safety Data Sheets (MSDS's). By raising awareness, students will reduce the chance of injury or potential exposure. One-hour course *\$395 for up to 30 people*

### **Bloodborne Pathogen Training**

With today's concerns about disease transmission, many workers are concerned about rendering aid to a fellow employee. How can an employee protect themselves from diseases while giving first aid? This course discusses bloodborne diseases such as Hepatitis and HIV, their transmission and personal protective equipment. The course can also be a part of an overall Bloodborne Pathogen Program. One-hour course *\$395 for up to 30 people*

### **Workplace Violence**

Murder is the number one cause of death for women at work; it is number three for men. Violence has become a major issue in America business. What can you do to protect yourself and your employees? This course describes the typical perpetrator, the warning signs to look for, and how to deal with difficult people. One hour course *\$395 for up to 30 people.*

*All classes are held on site at your facility. Prices do not reflect mileage and instructor travel fees.*