



## Winter 2020

For more information and to register visit, [www.ffvamutual.com/events](http://www.ffvamutual.com/events)

### January

**2020 Annual OSHA Update** [Online Webcast]

**Wednesday, January 15 @ 10:30 am to 11:30 am ET**

Find out about OSHA's latest rules and regulatory guideline updates for 2020, along with how they may impact your company. We'll also discuss tools for identifying which rules apply to your industry to implement in your safety program.

### February

**CPR Compression Only and Rescue Breaths** [Short Talk Release]

**Tuesday, February 12**

Watch this short talk to learn about Compression Only CPR and CPR with Rescue Breaths. This short talk also includes a brief demonstration video.

**First Aid, CPR and AED Course** [In-Person Training Event at FFVA Mutual's Corporate Office in Maitland, Florida]

**Thursday, February 13 @ 8:00 to 1:00 pm ET**

This 4-hour course, offered at no cost to our agents and policyholders, includes First Aid, CPR and AED training with work-related scenarios and is ideal for first time attendees or those who need CPR recertification (renew every 2 years). Student handbooks will be provided at no cost.

**Safety Leadership Academy** [In-Person Training Event at FFVA Mutual Corporate Office in Maitland, FL]

**Thursday, February 27 @ 8:00 am to 3:30 pm ET**

Designed for anyone responsible for managing workplace safety initiatives, this event provides actionable takeaways to reduce injuries and related claim costs, and improve your company's bottom line. Offered at no cost to our agents and policyholders, the event includes a Lunch & Learn with attorneys from Dean Ringers Morgan & Lawton P.A.

### March

**Drug-Free Workplace** [Online Webcast]

**Wednesday, March 11 @ 10:30 am to 11:30 am ET**

Many employers miss out on workers' comp credits and experience higher claim costs by not implementing a Drug-Free Workplace (DFWP) program. Join us and guest speaker Nick Mirowsky of Total Compliance Network to learn about: reasons to implement, ways to customize your program, post-accident treatment and testing, employer and supervisor responsibilities, employee assistance program (EAP) services.

**Defensive Driving Course - DDC4** [In-Person Training Event at FFVA Mutual Corporate Office in Maitland, FL]

**Thursday, March 26 @ 8:00 am to Noon ET**

This 4-hour interactive training course motivates drivers to improve their behind-the-wheel behaviors. The result is a more responsible driver who understands best practices that prevent injuries and even fatalities while operating motor vehicles. Student handbooks will be provided free of charge.

**Safety Foundations** [In-Person Training Event at FFVA Mutual Corporate Office in Maitland, FL]

**Wednesday, March 18 @ 8:00 am to 3:30 pm ET**

Safety Managers and Supervisors: Whether you are new to the role of safety or a veteran overseeing your company's work areas, this event is packed with easy to implement ways to establish or improve your company's safety program. We will feature guest speaker and Q&A. Offered at no cost to our agents and policyholders.