



## 2019 Seminars

(All Dates Subject to Change—watch your email for individual invitations)

DATE	TITLE	TOPICS COVERED
Thursday, January 10 <sup>th</sup> Time: 10:00-11:30	OSHA Recordkeeping / Electronic Submission * +	Learn how to properly record OSHA injuries and illnesses on the OSHA 300 and 300A logs. Also, review about the electronic submission requirement for 2018 logs. Hosted by CRS. (TM)
Thursday & Friday February 7-8 <sup>th</sup> Time: Feb. 7th: 8 – 4 Time: Feb. 8th: 8 – 11:30	OSHA 10 - Construction *	\$100 per person. Hosted by CRS. (AM) (\$200 per person – non-CRS client)
Thursday, February 14 <sup>th</sup> Time: 9 – 2:00	First Aid/CPR/AED *	Certification through ECSI - \$70 per person. Hosted by CRS. (DR) (\$90 per person non-CRS client)
February 28 <sup>th</sup> & March 1 <sup>st</sup> March 7 <sup>th</sup> & 8 <sup>th</sup> Time: 7:30 - 4:00	OSHA 30 – Construction *	\$400 per person. (AM) (\$800 per person non-CRS client)
Wednesday, March 13 <sup>th</sup> Time: 10:00-11:30	Distracted Driving * + Worth it	Train your employees to practice defensive driving techniques every day, on and off the job. Hosted by UFG.
Wednesday, April 3 <sup>rd</sup> Time: 1 - 2:30	What to Expect - Claims	Overview of claims process and what to expect in the event of a claim. (SR & KH)
Wednesday, April 17 <sup>th</sup> Time: 1 - 2:30	What to Do If OSHA Shows up?	How to survive a surprise OSHA inspection. Hosted by CRS. (AM)
Thursday, April 25 <sup>th</sup> Time: 9 – 2:00	First Aid/CPR/AED *	Certification through ECSI - \$70 per person. Hosted by CRS. (DR) (\$90 per person non-CRS client)
Tuesday, May 14 <sup>th</sup> Time: 10:00-11:30	Emergency Action Plans * +	Learn how to design an Emergency Action Plan for your business. Hosted by CRS. (TM)

<p>Tuesday, August 6<sup>th</sup></p> <p>Time: 1 - 2:30</p>	<p>Cost Containment Certification * +</p>	<p>The Cost Containment Program was designed to reward companies for their commitment to safety. Learn what it takes to get certified and save an additional 5% on your workers compensation premium. Hosted by CRS. (AM)</p>
<p>Thursday, September 12<sup>th</sup></p> <p>Time: 10:00-11:30</p>	<p>Controlling Work Comp Costs * +</p>	<p>This workshop will focus on tips to properly investigate and manage your work comp claims/programs to control your EMOD and premium. We will also discuss the benefits for creating detailed job descriptions. (DR)</p>
<p>Thursday &amp; Friday, September 19<sup>th</sup> - 20<sup>th</sup></p> <p>Time: Sept. 19th: 8 – 4 Time: Sept.20th: 8 – 11:30</p>	<p>OSHA 10 - Construction *</p>	<p>\$100 per person. Hosted by CRS. (AM) (\$200 per person non-CRS client)</p>
<p>Thursday, September 26<sup>th</sup></p> <p>Time: 9 – 2:00</p>	<p>First Aid/CPR/AED *</p>	<p>Certification through ECSI - \$70 per person. Hosted by CRS. (DR) (\$90 per person non-CRS client)</p>
<p>October 10<sup>th</sup>, 11<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup></p> <p>Time: 7:30 - 4:00</p>	<p>OSHA 30 - Construction *</p>	<p>\$400 per person—Hosted by CRS (AM) Attendees must be present every Wednesday to receive their card (\$800 per person non-CRS client)</p>
<p>Tuesday, October 22<sup>nd</sup></p> <p>Time: 1:00-2:30</p>	<p>Winter Driving * +</p>	<p>Learn basic winter driving techniques to help your fleet reduce accidents. Hosted by CRS. (TM)</p>
<p>Wednesday, November 13<sup>th</sup></p> <p>Time: 10:00-11:30</p>	<p>Accident Investigation * +</p>	<p>Discover proper accident investigation techniques, root cause analysis, and identification. Hosted by CRS. (AM)</p>
<p>Thursday, November 21<sup>st</sup></p> <p>Time: 9 – 2:00</p>	<p>First Aid/CPR/AED *</p>	<p>Certification through ECSI - \$70 per person. Hosted by CRS. (DR) (\$90 per person non-CRS client)</p>
<p>December 11<sup>th</sup></p> <p>Time: 1:00-2:30</p>	<p>Motor Carrier Safety Regulations &amp; DOT Regulation * +</p>	<p>These two sets of regulations can be confusing at times. Attend this workshop to learn how they apply to your business. Hosted by CSP.</p>
<p>December 19<sup>th</sup></p> <p>Time: 9 – 2:00</p>	<p>First Aid/CPR/AED *</p>	<p>Certification through ECSI - \$70 per person. Hosted by CRS. (DR) (\$90 per person non-CRS client)</p>

\* Designates Pinnacol Assurance Approved Safety Group Training Credit

+ Designates webinar offering

(Revised 11/14/18)