



OSHA Outreach



Construction



General Industry



Disaster sitework

**OSHA**  
Training Institute  
Education Centers®

Mid-America OSHA  
Education Center

- OSHA-authorized safety & health training for private and public agencies
- Virtual Instructor Led Training
- Authorized Outreach Trainer Program
- OSHA Challenge program
- Safety Professional Certificate Program
- On-line and contract training opportunities

Mid America OSHA Education Center  
search our on line calendar at:

**midamericaosha.org**  
**1-866-444-4412**



Training Institute  
Education Centers®

Mid-America  
OSHA Education Center

# About Mid-America OSHA

The Mid-America OSHA Education Center is a cooperative effort of OSHA, USDOL, and the Ohio Valley Construction Education Foundation. Serving people from all areas of the United States, our organization has sustained our commitment to providing the most current and innovative educational programs in safety and health standards. While many organizations offer safety training programs, Mid-America OSHA Education Center is formally authorized by OSHA to deliver the OSHA courses listed here.



**CONSTRUCTION  
EDUCATION  
FOUNDATION**

**Accept no substitute, go directly to the source.**

We provide opportunities for all construction, industrial, government and institutional personnel to participate in OSHA authorized courses.

Contract courses are also available. We can bring our training to your location directly. The Ohio Valley Construction Education Foundation has long been known as a regional leader in providing hands-on practical safety training for the construction industry. Mid-America OSHA is proud to be the safety services and training arm of OVCEF.



**Mid - America OSHA Registration Information**  
**Call 1-866-444-4412 or go to: <http://www.midamericaosha.org>**



## Safety Professional Certificate Program (SPCP)

Individuals completing this program will be recognized by their peers as having achieved a superior safety education. The certificate program is designed for personnel and their supervisors, who are responsible for safety and health audits in construction, general industry and health care environments.

## Trainer Courses

- *#500 Trainer Course in Occupational Safety and Health Standards for the Construction Industry*
- *#501 Trainer Course in Occupational Safety and Health Standards for General Industry*
- *#502 Update for Construction Industry Outreach Trainers*
- *#503 Update for General Industry Outreach Trainers*
- *#510 Occupational Safety and Health Standards for the Construction Industry*
- *#511 Occupational Safety and Health Standards for General Industry*
- *#5400 Trainer Course in Occupational Safety and Health Standards for the Maritime Industry*
- *#5402 Update for Maritime Industry Outreach Trainers*
- *#5410 Occupational Safety and Health Standards for the Maritime Industry*
- *#5600 Disaster Site Worker Trainer Course*
- *#5602 Update for Disaster Site Worker Trainer Course*

## On Line Training

Mid-America OSHA partners with Click Safety to offer a broad variety of on line training including 10- and 30-hour OSHA cards.

## Safety and Health Courses

- Confined Space Entry • Electrical Standards
- Excavation, Trenching and Soil Mechanics
- Fall Protection • Hazardous Materials
- Machinery and Machine Guarding Standards
- Oil & Gas Exploration & Production
- Principles of Ergonomics • Recordkeeping
- Respiratory Protection • Industrial Hygiene
- Cranes in Construction

## Short Courses

There are several OTI Education Center short courses and seminars available to meet the needs of workers and employers who would like to benefit from the OTI Education Center curriculum, but are unable to attend multi-day courses. Short course subject areas include:

- Incident (Accident) Investigation
- Bloodborne Pathogen Exposure Control
- Confined Space Standard
- Construction Noise
- OSHA Training Guidelines for Safe Patient Handling
- Evacuation and Emergency Planning
- Excavation Hazards
- Fall Hazard Awareness for Construction
- Health Hazard Awareness
- Introduction to OSHA for Small Business
- Lockout/Tagout
- Machine Guarding
- Recordkeeping
- Safety and Health Management Systems
- Public Warehousing and Storage
- Combustible Dust Hazards (1- or 2 - day course)
- Pandemic Flu Workplace Preparedness
- Safe Bolting

## Additional Information

For more information, including training locations, course descriptions, tuition and fees, and a searchable course schedule, please visit the Mid America OSHA website at: [midamericaosha.org](http://midamericaosha.org).

## OSHA Challenge Program

The OSHA Challenge program is intended to guide employers in a three-phase approach toward improving their safety and health management systems.

The Ohio Valley Construction Education Foundation (OVCEF) is one of the few organizations in the country to serve as administrator to the OSHA Challenge. Participants in the Challenge program have access to compliance assistance and outreach, letters and certificates of recognition from OSHA, listing on OSHA's website, and priority scheduling for OSHA onsite evaluations.

If you are interested in being a VPP Star Site, the Challenge program is the stepping stone to your success. Please contact OVCEF at **1-866-444-4412**. We encourage you to step up to the challenge and begin your climb to VPP Star status. Your employees, and those who work with you, will thank you.

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## **OSHA #500 Trainer Course in Occupational Safety and Health Standards for the Construction Industry**

This course is designed for individuals interested in teaching the 10- and 30-hour construction safety and health Outreach Training Program to their employees and other interested groups. Using OSHA Construction Standards as a guide, special emphasis is placed on those topics required in the 10- and 30-hour programs as well as those which are most hazardous. Students are briefed on effective instructional approaches and use of visual aids and handouts. This course allows the student to become a trainer in the OSHA Outreach Training Program, to conduct both 10- and 30-hour Construction Outreach classes, and to issue cards to participants after verifying course completion. Students who wish to participate as authorized Outreach trainers in the OSHA Outreach Training Program must prepare a presentation on an assigned OSHA Construction Outreach Training Program topic individually or as part of a group and successfully pass a written exam at the end of the course. Minimum student contact hours: 26

**Prerequisites:** Students must successfully complete the OSHA #510 Occupational Safety and Health Standards for Construction and have five (5) years of safety and health work experience in the construction industry. A degree in occupational safety and health, a Certified Safety Professional (CSP) or a Certified Industrial Hygienist (CIH) designation may be substituted for two (2) years of work related experience. Students should obtain guidance on whether they meet this requirement from the OSHA Training Institute Education Center where they intend to receive the training. Authorized OSHA Outreach Training Program trainers are required to attend OSHA #502 Update for Construction Industry Outreach Trainers at least once every four (4) years to maintain their trainer status.

## **OSHA #501 Trainer Course in Occupational Safety and Health Standards for General Industry**

This course is designed for individuals interested in teaching the 10- and 30-hour general industry safety and health Outreach training program to their employees and other interested groups. Using the OSHA General Industry Standards as a guide, special emphasis is placed on those topics required in the 10- and 30-hour programs as well as those which are most hazardous. Students are briefed on effective instructional approaches and use of visual aids and handouts. This course allows the student to become a trainer in the OSHA Outreach Training Program, to conduct both 10- and 30-hour General Industry Outreach classes, and to issue cards to participants after verifying course completion. Students who wish to participate as authorized trainers in the OSHA Outreach Training Program must prepare a presentation on an assigned OSHA General Industry Outreach Training Program topic individually or as part of a group and successfully pass a written exam at the end of the course. Minimum student contact hours: 26

**Prerequisites:** Students must successfully complete the OSHA #511 Occupational Safety and Health Standards for General Industry and have five (5) years of safety and health work experience in general industry. A degree in occupational safety and health, a Certified Safety Professional (CSP) or a Certified Industrial Hygienist (CIH) designation may be substituted for two (2) years of work related experience. Students should obtain guidance on whether they meet this requirement from the OSHA Training Institute Education Center where they intend to receive the training. Authorized OSHA General Industry Outreach Training Program trainers are required to attend OSHA #503 Update for General Industry Outreach Trainers at least once every four (4) years to maintain their trainer status.

## **OSHA #502 Update for Construction Industry Outreach Trainers**

This course is designed for Outreach Training Program trainers who have completed OSHA #500 Trainer Course in Occupational Safety and Health Standards for the Construction Industry and are authorized trainers in the OSHA Outreach Training Program. The course provides an update on OSHA Construction Standards, policies, and regulations. Upon course completion students will have the ability to demonstrate continued professional development in their field by applying effective adult learning principles and interactive training techniques to clearly identify, define, and explain construction industry hazards and acceptable corrective measures as they continue to teach the 10- and 30-hour Construction Outreach Training Program classes. Minimum student contact hours: 18

**Prerequisites:** OSHA #500 Trainers Course in OSHA Standards for the Construction Industry. Authorized Outreach Training Program trainers are required to attend this course once every four years (4) to maintain their trainer status. Prior to registration, students must provide a copy of their current Outreach Training Program trainer card or an official transcript showing successful completion of the OSHA #500 Trainer Course in OSHA Standards for Construction from their respective OSHA Training Institute Education Center, for verification of trainer status.

## **OSHA #503 Update for General Industry Outreach Trainers**

This course is designed for Outreach Training Program trainers who have completed course #501 Trainer Course in Occupational Safety and Health Standards for General Industry and who are authorized trainers in the OSHA Outreach Training Program. The course provides an update on OSHA General Industry Standards, policies, and regulations. Upon course completion students will have the ability to demonstrate continued professional development in their field by applying effective adult learning principles and interactive training techniques to clearly identify, define, and explain general industry hazards and acceptable corrective measures as they continue to teach the 10- and 30-hour General Industry Outreach Training Program classes. Minimum student contact hours: 18

**Prerequisites:** OSHA #501 Trainer Course in OSHA Standards for General Industry. Authorized Outreach Training Program trainers are required to attend this course once every four (4) years to maintain their trainer status. Prior to registration, students must provide a copy of their current Outreach trainer card or an official transcript showing successful completion of the OSHA #501 Trainer Course in OSHA Standards for General Industry from their respective OSHA Training Institute Education Center, for verification of trainer status.

### **OSHA #510 Occupational Safety and Health Standards for the Construction Industry**

This course covers OSHA Standards, policies, and procedures in the construction industry. Topics include scope and application of the OSHA Construction Standards, construction safety and health principles, and special emphasis on those areas in construction which are most hazardous. Upon course completion students will have the ability to define construction terms found in the OSHA Construction Standards, identify hazards which occur in the construction industry, locate and determine appropriate OSHA Construction Standards, policies, and procedures, and describe the use of the OSHA Construction Standards and regulations to supplement an ongoing safety and health program. Minimum student contact hours: 26

**Prerequisites:** None

### **OSHA #511 Occupational Safety and Health Standards for General Industry**

This course covers OSHA Standards, policies, and procedures in general industry. Topics include scope and application of the OSHA General Industry Standards, general industry principles and special emphasis on those areas in general industry which are most hazardous. Upon course completion students will have the ability to define general industry terms found in the OSHA General Industry Standards, identify hazards which occur in general industry, locate and determine appropriate OSHA General Industry Standards, policies, and procedures, and describe the use of OSHA General Industry Standards and regulations to supplement an ongoing safety and health program. Minimum student contact hours: 26

**Prerequisites:** None

### **OSHA #521 OSHA Guide to Industrial Hygiene**

This course covers industrial hygiene practices and related OSHA regulations and procedures. Course topics include recognition, evaluation, and control of chemical, physical, biological and ergonomic hazards, Permissible Exposure Limits (PEL), OSHA health standards, respiratory protection, engineering controls, OSHA sampling protocols and strategies, and workplace health program elements. The course features workshops in health hazard recognition, OSHA health standards and use of sampling equipment. Upon course completion students will have the ability to recognize basic industrial hygiene principles and practices, identify characteristics of common air contaminants, locate PELs, perform basic industrial hygiene calculations, and determine methods for hazard control and abatement. Minimum student contact hours: 26

**Prerequisites:** None

### **OSHA #2015 Hazardous Materials**

This course covers OSHA General Industry Standards and other consensus and proprietary standards that relate to the use of hazardous materials. Course topics include flammable and combustible liquids, compressed gases, LP-gases, and cryogenic liquids. Related processes such as spraying and dipping, and use of electrical equipment in hazardous locations are also discussed. Upon course completion students will have the ability to assess compliance with OSHA hazardous materials standards, determine hazardous (classified) locations, and proper moving, storing, and handling of hazardous materials. Minimum student contact hours: 26

**Prerequisites:** None

### **OSHA #2045 Machinery and Machine Guarding Standards**

This course covers the various types of common machinery, machine safe guards, and related OSHA regulations and procedures. Guidance is provided on the hazards associated with various types of machinery and the determination of proper machine safe guards. Course topics include machinery processes, mechanical motions, points of operation, control of hazardous energy sources (lockout/tagout), common OSHA machine guarding violations, and guarding of portable powered tools, conveyors, and robotics. Program highlights include the ability to recognize hazards and provide options for control and hazard abatement through machine safeguarding inspection workshops. Upon course completion students will have the ability to describe common machine hazards and sources of energy, identify resources for assisting with machine guarding issues, and determine methods of control and hazard abatement, and selection of appropriate machine safe guards.

Minimum student contact hours: 26

**Prerequisites:** None

### **OSHA #2055 Cranes in Construction**

This course covers the best practices in crane and derrick operation using the OSHA Cranes and Derricks in Construction Rule as a guide. Course topics include hazards associated with crane assembly and disassembly, types of cranes, lifting concepts, rigging and wire rope, signaling, employee qualifications and training, and maintenance, repair, and inspection requirements. Students will participate in workshops to reinforce concepts of safe crane operation. Upon course completion students will have the ability to identify the types of cranes and their components and attachments, determine safe operating conditions, and recognize common violations of OSHA Standards. Minimum student contact hours: 22.5

**Prerequisites:** None

### **OSHA #2225 Respiratory Protection**

This course covers the requirements for the establishment, maintenance, and monitoring of a respiratory protection program. Course topics include terminology, OSHA Respiratory Protection Standards, NIOSH certification, respiratory protection programs, and medical evaluation requirements. Program highlights include workshops on respirator selection, qualitative and quantitative fit testing, and the use of respiratory protection and support equipment. Upon course completion students will have the ability to identify and describe the elements of a respiratory protection program, the proper selection, use, and inspection of respiratory protection, protection factors, and evaluate compliance with OSHA Standards. Minimum student contact hours: 26

**Prerequisites:** None

### **OSHA #2255 Principles of Ergonomics**

This course covers the use of ergonomic principles to recognize, evaluate, and control workplace conditions that cause or contribute to musculoskeletal and nerve disorders. Course topics include work physiology, anthropometry, musculoskeletal disorders, use of video display terminals, and risk factors such as vibration, temperature, material handling, repetition, and lifting and patient transfers in health care. Course emphasis is on industrial case studies covering analysis and design of work stations and equipment workshops in manual lifting, and coverage of current OSHA compliance policies and guidelines. Upon course completion students will have the ability to recognize work-related musculoskeletal and nerve disorders, assess employer's ergonomic programs, and conduct ergonomic evaluations. Minimum student contact hours: 18

**Prerequisites:** None

### **OSHA #2264 Permit-Required Confined Space Entry**

This course covers the safety and health hazards associated with permit-required confined space entry in construction and general industry. Course topics include recognition of confined space hazards, identification of permit and non-permit required confined spaces, use of instrumentation to evaluate atmospheric hazards, ventilation techniques, development and implementation of a confined space program, proper signage, and training requirements. This course features workshops on permit entry classification, instrumentation, and program development. Upon course completion students will have the ability to identify permit and non-permit required confined spaces, reference the OSHA Permit-Required Confined Spaces Standards, conduct atmospheric testing, and implement a permit-required confined space program. Minimum student contact hours: 20

**Prerequisites:** None

### **OSHA #2455 Safety and Health Management Program**

This course covers safety and health management responsibilities. Participants will be able to implement a workplace Safety and Health Management Program (SHMP) according to OSHA's Recommended Practices for Safety and Health Programs and related guidance. The course covers the fundamentals of occupational safety and health management program (SHMP), SHMP recordkeeping requirements, and how to assess workplace safety and health management program. Minimum student contact hours: 18

**Prerequisites:** None

### **OSHA #3015 Excavation, Trenching and Soil Mechanics**

This course focuses on the operations and safety aspects of excavation and trenching. Participants are introduced to practical soil mechanics and its relationship to the stability of shored/unshored slopes and walls. Various types of shoring (wood timbers and hydraulic) are explained. Testing methods are demonstrated, allowing students to use instruments such as penetrometers, torvane shears, and engineering rods. Upon successful completion of this course, students will have the ability to assess employer safety with the current standard, utilize soil-testing methods to classify soil types, determine protective systems for excavation operations, and determine training requirements. Minimum student contact hours: 20

**Prerequisites:** None

### **OSHA #3085 Principles of Scaffolding**

This course covers the requirements for safe construction and use of scaffolding using OSHA's construction scaffold standards as a guide. Course topics include hazards associated with scaffold design, assembly, disassembly and use, types of scaffolds, determining scaffold capacity, employee qualifications and training and maintenance, repair and inspection requirements. Students will participate in workshops to reinforce concepts of safe scaffolding. Upon course completion students will have the ability to identify the types of scaffolds and their components, determine safe assembly, use, and disassembly and recognize common violations of OSHA standards. Minimum student contact hours: 22

**Prerequisites:** None

### **OSHA #3095 Electrical Standards**

This course covers OSHA Electrical Standards and the hazards associated with electrical installations and equipment. Course topics include single- and three-phase systems, cord- and plug-connected and fixed equipment, grounding, ground fault circuit interrupters, and safety-related work practices. Emphasis is placed on electrical hazard recognition and OSHA Standards, policies, and procedures and applicable portions of the National Electrical Code (NEC). Students will participate in workshops on the safe and correct use of electrical testing equipment. Upon course completion students will have the ability to understand the severity of electrical current on the human body, recognize and evaluate actual and potential electrical hazards and reference the applicable OSHA Standard, determine hazard abatement measures, and understand the proper use of electrical testing equipment. Minimum student contact hours: 26

**Prerequisites:** None

### **OSHA #3115 and EM 385 Fall Protection**

This course covers the OSHA Fall Protection Standard for construction and an overview of fall protection methods. Course topics include principles of fall protection, components and limitations of fall arrest systems, and OSHA Standards and policies regarding fall protection. This course meets the U.S. Army Corps of Engineers EM-385 fall protection requirements. Students will participate in workshops demonstrating the inspection and use of fall protection equipment, residential construction fall protection, training requirements, and developing a fall protection program. Upon course completion students will have the ability to assess compliance with the OSHA Fall Protection Standard, evaluate installed passive systems and fall arrest systems, and develop and implement fall protection plans. Minimum student contact hours: 26

**Prerequisites:** None

## **OSHA #5600 Disaster Site Worker Trainer Course**

This course prepares experienced Outreach Training Program trainers to present 7.5- and 15-hour Disaster Site Worker Outreach training classes intended for second responders (those arriving hours or days after the event). Course topics include the National Response Framework, the Incident Command System, disaster work zone safety, respiratory protection, communication issues, applying elements of successful adult training programs, and knowledge, skills, and attitudes to awareness training about safety and health standards at natural and human-made disaster sites. Students are provided the opportunity to practice knowledge and skills through discussion, planned exercises, demonstrations, and presentations. Students who wish to participate as authorized Disaster Site Worker trainers must prepare a presentation on an assigned disaster site worker topic individually or as part of a group. Successful completion of this course authorizes students to become trainers in the Disaster Site Worker Outreach Training Program and to issue DOL course completion cards to participants. Minimum student contact hours: 24

**Prerequisites:** OSHA #500 Trainer Course in OSHA Standards for the Construction Industry or OSHA #501 Trainer Course in OSHA Standards for General Industry, three (3) years safety training experience, and completion of the 40-hour HAZWOPER training. Outreach Training Program trainers are required to attend OSHA #5602 Update for Disaster Site Worker Trainer course at least every four (4) years to maintain their Outreach Training Program trainer authorization. A copy of their Outreach Training Program trainer card for construction or general industry or an official transcript from their respective OSHA Training Institute Education Center showing successful completion of the OSHA #500 or OSHA #501 course, and a copy of their 40-hour HAZWOPER course completion certificate are required prior to the start of class to verify trainer status.

## **OSHA #5602 Update for Disaster Site Worker Trainer Course**

This course is intended to update the authorized Disaster Site Worker trainer with new technical and regulatory information related to disaster response and the role of OSHA in coordinating occupational safety and health in the National Response Framework. Participants will have the opportunity to share "lessons learned" from teaching 7.5- and 15-hour Disaster Site Worker Outreach training classes. Minimum student contact hours: 7.5

**Prerequisites:** OSHA #5600 Disaster Site Worker Trainer Course. Authorized Outreach Training Program trainers are required to attend this course once every four (4) years to maintain their trainer status. Prior to registration, students must provide a copy of their current Outreach Training Program trainer card or an official transcript from their respective OSHA Training Institute Education Center showing successful completion of the OSHA #5600 Disaster Site Worker Training Course for verification of Outreach Training Program trainer status.

### **OSHA #5810 Hazards Recognition and Standards for On-Shore Oil and Gas Exploration and Production**

This course covers OSHA Construction and General Industry Standards relating to the oil and gas industry. This course provides information for employees and employers to protect themselves by developing the knowledge and skills to anticipate, recognize, evaluate and control hazards common to the on-shore oil and gas exploration and production industry. This includes work sites associated with the on-shore exploration and production oil and gas industry including, but not limited to construction, drilling, completion, well servicing, production, product gathering and processing, and product transmission. This course is intended for employees and employers engaged in all phases of on-shore oil and gas exploration and production. Upon course completion students will be able to determine hazards associated with the oil and gas industry, control and hazard abatement, and use of the OSHA standards, policies, and procedures as they relate to the gas and oil industry. Minimum student contact hours: 30

**Prerequisites:** None

### **OSHA #6005 Collateral Duty Course for Other Federal Agencies**

This course covers the OSH Act, Executive Order 12196, and the OSHA General Industry Standards. This course is intended for federal agency collateral duty safety and health personnel. With use of the OSHA General Industry Standards, special emphasis is placed on areas in general industry which are most hazardous. Upon course completion students will have the ability to define general industry terms, identify hazards that occur in general industry, determine appropriate standards and regulations for federal agencies, locate OSHA General Industry Standards, policies, and procedures, and describe the use of the OSHA General Industry Standards and regulations to effectively assist agency safety and health officers with inspection and abatement efforts. Minimum student contact hours: 22.5

**Prerequisites:** None

### **OSHA #6015 Occupational Safety and Health Course for Other Federal Agencies**

This course covers the recognition, evaluation, and control of safety and health hazards for other federal agencies. Course topics include the OSH Act, Executive Order 12196, 29 CFR 1960 and 1910 General Industry Standards, understanding the Federal Safety and Health program regulations, identification of safety and health hazards, controlling hazards, hazard abatement, and construction focus four topics. This course is intended for federal employees responsible for the occupational safety and health programs at their respective agencies. Upon course completion students will have the ability to apply OSHA General Industry Standards and regulations pertaining to federal agencies, identify safety and health hazards, and control and hazard abatement. Minimum student contact hours: 53

**Prerequisites:** None

### **OSHA #7000 OSHA Training Guidelines for Safe Patient Handling**

This course covers OSHA ergonomic guidelines for safe patient handling and methods to protect workers in all health care settings. Using OSHA's Ergonomics Guidelines for Nursing Homes as a basis for any healthcare facility, this course focuses on analyzing and identifying ergonomic hazards and practical solutions to address these issues. Course topics include developing an ergonomic work process, risk factors in patient handling and transfers, identifying work processes with the potential for musculoskeletal injuries and illnesses, protocol for resident and patient assessment, and implementing solutions including work practices and engineering controls. Upon course completion students will have the ability to apply "OSHA's Ergonomics Guidelines for Nursing Homes" in their healthcare facility, understand the benefits of implementing an ergonomics process, and identify, analyze and develop solutions for ergonomic problem jobs in healthcare. Minimum student contact hours: 7.5

**Prerequisites:** None

### **OSHA #7005 Public Warehousing and Storage**

This course covers the hazards and injuries likely to occur in public warehousing and storage operations, including encounters with powered industrial trucks, material handling, lifting and ergonomics, hazard communication, walking and working surfaces, and life safety including fire protection and evacuation. This course is intended for warehouse workers, supervisors, and employers responsible for developing safe work practices and procedures in a warehouse setting. Upon course completion students will have the ability to recognize the potential for injuries from forklifts, material handling and lifting, exposure to hazardous substances, slips, trips, and falls and methods to control and abate these hazards. Minimum student contact hours: 7

**Prerequisites:** None

### **OSHA #7100 Introduction to Machinery and Machine Safeguarding**

This course covers the process to identify, select and properly safeguard machinery to protect employees and others in the work area and deliver appropriate training in safe work practices. Course topics include types of machinery requiring guarding, point of operation, emergency eyewash/shower requirements, hazard communication, OSHA Machinery and Machine Guarding Standards violations, and corrective actions. Upon course completion students will have the ability to explain hazardous actions and motions of various types of machinery, identify methods of safeguarding, and match identified safeguards with the applicable OSHA Machinery and Machine Guarding Standards to reduce and eliminate the potential for accidents and injuries. Minimum student contact hours: 4

**Prerequisites:** None

### **OSHA #7105 Evacuation and Emergency Planning**

This course covers OSHA requirements for emergency action and fire protection plans. Course topics include purpose and requirements of emergency action and fire prevention plans, elements of emergency evacuation plans, and features of design and maintenance of emergency exit routes. Students will participate in workshops pertaining to the development of emergency action plans. Upon course completion students will have the ability to list the elements of an emergency action plan and emergency evacuation floor plans, recognize violations of OSHA exit route requirements, determine whether their organization requires an emergency action plan, and develop and implement workplace emergency action and fire protection plans. Minimum student contact hours: 4

**Prerequisites:** None

### **OSHA #7110 Safe Bolting: Principles and Practices**

This course covers awareness of safety issues involved in bolting applications. Course topics include safe operation and handling of high powered bolting tools, pressure vessels and piping, machinery or mechanical joints, and structural connections. The course provides workshops and demonstrations of safe bolting applications. The target audience is first line mechanical operators including millwrights, pipefitters, and those who work with mechanical joints as part of their daily work. Upon course completion the student will have the ability to understand the basic technology of bolted joints, safety principles associated with tool selection and operation, workplace conditions, and bolting methods and procedures. Minimum student contact hours: 7

**Prerequisites:** None

### **OSHA #7115 Lockout/Tagout**

This course covers the role and responsibilities of employers to develop and implement a hazardous energy control program, or lock-out/tag-out (LOTO), for the protection of workers while performing servicing and maintenance activities on machinery and equipment. Course topics include types of hazardous energy, detecting hazardous conditions, implementing control measures as they relate to the control of hazardous energy, developing and implementing energy control programs including written isolation procedures, training of authorized and affected employees, and periodic inspection of energy control procedures using the OSHA Control of Hazardous Energy Standard. Upon course completion, the student will have the ability to explain the importance of hazardous energy control programs, procedures, training, audits, and methods of controlling hazardous energy. Minimum student contact hours: 7.5

**Prerequisites:** None

### **OSHA #7120 Introduction to Combustible Dust Hazards**

This course covers the hazards posed by combustible dust within general industry. Course topics include recognizing the hazards and risks associated with combustible dust, control of electrical installation hazards, and developing controls and strategies to prevent or mitigate combustible dust fires and explosions. Upon course completion the student will have the ability to utilize strategies that assure employee safety while using or producing materials that generate combustible dust and the ability to use OSHA Standards, National Fire Protection Association (NFPA) Standards, and other applicable consensus standards that impact industries which generate combustible dust. Minimum student contact hours: 6.5

**Prerequisites:** None

### **OSHA #7200 Bloodborne Pathogens Exposure Control**

This course covers the development and implementation of Exposure Control Plans (ECP). Course topics include understanding the OSHA Bloodborne Pathogens Standard, determining potential exposure and control methods, developing an ECP, vaccinations, exposure incidents, training, and record keeping. The target audience is the program administrator, manager, or other personnel designated with the responsibility of developing a Bloodborne Pathogens ECP. Course highlights include students developing a template for their facility's ECP. Upon course completion, the participant will have the ability to take a systematic approach to develop an ECP. Minimum student contact hours: 7

**Prerequisites:** None

### **OSHA #7205 Health Hazard Awareness**

This course covers common health hazards that are encountered in the workplace. These health hazards include exposure to chemicals, asbestos, silica and lead. Course topics include identification and evaluation of health hazards and their sources of exposure, health hazard information, and engineering and work practice controls. Students participate in workshops on evaluation and abatement of workplace health hazards. Upon course completion students will have the ability to understand common health hazards in the workplace and methods for controlling and abatement of these hazards. Minimum student contact hours: 6

**Prerequisites:** None

### **OSHA #7210 Pandemic Illness Preparedness**

This course covers recognition of hazards and risks associated with a pandemic illness event and development of strategies to assist a business, community, or family with realistic preparation for a pandemic event. Course topics include potential impact of a pandemic illness event on a business and community, critical elements of a preparedness plan, and realistic strategies for supporting continuity of operations. This course offers information on strategies that can be used to control the spread of the illness, minimization of exposure to employees and family, and resources available from OSHA and other government agencies. The intended audience is the business leader and members of their management team who may be integral to preparedness planning. Upon course completion, students will have the ability to prepare for a pandemic to assure business continuity and employee safety. Minimum student contact hours: 5.5

**Prerequisites:** None

### **OSHA #7215 Silica in Construction, Maritime, and General Industries**

This course covers the development and implementation of controls and strategies to prevent or mitigate silica exposures in construction, maritime, and general industries. Course topics include describing the requirements of OSHA's Respirable Crystalline Silica standards and recognizing the hazards and risks, assessment options, and exposure control measures associated with silica exposure. Minimum student contact hours: 7

**Prerequisites:** None

### **OSHA #7225 Transitioning to Safer Chemicals**

This course covers a proactive approach to reducing the use of hazardous chemicals in the workplace by transitioning to safer alternatives. Course topics include identification, evaluation, assessment, and implementation of safer chemical alternatives. In particular, participants will use OSHA's seven-step substitution planning process. The course features workshops and hands-on activities with the use of various online chemical databases and tools. The target audience is purchasing staff, maintenance supervisors, facility managers, and workers who utilize hazardous chemicals at their worksites, along with occupational safety and health professionals who provide technical assistance on the control of chemical hazards. Upon course completion participants will have the ability to recognize and evaluate hazardous chemicals in their workplace, assess safer alternatives, and implement those alternatives. Minimum student contact hours: 7.5

**Prerequisites:** None

### **OSHA #7300 Understanding OSHA's Permit-Required Confined Space Standard**

This course covers the requirements of the OSHA Permit-Required Confined Space Standard. Course topics include safety and health hazards associated with confined space entry, and the evaluation, prevention, and abatement of these hazards. The course covers OSHA requirements; it does not feature workshops (instrumentation, control methods and testing) which are included in the OSHA #2264 Permit-Required Confined Space Entry. This course is designed for small employers or a designated representative (line supervisor or manager) with the responsibility to develop a permit-required confined space program. Upon course completion students will have a basic understanding of confined space hazards, evaluating and abatement of the hazards, and determining when a confined space shall be classified as a permit-required confined space. Minimum student contact hours: 7

**Prerequisites:** None

### **OSHA #7400 Occupational Noise Exposure Hazards**

This course focuses on describing noise hazards in the workplace. The course includes; OSHA occupational noise exposure standards, properties of sound, noise-induced hearing loss, noise exposure control, selection and use of hearing protection, sound level surveys, noise dosimetry, and worker training. Classroom demonstrations of noise instrumentation and hearing protection devices are featured. The target audience is the employer or representative designated with the responsibility to develop a noise program. At the conclusion of this course, students will describe sound properties and their relationship to noise-induced hearing loss, hearing protection usage, and using a sound level meter. Minimum student contact hours: 7.5

**Prerequisites:** None

### **OSHA #7405 Fall Hazard Awareness for the Construction Industry**

This course covers the identification, evaluation, prevention and control of fall hazards in the construction industry. The course focuses on falls to a lower level rather than falls to the same level resulting from slips and falls. Course topics include identifying, analyzing, and preventing fall hazards utilizing OSHA Fall Protection Standards. At the conclusion of the course, students will have an awareness level of identifying fall hazards and methods to control and abate the hazards. Minimum student contact hours: 5

**Prerequisites:** None

### **OSHA #7410 Managing Excavation/Trenching Operations**

This course covers the requirements to manage excavation/trenching operations. The course will include an understanding of the OSHA excavation requirements, excavation/trenching hazards, and control measures. Additionally, participants will learn about soil analysis techniques and protective system requirements. At the conclusion of this course, participants will understand how to manage excavation/trenching operations. Minimum student contact hours: 6.5

**Prerequisites:** None

### **OSHA #7415 OSHA Construction Industry Requirements (Major Hazards and Prevention)**

This course provides federal and public sector employees with pertinent information regarding OSHA requirements and guidelines applicable to construction industry activities and operations. Topics include recognition of major safety and health hazards in the construction industry, prevention strategies, safety and health management systems, OSHA requirements and guidelines, and resources available. The course is an interactive training session focusing on class discussion and workshops. Upon course completion students will have an awareness level of the major construction hazards and prevention strategies. Minimum student contact hours: 12

**Prerequisites:** None

### **OSHA #7500 Introduction to Safety and Health Management**

This course covers the effective implementation of a company's safety and health management system. The course addresses the four core elements of an effective safety and health management system and those central issues that are critical to each element's proper management. This course is an interactive training session focusing on class discussion and workshops. Upon course completion students will have the ability to evaluate, develop, and implement an effective safety and health management system for their company. Minimum student contact hours: 5.5

**Prerequisites:** None

### **OSHA #7505 Introduction to Incident (Accident) Investigation**

This course covers an introduction to basic incident investigation procedures and describes analysis techniques. Course topics include reasons for conducting incident investigations, employer responsibilities related to workplace incident investigations, and a four step incident investigation procedure. The target audience is the employer, manager, employee or employee representative who is involved in conducting incident and/or near-miss investigations. Upon course completion students will have the basic skills necessary to conduct an effective incident investigation at the workplace. Minimum student contact hours: 7.5

**Prerequisites:** None

### **OSHA #7510 Introduction to OSHA for Small Businesses**

This course covers an introduction to the Occupational Safety and Health Administration (OSHA) and the OSH Act for owners and managers of small businesses. Course topics include an introduction to OSHA, OSHA Standards, the inspection process, implementing a safety and health program, worker training requirements and assistance available to small businesses. Upon course completion students will understand OSHA operations and procedures and how to work with OSHA to prevent or reduce injuries and illnesses in their workplace. Minimum student contact hours: 3.5

**Prerequisites:** None

### **OSHA #7845 Recordkeeping Rule Seminar**

This course covers OSHA requirements for maintaining and posting records of occupational injuries and illnesses, and reporting specific cases to OSHA. Upon course completion students will have the ability to identify OSHA requirements for recordkeeping, posting and reporting and to complete OSHA Form 300 Log of Work-Related Injuries and Illnesses, OSHA Form 300A Summary of Work-Related Injuries and Illnesses, and OSHA Form 301 Injury and Illness Incident Report. Minimum student contact hours: 4

**Prerequisites:** None