



CALIFORNIA'S WORKERS' COMP UPDATES



Topics for our upcoming E-Trainings:

APRIL:
"Machine Safeguarding"

MAY:
"Eye Safety"

JUNE:
"Heat Illness"

Monthly E-Training for March 2009: Back Safety

Employers Direct announces the launch of its new training program for policyholders. As a result of the positive response to our monthly E-Flashes, we will distribute monthly E-Training communications via email. These new training tools will provide detailed information to assist your managers and supervisors with training topics. A quiz will be included at the end of each E-Training, and all E-Trainings will be translated into Spanish. However, do not be alarmed, our E-Flashes will continue to arrive in your email boxes on a quarterly basis with updates on safety-related trends and newsworthy topics. If you have any questions or comments, please send an email to pr@employersdirect.com.

How many training sessions have you sat through regarding back safety?

The fact that back injuries account for a large percentage of injuries in the workplace is probably not news. You have probably been through many training sessions related to back safety in the past and likely will be trained on this topic many more times in the future. So, you may ask, why is there so much training and retraining on this single topic? The answer is because the back continues to be one of the leading factors in injuries, days away from work, and workers' compensation costs. To read the full E-Training, [click here...](#)

What are some common types of back injuries?

A strain happens when you overexert the muscles in your back. A sprain occurs by stretching or tearing a ligament in your back. A bulging disk is when a disk begins to come out from between two vertebrae. A herniated disk occurs when the cushioning fluid of a disk leaks out and loses its ability to cushion the vertebrae. To read the full E-Training, [click here...](#)

Sample quiz question:

Question: You do not need to use proper lifting techniques when lifting a light load.

Answer: True or False

To take the full quiz, [click here ...](#)

[To read the E-Training in Spanish, click here...](#)

ALSO OF INTEREST:

Employers Direct recently launched its new website. The new design provides easier navigation for policyholders, future policyholders, job seekers, and media. Important information can be easily located within one click. Check out the new site at www.employersdirect.com.

Employers Direct Insurance Company
P.O. Box 5043
Thousand Oaks, CA 91359
www.employersdirect.com
Toll-Free: 866.421.8500

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