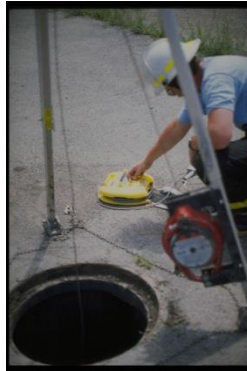


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## Training Syllabus

**January 2015**

### **Accident Investigation**

Course Description:

Currently under development.

Course Length: 4 hours

### **Arc Flash (NFPA 70 E) Awareness**

Course Description: The course objective are to review Applicable Safety Standards, discuss basic electrical safety, review applicable PPE and review work practices used for protection.

Course Length: 2 hours

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## Asbestos Awareness

Course Description: This training is for maintenance and custodial staff involved in cleaning and minor maintenance tasks where ACM may be accidentally disturbed.

Topics include:

- Background information on asbestos
- Health effects of asbestos
- Worker protection programs
- Recognition of ACM damage and deterioration
- Operations & Maintenance programs

Course Length: 2 hours



## Bloodborne Pathogens

Course Description: This training provides an annual review of bloodborne pathogen exposure control principles, practices, and requirements as required by the Occupational Safety and Health Administration (OSHA) Bloodborne Pathogens Standard, 1910.1030. This training is required for all personnel who work with human blood or blood products or human tissues, fluids, or cells that are considered "other potentially infectious materials" (OPIM).

Course Length: 4 hours

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## Construction Industry 10 Hour

**Course Description:** The OSHA Outreach Training Program provides training for workers and employers on the recognition, avoidance, abatement, and prevention of safety and health hazards in construction workplaces. The program also provides information regarding workers' rights, employer responsibilities, and how to file a complaint. This is a voluntary program and does not meet training requirements for any OSHA standards. The 10-hour class is intended for entry level workers. Topics in the course can be customized to meet contractor needs.

**Course Length:** 10 hours, 2 days



## Construction Industry 30 Hour

**Course Description:** The OSHA Outreach Training Program provides training for workers and employers on the recognition, avoidance, abatement, and prevention of safety and health hazards in construction workplaces. The program also provides information regarding workers' rights, employer responsibilities, and how to file a complaint. This is a voluntary program and does not meet training requirements for any OSHA standards. The 30-hour class is more appropriate for workers with some safety responsibility. Topics in the course can be customized to meet contractor needs.

**Course Length** 30 hours, 5 days

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## CPR

Course Description: American Heart Association CPR for Health Care Provider with AED (for 1st responder, Life Guard, Coach, EMT, RN, Dental Hygiene, etc.)

AHA Heart Saver WITH OR WITHOUT AED (For general public, no Carotid Pulse check, Check for signs of circulation, moving, breathing, coughing, etc.)

Course Length: 4 hours



## DOT

Course Description:

To be developed.

Course Length:

## Ergonomics

Course Description: The course topics include office ergonomics, safe lifting and laboratory ergonomics.

Course Length: 4 hours

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## Excavation and Trenching

**Course Description:** This course covers the OSHA Excavation Standard and safety and health aspects of excavation and trenching. Course topics include practical soil mechanics and its relationship to the stability of shored and unshored slopes and walls of excavations, introduction of various types of shoring (wood timbers and hydraulic), soil classification, and use of protective systems. The use of instruments such as penetrometers, torvane shears, and engineering rods.

**Course Length:** 16 hours

## Fall Protection Construction or General Industry

**Course Description:** This course discusses fall protection requirements in general industry and construction.

**Course Length:** 2 hours

## First Aid

**Course Description:** AHA 1st Aid ( For the general public, Covers bleeding control, Fracture splinting, airway management without adjuncts, Recognize and treat shock, Epi Pens, and meter dose inhalers {MDI's} National Safety Council 1st Aid .( For 1st responders, coaches, ect.) .

**Course Length:** 4 hours

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## General Industry 10 Hour

Course Description: The OSHA Outreach Training Program for General Industry provides training for workers and employers on the recognition, avoidance, abatement, and prevention of safety and health hazards in workplaces in general industry. The program also provides information regarding workers' rights, employer responsibilities, and how to file a complaint. This is a voluntary program and does not meet training requirements for any OSHA standards. The 10-hour class is intended for entry level employees. Topics can be customized to meet facility needs.

Course Length: 10 hours, 2 days

## General Industry 30 Hour

Course Description: The OSHA Outreach Training Program for General Industry provides training for workers and employers on the recognition, avoidance, abatement, and prevention of safety and health hazards in workplaces in general industry. The program also provides information regarding workers' rights, employer responsibilities, and how to file a complaint. This is a voluntary program and does not meet training requirements for any OSHA standards. The 30-hour class is more appropriate for supervisors who have safety responsibilities. The course topics can be customized to meet facility needs.

Course Length: 30 hours. 4 days

## Global Harmonizing System/Hazard Communication

Course Description: This program discusses the GHS requirements for hazard communication, 29 CFR 1910.1200.

Course Length: 2 hours

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## 40 Hour Site Worker

Course Description: This course was developed to meet the requirements of 29 CFR 1910.120 as the initial site worker training program. Topics include; hazard recognition, toxicology, decontamination, PPE selection, respiratory protection and standard review.

Course Length: 40 hours, 5 days

## 24 Hour Limited Site Worker

Course Description: The 24 hour limited site worker training is for personnel who must gain access to a regulated site, but who may not be exposed above a PEL or wear respiratory protection.

Course Length: 24 hours, 3 days

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## **24 Hour HAZMAT Technician**

Course Description: Developed for personnel responding proactively to hazardous material spills in an industrial setting and by OSHA for demonstrated competency at the Hazmat Technician Level under 29 CFR 1910.120 (q) (6)(iii).

Course Length: 24 hours, 3 days

## **8 Hour HAZWOPER Refresher**

Course Description: Annual 8 hour refresher for 40 hour, 24 hour and supervisors.

Course Length: 8 hours

## **8 Hour Defensive Response**

Course Description: This course is designed to meet the requirements of OSHA for training of first responder operations level personnel who will respond defensively to leaks for the purpose of protecting nearby persons, property, or the environment from the effects of the release.

Course Length: 8 hours



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## Hazardous Materials Awareness Level

Course Description: First responders at the awareness level are individuals who are likely to witness or discover a hazardous substance release and who have been trained to initiate an emergency response sequence by notifying the proper authorities of the release. They would take no further action beyond notifying the authorities of the release. First responders at the awareness level shall have sufficient training in the following areas: An understanding of what hazardous substances are, and the risks associated with them in an incident, An understanding of the potential outcomes associated with an emergency created when hazardous substances are present , The ability to recognize the presence of hazardous substances in an emergency, The ability to identify the hazardous substances, if possible, An understanding of the role of the first responder awareness individual in the employer's emergency response plan including site security and control and the U.S. Department of Transportation's Emergency Response Guidebook, the ability to realize the need for additional resources, and to make appropriate notifications to the communication center.

Course Length: 4 hours

## Incident Command Training

Course Description:

To be developed

Course Length:

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## **Hearing Conservation General Industry/ Construction**

Course Description: This course reviews the requirements of 29 CFR 1910. 95, the OSHA general industry noise standard and 29CFR 1926.52, the construction noise standard. Topics will include the requirements of a hearing conservation program, noise monitoring, use of noise attenuation factors, the use and limitations of hearing protection.

Course Length: 2 Hours

## **Hexavalent Chrome Construction or General Industry**

Course Description: This course discussed the requirement under 29 CFR 1926.1126 and 1910.1026 for hexavalent chrome.

Course Length: 4 hours

## **Lead Awareness**

Course Description: This course reviews the requirement of 1910.1025 and 1926.62. The topics include; health effects, PPE, decontamination and engineering controls.

Course Length: 4 Hours

## **LOTO**

Course Description: This course discussed the requirement of 1910.147, control of hazardous energy sources. Topics include; use of locks, tags, locks box, roles and responsibilities of affected employees and authorized employees.

Course Length: 4 hours

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## **Permit Required Confined Space Entry Awareness**



**Course Description:** This course reviews the OSHA requirements for 29 CFR 1910.146, including signage, hazard recognition and review of the OSHA Standard.

**Course Length:** 2 hours

## **Permit Required Confined Space Entry Refresher**

**Course Description:** This program reviews the requirement so f 29 CFR 1910.146, PRCS; discusses the Recognition and evaluation of PRCS Hazards, reviews roles of the entrant, attendant, entry supervisor and rescue teams, Control Mechanisms, and Permit Usage.

**Course Length:** 8 Hours

## **Permit Required Confined Space Rescue Refresher**

**Course Description:** This program reviews the recognition and evaluation of PRCS Hazards, Review standards and guidelines as they apply to PrCS Rescue, discusses the role of the rescue team, Ventilation and Control Mechanisms, discusses the use of ICS.

**Course Length:** Initial 16 hours, Refresher 8 hours

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## Powered Industrial Trucks

Course Description: Note course must be customized to the facility owned Powered industrial trucks. A hand on use of the equipment is required. Topics include, safe use, pre-start up inspections and emergency procedures.

Course Length: 8 hours

## Respiratory Protection

Course Description: This course reviews the requirements of 29 CFR 1910.134, the OSHA respiratory protection standard, including the requirements of a respiratory protection program, fit testing and discusses the use and limitations of air purifying and air supplied respirators.

Course Length: 2 Hours

## Scissors and Aerial Lifts

Course Description: Note, this course must be customized for the specific scissors and aerial lift that the trainee would be utilizing. Hands on use of the equipment is required. Topics include, safe use, pre-start up inspections and emergency procedures.

Course Length: 4 hours

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## Scaffold Safety

Course Description

Currently under development.

Course Length:



## Silica Safety

Course Description: This course discusses the health hazards associated with silica, PPE requirements and engineering controls.

Course Length: 2 Hours

Training can be provided at your location.

Training can be customized to meet customer needs.

All course times are approximate unless regulated by a specific agency or standard.

Additional courses such as Cryogenics, and Compressed gasses are also available, please contact us if you have a training need, but it is not listed in our current syllabus.