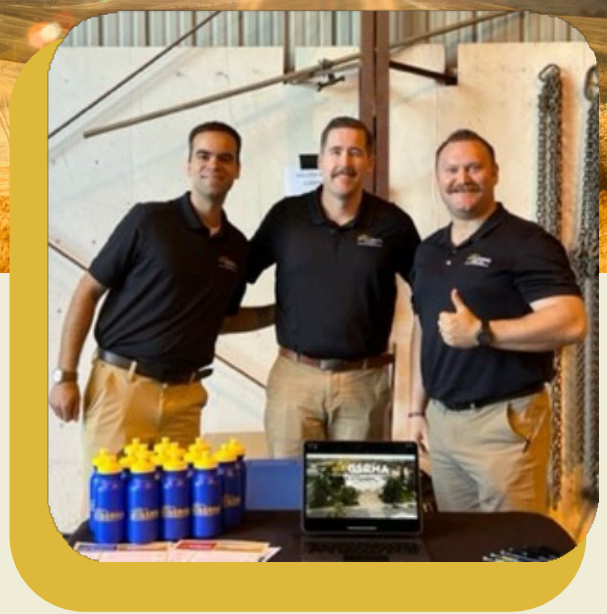




Course Offerings

***On-site, Online, and Tailored to
Your District's Needs.***



Golden State Risk Management Authority is pleased to offer the following courses. This is a list of frequently requested training. Other courses are available as requested.

Introduction to Safety – Learn why safety is important, how to create a safe workplace, and the requirements of an Injury and Illness Prevention Program (IIPP).

Defensive Driving – Learn the steps to drive defensively, how to avoid distractions, safe backing, and handle driving hazards.

Ergonomics – This course is designed for supervisor level staff. Learn basic ergonomic principles as well as workstation set up and adjustments.

Heat Illness – Learn risks for heat illness, the types of heat illness along with their signs and symptoms, how to care for victims of heat illness and Cal OSHA's Heat Illness standard.

Back Safety and Proper Lifting – Learn the forces involved when lifting, common causes of back injuries, techniques for the prevention of back injuries, proper lifting techniques.

Slips, Trips and Falls – Learn common causes for slips, trips and falls, contributing factors to these incidents and prevention strategies.

Dealing with Difficult People – Discuss what makes people difficult to work with, learn de-escalation techniques as well as things to say or not to say in these situations.

Providing Quality Customer Service – Learn key points about customer service, whose responsibility customer service is and how to implement at your district.

Workplace Stress – Learn how to identify stress and personal stressors, signs and symptoms of stress, as well as how to manage stress and how attitude affects stress.