

[Course Catalog](#)

**General Industry Safety
Product Catalog**

General Industry Courses: Advanced

Advanced level courses are for Safety Managers and Compliance Officers. They are focused on the compliance aspects of the safety standards.

OSHA 501 Trainer Course in Occupational Safety & Health Standards for General Industry

30 hours

This course is designed for private sector personnel and presents detailed information on how the provisions of the OSHA Act may be implemented in the workplace. Rights and responsibilities under the OSHA Act, the appeals process, and recordkeeping are covered. The course also includes an introduction to OSHA's general industry standards and an overview of the requirements of the more frequently referenced standards. This course allows the student to become a trainer in the Outreach Program and to conduct both a 10- and 30-hour general industry course and issue cards to participants verifying course completion. Prerequisites include OSHA 511 course or 5 years of relevant health and safety experience. You will have 60 days from the time of registration to complete this course. This course is administered through the Rocky Mountain Education Center (OSHA Training Institute Education Center Region VIII).

Note: This online course has been reviewed and accepted by OSHA for online distribution.

10 Hour Outreach Training Program for General Industry

10 hours

This course is ideal for supervisors with safety and health responsibilities, and for employee safety and health awareness. Students will be introduced to OSHA policies, procedures and standards as well as general industry safety and health principles covered in OSHA Act Part 1910. Special emphasis will be placed on areas most hazardous using OSHA standards as a guide. Upon successful completion of the course, participants will receive an OSHA general industry safety and health 10-hour course completion card.

Note: This online course has been reviewed and accepted by OSHA for online distribution.

30 Hour Outreach Training Program for General Industry

30 hours

This course is ideal for supervisors with safety and health responsibilities, and for employee safety and health awareness. Students will be introduced to OSHA policies, procedures and standards as well as general industry safety and health principles covered in OSHA Act Part 1910. Special emphasis will be placed on areas most hazardous using OSHA standards as a guide. Upon successful completion of the course, participants will receive an OSHA general industry safety and health 30-hour course completion card. Currently waiting for approval from OSHA.

Currently waiting for approval from OSHA.

Bloodborne Pathogens: Advanced

2 hours

This course is for workers with potential occupational exposure to blood or other potentially infectious materials in the course of performing their assigned duties and tasks. Topics include an overview of the regulatory requirements covering bloodborne pathogens, symptoms of bloodborne diseases, recommended engineering control measures, proper disposal of contaminated materials, selection of personal protective equipment (PPE), corrective actions, information on post-exposure evaluation, and signs and labels. This course focuses on the requirements of OSHA 29 CFR 1910, Subpart Z.

Confined Spaces for General Industry: Advanced

2 hours

This course is designed to enable students to recognize, evaluate, control, and abate safety and health hazards associated with permit-required confined space entry. This course covers the topics included in OSHA 29 CFR 1910, Subpart J.

Drug and Alcohol Abuse in the Workplace

1 hour

This course focuses on the management of alcohol and drugs in the workplace. It discusses the issues related to drug and alcohol abuse that the employees may encounter while at work. It also provides suggestions on how employers can reduce the risk to the employees' safety and productivity.

Electrical Safety for General Industry: Advanced

2 hours

This course provides an overview of basic electrical safety for individuals with little or limited training or familiarity with electrical hazards and is designed for any worker who may use extension cords, electric tools, etc. This course covers the topics included in OSHA 29 CFR 1910, Subpart S.

Ergonomics: Advanced

2 hours

This course is designed for employees who want learn about stress and strain due to the physical office environment. Topics include proper on-the-job stress and strain, Cumulative Trauma Disorder (CTD), work station set, workplace injury and discomfort, choosing and adjusting office equipment, proper light sources and setups, reducing your risk of injury, stretches, potential types of injury, and demonstrates numerous exercises for coping with on-the-job stress and strain.

Fire Protection: Advanced

2 hours

This course contains requirements for fire brigades, all portable and fixed fire suppression equipment, fire detection systems, and fire or employee alarm systems installed to meet the fire protection requirements of OSHA 29 CFR 1910, Subpart L.

Hazard Communication: Advanced

2 hours

This course is designed for workers who may come into contact with hazardous chemicals during the course of their work. Topics include an overview of hazard communication standards, requirements and responsibilities, training requirements, how to make a hazard determination, hazardous chemical characteristics, container labeling and other hazard warnings, material safety data sheets, employee training requirements, hazard prevention, minimization, preparedness, and exposure monitoring plans. This course focuses on the specific requirements of OSHA 29 CFR 1910, Subpart Z. hazard determination, hazardous chemical characteristics, container labeling and other hazard warnings, material safety data sheets, employee training requirements, hazard prevention, minimization, preparedness, and exposure monitoring plans. This course focuses on the specific requirements of OSHA 29 CFR 1910, Subpart Z.

Hazardous Materials: Advanced

2 hours

This course covers OSHA general industry standards and integrates materials from other consensus and proprietary standards that relate to hazardous materials. Topics include flammable and combustible liquids, compressed gases, LP-gas, cryogenic liquids, anhydrous ammonia and related processes such as welding, spraying, dipping, electrical equipment, and ventilation. This course covers the topics included in OSHA 29 CFR 1910, Subpart H.

Industrial Hygiene: Advanced

2 hours

This course covers industrial hygiene practices and related OSHA regulations and procedures. Topics include permissible exposure limits, OSHA health standards, respiratory protection, engineering controls, hazard communication, OSHA sampling procedures and strategy, workplace health program elements, and other industrial hygiene topics. Course highlights include workshops in health hazard recognition, OSHA health standards, and a safety and health program workshop. This course covers the topics included in OSHA 29 CFR 1910, Subpart Z.

Introduction to OSHA and the OSHAct: Advanced

2 hours

This course is designed for anyone who wants to learn about what OSHA is and how they govern. This course provides an overview of OSHA history, organization, and operations. Topics covered include the OSH Act, the inspection process, various programs within OSHA, clause 5(a) (1), CFR Part 1903, OSHA, OSHA Act, standards, citations, and penalties.

Lockout/Tagout, Control of Hazardous Energy: Advanced

2 hours

This course is for private personnel training who are required to service, maintain or work around energized equipment. Topics included an overview of OSHA's Control of Hazardous Energy standard, controls and procedures required to prevent the unexpected energization, start-up or release of stored energy and the dangers involved, methods to recognize different types of energy hazards, definitions of authorized, affected, and other employees, energy-isolating device definitions, definitions of lock & tag, program categories, energy control procedure, and appropriate control procedures. This course focuses on the specific requirements of OSHA 29 CFR 1910, Subpart J.

Machinery and Machine Guarding: Advanced

2 hours

This course familiarizes the student with various types of common machinery and the related safety standards. Topics include the hazards associated with various kinds of machinery and the control of hazardous energy sources (lockout/tagout). The course presents an approach to machinery inspection that enables participants to recognize hazards and to provide suggestions to abate hazards. Hazards include mechanical motions and actions created by points of operation and other machinery processes. This course covers topics included in OSHA 29 CFR 1910, Subpart O.

Materials Handling for General Industry: Advanced

2 hours

This course is designed for workers who are interested in learning about safely handling and storing materials. Topics include the improper handling and storing of materials, potential accidents that may occur from unsafe or improperly handled equipment, improper work practices, and recognition of methods for eliminating, or at least minimizing, the occurrence of accidents. This course covers the topics included in OSHA 29 CFR 1910, Subpart N.

Means of Egress and Fire Protection: Advanced

2 hours

This course covers how to recognize potential fire hazards and how to implement emergency procedures. Topics include the chemistry of fire, types and effectiveness of extinguishing agents, means of egress, detection and alarm systems, fire brigades, fire prevention plans, and the Life Safety Code (NFPA 101). This course covers the topics included in OSHA 29 CFR 1910, Subparts E and L.

OSHA Recordkeeping: Advanced

2 hours

This course is designed for private personnel who are required to maintain records of OSHA related incidents. OSHA has a specific set of rules for recordkeeping. Topics include a summary of some of the key provisions of the new OSHA recordkeeping rules, changes from previous OSHA recordkeeping rules, OSHA forms, and recording and guidelines on reporting occupational injuries and illnesses.

OSHA Safety & Health Programs: Advanced

2 hours

This course focuses on assessing safety and health programs, emphasizing techniques to evaluate the thoroughness of the programs and the effectiveness of their implementation. The application of the OSHA Safety and Health Program Guidelines is supplemented by OSHA policy, related directives, and the current field manual. Course highlights include applying the evaluation and analysis techniques to actual program elements.

OSHA Training Requirements and Techniques: Advanced

2 hours

This course covers some techniques to use when preparing, delivering and evaluating occupational health and safety training. Topics covered include training skills development, planning effective presentations, effective and ineffective training methods, and the characteristics of effective learning in an adult setting.

Personal Protective Equipment: Advanced

2 hours

This course is designed for workers who are interested in learning about what OSHA requires for personal protective equipment. Topics include training on what PPE is necessary, when it is necessary, how to properly don, doff, adjust, and wear PPE, the limitations of PPE, and the proper care, maintenance, useful life, and disposal of PPE. This course covers topics included in OSHA 29 CFR 1910, Subpart I.

Powered Industrial Trucks (Forklift Safety): Advanced

2 hours

This course is designed for private personnel who want to enhance the safe operation of powered industrial trucks in the workplace. Topics include an overview of the OSHA standard and safety standards for safe operation of industrial trucks. This course covers the topics included in OSHA 29 CFR 1910, Subpart N.

Walking and Working Surfaces: Advanced

2 hours

This course is for workers who are interested in learning about the dangers of slip and fall accidents. Slips and falls on walking & working surfaces constitute the majority of general industry accidents. Topics include applicable OSHA Standard overview, walking on surfaces, and the dangers of falls in the workplace. This course covers the topics included in OSHA 20 CFR 1910, Subpart D.

Welding, Cutting, and Brazing for General Industry: Advanced

2 hours

This course familiarizes the student with basic precautions for welding, cutting and brazing as well as outlining the fire protection and prevention responsibilities of welders and cutters, their supervisors (including outside contractors) and those in management on whose property cutting and welding is to be performed. This course covers the topics included in the Standard for Fire Prevention in Use of Cutting and Welding Processes, NFPA Standard 51B, 1962 and OSHA 29 CFR1910, Subpart Q.

Workplace Violence: Advanced

2 hours

This course is designed for workers who want to understand the risks of violence in the workplace and learn how they can protect themselves, fellow employees, and the public from harm. OSHA has given guidance on this topic. Topics include recognition, evaluation, control, compliance, and training.

General Industry Courses: Basic

Basic level courses are for workers who will be applying the safety standards. These courses have more application specific information as well as case studies and simulations.

Basic Safety Orientation

1 hour

Employees may be exposed to many safety and health hazards while on the job including chemical hazards, fire hazards, electrical hazards, confined space hazards, etc. This course presents an overview of some basic workplace hazards and how employees can protect themselves from them.

Bloodborne Pathogens: Basic

1 hour

This training course is designed to provide a basic understanding of bloodborne pathogens, common modes of their transmission, methods of prevention, and other pertinent information. Through this course, students will be able to meet the requirements of the Occupational Safety and Health Administration's (OSHA's) Bloodborne Pathogen Standard.

Cadmium and Beryllium Hazards in the Workplace

1 hour

This course gives you a basic knowledge of beryllium and cadmium hazards present at various industrial workplaces, how you can minimize your exposure to them, different acute and chronic problems caused by beryllium and cadmium, and what precautionary measures you should take in order to avoid injuries and fatalities at beryllium and cadmium exposed workplaces.

Confined Spaces for General Industry: Basic

1 hour

This course is intended for all employees who are required to enter into confined or enclosed spaces. This course deals with the safety issues concerned with entering permit-required confined spaces.

Electrical Safety for General Industry: Basic

1 hour

Every year tens of thousands of people are injured or killed from electrical shocks/contacts in the United States. Employees are exposed to dangers such as electric shock, electrocution, burns, fires and explosions. It is essential to understand that how electricity is lethal for us and how we can save our lives. This course gives you a basic understanding of prevention and elimination of work-related illnesses and injuries

Ergonomics for Office Workers

1 hour

This course is designed for employees who want to learn about stress and strain due to the physical office environment. Topics include proper on-the-job stress and strain, Cumulative Trauma Disorder (CTD), work station set, workplace injury and discomfort, choosing and adjusting office equipment, proper light sources and setups, reducing your risk of injury, stretches, potential types of injury, and demonstrates numerous exercises for coping with on-the-job stress and strain.

Hazard Communication: Basic

1 hour

The Hazard Communication Standard (HCS) provides information to workers and employers about various chemical hazards that exist in the workplace, and what protective measures they can take in order to prevent the adverse effects of such hazards. This course gives you a basic understanding of how to deal with hazardous chemicals and how workers can prevent and protect themselves from fatal chemical hazards.

Hazardous Materials: Basic

1 hour

Hazardous materials are considered any substance or compound that has a capability of producing adverse effects on the health and safety of humans. Every year thousands of workers get injured or killed because of fatal chemical or other toxic hazards. OSHA and other authorities have provided many rules and regulations in order to prevent hazards and perform safe operations at the workplace.

Hazards of Asbestos in the Workplace

1 hour

This course introduces the students to the hazards of asbestos in the workplace and provides information about the measures that must be taken in order to minimize the effects of exposure to asbestos.

Industrial Hygiene: Basic

1 hour

This course attempts to introduce the content of OSHA 1910 Subpart Z, which deals with toxic and hazardous substances. This course will focus on the aspects of Subpart Z which deal with keeping hazardous chemicals and materials from negatively affecting your health. This includes the use of personal protective equipment, cleaning procedures in the event of exposure to hazardous materials, and the procedures in place for conducting first aid and recording an incident of exposure in the workplace.

Introduction to OSHA and the OSHAct: Basic

1 hour

This course gives a basic overview of OSHA, OSHA act, and OSHA's role in prevention and elimination of work-related illnesses and injuries. It includes information about employer and employee rights and responsibilities, and a very brief look at the inspection process, reporting and recordkeeping. This course will prove beneficial for those who are directly or indirectly involved with OSHA and OSH Act.

Ionizing and Non-ionizing Radiation Safety

1 hour

This course covers information about radiation, kinds of radiation found in workplaces, effects of radiation on human health, and the preventive measures that could be adopted to control radiation in the work areas. This course will be helpful for those who are directly or indirectly involved with radiation in their workplace.

Lockout/Tagout, Control of Hazardous Energy: Basic

1 hour

This course is designed to inform employees about the requirements for lockout/tagout during servicing and maintenance of machines or equipment. Also covered are the requirements of the OSHA Lockout/Tagout Standard, procedures for the application of locks and tags, and a discussion of the types of energy these procedures are designed to control.

Machinery and Machine Guarding: Basic

1 hour

This course will help workers to protect themselves from moving machinery. After completion of this course, workers will be able to properly apply the OSHA Machine and Machine Guarding requirements to their day to day work activities.

Materials Handling for General Industry: Basic

1 hour

This course specifies the materials handling and storage procedures developed by the Occupational Safety and Health Administration (OSHA) to reduce injuries resulting from mishandling or improper storage.

Materials Handling - Solvents, Corrosives, Flammables and Abrasives

1 hour

This course is for all workers, from lab workers to welders, who come in to contact with solvents, corrosives, flammables and abrasives at their workplaces. This course will provide you comprehensive information about safe storage, safe handling procedures, and safe transportation of solvents, flammables, corrosives, and abrasives.

Means of Egress and Fire Protection: Basic

1 hour

Every year thousands of people are injured or killed because of inappropriate exit routes. It is a harsh fact that inadequate egress provisions are usually more responsible for casualties and fatalities than the actual emergency. This course gives you a basic understanding of means of egress and fire protection methods. It is essential to know how we can save co-workers' lives as well as our own in workplace.

Non-Office Ergonomics

1 hour

This course is designed to help employees identify work-related problems and learn to apply the principles of ergonomics in order to make their jobs less physically demanding, thereby increasing their overall efficiency.

OSHA Safety & Health Programs: Basic

1 hour

This course is designed for employers, supervisors, and managers who need to thoroughly understand, implement, and communicate an OSHA program. Workers who need to be educated and aware of OSHA issues within their domain will also find this course useful. Moreover, OSHA officers and coordinators who need to develop an OSHA program and ensure conformance to the policies will see this course as a must.

Personal Protective Equipment: Basic

1 hour

This course will provide the employers and the employees with knowledge concerning the proper selection, care and use of personal protective equipment. They will be informed of the requirements for compliance with OSHA requirements

Walking and Working Surfaces: Basic

1 hour

This course alerts participants to the hazards of walking and working surfaces and provides information about workplace action needed to eliminate or control these hazards.

Welding, Cutting and Brazing for General Industry: Basic

1 hour

This course is intended for all employees who are required to perform the tasks of welding, cutting or brazing. The course is specifically designed to help workers meet OSHA compliance regarding welding, cutting and brazing.

Workplace Violence: Basic

1 hour

This course attempts to highlight the problems of violence in the workplace. It identifies the various kinds and what constitutes workplace violence. The course then goes on to explain the potential costs of ignoring workplace violence and the methods that can be utilized to minimize and/or eliminate it from the workplace.

ENVIRONMENTAL COURSES

HAZWOPER 8 hour Annual Refresher

8 hours

This course meets the requirements in OSHA 29 CFR 1910.120 for eight hours of annual refresher training for workers at hazardous waste sites. This course is designed for general site workers who remove hazardous waste or who are exposed or potentially exposed to hazardous substances or health hazards. Topics include HAZWOPER regulations, safety and health plans, hazardous chemicals, safety hazards, air monitoring, medical surveillance, site control, decontamination, personal protective equipment, and respiratory equipment. This course covers the topics in OSHA 29 CFR 1910.120. Prerequisites: Enrollment is open to those who have already completed the 40-hour or 24-hour HAZWOPER training.

HAZWOPER 40 hour Course

40 hours

This course is specifically designed for workers who are involved in clean-up operations, voluntary clean-up operations, emergency response operations, and storage, disposal, or treatment of hazardous substances or uncontrolled hazardous waste sites. Topics include protection against hazardous chemicals, elimination of hazardous chemicals, safety of workers and the environment, OSHA regulations. This course covers topics included in 29 CFR 1910.120. The Hazwoper 40 Hour is available, but an 8 hour in-class training needs to be associated with it. Please contact Misha Lewis at 512-441-1097 x125 to see if classroom training is available in your area!

Industrial Emergency Response: Hazardous Materials First Responder Awareness- Level 1

8 hours

This course is designed for all employees who respond to a hazardous materials emergency. OSHA 29 CFR 1910.120 indicates that all employees who respond to a hazardous materials emergency must receive training based on their level of activities at the incident. Awareness-level training is for responders who are likely to witness or discover a hazardous materials release and will initiate a response sequence by notifying the proper authorities of the release. Topics include defining hazardous materials, recognizing and identifying the presence of hazardous materials in an emergency, potential outcomes when hazardous materials are involved, use of basic information resources, and individual roles in an emergency situation. Awareness level responders recognize the presence of hazardous materials, isolate the scene and call for appropriate assistance. They do not participate in actual cleanup activities. The course covers the topics addressed in OSHA 29 CFR 1910.120.

Industrial Emergency Response: Hazardous Materials First Responder Operations - Level 2

8 hours

This course is designed for all employees who respond to a hazardous materials emergency. As per OSHA guidelines, these people must receive training based on their level of activities at the incident. This particular course is designed for those who are likely to respond to a hazardous materials emergency for the purpose of protecting person, property, or the environment from the effects of the release. OSHA regulations require a minimum of 8 hours training.

Construction Safety Product Catalog

Construction Courses: Advanced

Advanced level courses are for Safety Managers and Compliance Officers. They are focused on the compliance aspects of the safety standards.

OSHA 500 Trainer Course for Construction

30 hours

This course designed for construction personnel presents detailed information on how the provisions of the OSH Act may be implemented in the workplace. Rights and responsibilities under the OSH Act, the appeals process, and recordkeeping are covered. The course also includes an introduction to OSHA's general industry standards and an overview of the requirements of the more frequently referenced standards. This course allows the student to become a trainer in the Outreach Program and to conduct both a 10- and 30-hour construction industry course and issue cards to participants verifying course completion. (5 days). Prerequisites include five years experience in the construction industry. This course is administered through the Rocky Mountain Education Center (OSHA Training Institute Education Center Region VIII).

Note: This online course has been reviewed and accepted by OSHA for online distribution.

10 Hour Outreach Training Program for Construction

10 hours

This course is designed for construction workers, foremen, job supervisors, and anyone involved in the construction industry. OSHA recommends Outreach Training Program courses as an orientation to occupational safety and health for workers covered by OSHA 29 CFR 1926. Workers must receive additional training, when required by OSHA standards, on the specific hazards of the job. Upon successful completion of the course, participants will receive an OSHA general industry safety and health 10-hour course completion card.

Note: This online course has been reviewed and accepted by OSHA for online distribution.

30 Hour Outreach Training Program for Construction

30 hours

This course is designed for construction workers, foremen, job supervisors, and anyone involved in the construction industry. OSHA recommends Outreach Training Program courses as an orientation to occupational safety and health for workers covered by OSHA 29 CFR 1926. Workers must receive additional training, when required by OSHA standards, on the specific hazards of the job. Upon successful completion of the course, participants will receive an OSHA general industry safety and health 30-hour course completion card.

Currently waiting on approval from OSHA.

Concrete and Masonry Construction: Advanced

2 hours

This course is designed for construction workers who want to learn about precautions and dangers that come from concrete and masonry projects. Topics include general requirements, cast-in-place concrete, and masonry construction. This course covers the topics included in OSHA 29 CFR 1926.7 Subpart Q.

Confined Spaces in Construction: Advanced

2 hours

This course is intended for all employees required to enter into confined or enclosed spaces. OSHA's Construction Safety and Health Regulations Part 1926 do not contain a permit-required confined space regulation. Subpart C, §1926.21 Safety training and education specifies training for personnel who are required to enter confined spaces and defines a "confined or enclosed space." All employees required to enter into confined or enclosed spaces shall be instructed as to the nature of the hazards involved, the necessary precautions to be taken, and in the use of protective and emergency equipment required. The employer shall comply with any specific regulations that apply to work in dangerous or potentially dangerous areas.

Cranes, Derricks, Hoists, Elevators, and Conveyors: Advanced

2 hours

This course is intended for workers who want to learn more about cranes, derricks, hoists, elevators, and/or conveyors. Topics include cranes & derricks, helicopters, base-mounted drum hoists, overhead hoists, conveyors, and aerial lifts. This course covers the topics included in OSHA 29 CFR 1926.55 Subpart N.

Demolition: Advanced

2 hours

This course is designed for demolition contractors. Topics include preparatory operations, engineering survey, utility location, medical services & first aid, police & fire contact, fire prevention & protection, special structures, concrete structures, safe blasting procedures, transportation of explosives, storage of explosives, and procedures after blasting. This course covers the topics included in OSHA 29 CFR 1926.7 Subpart T.

Electrical Standards for Construction: Advanced

2 hours

This course is designed to provide the student with an understanding of OSHA's electrical standards and the hazards associated with electrical installations and equipment. Topics include single- and three-phase systems, cord- and plug-connected and fixed equipment, grounding, ground fault circuit interrupters, hazardous locations, and safety related work practices. The hazards of power generation, transmission, and distribution systems are also covered. This course covers the topics included in OSHA 29 CFR 1926 Subpart K.

Excavations: Advanced

2 hours

This course is designed for workers and supervisors who work in trenches and excavations. Topics include the mechanics of cave-ins, how to perform a soil analysis to classify soil, protection of workers, shoring, shielding, sloping, and special situations in the field. This course covers the topics included in OSHA 29 CFR 1926.650 Subpart P.

Fall Protection : Advanced

2 hours

This course teaches employees to use fall protection systems in construction settings. Main topics include: the OSHA fall protection standards, fall protection systems, selection of fall protection measures, and inspection and maintenance of fall protection systems. This course covers the topics included in OSHA 29 CFR part 1926.500-503 Subpart M.

Fire Protection and Prevention: Advanced

2 hours

This course is intended for workers who want to learn about fire protection and fire prevention in the workplace. Topics include fire protection plans, fire prevention plans, and fire protection programs. This course covers the topics included in OSHA 29 CFR 1926 Subpart F.

General Safety & Health Provisions: Advanced

2 hours

This course is designed for those who want to learn about recognition, avoidance and prevention of unsafe conditions in regulated employments. Topics include definitions, recognition of unsafe conditions, avoidance of unsafe conditions, and prevention of unsafe conditions. This course focuses on the topics covered in OSHA 29 CFR 1926.20 Subpart C.

Hand & Power Tools: Advanced

2 hours

This course is intended for workers who use hand and power tools during the course of their work. Topics include general OSHA requirements, hazard recognition, hand tools, power-operated hand tools, abrasive wheels & tools, woodworking tools, jacks-lever & ratchet, screw, & hydraulic, air receivers, mechanical power-transmission apparatus. This course covers the topics included in OSHA 29 CFR 1926 Subpart I.

Introduction to OSHA, OSHA Acts and Standards: Advanced

2 hours

This course is designed for anyone who wants to learn about OSHA and what and how they govern. This course provides an overview of OSHA history, organization, and operations. Topics covered include the OSH Act, the inspection process, various programs within OSHA, clause 5(a) (1), CFR Part 1903), OSHA, OSHA Act, standards, citations, and penalties.

Materials Handling, Storage, Use, and Disposal: Advanced

2 hours

This course provides an introduction to handling materials on the job site, including moving, storing, and disposing of materials. This course is designed for construction workers, foremen and job supervisors who handle materials on a construction site. This course covers the topics included in OSHA 29 CFR 1926.250 Subpart H.

Motor Vehicles: Advanced

2 hours

This course is intended for workers who want to know about motor vehicles, mechanized equipment, marine operations, rollover protective structures, overhead protection, signs, signals, and/or barricades. Topics include motor vehicles, mechanized equipment, marine operations, rollover protective structures, overhead protection, signs, signals, and/or barricades. This course covers the topics included in OSHA 29 CFR 1926 Subparts O, W, and G.

Occupational Health and Environmental Controls: Advanced

2 hours

This course is designed for those in the construction industry who are exposed to health hazards and chemicals during the course of their work. Topics include definitions, hazard communication standard, asbestos standards, MDA, lead, worker protection programs, process safety management of highly hazardous chemicals, and cadmium. This course focuses on the topics covered in OSHA 29 CFR 1926 Subpart D.

OSHA Safety & Health Programs: Advanced

2 hours

This course focuses on assessing safety and health programs, emphasizing techniques to evaluate the thoroughness of the programs and the effectiveness of their implementation. The application of the OSHA Safety and Health Program Guidelines is supplemented by OSHA policy, related directives, and the current field manual. Course highlights include applying the evaluation and analysis techniques to actual program elements.

OSHA Training Requirements and Techniques: Advanced

2 hours

This course focuses on assessing safety and health programs, emphasizing techniques to evaluate the thoroughness of the programs and the effectiveness of their implementation. The application of the OSHA Safety and Health Program Guidelines is supplemented by OSHA policy, related directives, and the current field manual. Course highlights include applying the evaluation and analysis techniques to actual program elements.

Personal Protective & Lifesaving Equipment: Advanced

2 hours

This course is intended for construction workers exposed to hazards to the head, eyes, hands, feet and managers and foremen of those workers. Topics include foot protection, hand protection, head protection, eye & face protection, OSHA standards. This course covers the topics included in OSHA 29 CFR 1926.95 Subpart E.

Power Transmission and Distribution: Advanced

2 hours

This course is designed for construction workers who work with electrically charge lines and devices. Topics include general requirements, emergency procedures, tools & protective equipment, mechanical agreement, material handling, grounding, overhead lines, underground lines, and energized substations. This course covers the topics included in OSHA 29 CFR 1926.7 Subpart V.

Process Safety Management of Highly Hazardous Chemicals: Advanced

2 hours

This course is intended for workers who deal with any toxic and reactive chemicals, flammable liquids and/or gases. Topics include an overview of processes, equipment, and materials commonly found in the chemical processing industries; safety and health hazard recognition; and effective hazard control techniques, and OSHA compliance policies. This course covers the topics included in OSHA 29 CFR part 1926.64 Subpart D.

CFR Part 1904 Recordkeeping: Advanced

2 hours

This course is designed for private personnel who are required to maintain records of OSHA related incidents. OSHA has a specific set of rules for recordkeeping. Topics include a summary of some of the key provisions of the new OSHA recordkeeping rules, changes from previous OSHA recordkeeping rules, OSHA forms, and recording and reporting occupational injuries and illnesses.

Scaffolds: Advanced

2 hours

This course focuses on the safety aspects of scaffolding and current OSHA requirements. The student is introduced to the basics of scaffolding operations from installation to dismantling. Topics include supported and suspended scaffolds, aerial lifts, and the interpretation of related standards. This course covers the topics included in OSHA 29 CFR 1926.450 Subpart L.

Stairways & Ladders: Advanced

2 hours

This course is intended for workers who use ladders and/or stairs. Topics include hazards, ladder selection, ladder maintenance, stairwell safety, and training requirements. This course covers topics included in 29 CFR 1926.1050 Subpart X.

Welding & Cutting: Advanced

2 hours

This course provides workers who want to learn more about the dangers of welding and cutting. Topics include gas welding & cutting, arc welding & cutting, fire prevention, ventilation and protection, and preservative coatings. This course covers the topics included in OSHA 29 CFR 1926.35 Subpart J.

Workplace Violence: Advanced

2 hours

This course is designed for workers who want to understand the risks of violence in the workplace and learn how they can protect themselves, fellow employees, and the public from harm. OSHA has given guidance on this topic. Topics include recognition, evaluation, control, compliance, and training.

Construction Courses: Basic

Basic level courses are for workers who will be applying the safety standards. These courses have more application specific information as well as case studies and simulations.

Concrete and Masonry in Construction: Basic

1 hour

This course is designed for construction workers who want to learn about precautions and dangers that come from concrete and masonry projects. Topics include general requirements, cast-in-place concrete, and masonry construction. This course covers the topics included in OSHA 29 CFR 1926.7 Subpart Q.

Concrete and Masonry in Construction: Basic

1 hour

This course encapsulates the safety regulation of the workers working in permit required confined spaces. It instructs about the hazards that may occur during the work in confined spaces.

Cranes, Derricks, Hoists, Elevators, and Conveyors: Basic

1 hour

This course is intended for workers who want to learn more about cranes, derricks, hoists, elevators, and/or conveyors. Topics include cranes & derricks, helicopters, base-mounted drum hoists, overhead hoists, conveyors, and aerial lifts. This course covers the topics included in OSHA 29 CFR 1926.55 Subpart N.

Drug and Alcohol Abuse in the Workplace

1 hour

This course focuses on the management of alcohol and drugs in the workplace. It discusses the issues related to drug and alcohol abuse that the employees may encounter while at work. It also provides suggestions on how employers can reduce the risk to the employees' safety and productivity.

Electrical Standards for Construction: Basic

1 hour

This course gives you a basic understanding about OSHA's role in prevention and elimination of work-related illnesses and injuries. It emphasizes over hazard identification, avoidance, control, and standards. This course covers topics included in OSHA 29 CFR 1926 Subpart K.

Excavations: Basic

1 hour

Cave-ins are considered the most dangerous trench and excavation hazard. In addition, other potentially fatal hazards also exist in excavations, such as asphyxiation due to lack of oxygen in a confined space, inhalation of toxic fumes, drowning, falls, water accumulation, etc. The OSHA standards intend to protect workers in trenches and excavations. This course gives you a basic understanding of how to work safely in excavations and what important points are required to consider when working in an excavation. This course covers topics included in OSHA 29 CFR 1926 Subpart P.

Fall Protection: Basic

1 hour

This course gives you a basic understanding about OSHA's role in prevention and elimination of work-related illnesses and injuries. The OSHA standard identifies areas or activities where fall protection is needed. It clarifies what an employer must do to provide fall protection for employees, such as identifying and evaluating fall hazards and providing training. Under the standard, employers are able to select fall protection measures compatible with the type of work being performed. This course covers topics in OSHA 29 CFR 1926 Subpart M.

Fire Protection and Prevention: Basic

1 hour

This course has been designed to deliver firsthand information about fires and fire protection measures. After completing this course, you will be able to identify different types of fires and how safety measures can be taken to avoid a disastrous situation. We will also discuss the different types of fire extinguishers in use and discover how careful planning and precautionary measures can be taken to save lives and property. This course is intended for the general audience. For more information, please contact your local fire department and consult your fire safety and security maintenance supervisor. This course covers topics in OSHA 29 CFR 1926 Subpart F.

General Safety & Health Provisions: Basic

1 hour

This course provides an overview of the OSHA standard for General Safety and Health Provisions (OSHA 29 CFR 1926 Subpart C). Topics covered in this course include safety training and education, first aid, fire protection, as well as employee emergency action plans.

Hand and Power Tools: Basic

1 hour

This course gives you a basic understanding about OSHA's role in prevention and elimination of work-related illnesses and injuries. Hand and power tools are a part of our everyday lives and help us to easily perform tasks that otherwise would be difficult or impossible. However, these simple tools can be hazardous, and have the potential for causing severe injuries when used or maintained improperly. Special attention toward hand and power tool safety is necessary in order to reduce or eliminate these hazards. This course covers topics in OSHA 29 CFR 1926 Subpart I.

Materials Handling, Storage, Use, and Disposal: Basic

1 hour

This course introduces the hazards that are involved in the handling and storage of materials. Different methods of handling and storage are discussed, the hazards they pose to workers and the methods by which these hazards can be reduced or eliminated from the workplace. This course covers topics in OSHA 29 CFR 1926 Subpart H.

Motor Vehicles: Basic

1 hour

This course is intended for workers who want to know about motor vehicles, mechanized equipment, marine operations, rollover protective structures, overhead protection, signs, signals, and/or barricades. Topics include motor vehicles, mechanized equipment, marine operations, rollover protective structures, overhead protection, signs, signals, and/or barricades. This course covers the topics included in OSHA 29 CFR 1926 Subparts O, W, G.

Occupational Health and Environmental Controls: Basic

1 hour

This course is designed for people working in the construction industry who are exposed to health hazards and chemicals during the course of their work. Topics include definitions, hazard communication standard, asbestos standards, MDA, lead, worker protection programs, process safety management of highly hazardous chemicals, and cadmium. This course focuses on the topics covered in OSHA 29 CFR 1926 Subpart D.

Personal Protective Equipment: Basic

1 hour

It is the employers' responsibility to assess the workplace hazards, and if they are present or are likely to be present, and work practice controls alone are not sufficient, then the employer must provide personal protective equipment to the exposed employees. This course gives you a basic understanding about OSHA's role in prevention and elimination of work-related casualties and fatalities, which can be protected through proper personal protective equipment (PPE). This course covers topics in OSHA 29 CFR 1926 Subpart E. CFR 1926 Subpart E.

Process Safety Management of Highly Hazardous Chemicals: Basic

1 hour

The primary concern of process safety management (PSM) of highly hazardous chemicals is to protect exposed employees from unwanted releases of hazardous chemicals. This course gives you a basic understanding of OSHA standards regarding process safety management (PSM) of highly hazardous chemicals. This course covers topics in OSHA 29 CFR 1926 Subpart D.

CFR Part 1904 Recordkeeping: Basic

1 hour

This course is designed to assist employers in identifying and fulfilling their responsibilities for posting certain records, maintaining records of illnesses and injuries, and reporting specific cases to OSHA. Students who successfully complete this course will be able to identify the OSHA requirements for recordkeeping.

Scaffolding: Basic

1 hour

This course attempts to provide a general overview of the safety measures that are required when working on a scaffold. The course begins with an introduction into the various types of scaffolds, and goes on to outline the OSHA safety requirements and safety measure that can be taken to ensure that employees working on scaffolds are at little risk of injury or death. This course covers topics in OSHA 29 CFR 1926 Subpart L.

Stairways & Ladders: Basic

1 hour

This course gives you a basic understanding of OSHA standards and its role in the prevention and elimination of work-related injuries and fatalities due to stairways and ladders at workplaces. This course covers topics in OSHA 29 CFR 1926 Subpart X

STD 3 - 1.1: Basic

1 hour

This course is designed for those in the construction industry who follow state OSHA plans and federal plans. This course discusses the 29 CFR 1926.20, General Safety and Health Provisions, 29 CFR 1926.21, Safety Training and Education, 29 CFR 1926.23, First Aid and Medical Attention, and 29 CFR 1904.2, Recordkeeping Requirements.

Use of Explosives

1 hour

The main objective of this course is to provide fundamental information about explosives and how you can safely use and secure them in operations related to construction. This course will also enable you to identify and manage risks associated with tasks involving explosives.

Welding & Cutting: Basic

1 hour

This course attempts to discuss the two most common types of welding and cutting (gas and arc), the danger that are involved in working with them and the safety measure that can be undertaken to minimize and prevent the occurrence of their associated hazards. The course goes on to study fire prevention techniques and the danger of preservative coatings when welding or cutting. This course covers topics in OSHA 29 CFR 1926 Subpart J.