

To take advantage of Arbella's safety and training programs, contact your Arbella agent, or call Arbella's experienced Loss Control Department at 1-800-ARBELLA (272-3552), x 3078.



LOSS CONTROL TEAM

ARBELLA INSURANCE GROUP, headquartered in Quincy, Massachusetts, is a customer-focused regional property and casualty insurance company providing business and personal insurance in Massachusetts and Connecticut, and business insurance in Rhode Island and New Hampshire.

ESTABLISHED IN 1988, Arbella has a reputation for exceptional service built upon a foundation of financial strength and knowledgeable local employees. Arbella writes more than \$600 million in annual written premium and has approximately \$1 billion in assets.

TO LEARN MORE ABOUT ARBELLA, VISIT ARBELLA.COM.



THE RIGHT MIX OF SAFETY AND TRAINING PROGRAMS ARE GOOD FOR YOUR BUSINESS.

Increasing Safety and Skills
for Your Company



Arbella Insurance Group is comprised of insurers doing business in the states of Connecticut, Massachusetts, New Hampshire, and Rhode Island. These materials are not intended to constitute an advertisement, solicitation or offer for sale in any jurisdiction where our companies are not licensed to do business. These marketing materials do not provide a complete description of all coverages, exclusions and conditions in the policy. Policy terms may be changed by the insurer from time to time. Anyone interested in our products should seek more information from one of our professional insurance agents. Our local agents can review your particular circumstances and explain the details of any coverages for which you are eligible. Issuance of coverage is subject to underwriting.



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HERE. FOR GOOD.™

At Arbella, we know the importance of putting safety and training programs into place that will help you manage risk, reduce loss and increase your profits.

Our Loss Control Team has over 25 years of combined experience in identifying key occupational health and safety issues and tailoring specific programs to address those issues. The team offers both Train-the-Trainer programs that prepare your supervisors to train their staff and standard classes that will help you develop a comprehensive safety program.

ARBELLA'S INTERACTIVE TRAINING PROGRAMS INCLUDE:

- Certified programs that enhance the safety of your workplace
- Ergonomics training
- Safety training
- Specialty training
- Additional Occupational Safety and Health Administration (OSHA) programs

Certified Programs

ADULT CPR (CARDIOPULMONARY RESUSCITATION)

Learn to recognize a respiratory/cardiac emergency, perform rescue breathing, clear an obstructed airway and perform CPR. Child/infant CPR also available.

ADULT CPR AND FIRST AID

In addition to the above Adult CPR training, learn how to minimize the risk of injury in an emergency situation until professional medical help arrives.

DEFENSIVE DRIVING COURSE

(CERTIFIED BY THE NATIONAL SAFETY COUNCIL)

Drivers learn techniques to prevent collisions and avoid common moving violations.

FORKLIFT

Become OSHA-compliant through facility- and equipment-specific classroom training, performance evaluation and certification. Adheres to the 12/1/99 OSHA standard.

FORKLIFT, TRAIN-THE-TRAINER (CLASSROOM)

Learn safe operation tips, OSHA compliance and how to implement a forklift-training program.

OSHA GENERAL INDUSTRY OUTREACH TRAINING—10- AND 30- HOUR PROGRAMS*

The 10-hour program is an introduction to general industry safety and health standards. Attendees receive a 10-hour card upon completion. Topics include:

- Introduction to OSHA
- Hazard Communication
- Citations
- Lockout/Tagout
- Inspections
- Personal Protective Equipment
- Emergency Action Plans

The 30-hour program covers all the topics in the 10-hour program plus expanded discussion on issues like permit-required confined spaces, welding, cutting and brazing. Attendees who have completed the 10-hour program or have equivalent experience (management or compliance workers) are eligible to take the 30-hour program.

OSHA CONSTRUCTION OUTREACH TRAINING—10- AND 30-HOUR PROGRAMS*

OSHA certificates are awarded upon completion of the outreach training. This certificate is required by law in some states for certain workers, depending on the construction site. Topics include:

- Introduction to OSHA
- Scaffolds
- Electrical
- Excavations
- Fall Protection
- Stairways and Ladders
- Personal Protection Equipment
- Many other OSHA-related, required standards
- Material Handling

*Minimum 15 employees, maximum 25, per class.

Additional OSHA Training Programs

- Control of Blood-Borne Pathogens
- Personal Protective Equipment
- Emergency Action Plan Development
- Respiratory Protection
- Understanding the Dangers of Handling Hazardous Chemicals
- OSHA Overview and Update
- Lockout/Tagout
- OSHA Recordkeeping Requirements
- Hearing Conservation Program

Ergonomics Training

These ergonomics training classes help employees understand their working environment.

- Body Mechanics—Lifting and Bending
- Ergonomics—Office
- Ergonomics—Industrial
- Monitoring and Motivating Safe Lifting Practices

Safety Training

We cover all the important aspects in safety training with these classes:

- Accident Investigation Techniques
- High-Performance Safety Committees
- Benchmarking Your Safety Program Using OSHA's Program Profile
- Managing and Motivating Safe Work Performance
- General Safety Training
- Risk Management for Executives and Managers
- Self-Inspections

Specialty Training

Learn how proper maintenance and proper awareness can reduce work-related injuries.

- Hand and Portable Power Tools Safety
- Violence in the Workplace
- Machine Guarding
- Woodworking Equipment Safety
- Slip and Fall Prevention