

Pinnacol Assurance Policyholder Seminars 2010



PINNACOL
ASSURANCE

Colorado's choice for workers' compensation

2010 Pinnacol Assurance Policyholder Seminars

Pinnacol Assurance's seminars are designed to help our policyholders learn how to keep their employees safe, return employees to work if they are injured and keep their workers' compensation costs down. The courses emphasize real-world, practical information based on our years of experience in loss prevention, claims management and more.

Important information

- » All Pinnacol seminars are taught by our highly experienced loss prevention and return-to-work specialists. Many hold professional designations, including Associate in Risk Management (ARM); Certified Industrial Hygienist (CIH); Certified Professional Ergonomist (CPE); Certified Safety Professional (CSP); Occupational Therapist Registered (OTR); and Certified Work Capacity Evaluator (CWCE). Our team is dedicated to continuously improving their knowledge and skills, and providing quality instruction to Pinnacol policyholders.
- » Unless otherwise stated, all safety seminars are designed for individuals with management, supervisory or safety oversight responsibilities.
- » Seminars are available to Pinnacol policyholders at no cost, except where noted.
- » Dates, times and locations are subject to change.
- » **To register, go to the "Employers" section of www.pinnacol.com.**
- » For questions, please contact us at 303.361.4788 or seminars@pinnacol.com.



Coming Fall 2010

Please join Pinnacol Assurance for an educational experience you won't want to miss. This fall, Pinnacol will be hosting its first Safety Symposiums in Denver and Grand Junction. The symposiums will be held over a day and a half, and you can choose from a variety of safety-specific tracks that vary from entry-level to advanced safety training. Stay tuned for more on Pinnacol's unique approach to safety training.

Watch for more information over the coming months

- » Please note that attending one of these sessions will count toward your safety group or dividend plan requirement.
- » The Safety Symposiums that will be held in the fall of 2010 in Denver and Grand Junction will replace the seminars that are traditionally scheduled for July through December.

2010 Seminars by Region

● Front Range Seminars

- Accident Investigation and Analysis
- Back and Manual Material Handling Injury Prevention
- Basics of Safety Management
- Claims Management and Uncovering Workers' Compensation Fraud
- Cost Containment Certification/Safety Program Development
- Creating a Written Modified Duty Policy Workshop
- Defensive Driving
- Effective Training for All Employees
- Electrical Safety
- Essential Components of Risk Management
- Office Ergonomics/Train the Evaluator
- OSHA 10-Hour General Industry
- OSHA Recordkeeping/What to Expect From an OSHA Inspection

■ Western Slope Seminars

- Cost Containment Certification/Safety Program Development
- Effective Training for All Employees
- OSHA 10-Hour Construction
- OSHA 10-Hour General Industry

13 = Front Range Seminars ● Front Range
4 = Western Slope Seminars ■ Western Slope

2010 Seminars by Month

January

- OSHA Recordkeeping/What to Expect From an OSHA Inspection

February

- Basics of Safety Management
- Cost Containment Certification/Safety Program Development
- Cost Containment Certification/Safety Program Development
- Effective Training for All Employees

March

- Accident Investigation and Analysis
- Office Ergonomics/Train the Evaluator
- OSHA 10-Hour Construction

April

- Creating a Written Modified Duty Policy Workshop
- Defensive Driving
- Electrical Safety

May

- Claims Management and Uncovering Workers' Compensation Fraud
- Effective Training for All Employees
- Essential Components of Risk Management

June

- Back and Manual Material Handling Injury Prevention
- OSHA 10-Hour General Industry
- OSHA 10-Hour General Industry

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2010 Seminars by Title

Accident Investigation and Analysis

Thoroughly investigating workplace accidents is essential in preventing reoccurrence, controlling claims costs and reducing insurance fraud. This course focuses on collecting causal and circumstantial data and determining root causes so that corrective actions can be implemented.

Topics include:

- » When and how to conduct an investigation
- » How to identify the root causes of accidents
- » How to use multiple investigation techniques
- » What to do with the results

Date, location and time:

March 24, Denver, Pinnacol Assurance
8 a.m. – 11:30 a.m.

If you are interested in this seminar, you may also be interested in registering for:

- » Basics of Safety Management
- » Cost Containment Certification/Safety Program Development

Back and Manual Material Handling Injury Prevention

Strains due to lifting are the most frequent cause of injury for Pinnacol policyholders. Sixty percent of these claims involve the low back and shoulder. Traditional approaches to controlling back injuries, such as proper lifting training and stretching programs, have not been successful in reducing claims. This class will provide the latest risk management strategies for reducing the frequency and severity of back injury claims. This class is targeted to those policyholders who work in a “fixed-industrial setting,” such as manufacturing, warehousing and food processing.

Topics include:

- » Risk factors for injury in an industrial setting
- » Ergonomic principles for lifting and moving materials
- » An assessment tool to evaluate lifting tasks
- » Principles for selecting ergonomic hand tools

Date, location and time:

June 23, Denver, Pinnacol Assurance
8 a.m. – 11:30 a.m.

If you are interested in this seminar, you may also be interested in registering for:

- » Office Ergonomics/Train the Evaluator

Basics of Safety Management

This course is for newly appointed personnel tasked with administering the safety program at their workplace. Attendees will learn the four key components of an effective safety program and gain an understanding of recordkeeping and the pros and cons of incentives and recognition programs.

Topics include:

- » Employer obligations to a workplace safety program
- » Effective and ineffective incentive/recognition programs
- » How to structure incentive/recognition programs to improve safety in the workplace

Date, location and time:

February 4, Denver, Pinnacol Assurance
8 a.m. – Noon

If you are interested in this seminar, you may also be interested in registering for:

- » OSHA Recordkeeping/What to Expect From an OSHA Inspection
- » Accident Investigation and Analysis
- » Cost Containment Certification/Safety Program Development

Claims Management and Uncovering Workers' Compensation Fraud

This course is designed to increase knowledge of workers' compensation claims and provide tools to help manage losses, both before and after an accident occurs. Attendees will learn what happens after a claim is reported and how to be involved in the claims process. The goal of the class is to learn how to manage claims costs, thus reducing a company's experience modifier and premium.

Additionally, this course examines what constitutes workers' compensation fraud and what a good investigation entails. It also looks at pitfalls to prosecution and provides valuable prevention tips that will save your business time and money.

Topics include:

- » Workers' compensation benefits provided to injured workers
- » Workers' compensation rules and process
- » Pre-accident and post-accident tools for managing losses

- » Benefits of offering modified duty work to injured workers
- » Various types of fraud
- » Fraud red flags
- » Elements of fraud investigation
- » Prevention

If you are interested in this seminar, you may also be interested in registering for:

- » Accident Investigation and Analysis
- » Cost Containment Certification/Safety Program Development
- » OSHA Recordkeeping/What to Expect From an OSHA Inspection
- » Basics of Safety Management
- » Effective Training for All Employees

Date, location and time:

May 4, Denver, Pinnacol Assurance
8 a.m. – Noon

Cost Containment Certification/Safety Program Development

This course provides guidance on developing and implementing an effective safety program. The monetary benefits of safety programs, along with regulatory requirements, will be covered.

Topics include:

- » Meeting the requirements of Colorado's Cost Containment Certification program
- » Conducting safety audits and accident investigations
- » Providing effective safety training for employees
- » Identifying and correcting safety hazards

Dates, locations and times:

February 23, Denver, Pinnacol Assurance
8 a.m. – Noon

February 25, Grand Junction,
Courtyard by Marriott
8 a.m. – Noon

Creating a Written Modified Duty Policy Workshop

Return-to-work specialists will help attendees create a modified duty policy that can be implemented with ease at their companies. The workshop will cover the benefits of a modified duty policy and how it assists the employer in returning injured employees to work following work-related injuries. Registrants should bring a list of at least five modified duty job tasks that his/her company could offer to any injured employees.

Topics include:

- » Why modified duty is important
- » Benefits of a modified duty policy
- » Components of a modified duty policy
- » How to share this policy with employees and medical providers

Date, location and time:

April 7, Denver, Pinnacol Assurance
9 a.m. – 11 a.m.

Defensive Driving

This course provides insight into identifying and anticipating hazards encountered when driving. Most people have been driving for such a long time that they neglect to look out for situations that can get them into real trouble. The defensive driving course offers new ideas to protect yourself and others.

Topics include:

- » Traffic and fatality statistics
- » Safety while stopped
- » Safety while in motion
- » Parking lot safety
- » Cell phone use/texting

Date, location and time:

April 13, Denver, Pinnacol Assurance
8 a.m. – 11:30 a.m.

If you are interested in this seminar, you may also be interested in registering for:

- » Effective Training for All Employees



Effective Training for All Employees

Today's employers are faced with the need to provide comprehensive training to a broad range of employees. This course teaches attendees how to effectively communicate job training and safety program information to all employees, regardless of what languages they speak.

Topics include:

- » Common barriers to effective training
- » Importance of cultural awareness when developing training programs
- » Assessment techniques to ensure comprehension

Dates, locations and times:

February 18, Denver, Pinnacol Assurance
8 a.m. – 11 a.m.

May 6, Grand Junction, Courtyard by Marriott
8 a.m. – 11 a.m.

If you are interested in this seminar, you may also be interested in registering for:

- » Basics of Safety Management
- » Cost Containment Certification/Safety Program Development

- » The purpose and importance of ground fault circuit protection
- » An introduction to National Fire Protection Association (NFPA) 70-E requirements for shock and arc blast protection

Date, location and time:

April 29, Denver, Pinnacol Assurance
8 a.m. – 11:30 a.m.

If you are interested in this seminar, you may also be interested in registering for:

- » OSHA 10-Hour General Industry
- » OSHA 10-Hour Construction

Essential Components of Risk Management

The Workers' Compensation Act states that employers must provide workers' compensation insurance for their employees. This course examines the "big picture" to help attendees understand workers' compensation laws and how compliance with these laws can improve worker safety and save money.

Topics include:

- » Strategies to reduce premium costs
- » Implementing safety programs
- » Claims management procedures

Date, location and time:

May 11, Denver, Pinnacol Assurance
8 a.m. – 11:30 a.m.

If you are interested in this seminar, you may also be interested in registering for:

- » Accident Investigation and Analysis
- » Cost Containment Certification/Safety Program Development
- » OSHA Recordkeeping/What to Expect From an OSHA Inspection
- » Basics of Safety Management



Electrical Safety

As a result of improper installations, unsafe work practices and inadequate training, electricity continues to be a leading cause of both fatal accidents and OSHA citations in the workplace. This course will address specific OSHA standards pertaining to electricity and also reviewing fundamental electrical principles.

Topics include:

- » Factors that influence the severity of an electrical injury
- » The purpose and importance of equipment grounding
- » Working near power lines

Office Ergonomics/Train the Evaluator

This course teaches the basics of office ergonomics and how to evaluate employee workstations. Attendees will apply what they learn in a hands-on exercise with another participant's workstation. Attendees also receive a copy of Pinnacol's Office Ergonomics DVD.

Topics include:

- » Risk factors for musculoskeletal injury (strains, sprains, low back pain, carpal tunnel syndrome and others)
- » Proper adjustments to chairs, furniture and workstations

- » Pros and cons of ergonomic accessories
- » Using the Office Ergonomics training DVD to educate employees on workstation setup

Date, location and time:

March 9, Denver, Pinnacol Assurance
8 a.m. – Noon

OSHA 10-Hour Construction

This course helps employers identify construction-related workplace hazards. It covers topics specific to the construction industry, some of which are listed below. Attendees will learn how to understand and apply the OSHA Standard 1926 and how to identify and minimize construction-related workplace hazards.

Topics include:

- » Occupational Safety and Health Act overview
- » Materials handling
- » Personal protective equipment
- » Fall protection
- » Electrical safety
- » Health and hazard communication
- » Hand and power tools
- » Stair and ladder safety
- » Scaffold safety
- » Excavation and trenching safety

Cost: \$105 per person for Pinnacol policyholders

Date, location and time:

March 31, Glenwood Springs, Hotel Colorado
7 a.m. – 7 p.m.

If you are interested in this seminar, you may also be interested in registering for:

- » OSHA Recordkeeping/What to Expect From an OSHA Inspection
- » Electrical Safety

OSHA 10-Hour General Industry

This course teaches employers how to identify and reduce general industry workplace hazards as well as how to apply the 1910 OSHA Standards.

Topics include:

- » Occupational Safety and Health Act overview
- » Machine guarding
- » Lockout/tagout
- » Walking/working surfaces
- » Electrical safety
- » Egress/fire safety
- » Hazard communication/industrial hygiene

- » Personal protective equipment
- » Hazardous materials
- » Office/industrial ergonomics

Cost: \$105 per person for Pinnacol policyholders

Note: This 10-hour-long class is scheduled over two days.

Dates, locations and times:

This is a two-day course:
Day One, 8 a.m. – 5 p.m., Day Two, 8 a.m. – 1 p.m.

June 9 and 10, Denver, Pinnacol Assurance

June 16 and 17, Grand Junction,
Courtyard by Marriott

If you are interested in this seminar, you may also be interested in registering for:

- » Electrical Safety
- » OSHA Recordkeeping/What to Expect From an OSHA Inspection

OSHA Recordkeeping/What to Expect From an OSHA Inspection

This course covers everything you need to know to keep your records in order. The course also explains how OSHA inspections work and what resources are available to help policyholders maintain a safe, OSHA-compliant workplace.

Topics include:

- » What OSHA is
- » How to use computers to record musculoskeletal disorders and work-related hearing loss
- » Why and how OSHA chooses to inspect certain businesses
- » What happens during an OSHA inspection

Date, location and time:

January 21, Denver, Pinnacol Assurance
8 a.m. – 11:30 a.m.

If you are interested in this seminar, you may also be interested in registering for

- » Basics of Safety Management
- » Essential Components of Risk Management

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