



AWB & Sedgwick CMS Safety Academy

January – May 2009

The Association of Washington Business has partnered with Sedgwick CMS to offer courses for safety and non-safety professionals who wish to increase their safety knowledge and effectiveness in developing and administering safety programs within their company.

You may choose to participate in individual courses, or you may choose the “**Certified Safety Coordinator**” program. Students take seven required courses and five electives. Upon completion, the candidate will receive a “Certified Safety Coordi-

Classes are ‘free’ to AWB members and all clients of Sedgwick CMS.

Core Certification Courses:

- Supervisory Safety Skills
- Effective Safety Committees
- Hazard Recognition & Safety Audit
- Accident Investigation
- Job Safety Analysis & Hazard Assessment
- Handling A Compliance Inspection
- Management’s Role in Safety

Elective Course Offerings:

- Leverage Your Lift
- Office Ergonomics
- Manufacturing Ergonomics
- Train the Trainer
- How Accidents Happen
- Strategies for Accident Prevention
- Recordkeeping & OSHA 300
- Taking Safety Off The Shelf
- Industrial Noise & Hearing Conservation
- How to Find & Interpret Safety Standards
- Injury Management
- Overview of Industrial Hygiene

Supervisory Safety Skills

Review the functions, responsibilities and influence good supervision can have on an organization’s overall safety culture and accident prevention efforts.

Effective Safety Committees

Review the functions and values of safety committees, guidelines for the chair, and why committees fail and succeed. Includes discussion on barriers to effective safety committees.

Hazard Recognition & Safety Audit

Learn how to recognize & inspect for hazards in the workplace; hazards associated with specific jobs and what programs and training are essential to help eliminate those hazards.

Accident Investigation

Understand the need and value of thorough accident and close call investigation. Learn how to make investigation a valuable element of your safety program.

Job Safety Analysis & Hazard Assessment

Discover the purpose and benefits of the JSA and Hazard Assessment. Develop selection criteria for JSA & Hazard Assessment activity and the use of the basic four steps necessary to complete.

Manufacturing Ergonomics

Learn how to apply ergonomics to injury reduction in the manufacturing environment; assess risks and develop effective controls.

Management’s Role in Safety

Management support and commitment is the key to a successful safety program. The role of management and how it affects the outcome of the safety program will be explored.

Train the Trainer

Using discussion leader principles learn how to effectively lead discussions, get buy-in on ideas, get participation from everyone, and how to focus discussion on the issues.

Strategies for Accident Prevention

Control losses through effective hiring practices, recognition of hazards, and control of hazards through engineering and administrative controls, employee involvement, and system safety.

Injury Management

After an injury occurs, the greatest opportunity a company has is to control the loss and return the worker to the job.

How to Find and Interpret Safety Standards

Confused by safety regulations and not sure what the law requires? This course provides an overview of safety regulations, how they are structured, and how to find rules that apply to your company.

Record Keeping & OSHA 300

Most businesses are required to keep a log of recordable injuries to comply with OSHA’s rules for recordkeeping. Learn what makes an injury recordable, and how this information is used.

What students say about the SCMS Safety Academy

"The safety classes provided me with the skills and resources to be proactive with safety issues at my plant. The instruction and networking with others was very rewarding."

"If you put to use what you learn at the Safety Academy, you will have a safer workplace. The instruction is first rate, easy to understand, even easier to put into action and, most importantly, IT WORKS!"

"It totally changed the way I look at safety. It was enlightening, fun and informative and I'd highly recommend it to any HR or Safety professional."

Seattle	To register for Seattle classes, phone 206-262-4453
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21-Jan-09	Hazard Recognition & Safety Audit	10-12
21-Jan-09	Injury Management	1-3
11-Feb-09	Strategies for Accident Prevention	10-12
11-Feb-09	JSA & Hazard Assessment	1-3
11-Mar-09	Supervisory Safety Skills	10-12
11-Mar-09	Accident Investigation	1-3
22-Apr-09	Effective Safety Committees	10-12
22-Apr-09	How to Find & Interpret Safety Standards	1-3

Olympia	To register for Olympia classes, phone 503-572-3890
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20-Jan-09	JSA & Hazard Assessment	10-11:30
20-Jan-09	Recordkeeping & OSHA 300	1-2:30
17-Feb-09	How to Find & Interpret Safety Standards	10-11:30
17-Feb-09	Hazard Recognition & Safety Audit	1-2:30
24-Mar-09	Injury Management	10-11:30
24-Mar-09	Strategies for Accident Prevention	1-2:30
21-Apr-09	Manufacturing Ergonomics	10-11:30
21-Apr-09	Supervisory Safety Skills	1-2:30

Spokane	Moses Lake	To register for these classes, phone 509-990-3717
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21-Jan-09		How Accidents Happen & Strategies for Prevention	10-12
21-Jan-09		Train the Trainer	1-3
25-Feb-09		Injury Management	10-12
11-Mar-09	25-Mar-09	Supervisory Safety Skills	10-12
11-Mar-09	25-Mar-09	Effective Safety Committees	1-3
8-Apr-09	29-Apr-09	JSA & Hazard Assessment	10-12
8-Apr-09	29-Apr-09	Hazard Recognition & Safety Audits	1-3
6-May-09	27-May-09	Accident Investigation	10-12
6-May-09	27-May-09	Management's Role in Safety	1-3

Directions to Seattle classes (SCMS office, 601 Union St, Two Union Square, Ste 3500, Seattle)

From the South: From I-5 heading north, take the Seneca Street Exit #165. (exit is on the left side of the freeway). The exit ramp ends at Sixth and Seneca Street. Turn right onto Sixth Avenue. Turn right onto University Street (University is split with the south most lane being a freeway on-ramp). You need to turn past the divider and head under the Union Square Buildings. Turn into the garage.

From the North: From I-5 heading south, take the Union Street Exit #165B (goes under the Washington State Convention Center). Turn left at 7th Avenue (go under the building). Turn right into the garage under the building.

From the East: From I-90 heading west, exit to I-5 north. Take the Madison Street exit. Toward the end of the exit ramp, get in the center lane. Turn left on Madison and get in the right lane. Turn right on 6th Avenue. Turn right onto University Street (University is split with the south-most lane being a freeway on-ramp). You will want to turn past the divider and head under the Union Square Buildings. Turn left into the garage.

In the Building: Take the center bank of elevators to the 35th floor.

Directions to Olympia classes (AWB office, 1414 Cherry St. SE, Olympia)

From I-5 heading north or south, take exit 105 toward State Capitol/City Center. (If traveling from the north on I-5 you will need to take the second off ramp at exit 105). Move towards the far right lane. At Jefferson St, turn right. Take the immediate right onto 14th Ave SE. Travel one block, continue through stop sign. AWB office building is on the right.

Directions to Spokane classes (Comfort Inn University Downtown, 923 3rd Ave E, Spokane)

Take Division St Exit north from I-90; turn right on 3rd Ave. Hotel on left.

Direction to Moses Lake classes (Fire Department, 701 E. Third Ave, Moses Lake)