

Safety Topics- 2017

NEW: Most classes include “digital handouts” for company intranets and employees in remote locations!

| Safety Topic | Description |
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| Back Safety <i>Back Talk</i> | Back pain is the 2 nd most common medical complaint and leading cause of workplace disability. Learn the risk factors, biomechanics, posture, safe lifting techniques and exercises to help reduce your chance of injury. |
| Stretching <i>Stretching the Truth</i> | This engaging class provides an overview of stretching and then offers participants a full-body stretching/flexibility routine that can be done from a seated position while in the office and dressed in business attire. It is also ideal as a warm up for employees working in high energy jobs such as distribution/warehousing, road crews, oil, ag industries, etc. |
| Skin Cancer Awareness | Skin cancer is the most common, yet most preventable form of cancer. Learn about common risk factors, warning signs and how to prevent this growing problem. UV radiation, sunscreen and appropriate apparel are also discussed. |
| Work Place Slips, Trips and Falls | According to the Dept. of Labor, workplace falls are one of the most frequently reported injuries and 2 nd leading cause of death. This class looks at prevention, housekeeping, tripping hazards, physical conditioning and more. |
| The ABC's of Better ZZZ's | Lack of sleep is becoming an epidemic. The CDC states, “Sleep is increasingly recognized as important to public health, with sleep insufficiency linked to motor vehicle crashes, industrial disasters, and medical and other occupational errors”. This class will offer numerous tips on how to improve your sleep habits to enhance your rest and energy. |
| Basic First Aid | For Personal Information Only-Not a Certification. This class is ideal for those seeking information on how to handle basic first aid issues such as burns, bleeding, bites/stings, etc. Taught by a licensed emergency medical technician, this class is for personal knowledge only and not intended to be a substitute for certification. Need a certification? We also offer CPR/AED/First Aid classes through the American Heart Association. |
| Noise Induced Hearing Loss | According to the CDC, an estimated 17% of adults aged 20–69 years (approximately 26 million) have suffered permanent damage to their hearing from excessive exposure to noise. Participants will learn how hearing loss can make communication difficult, identify sources of loud noise and adapt behaviors to protect their hearing. This is a great occupational safety topic. |
| Avoiding Risky Drinking | This class explores the use of alcohol and offers tips to drink responsibly as well as resources for those who may have challenges. |

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| Heat Illness | The extreme heat of Kern County summers is well documented and must be respected. This class speaks to the importance of hydration, water vs. sports drinks, electrolytes, sweat calculations and more. It also looks at the signs, symptoms and treatment for both heat illness and heat stroke. Taught by a licensed medic. |
| Defensive Driving | Participants will learn techniques to enhance their safety and awareness while driving. The effects of sunlight on eyes, “rear wheel cheat”, breaking, cornering, laws, regulations and more are presented. Taught by a law enforcement driving instructor. |
| Burns and Treatment | A comprehensive class on the various types of burns including thermal, chemical, electrical and radiation. Tips to avoid burns and the on-scene treatment of burns will also be discussed. |
| Stress Management | In an increasingly fast paced world, stress is a leading contributor to mental and physical illness. This class addresses the physical and psychological effects of stress and gives several tools and tips for dealing with stress. |
| Blood Borne Pathogens | Blood borne pathogens are infectious microorganisms in human blood that can cause disease. Many workers can be exposed to these pathogens. We will discuss the role of personal protective equipment (PPE), barriers, cleaning and other practices to reduce the risk of exposure. |

Why Advanced Care Wellness (ACW)?

ACW is a *single provider solution* for all worksite wellness services and has provided services to organizations with 15 to 8,000+ employees. With more than 17 years of experience offering custom, comprehensive worksite wellness services such as classes, health screenings, flu shots, wellness challenges, health risk assessments and much more.

Our safety classes are:

- Taught by local experts, including Health Educators, EMT’s, RN’s and Physicians.
- Experienced at handling multiple locations, shifts and languages.
- Local and responsive.
- Pricing is all inclusive, including staff time, handouts, digital content and follow-ups.
- **American Heart Association CPR/BLS/First Aid/AED certification classes are also available.**

For more information or to schedule a class, please contact Advanced Care Wellness Manager Sean Kenny at: (661) 716-7118 or sean@advancedcarewellness.net