



2020 Loss Control Virtual Training Programs

By MINNESOTA COUNTIES INTERGOVERNMENTAL TRUST

Although MCIT has suspended in-person training and meetings with members for the health and safety of its and members' employees during the COVID-19 pandemic, MCIT loss control consultants are providing tailored virtual safety and loss prevention training to members.

Using MCIT's GoToTraining subscription or the member's Web-based online meeting platform, MCIT loss control consultants can deliver training to a targeted audience, consisting of six to 100 employees. To participate, attendees simply need an Internet-connected device with speakers or headphones (e.g., computer, tablet or smart phone).

Schedule a Session

To schedule a virtual training session, members should contact their assigned MCIT loss control consultant at **1.866.547.6516**.

VIRTUAL TRAINING TOPICS

Below are the topics on which MCIT loss control consultants can provide training. They can also work with members to develop custom sessions. **Note:** MCIT can assist with or supplement but cannot provide a member's required annual OSHA training.

Creating Job Hazard Analysis

Job hazard analyses are an important loss control tool used to identify the potential hazards of job tasks. This knowledge can help identify loss prevention controls, such as proper personal protective equipment, and used as training for new employees. This training discusses the benefits of using job hazard analyses and how to create them.

Cyber-attack Prevention

Focuses on awareness and prevention techniques for employees to protect against cyber-attacks. Topics include social engineering, password protection and safe Internet browsing practices.

Distracted Driving

Spotlights awareness of visual, cognitive and manual distractions; and techniques to help prevent driving while distracted.

Dog Bite Prevention

Targeted to employees who make home visits, this training focuses on recognizing potential dog activity, signs of aggression and best practice techniques to help prevent against dog bites.

Ergonomics at Your Desk

Focuses on maintaining neutral and supportive postures when using a computer or other equipment at the desk. Key concepts include chair adjustments, positioning equipment for comfort and ergonomic best practices when using the computer or working at the desk. The importance of stretching throughout the day is also addressed with demonstration of easy stretches that can be done at the workstation.

Ergonomics Beyond the Cubicle

Provides an explanation of ergonomic risk factors and associated injuries for work tasks conducted away from a desk. The discussion focuses on positions and postures, force and vibration, task repetition and the environmental elements employees deal with at work and after hours.

General Hazard Identification

Trainees have the opportunity to look through the eyes of a loss control consultant and become attuned to identifying hazards that could cause injury to themselves or other co-workers. Emphasis is placed on the three R's: recognizing, remedying and reporting. This training can be tailored to general or specialized work areas.

Hearing Loss Prevention

Discussion centers around ear structure, causes of hearing loss, proper use of ear protection and best practice techniques to reduce the risk of hearing loss. Note: This is not a hearing conservation program training.

Incident (Accident) Investigation

Targeted to supervisors and others responsible for conducting incident investigations, the training discusses the importance of these investigations in reducing future injury and loss, techniques for thorough investigations and root cause analysis.

Outdoor Summer or Winter Hazard Prevention

Discusses hazards encountered when working outside during the summer or winter, such as heat stress or cold stress; noxious plants and ticks; slip, trip and fall hazards. Employees learn prevention strategies for common outdoor hazards.

Safe Chemical Product Use

Instructs employees on the safe use of chemical products at work and at home. Provides an explanation of product labels, safety data sheets, personal protective equipment and proper storage, and use of common products. Note: this training does not fulfill OSHA Employee Right to Know requirements and is meant to be used as supplemental training.

Safe Ladder Use

Teaches employees about safe ladder use best practices, including safe use of step and extension ladders.

Slip, Trip and Fall Prevention

Identifies common hazards that may lead to slip, trip and fall injuries. Prevention best practices are discussed. This training can be tailored to seasonal risks, as well as specific work setting.

Stretching and Lifting

Instructs employees about the importance of stretching throughout the workday. This training includes simple stretching exercises employees can do at their desks or most anywhere else. Proper lifting techniques are also discussed.

What to Do During an OSHA Visit

Explains current Minnesota Occupational Safety and Health Administration inspection procedures, lists items all members should have readily available during an inspection and provides helpful tips for the walkthrough.

Other Topics by Request

Members in need of staff training on other topics are encouraged to contact their assigned MCIT loss control consultant to discuss the potential for a custom session. Reach consultants at **1.866.547.6516**.