



# 2024 PSWCT/UP Training Sessions

## WEBINAR

### PSWCT/UP Return-to-Work Reimagined - Part II

**Thursday, January 18, 2024  
10:00 am – noon**

Building on feedback from participating members, the PSWCT/UP has reimagined the Return-to-Work Incentive Program (RTWIP) application process to make it more user friendly. In Part II of the associated training, Christian Porter, WWCP, AC, Return-to-Work Manager, will offer a quick overview of the program, a walk-through of the claim eligibility criteria, and a review of the new automated application process. We hope this improved application process will be easier and faster, as well as increase active participation in the program. We look forward to sharing this new information with you and supporting your district in this area!

**Speaker: Christian Porter**, WWCP, AC, Return-to-Work Manager, PSWCT/UP

## WEBINAR

### PSWCT/UP Behavioral Health and Resilience in the Workplace: Management of Psychological Elements Associated with Workplace Injuries

**Thursday, February 1, 2024  
10:00 am – noon**

This interactive training workshop is designed for anyone in a managerial, supervisory, or other leadership position who is supporting a team, or working with individual team members in need of support. We will cover the best practices for management of psychological elements associated with workplace injuries, high stress, and emergency events or critical incidents. The content of the training will include common physical, emotional, and behavioral responses that we experience during and in the aftermath and recovery from a crisis event or critical incident, as well as the most effective strategies and tactics for supporting others while also taking care of yourself and developing and maintaining healthy boundaries. We will address common workplace communication challenges in this context as well as the way that burnout, compassion fatigue and moral injury play a role in behavioral health, and simple, accessible resilience building strategies.

**Speaker: Kira Mauseth**, Ph.D., Clinical Psychologist, Owner, Astrum Health, LLC

## WEBINAR

### PSWCT/UP School Safety Walk-Through

**Thursday, February 15, 2024  
10:00 am – noon**

The ultimate goal in School Environmental Health & Safety is to shift in how safety is defined and practiced by all school partners: Safety is not the absence of accidents, incidents or claims, but the existence of a system and structure that supports awareness, personal responsibility, collaboration, mutual care and belonging. In a strong community, everyone should be aware of safety risks and have a commitment to address them.

School leaders can improve school safety and help reduce the risks to staff and students by guiding and training district staff to always look through their “safety glasses.” Periodically conducting safety walk-throughs of buildings and grounds, and reporting and correcting hazardous exposures can prevent health and financial loss.

To support these efforts, PSWCT/UP has partnered with Northeast Washington Educational Service District 101 to offer an overview of the Safety Walk-Through Basics, provide recommendations, and present the resources and checklists developed for membership use. This training is designed for everyone working in schools and not just the designated Risk or Safety Managers.

**Speakers: Steve Lyons**, CSR, ARM, ASP, Risk Consultant, PSWCT/UP; **Jerry Page**, IH, CIE, Workers' Compensation Trust, Safety Division, Northeast Washington Educational Service District 101

## WEBINAR

### PSWCT/UP Managing Workers' Compensation Injury and Illness Complexities – Part I

**Thursday, March 7, 2024  
10:00 am – noon**

In the first segment of our three-part series, Managing Workers' Compensation Injury and Illness Complexities, we will explore the “disability curve” and factors that extend unnecessary disability duration. Strategies to reduce the risk of delayed recovery will be shared, including management of the Provider Initial Report (PIR) and the Activity Prescription Form (APF). The importance of coordinated communication among key players in the management of the work-related injury/illness will be discussed, as well as common barriers to recovery including psychosocial factors and comorbid conditions. Lastly, strategies to obtain injured worker and provider buy-in towards an appropriate return-to-work will be explored.

**Speakers: Paul Darby**, MD, PhD, MPH, FACOEM, CMLE, Medical Director, PSWCT/UP; **Tina Baker**, RN, CCM, Nurse Case Manager, PSWCT/UP

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## WEBINAR

### PSWCT/UP Ergonomics 101 & Services Offered by Risk Management

**Thursday, March 21, 2024**  
**10:00 am – noon**

Ergonomics is the science of designing the workstation to fit within the capabilities and limitations of the employee. The goal of office ergonomics is to design the office workstation so that it fits the user and allows for a comfortable working environment for maximum productivity and efficiency.

This live webinar, designed and presented by ErgoFit Consulting, targets everyone who works in an office setting or spends considerable time sitting in front of a computer.

The presenter will walk the audience step-by-step through the recommended workstation adjustment process. The instructor will explain in practical terms, verbally and through demonstration, the various ergonomic goals and postures you should be aiming for in your office workstation. This presentation does not recommend the purchase of any specific equipment or furniture, rather focuses instead on you making whatever adjustments you can with the furniture and equipment you have. ErgoFit will also supply some of their "Home Office Tips" for commonly available fixes and improvements.

**Speaker: Steve Lyons**, ARM, ASP, CSRSM, Risk Consultant; **Paul Cutting**, KIN, Ergonomics and Client Services Manager, Ergonomics Consultant, ErgoFit Consulting

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## WEBINAR

### PSWCT/UP - Washington State Department of Health K-12 School Health & Safety Guide Updates

**Thursday, April 18, 2024**  
**10:00 am – noon**

The Health and Safety Guide for K-12 Schools in Washington was generated in response to WAC 246-366-140, "Primary and Secondary School Regulations," that directed the Washington State Department of Health (DOH) and the Office of Superintendent of Public Instruction (OSPI) to generate a Guide to help prevent and reduce injuries and illnesses in Washington's K-12 schools.

The result of this collaboration is the edition released in 2000 and the subsequent updated version in 2003. In 2023 a committee of school and health personnel assembled to incorporate users' comments, add new elements and best practices, and to update code references.

The update effort was led by our speaker, Nancy Bernard, Manager of the Washington State DOH Indoor Air Quality and School Environmental Health and Safety Programs. Nancy will offer an overview of the Guide with special emphasis on additions and modifications. Now the Guide can return to its well-deserved spot of being the ultimate resource and reference for our school Environmental Health & Safety (EH&S) work.

**Speaker: Nancy Bernard**, MPH, REHS, Manager, Indoor Air Quality and School Environmental Health and Safety Programs, Washington State Department of Health

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## WEBINAR

### PSWCT/UP Workers' Compensation Claims Cost Containment Strategies

**Thursday, May 2, 2024**  
**10:00 am – noon**

Workers' compensation insurance pays benefits to employees when they are injured or sick because of their job. Workers' compensation benefits include medical treatment and on-going care, payments to cover lost wages and even death benefits. This session shares and explores key industry best practices for mitigating workers' compensation claims cost while maximizing injured worker outcomes. We will examine the various cost components associated with workers' compensation claims, namely medical, indemnity, and expense, and review approaches to containing their costs without compromising the quality of claim handling.

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## WEBINAR

### PSWCT/UP Reasonable Assurance: Refresher & Updates

**Thursday, May 16, 2024**  
**10:00 am – noon**

This training is specifically targeted to school district staff who are responsible for unemployment compensation, such as those within human resources or payroll departments. Educational employees are not eligible for unemployment benefits during traditional break periods in situations where they have "reasonable assurance" that they will continue working after the break. Reasonable Assurance allows districts to hire guest employees to work during the school calendar, but not be financially responsible for compensation during breaks.

**Speakers: Bradley Jones**, Esq., Claims Attorney, PSWCT/UP; **Leigh Ann Stalker**, BS, Unemployment Claims Consultant, PSWCT/UP

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## WEBINAR

### PSWCT/UP Managing Workers' Compensation Injury and Illness Complexities – Part II

**Thursday, May 23, 2024**  
**10:00 am – noon**

In the second segment of our three-part series, Managing Workers' Compensation Injury and Illness Complexities, we will emphasize the importance of individualized medical care and treatment of the injured worker, as well as review the fundamental elements of injured worker medical management: Relatedness, necessity, and appropriateness. In doing so, management of providers' treatment requests will be discussed, and strategies shared to safeguard the timely delivery of evidence-based medical care to minimize unnecessary delays in functional restoration and return-to-work.

**Speakers: Paul Darby**, MD, PhD, MPH, FACOEM, CMLE, Medical Director, PSWCT/UP; **Tina Baker**, RN, CCM, Nurse Case Manager, PSWCT/UP

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## WEBINAR

### PSWCT/UP Managing Workers' Compensation Injury and Illness Complexities – Part III

**Thursday, July 11, 2024**  
**10:00 am – noon**

In the third segment of our three-part series, Managing Workers' Compensation Injury and Illness Complexities, we will discuss Independent Medical Examinations (IMEs) in depth, as well as alternatives to IMEs.

**Speakers: Paul Darby**, MD, PhD, MPH, FACOEM, CMLE, Medical Director, PSWCT/UP; **Tina Baker**, RN, CCM, Nurse Case Manager, PSWCT/UP

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