

sedgwick⁺

RISK CONTROL

Safety Training Catalog





INTRODUCTION



Sedgwick's California-based risk control team consists of experienced and certified professionals who specialize in safety, risk management, and real-world solutions. Our team's diverse expertise and collaborative approach allow us to deliver high-quality, customized training solutions that address the unique needs of each client.

Whether you're looking to energize your team with an on-site session, connect virtually across locations, or empower your internal leaders through train-the-trainer programs, we've got you covered. Each session is designed to be interactive, relevant, and tailored to your organization's unique challenges and goals. At the conclusion of each training, clients will receive a sign-in sheet, a presentation summary handout, and course evaluations. Certificates of completion are available upon request.

This catalog showcases some of our most popular and impactful training topics. From compliance essentials to culture-shifting safety strategies, we're here to help you build a safer, smarter workplace—one session at a time.

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COURSE DESCRIPTIONS

Aerial Lift/Elevated Work Platforms

This training course is designed for operators of aerial/elevating work platforms, with a primary focus on bucket truck and scissor lift operations. The course aims to equip participants with the knowledge and skills necessary to safely operate aerial lifts and elevating platforms.

Course Objectives:

- Understand the types and classifications
- Learn the regulatory standards and safety guidelines as per ANSI and Cal/OSHA
- Gain insights into the causes of fatalities and injuries associated with lift operations
- Learn procedures for pre-use inspections, frequent and annual inspections, and maintenance
- Acquire practical skills for safe operation, including platform safety, stability, and handling of weather conditions
- Explore the importance of recordkeeping and compliance with safety standards

Asbestos Awareness

This training course is designed to provide participants with essential knowledge about asbestos and its properties, uses, associated health risks, and safety measures. The course aims to raise awareness and ensure safe practices when dealing with asbestos-containing materials (ACM).

Course Objectives:

- Understand the properties and common uses of asbestos
- Learn about the health risks and diseases caused by asbestos exposure
- Identify asbestos-containing materials and evaluate hazards
- Gain knowledge of regulatory requirements and program elements for asbestos management
- Develop skills for exposure monitoring, evaluation, and control
- Implement safe work practices and personal protective equipment (PPE) usage





Backhoe Operator Training

This course is designed for employees who operate or work around backhoes and loader/backhoe equipment. It provides essential knowledge on equipment dynamics, Cal/OSHA regulations, safe operating procedures, and hazard recognition. Participants will gain a thorough understanding of machine stability, trenching techniques, loader operations, and the importance of pre-operation inspections. Emphasis is placed on preventing common hazards such as rollovers, back overs, and rollaway, while promoting safe work practices and regulatory compliance.

Course Objectives:

- Understand the principles of machine dynamics, including center of gravity and stability
- Learn how to conduct thorough pre-operation inspections of both the backhoe and loader
- Understand how to apply safe operating procedures for digging, lifting, trenching, and loading
- Recognize and mitigate primary hazards such as rollovers, back overs, and co-worker complacency
- Learn how to follow Cal/OSHA and DMV regulations related to backhoe operations
- Understand the importance of operator confidence and the responsibilities of all personnel on site



Bloodborne Pathogens

This training course is designed to provide participants with essential knowledge about bloodborne pathogens (BBP), their transmission, associated health risks, and effective exposure control measures. The course aims to ensure safe practices and compliance with regulatory requirements to minimize the risk of BBP exposure.

Course Objectives:

- Understand what bloodborne pathogens are and the diseases they cause
- Learn about the modes of transmission and how to prevent exposure
- Identify and implement effective exposure control measures
- Learn how to comply with Cal/OSHA's Bloodborne Pathogens standard
- Develop skills for proper use of PPE and safe work practices



Confined Space Awareness

This training course is designed to provide participants with essential knowledge about confined spaces, their hazards, and safe entry procedures. The course aims to ensure compliance with regulatory requirements and promote safe practices when working in or around confined spaces.

Course Objectives:

- Understand the definition and types of confined spaces
- Learn about the hazards associated with confined spaces
- Identify and implement safe entry procedures and controls
- Learn how to comply Cal/OSHA confined space regulations

Defensive Driver

This training course is designed to provide essential knowledge and skills to make better driving decisions, enhance safety, and reduce the risk of accidents. It covers various aspects of safe driving, including vehicle maintenance, road hazards, weather conditions, and defensive driving techniques.

Course Objectives:

- Understand safe and unsafe driving behaviors
- Learn how to combat complacency and make smarter driving decisions
- Identify and manage road hazards and adverse weather conditions
- Develop skills for maintaining proper following distance and avoiding collisions
- Gain knowledge of current traffic safety laws and vehicle safety technologies



Electrical Safety - Low Voltage

This training course is designed to provide participants with essential knowledge about electrical safety, the risks associated with electricity, and safe work practices. The course aims to raise awareness and ensure compliance with safety regulations to prevent electrical hazards and injuries.

Course Objectives:

- Understand the basic principles of electricity and electrical terminology
- Learn about the risks and hazards associated with electricity
- Identify common electrical hazards in the workplace
- Develop skills for safe work practices and proper use of PPE
- Learn how to comply with Cal/OSHA electrical safety regulations



Electrical and Arc Flash Safety Awareness

This is a critical course to educate employees, supervisors, and safety professionals on the hazards associated with electrical systems and arc flash incidents. This course provides a comprehensive overview of the NFPA 70E standard, Cal/OSHA regulations, and best practices for electrical safety in the workplace. Participants will learn how to recognize electrical hazards, implement safe work practices, and use appropriate PPE to prevent injuries and fatalities.

Course Objectives:

- Understand the fundamentals of arc flash and electrical hazards, including causes and consequences
- Interpret and apply the NFPA 70E standard and relevant Cal/OSHA regulations
- Identify and implement electrical safe work practices, including lockout/tagout procedures
- Conduct arc flash hazard analyses and determine appropriate PPE
- Recognize and maintain electrical safety boundaries and approach limits
- Understand the responsibilities of host and contract employers in managing electrical safety



Emergency Action Preparedness

This training course is designed to provide participants with essential knowledge about emergency action plans (EAP). This includes evacuation procedures, shelter-in-place protocols, and responses to various emergencies such as fires, medical emergencies, earthquakes, and workplace violence.

Course Objectives:

- Understand the components and importance of an EAP
- Learn evacuation procedures and shelter-in-place protocols
- Develop skills for responding to various workplace emergencies
- Comply with Cal/OSHA emergency action plan regulations
- Implement best practices for emergency preparedness and employee safety

ERGONOMICS TRAINING

Office Staff Ergonomics

This training course is designed to provide participants with essential knowledge about office ergonomics, including basic principles, risk factors, and control measures. Participants will learn how to improve workplace comfort, reduce the risk of musculoskeletal disorders, and enhance productivity through effective ergonomic practices.

Course Objectives:

- Learn basic ergonomic principles and understand common misconceptions
- Identify risk factors associated with office work and their relationship to injuries
- Develop skills for implementing control measures to reduce ergonomic risks
- Understand the importance of creating an ergonomic lifestyle and taking micro-breaks



Industrial Ergonomics

This training course will provide participants with essential knowledge about industrial ergonomics and safe lifting practices. The course aims to reduce the risk of musculoskeletal disorders, improve workplace safety, and enhance productivity through effective ergonomic principles and material handling.

Course Objectives:

- Learn basic ergonomic principles and understand common misconceptions
- Recognize signs and symptoms of musculoskeletal disorders
- Identify risk factors associated with industrial work and their relationship to injuries
- Understand the use of mechanical aids and their benefits

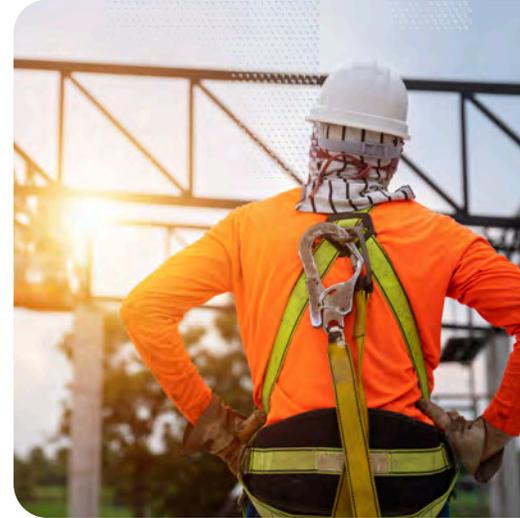


Fall Protection

This training course is designed to provide participants with essential knowledge about fall protection, including understanding regulations, fall protection systems, and rescue procedures. The course aims to raise awareness and ensure compliance with safety standards to prevent falls and related injuries.

Course Objectives:

- Learn general industry and construction requirements
- Identify basic fall protection systems and equipment
- Develop skills for implementing control measures to eliminate or reduce fall potential
- Understand the importance of rescue plans and procedures



Fire Prevention

This training course is designed to provide participants with essential knowledge about fire prevention, including understanding fire hazards, fire protection equipment, and emergency procedures. The course aims to raise awareness and ensure compliance with safety regulations to prevent fires and related injuries.

Course Objectives:

- Understand the components and importance of a Fire Prevention Plan (FPP)
- Learn fire prevention practices and housekeeping procedures
- Identify different classes of fires and appropriate fire protection equipment
- Recognize potential fire hazards in various workplace settings and implement control measures
- Develop skills for responding to fire emergencies and evacuation procedures



Forklift Certification

This training course will provide participants with essential knowledge about the safe operation of forklifts, including pre-use inspections, lifting principles, and safe driving practices. The course aims to ensure compliance with safety regulations and reduce the risk of accidents and injuries with forklifts.

Course Objectives:

- Understand the importance of pre-use inspections and how to conduct them
- Learn about different types of forklifts and their specific features
- Identify common causes of forklift accidents and how to prevent them
- Implement safe driving practices and special concerns related to forklift operation





Hazard Communication

This training course is designed to provide participants with essential knowledge about hazard communication, including understanding hazardous chemicals, product labels, and safety data sheets (SDS). The course aims to ensure compliance with safety regulations and protect employees from chemical hazards in the workplace.

Course Objectives:

- Understand what hazardous chemicals are and their effects on the body
- Learn about different types of hazardous chemicals and how they enter the body
- Identify and interpret product labels and SDS
- Gain skills to minimize chemical exposures

Hearing Conservation

This training course is designed to provide participants with essential knowledge about hearing conservation, including understanding the effects of noise on hearing, types of hearing loss, and protective measures.

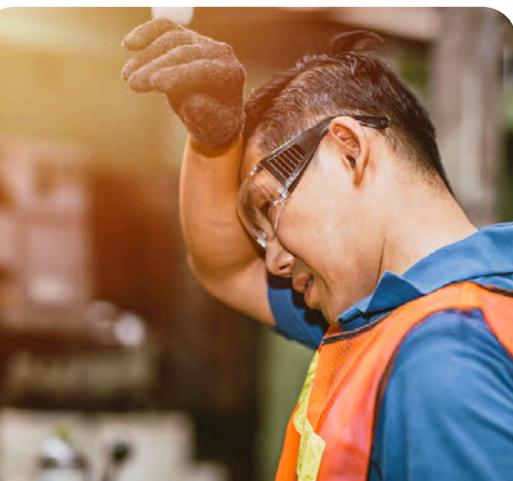
Course Objectives:

- Understand the importance of hearing conservation and the impact of noise on hearing
- Learn about different types of hearing loss and how the ear works
- Identify what sound is and how to measure noise levels
- Develop skills for selecting and using hearing protection effectively



Heat Illness Prevention - Indoor and Outdoor

This training course is designed to provide participants with essential knowledge about preventing heat illness in both indoor and outdoor work environments. The course aims to ensure compliance with safety regulations and protect employees from heat-related illnesses through effective prevention measures and emergency response procedures.



Course Objectives:

- Understand the importance of heat illness prevention and the impact of heat on health
- Learn about different types of heat illnesses and their symptoms
- Identify risk factors for heat illness and how to mitigate them
- Develop skills for implementing heat illness prevention measures
- Learn emergency response procedures for heat-related illnesses



Injury & Illness Prevention Program

This training course is designed to provide participants with essential knowledge about the Injury and Illness Prevention Program (IIPP), including its purpose, key elements, and responsibilities.

Course Objectives:

- Understand the purpose and importance of the IIPP
- Learn about the key elements of the IIPP
- Understand the roles and responsibilities of employees, supervisors, managers, and the IIPP Administrator
- Learn how to report workplace hazards, conducting hazard assessments, and implementing corrective actions
- Understand the procedures for accident reporting, investigation, and maintaining compliance with safety regulations



Ladder Safety

This training course is designed to provide participants with essential knowledge about ladder safety, including regulatory requirements, proper selection, setup, use, care, and storage of ladders.

Course Objectives:

- Learn how to choose the right ladder based on duty ratings and height
- Develop skills for inspecting ladders and identifying defects
- Implement proper setup and securement techniques for ladders
- Understand the importance of ladder care, storage, and training requirements

Lead Awareness

This training course is designed to provide participants with essential knowledge about lead awareness, including understanding the properties of lead, exposure risks, health hazards, and methods to minimize exposure.

Course Objectives:

- Understand the properties and common uses of lead
- Identify health hazards associated with lead exposure
- Develop skills for minimizing lead exposure and implementing safety guidelines
- Comply with Cal/OSHA lead awareness regulations





Lockout/Tagout

This training course is designed to provide participants with essential knowledge about lockout-tagout (LOTO) procedures, including understanding the importance of LOTO, creating written procedures, training requirements, and performing LOTO.

Course Objectives:

- Understand the purpose and importance of LOTO
- Identify roles and responsibilities of employees, supervisors, and contractors
- Develop skills for creating written LOTO procedures and training employees
- Implement proper LOTO procedures, including shutdown, isolation, and verification
- Understand special circumstances and group lockout procedures

Mandated Reporter

This training course is designed to equip individuals, especially those who work with children, dependent adults, and elders, with the knowledge and skills to recognize and report abuse and neglect. This course covers legal responsibilities, signs of abuse, and reporting procedures, ensuring mandated reporters can effectively protect children, dependent adults, and elders.

Course Objectives:

- Understand your legal responsibilities as mandated reporters
- Identify indicators of child, dependent adult, and elder abuse and neglect
- Know how to report suspected abuse to the appropriate agencies
- Know how to maintain a safe environment for children



Playground Inspection & Maintenance

This training course is designed to provide participants with essential knowledge about playground inspection and maintenance, including the importance of regular inspections, what to look for, and how to document findings.

Course Objectives:

- Understand the importance of playground inspection and maintenance
- Learn about the frequency and types of inspections (high frequency, low frequency, and audits)
- Identify common hazards and what to look for during inspections
- Develop skills for documenting inspection findings and corrective actions

Personal Protective Equipment

This training course is designed to provide participants with essential knowledge about personal protective equipment (PPE), including understanding the PPE program, types of PPE, care and maintenance, and limitations.

Course Objectives:

- The purpose and requirements of the PPE program according to Cal/OSHA regulations
- Learn about different types of PPE and their specific uses
- Develop skills for proper care, maintenance, and inspection of PPE
- Identify the limitations of PPE and the importance of combining it with other control measures



Reasonable Suspicion Training for DOT Supervisors

A specialized program designed to educate supervisors of commercial motor vehicle drivers on identifying and addressing substance abuse in the workplace. This course covers the regulatory requirements, signs of alcohol and drug abuse, and the reasonable suspicion testing process. Participants will learn how to observe, document, and respond to potential substance abuse issues, ensuring compliance with DOT regulations and maintaining a safe work environment.

Course Objectives:

- Identify the signs of alcohol abuse among employees, including physical and behavioral indicators
- Recognize the signs of drug abuse among employees, including changes in appearance, behavior, and performance
- Review the reasonable suspicion process for supervisors, including observation, documentation, and testing procedures
- Learn how to apply the regulatory requirements of 49 CFR 382.603, ensuring compliance with DOT standards
- Develop strategies for maintaining a drug and alcohol-free workplace, including the use of Employee Assistance Programs (EAPs)



Silica Awareness

This training course is designed to provide participants with essential knowledge about silica awareness, including understanding the sources of silica, health hazards, exposure risks, and methods to evaluate and control silica exposure



Course Objectives:

- Learn the health hazards associated with silica exposure, including silicosis, lung cancer, and other diseases
- Identify symptoms of silica-related diseases and how silica enters the body
- Develop skills for evaluating silica hazards and implementing exposure control methods
- Understand the requirements for respiratory protection, housekeeping, medical surveillance, hazard communication, and recordkeeping

Slip, Trip, and Fall Prevention

This training course is designed to provide participants with essential knowledge about preventing slips, trips, and falls in the workplace. The course aims to raise awareness, identify common hazards, and implement effective prevention measures to reduce the risk of injuries.

Course Objectives:

- Understand the importance of preventing slips, trips, and falls
- Learn about the common causes and exposures related to slips, trips, and falls
- Develop skills for identifying and mitigating hazards
- Implement best practices for maintaining a safe work environment



Tool Safety (Hand and Power)

This training course is designed to provide participants with essential knowledge about hand and portable power tool safety, including understanding regulatory requirements, proper use, maintenance, and safety practices.



Course Objectives:

- Learn about common injury causes and how to prevent them
- Develop skills for proper use, maintenance, and inspection of hand and power tools
- Identify the types of personal protective equipment (PPE) required for different tools
- Implement general safe practices and special conditions for tool use



Traffic Control & Flagger

This training course is designed to provide participants with essential knowledge about temporary traffic control and flagger operations, including understanding the principles of traffic control, work zone sections, flagger qualifications, and typical applications.

Course Objectives:

- Understand the importance of temporary traffic control operations
- Identify different work durations and mobile operations considerations
- Develop skills for setting up and taking down work zones effectively
- Best practices for flagger operations, including equipment use and emergency procedures
- Understand typical applications for various work zone scenarios

Tree Trimming Safety

This training will provide participants with essential knowledge about tree maintenance, including safe practices for trimming, pruning, felling, and removing trees and bushes.

Course Objectives:

- Understand the hazards associated with tree work and how to perform a hazard assessment
- Learn safe practices for preventing injuries from falling objects and using power tools
- Develop skills for handling chain saws and pole saws safely
- Be able to apply best practices for climbing trees, using portable ladders, and being lifted in aerial devices
- Understand the importance of PPE and training for tree work safety



Trenching & Excavation

This training course is designed to provide participants with essential knowledge about trenching and shoring safety, including understanding the hazards, competent person requirements, soil classification, and protective systems.

Course Objectives:

- Understand the hazards associated with trenching and excavation work
- Learn the requirements and responsibilities of a competent person.
- Identify different types of soil and their classifications
- Develop skills for using protective support systems, including shoring, shielding, sloping, and benching
- Recognize signs of soil distress and implement general safety measures



Utility Cart/Golf Cart Safety

This training course is designed to ensure the safe operation of utility carts in various work environments. This course covers regulatory guidelines, safety concerns, and practical skills needed for operating utility carts. Participants will learn about the different types of utility carts, their features, and the specific safety protocols required by Cal/OSHA.



Course Objectives:

- Understand the regulatory guidelines for powered industrial trucks and application to utility carts
- Recognize the safety concerns associated with operating utility carts
- Learn to perform pre-trip inspections and identify potential hazards before operating a utility cart
- Learn to apply safe driving practices, including proper loading, traveling, and emergency procedures
- Conduct routine maintenance and understand the importance of proper cart modifications and repairs
- How to respond appropriately to real-world accident scenarios and understand the consequences of non-compliance with safety regulations

Verbal Judo/De-Escalation Training

This training course is designed to provide participants with essential knowledge about Verbal Judo, also known as de-escalation or conflict resolution. The course aims to equip participants with the skills to handle tense situations effectively, ensuring personal safety and enhancing professionalism through mindful communication techniques.



Course Objectives:

- Learn what Verbal Judo can do in professional and personal interactions
- Develop skills to deal with situations with dignity and style
- Recognize the three types of people in conversations and how to handle them
- Master the power of paraphrasing to demonstrate active listening
- Use effective words and phrases to de-escalate conflicts

Wheelchair Transit Safety

This training course designed to educate transit personnel and disability service providers on the proper methods for securing wheelchairs and scooters in transit vehicles. This course covers the diversity of mobility aids, ADA transportation service requirements, and the latest industry standards for wheelchair securement.

Course Objectives:

- Understand ADA transportation service requirements and regulations related to wheelchair securement
- Learn appropriate attachment points on various types of wheelchairs and scooters for securement
- Be able to apply wheelchair marking and tethering techniques to enhance safety and stability during transit
- Understand the importance of proper training and education for both transit personnel and customers
- Apply best practices for documenting and maintaining records of wheelchair securement procedures





Wildfire Smoke

This training course is designed to educate employees and employers on the hazards of wildfire smoke and the necessary measures to protect health and safety. The course covers the background of the Cal/OSHA Protection from Wildfire Smoke regulation, health effects of wildfire smoke, air quality index (AQI), and employer requirements.

Course Objectives:

- Understand the Cal/OSHA Protection from Wildfire Smoke regulation and its requirements
- Identify the health effects of wildfire smoke, particularly the dangers of particulate matter
- Determine the AQI and its significance in triggering protective measures
- Implement employer requirements to reduce employee exposure to wildfire smoke
- Communicate effectively with employees about AQI levels and protective measures
- Be able to apply mitigation strategies to protect employees from wildfire smoke
- Know how to use respirators correctly, including understanding the importance, limitations, and benefits of respirator use



Workplace Violence

This training will equip employees with the knowledge and skills to recognize, prevent, and respond to incidents of workplace violence. It covers the definition and types of workplace violence, the cycle of anger and hostility, and effective strategies for de-escalation and communication. Participants will learn about the latest legislative updates, including California's Senate Bill 553, and the importance of maintaining a safe and supportive work environment.

Course Objectives:

- Define workplace violence and understand its various forms, including criminal intent, co-worker violence, customer/client violence, and personal relationship violence
- Recognize the warning signs of potentially violent situations and individuals
- Understand the cycle of anger and hostility and how to intervene effectively
- Apply de-escalation techniques and effective communication strategies to manage difficult situations
- Become familiarize with the requirements of Senate Bill 553 and the employer's responsibilities in preventing workplace violence
- Develop personal safety plans and participate in workplace violence prevention initiatives
- Respond appropriately during and after a violent incident, including seeking medical treatment and counseling



OTHER TOPICS

In addition to the popular topics detailed in the catalog, the following training topics can also be requested. If there is a safety topic that is not listed, please contact Sedgwick.

- ATV Safety
- DOT Requirements
- Fatigue Awareness
- Forklift Train the Trainer
- HazWOPER Awareness
- Sidewalk Liability
- Trailer Safety
- Transit Safety

CONTACT US

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