



Safety Training Services

Courseware Catalog



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Course Descriptions

Course Descriptions provide the following information:

- Applicability
- Prerequisites
- Frequency and Duration
- Purpose and Overview
- Training Materials
- Which OSHA callout is being satisfied

Hands-On Training

The majority of our courses require not only use of pen and paper, but use of “hands” through participation in real world, hands-on training, delivering you not only employers who are compliant, but *qualified* and *more confident!*

If you are unsure of exactly what you need, or if your circumstances require course alteration please feel free to contact us so we can work together to satisfy your requirements.

Bloodborne Pathogen Training

OSHA General Safety Programs Bloodborne Pathogens Satisfies 29 CFR 1910.1030 (g)

Applicability: Applies to workplaces where employees may be subject to blood or other potentially infectious materials

Prerequisites: None

Frequency and Duration: This training program requires 2 hours to complete and shall be provided at the time of initial assignment. Completion of annual refresher program is required.

Training Materials: Each participant will receive copies of the presentation materials, and a certificate of completion will be awarded at the conclusion of the session.

Purpose and Overview

Safety Training Services, Inc. will conduct Bloodborne Pathogens training and review procedures needed to avoid diseases spread through contact with blood and/or certain body fluids, or articles that are, or may be, contaminated by blood or body fluids. This training is intended to help employees work safely and to comply with the OSHA Bloodborne Pathogens Standard (29 CFR 1910.1030 [g]). After attending the class participants will understand and be ready to explain:

- Incident and exposure protocols, as well as post-exposure medical follow-up procedures
- Work practices geared to reduce exposure risks
- Engineering controls and how that are used and maintained
- The purpose of personal protective equipment (PPE), where it is kept, and when it must be used and how
- Procedures for handling and disposing of wastes
- Procedures for handling contaminated laundry and personal clothing

Confined Space Entry (Entrant, Attendant, Supervisor) Training

Confined Space Entry Entrant, Attendant and Supervisor Program 29 CFR 1910.146

Applicability: All personnel who serve as entrants, attendants, or supervisors in a permit-required confined space entry

Prerequisites: None

Frequency and Duration: This training program requires 8 hours to complete.

Training Materials: Those attending this training program will receive a training manual, wallet card, and a certificate of completion.

Purpose and Overview

Safety Training Services, Inc. presents a comprehensive program covering how to safely enter a confined space and/or serve as an entry attendant in accordance with regulatory requirements and good management practices. After attending this course, participants will:

- Know the hazards that may be encountered during entry and the signs, symptoms and consequences of exposure
- Know about the equipment necessary for safe confined space entry
- Understand communication procedures and the importance of exiting the space when conditions warrant or an alarm sounds
- Understand the entry permit and the information that must be listed or added as needed
- Know about self-rescue and attendant rescue techniques
- Understand the basis and basics of OSHA standard 29 CFR 1910.146

Confined Space Rescue Technician Training

Industrial / Confined Space Rescue Program Satisfies 29 CFR 1910.146

Applicability: All personnel who are designated as emergency responders and are expected to perform confined space rescue.

Prerequisites: 8-Hour confined Space Entry Training

Frequency and Duration: This training program requires up to 40 hours to complete and rescuers are required to perform at least one simulated rescue annually.

Training Materials: Those attending this training program will receive a training manual, wallet card, and a certificate of completion.

Purpose and Overview

Safety Training Services, Inc. presents a comprehensive program for employers whose employees' are to enter confined spaces for the purpose of rescuing downed entrants. This is an intensive hands-on course that will give the prospective rescuer the knowledge and skills to safely and effectively perform a rescue. Teamwork and team development skills are emphasized in all aspects of this course. The hands-on portion of the class will take place in a state-of-the-art rescue simulation practice field to replicate "real life" scenarios. After attending this course participants will:

- Understand the construction, usages, and limitations of various types of hardware and software such as ropes, webbing, carabineers and pulleys
- Demonstrate proficiency in tying and utilizing knots as appropriate
- Demonstrate proficiency in configuring acceptable anchor points
- Understand the dynamics of critical angles and forces involved
- Demonstrate proficiency in constructing lowering systems
- Demonstrate proficiency in constructing mechanical advantage systems for hauling, raising, and moving loads
- Demonstrate proficiency in "patient packaging and handling techniques"
- Be able to use and establish common communication procedures, team roles and responsibilities, including an incident command system
- Display teamwork developed during group scenarios

Confined Space Rescue Refresher Training

Confined Space Entry Industrial / Confined Space Rescue Refresher Satisfies 29 CFR 1910.146

Applicability: All personnel who serve as entrants into confined spaces [PRCS]

Prerequisites: This course is intended as an annual refresher for personnel who have attended Industrial / Confined Space Rescue in either the 24 hour or 40 hour programs

Frequency and Duration: This training program requires 8 hours to complete and entrants are required to perform at least one simulated rescue annually

Training Materials: Those attending this training program will receive a training manual, wallet card, and certificate of completion.

Purpose and Overview

Safety Training Services, Inc. presents a comprehensive program for employers whose employees' are to enter confined spaces for the purpose of rescuing downed entrants. This is an intensive hands-on course that will give the prospective rescuer the knowledge and skills to safely and effectively perform a rescue. Teamwork and team development skills are emphasized in all aspects of this course. The hands-on portion of the class will take place in a state-of-the-art rescue simulation practice field to replicate "real life" scenarios. After attending this course, participants will:

- Understand the construction, usages, and limitations of various types of hardware and software such as ropes, webbing, carabineers and pulleys
- Demonstrate proficiency in tying and utilizing knots as appropriate
- Demonstrate proficiency in configuring acceptable anchor points
- Understand the dynamics of critical angles and forces involved
- Demonstrate proficiency in constructing lowering systems
- Demonstrate proficiency in constructing mechanical advantage systems for hauling, raising, and moving loads
- Demonstrate proficiency in "patient packaging and handling techniques"
- Be able to use and establish common communication procedures, team roles and responsibilities, including an incident command system
- Display teamwork developed during group scenarios

First Aid/CPR/AED Training

OSHA General Safety Programs First Aid / CPR / AED Training Satisfies 29 CFR 1910.151

Applicability: All personnel who may encounter a victim suffering from an injury resulting from either medical or traumatic causes

Prerequisites: None

Frequency and Duration: This training program requires 7 hours to complete and retraining is recommended to keep certification current.

Training Materials: Those attending this training program will receive a training manual and EMS Safety certification wallet card for First Aid/CPR/AED upon completion.

Purpose and Overview

First Aid Training – This 8 hour program is designed for personnel who might encounter a person who suffers an injury resulting from either medical or traumatic causes. *A certificate in first aid from the American Red Cross will be presented after the completion of this course.*

CPR/AED Training – This 4 hour portion of the program is designed for rescue personnel who might encounter a person who suffers a heart attack resulting from either medical or traumatic causes,

Safety Training Services, Inc. will conduct an 8-hour training program on Basic First Aid / CPR / AED in accordance with EMS Safety (<http://www.emssafetyservices.com/>) guidelines that satisfies OSHA regulations. Hands-on exercises and section review questions reinforce training. Program requires written and skills testing. After attending this class participants will know:

- How to use the EMS System
- How to identify and care for breathing emergencies
- How to identify and care for heart attack and cardiac arrest in adults
- How to reduce the risk of heart attack
- How to identify and care for life-threatening bleeding
- How to identify and provide care for different sudden illnesses and injuries
- How to provide care for different types of wounds
- How to splint dislocations, strains, sprains, and fractures.

Note: If you require a company specific program (such as American Red Cross or American Heart Association) we do have instructors on staff authorized to provide these courses on an as-needed basis. If you want to talk more about the differences in these programs – please call today.

Fall Protection Awareness Training

Fall Protection Awareness Satisfies 29 CFR 1910

Applicability: All personnel that work at height and have to be aware of various dangers of working at heights and how to protect themselves from falls in the work place

Prerequisites: None

Frequency and Duration: This training program requires 4 hours of instructor time to complete. Hands-On Practice and demonstration.

Training Materials: Those attending this training program will receive a training manual and a certificate of completion.

Purpose and Overview

Safety Training Services, Inc. presents this comprehensive training program intended to provide instruction on several topics in working at heights to entry level participants.

After attending this course, participants will have covered:

- Introduction to Working at Heights
- OSHA Regulations Concerning Working at Heights
- Hazards of Working at Heights
- Ladder Safety
- Roof, Scaffold and Work Platform Safety
- Fall Protection Systems
- Fall Protection Equipment and proper use

After completing this course, participants should be able to:

- Recognize Hazards of Working at Heights
- Work Safely from a Roof, Scaffolding, and other Work Platforms
- Recognize the Need, Selection, and Proper Use of Fall Protection Equipment and Systems

Fall Protection (Competent Person) Training

Fall Protection for the Competent Person Satisfies 29 CFR 1910

Applicability: All personnel that work at height and have to be aware of various dangers of working at heights. Personnel who have to preplan select and implement fall protection systems for their work site

Prerequisites: None

Frequency and Duration: This training program requires 8 hours of instructor time to complete. Hands-On Practice and demonstration.

Training Materials: Those attending this training program will receive a training manual, a certificate of completion, and PVC Photo ID Card.

Purpose and Overview

Safety Training Services, Inc. presents this comprehensive training program intended to provide instruction on several topics in working at heights to Supervisory level employees or employees deemed as competent persons by a company.

After attending this course, participants will have covered:

- Introduction to Working at Heights
- OSHA Regulations Concerning Working at Heights
- OSHA Competent Person Requirements for Fall Protection
- Hazards of Working at Heights
- Ladder Safety
- Pre-Planning for Fall Protection
- Select of Proper Protective
- Fall Protection Equipment and proper use

After completing this course, participants should be able to:

- Recognize Hazards of Working at Heights
- Pre-Plan Fall Protection systems for a work site
- Select Proper protective systems for a job
- Work Safely from a Roof, Scaffolding, and other Work Platforms
- Recognize the Need, Selection, and Proper Use of Fall Protection Equipment and Systems

Fire Extinguisher Training

OSHA General Safety Programs Fire Extinguisher Training Satisfies 29 CFR 1910.157

Applicability: This standard applies to the replacements, use, maintenance, and testing of portable fire extinguishers provided for the use of employees

Prerequisites: None

Frequency and Duration: This training program requires 4 hours to complete. A refresher program is required on an annual basis.

Training Materials: Each participant will receive copies of the presentation materials, and a certificate of completion will be awarded at the conclusion of the session.

Purpose and Overview

Safety Training Services, Inc. will conduct a training program in accordance with the OSA Fire Extinguisher Standard (29 CFR 1910.157). This program will familiarize employees with the general principles regarding the use of a fire extinguisher and the hazards involved in fighting an incipient stage fire. The training will also include the following:

- Demonstrate the appropriate use of equipment to employees who have been designated to use firefighting equipment as part of the company's emergency action plan.

Firefighter Survival/Mayday Training

Applicability: This 2 day program is designed for both novice and the most seasoned firefighters to challenge them both physically and mentally.

Prerequisites: None

Frequency and Duration: This training program consists of a 10 hour class over a 2 day period.

Training Materials: None

Purpose and Overview

Safety Training Services, Inc. offers a 10 Hour class that is a mixture of classroom instruction and practical skills learned in a one-of-a-kind simulator that will challenge the most seasoned veteran mentally and physically. This course will give you the skills needed to rescue yourself or a brother or sister firefighter. Training goals are:

- Makes firefighters aware that the second leading cause of firefighter line-of-duty fatalities is becoming lost, caught or trapped on the fireground
- Illustrates how the disorientation sequence plays a role in firefighter fatalities
- Illustrates the importance of fireground accountability
- Introduces the Mayday Protocol and the parameters for declaring a Mayday
- Teaches basic survival awareness by discussing fire dynamics, building types, the warning signs of collapse and the types of collapse
- Teaches sound search and rescue techniques
- Teaches size-up and search techniques for rapid intervention
- Teaches tactical considerations when switching from suppression strategy to a high-priority rescue
- Teaches the importance of a strong command presence and managing resources when a Mayday is called
- Discusses considerations for developing standard operating procedures

Note: NFPA Indiana (IDHS) firefighter certification courses: HAZMAT & Technical Rescue also available

Forklift Operator Training

OSHA General Safety Programs Forklift Operator Training 29 CFR 1910.178 (I)

Applicability: Applies to persons engaged in the design, maintenance, and use of fork trucks, tractors, platform lift trucks, motorized hand trucks, and other specialized industrial trucks powered by electric motors or internal combustion engines.

Prerequisites: None

Frequency and Duration: This training program requires 4 hours to complete

Training Materials: Those attending this training program will receive a training manual and a certificate of completion at the conclusion of the session.

Purpose and Overview

Safety Training Services, Inc. will conduct a training program, required by the OSHA Powered Industrial Truck Standard (29 CFR 1910.178 [I]), to persons engaged in the operation and maintenance of fork trucks, tractors, platform lift trucks, motorized hand trucks, and other specialized industrial trucks powered by electric motors or internal combustion engines. Operators will be trained in the safe operation of powered industrial trucks and in the performance of tasks such as the following:

- Handling
- Maneuvering
- Traveling
- Stopping
- Starting
- Any other activities under the conditions that will be encountered in the use of the truck

Each participant who successfully completes the course will receive a photo ID to operate an industrial truck, assuming proper evidence can also be provided stating that the participant has successfully passed a practical evaluation.

Hazard Communication Training

OSHA General Safety Programs Hazard Communication Training Satisfies 29 CFR 1910.1200

Applicability: All employers are required to provide information to their employees about the hazardous chemicals to which they are exposed by means of a hazard communication program, labels, and other forms of warning, safety data sheets (SDS), etc. The standard also applies to any chemical that is known to be present in the workplace in such a manner that employees may be exposed under normal conditions of use or emergency.

Prerequisites: None

Frequency and Duration: This training program requires up to 4 hours to complete.

Training Materials: Those attending this training program will receive a training manual and a certificate of completion at the conclusion of the session.

Purpose and Overview

Safety Training Services, Inc. will conduct a training program that satisfies the OSHA Hazard Communication Standard (29 CFR 1910.1200) to ensure that the purpose and function of the program is understood by all employees. Participants will be provided with:

- Information about the hazardous chemicals to which workers are exposed, by means of a hazard communication program, labels and other forms of warning, SDS, and information and training
- Information about operations in their work area where hazardous chemicals are present
- Information about location and availability of the written hazard communication
- Information about Global Harmonizing System (GHS)

Hazardous Chemical Transportation (Formerly DOT HM-126F) Training

OSHA General Safety Programs DOT HM-172.704 Training

Applicability: This standard applies to employees involved in shipping and packaging hazardous materials and to all modes of transportation of these materials, over the road, rail, aircraft, or vessel.

Prerequisites: None

Frequency and Duration: This training program requires 4 hours to complete and refresher training is required every 3 years.

Training Materials: Each participant will receive copies of the presentation materials and a certificate of completion at the conclusion of the session.

Purpose and Overview

Safety Training Services, Inc. has developed a comprehensive training program that encompasses all aspects of the training requirements for "Hazardous Materials Employees" under the DOT hazardous materials regulations. This program covers:

- Overview of HM-172.704
- Hazardous materials table
- Shipping papers
- Labeling of hazardous materials
- Packaging and marking
- Loading and segregating materials
- Placard requirements
- Safety training overview
- DOT Emergency Response Guide
- Properties of hazardous
- DOT classifications of hazardous materials
- Basic emergency response actions

HAZWOPER/HAZMAT Awareness Training

Hazardous Waste Operations First Responder (Awareness Level) Satisfies 29 CFR 1910.120(q)(6)(I)

Applicability: All employees who are likely to witness or discover a hazardous substance release and who can initiate an emergency response sequence by notifying the proper authorities of the release. These employees are not required to clean up a hazardous substance.

Prerequisites: None

Frequency and Duration: This training program requires 4 to 8 hours to complete and refresher training is required every 3 years.

Training Materials: Those attending this training program will receive (1) a training manual that includes a detailed script keyed to overhead graphics and (2) the U.S. Department of Transportation's Emergency Response Guidebook. A certificate and wallet card will be awarded to the participants upon successful completion of the training program.

Purpose and Overview

Safety Training Services, Inc. offers a comprehensive course in hazardous materials training at the first responder awareness level. After attending this course, participants will have:

- An understanding of what hazardous substances are, and their associated risks in an incident
- An understanding of the potential outcomes associated with an emergency created when hazardous substances are present
- The ability to recognize the presence of hazardous substances in an emergency
- An understanding of the role that the first responder plays in the employer's emergency response plan, including site security and control, and the U.S. Department of Transportation's Emergency Response Guidebook
- The ability to identify the hazardous substances, if possible
- The ability to realize the need for additional resources, and to make the appropriate notification to the communication center

Note: For all of our STS HAZMAT related courses: *A change of clothing (shorts and a t-shirt) is recommended. Our courses are hands-on and may include wearing full PPE (including HAZMAT suit). It may be more comfortable for some to change into clean clothes when returning to the classroom on those days.*

HAZWOPER/HAZMAT Operations Training

Hazardous Waste Operations 24-Hour Hazardous Waste & Emergency Response [Operations Level] Satisfies 29 CFR 1910.120(q)(6)(ii)

Applicability: All employees who initially respond in a defensive fashion to releases or potential releases of hazardous substances for the purpose of containing the release from safe distances, keeping the release from spreading and preventing exposure.

Prerequisites: None

Frequency and Duration: This training program requires 24 hours to complete and refresher training is required annually.

Training Materials: Those attending this training program will receive (1) a training manual that includes a detailed script keyed to overhead graphics and (2) the U.S. Department of Transportation's Emergency Response Guidebook. A certificate and wallet card will be awarded to the participants upon successful completion of the training program.

Purpose and Overview

Safety Training Services, Inc. offers a comprehensive course in hazardous materials training at the first responder operations level. After attending this course the participant will:

- Know the basic hazard and risk assessment techniques
- Know how to select and use proper personal protective equipment provided to the first responder at the operations level
- Understand basic hazardous material terms
- Know how to perform basic control, containment, and/or confinement operations within the capabilities of the resources and personal protective equipment available
- Know how to implement basic decontamination procedures
- Understand the relevant standard operating procedures and termination procedures

Notes: For all of our STS HAZMAT related courses: *A change of clothing (shorts and a t-shirt) is recommended. Our courses are hands-on and may include wearing full PPE (including HAZMAT suit). It may be more comfortable for some to change into clean clothes when returning to the classroom on those days.*

HAZWOPER/HAZMAT Technician Training

Hazardous Waste Operations 40-Hour Hazardous Waste & Emergency Response [Technician Level] Satisfies 29 CFR 1910.120 (e)

Applicability: All employees (including managers and supervisors) who work at a hazardous waste site in which there exists a possibility of exposure to hazardous substances.

Prerequisites: None

Frequency and Duration: This training program requires 40 hours to complete and refresher training is required annually.

Training Materials: Those attending this training program will receive (1) a training manual that includes a detailed script keyed to overhead graphics and (2) the U.S. Department of Transportation's Emergency Response Guidebook. A certificate and wallet card will be awarded to the participants upon successful completion of the training program.

Purpose and Overview

Safety Training Services, Inc. offers a comprehensive training program that encompasses all aspects of hazardous waste operations. This training covers:

- Health and safety programs
- Site characterization and analysis
- Appropriate site control procedures
- Employee training requirements 29 CFR 1910.120 (e)
- Engineering controls, work practices, and personal protective equipment for employee protection
- Monitoring procedures and requirements
- Informational programs
- Procedures for handling drums and containers
- Decontamination procedures
- Procedures for emergency response by employees at uncontrolled hazardous waste sites
- Illumination requirements
- Sanitation practices at temporary workplaces

Note: For all of our STS HAZMAT related courses: *A change of clothing (shorts and a t-shirt) is recommended. Our courses are hands-on and may include wearing full PPE (including HAZMAT suit). It may be more comfortable for some to change into clean clothes when returning to the classroom on those days.*

HAZWOPER/HAZMAT Technician Refresher Training

Hazardous Waste Operations Refresher Training Satisfies 29 CFR 1910.120

Applicability: All employees, managers, and supervisors who have completed the 24 and 40 hour HAZWOPER course must receive 8 hours of refresher training annually. Meets 40CFR RCRA annual review of employee training

Prerequisites: None

Frequency and Duration: This training program requires 8 hours to complete.

Training Materials: Those attending this training program will receive (1) a training manual that includes a detailed script keyed to overhead graphics and (2) the U.S. Department of Transportation's Emergency Response Guidebook. A certificate and wallet card will be awarded to the participants upon successful completion of the training program.

Purpose and Overview

Safety Training Services, Inc. offers a refresher course in hazardous waste operations and emergency response. During this training program, participants will review:

- Health and safety issues and dangers present at hazardous waste sites
- How to obtain names of personnel and alternates responsible for site safety & health
- Work practices for minimizing risks from site hazards
- Monitoring procedures and requirements
- Informational programs
- Procedures for handling drums and containers
- Decontamination procedures
- Procedures for emergency response by employees at uncontrolled hazardous waste sites
- Illumination requirements
- Sanitation practices at temporary workplaces
- Medical surveillance requirements including recognition of symptoms and signs that might indicate overexposure to hazardous materials
- Engineering controls, work practices, and personal protective equipment for employee protection

Note: For all of our STS HAZMAT related courses: *A change of clothing (shorts and a t-shirt) is recommended. Our courses are hands-on and may include wearing full PPE (including HAZMAT suit). It may be more comfortable for some to change into clean clothes when returning to the classroom on those days.*

Lockout/Tagout Training

OSHA General Safety Programs Lockout / Tagout Training Satisfies 29 CFR 1910.147

Applicability: All employees who service and maintain machines and equipment in which the unexpected energization or startup of the machines or equipment or releases of stored energy could endanger other employees.

Prerequisites: None

Frequency and Duration: This training program requires 2 hours to complete and shall be provided to all employees affected by the energy control program

Training Materials: Each participant will receive copies of the presentation materials, and a certificate of completion will be awarded at the conclusion of the session

Purpose and Overview

Safety Training Services, Inc. will conduct a training program that satisfies the OSHA Control of Hazardous Energy Sources Standard (29 CFR 1910.147) to ensure that the purpose and function of an energy control program are understood by employees and that the knowledge and skills required for the safe application, use, and removal of energy control devices are acquired by applicable employees. The training will include the following:

- The recognition of applicable hazardous energy sources, the type and magnitude of the energy available in the workplace, and the methods and means necessary to isolate and control energy sources
- The purpose and use of the energy control procedure
- Prohibitions relating to attempts to restart or reenergize machines or equipment that are locked out or tagged out

When Tagout systems are used, participants will also be trained in the application and limitations of tags.

Management & Supervisor HAZMAT Training

Hazardous Waste Operations Management and Supervisor Training Satisfies 29 CFR 1910.120

Applicability: All managers and supervisors of employees who are engaged in hazardous waste operations are required to complete this training.

Prerequisites: None

Frequency and Duration: This training program requires up to 8 hours to complete.

Training Materials: Those attending this training program will receive a training manual that includes a detailed script keyed to overhead graphics. A certificate of completion and wallet card will be awarded to the participant upon successful completion of the training program.

Purpose and Overview

Safety Training Services, Inc. offers a thorough course designed for managers and supervisors of employees engaged in hazardous waste operations. During this program, participants will participate in the development of a site-specific safety and health program. The topics that are covered by this course include development of a:

- Site-specific health and safety program
- Site-specific safety and health plan
- Employee training programs and requirements
- Personal protective equipment program
- Spill containment programs
- Health hazard procedures and recovery techniques

NFPA 70E “Arc Flash” Training

Electrical Safety / Arc Flash Training Satisfies NFPA 70E

Applicability: All personnel who are responsible for the maintenance, installation, and troubleshooting of low and medium voltage electrical control and distribution equipment. Supervisors and safety managers of electrical maintenance employees.

Prerequisites: A working understanding of electrical power distribution and control equipment

Frequency and Duration: This training program requires 8 hours to complete and certification lasts 3 years

Training Materials: Each participant will receive copies of the presentation materials, and a certification of completion will be awarded at the conclusion of the session.

Purpose and Overview

Safety Training Services, Inc. will conduct an instructor led training program that satisfies the OSHA & NFPA 70E standard. Upon completion of this course, participants will be able to:

- Identify electrical hazards in the workplace
- Determine the personal protective equipment required based on the task to be performed
- Identify safer alternatives to existing procedures
- Establish an electrically safe work environment

The training topics will include the following:

- Hazard assessment and prevention techniques
- Equipment labeling per the national electrical code
- Safety procedures, hazard assessment, lockout/tagout and protective grounding based on OSHA and NFPA standards
- Selection and use of the proper test equipment
- The effects of arc flash and blast
- PPE selection, limitations, and maintenance
- Electrical shock and shock prevention
- Alternatives to unsafe procedures
- Minimizing electrical safety hazards

- New electrical system maintenance technologies
- Breaker/fuse coordination and its impact on employee safety
- Safe system restoration procedures
- The relationship between electrical system maintenance and arc flash
- Energized work permits
- The dangers of improperly grounded electrical equipment
- How to read your facility one line diagram
- Electrical safety and chemicals

Occupational Noise Exposure Training

OSHA General Safety Programs Occupational Noise Exposure Training Satisfies 29 CFR 1910.95

Applicability: Applies to employees exposed to occupational noise in which hearing protection may be required.

Prerequisites: None

Frequency and Duration: This training program requires 2 hours to complete

Training Materials: Each participant will receive copies of the presentation materials and a certificate of completion will be awarded at the conclusion of the session.

Purpose and Overview

Safety Training Services, Inc. will conduct a training program that satisfies the OSHA Occupational Noise General Industry Standard – (29 CFR 1910.147) to ensure that the purpose and function of a hearing protection program are understood by employees and that the knowledge and skills required for the safe application and use of noise reduction devices are acquired by applicable employees. The training will include the following:

- The recognition of applicable hazardous noise sources, the type and magnitude of the noise reduction devices available in the workplace, and the methods and means necessary to protect an employee's hearing
- The purpose and use of the noise and hearing conservation equipment

On-Scene Incident Commander

Hazardous Waste Operations On-Scene Incident Commander Training Satisfies 29 CFR 1910.120 (q)(6)(v)

Applicability: All personnel who will assume control of the incident scene beyond the first responder awareness level require this training.

Prerequisites: Personnel attending this training must have completed at least 24 hours of training equal to that provided in the hazardous materials operations level course [29 CFR 1910.120(q)(b)(ii)].

Frequency and Duration: This training program takes 8 hours to complete, and refresher training is required annually.

Training Materials: Those attending this training program will receive a training manual that includes a detailed script keyed to overhead graphics and a certificate and wallet card upon successful completion on the training program.

Purpose and Overview

Safety Training Services, Inc. offers a thorough course in hazardous materials training at the on-scene incident command level. After attending this course, participants will:

- Know how to implement the employer's incident command system
- Know how to implement the employer's emergency response plan
- Know and understand the hazards and risks experienced by employees working in chemical protective clothing
- Know how to implement the local emergency response plan
- Be familiar with the state emergency response plan and the Federal Regional Response Team
- Know and understand the importance of decontamination procedures

OSHA 10-Hour General Industry Training

OSHA 10 General Industry Voluntary Compliance Program 29 CFR 1910

Applicability: All personnel that have to be aware of various dangers in the workplace

Prerequisites: None

Frequency and Duration: This training program takes 10 hours of instructor time to complete over 2 days. The first day is 8 hours. The second is 4 hours. There is no refresher course mandated by OSHA.

Training Materials: Those attending this training program will receive a training manual, wallet card, and a certification of completion.

Purpose and Overview

Safety Training Services, Inc. presents this comprehensive training program intended to provide instruction on a variety of mandatory and optional topics in General Industry Safety and Health to entry level participants. This 10-Hour program is presented with a mixture of classroom instruction and hands-on exercises.

Team Development skills are emphasized in all aspects of this course. After attending the 10-Hour course, students will have covered:

- Introduction to OSHA (mandatory)
- Walking/Working Surfaces (mandatory)
- Exit Routes, Emergency Action Plans, Fire Prevention and Protection Plans (mandatory)
- Electrical Hazards (mandatory)
- Personal Protective Equipment (mandatory)
- Hazard Communication (mandatory)

In addition to the mandatory subjects, 2 elective subjects and 2 optional subjects will be covered. Classes can also be customized, job specific, to the attending audience:

- Hazardous Material Flammable/Combustible (elective)
- Machine Guarding (elective)
- Confined Space Entry Awareness (optional)
- Lock Out/Tag Out (optional)

OSHA 30-Hour General Industry Training

OSHA 30 General Industry Voluntary Compliance Program 29 CFR 1910

Applicability: All personnel that have to be aware of various dangers in their respective workplace.

Prerequisites: None

Frequency and Duration: This training program spans 4 days and requires 30 hours to complete. There is no refresher course mandated by OSHA.

Training Materials: Those attending this training program will receive a training manual, wallet card, and a certificate of completion.

Purpose and Overview

Safety Training Services, Inc. presents this comprehensive training program intended to provide a more in depth view of mandatory and optional topics in General Industry Safety and Health. Special emphasis is placed on those areas that are the most hazardous. This 30-Hour program is presented with a mixture of classroom instruction and hands-on exercises.

Team Development skills are emphasized in all aspects of this course. After attending the 30-Hour course, students will have covered:

- Introduction to OSHA (mandatory)
- Walking/Working Surfaces (mandatory)
- Exit Routes, Emergency Action Plans, Fire Prevention and Protection Plans (mandatory)
- Electrical Hazards (mandatory)
- Personal Protective Equipment (mandatory)
- Hazard Communication (mandatory)
- Materials Handling (mandatory)

In addition to the mandatory subjects, at least 5 elective subjects and optional subjects will be covered. Classes can also be customized, job specific, to the attending audience:

- Hazardous Material Flammable/Combustible (elective)
- Machine Guarding (elective)
- Confined Space Entry Awareness (optional)

- Lock Out/Tag Out (optional)
- Blood Bourne Pathogens (elective)
- Ergonomics (elective)
- Fall Protection (elective)
- Safety and Health Programs (elective)
- Ladder Safety (optional)
- Work Place Violence (optional)

OSHA 10-Hour Construction Industry Training

OSHA 10 Construction Industry Voluntary Compliance Program 29 CFR 1926

Applicability: All personnel that have to be aware of various dangers while working in construction

Prerequisites: None

Frequency and Duration: This training program requires 10 hours of instructor time to complete over 2 days. The first day is 8 hours; the second day is 4 hours. There is no refresher course mandated by OSHA.

Training Materials: Those attending this training program will receive a training manual, wallet card, and a certificate of completion.

Purpose and Overview

Safety Training Services, Inc. presents this comprehensive training program intended to provide instruction on a variety of mandatory and optional topics in Construction Industry Safety and Health to entry level participants. This 10-Hour program is presented with a mixture of classroom instruction and hands-on exercises.

Team Development skills are emphasized in all aspects of this course. After attending the 10-Hour course, students will have covered:

- Introduction to OSHA (mandatory)
- Focus Four Hazards-including: Fall Protection, Electrical, Struck By, Caught in/Between (mandatory)
- Personal Protective and Life Saving Equipment (mandatory)
- Health Hazards in Construction-including: Haz-Com and Silica (mandatory)

In addition to the mandatory subjects, 2 elective subjects and 2 optional subjects will be covered. Classes can also be customized, job specific, to the attending audience:

- Fall Protection (elective)
- Machine Guarding (elective)
- Scaffolds (elective)
- Materials Handling, Storage, Use and Disposal (elective)

- Excavation (elective)
- Cranes, Derricks, Hoists, Elevators and Conveyors (elective)
- Stairways and Ladders (elective)
- Power and Hand Tools (optional)
- Welding, Cutting and Brazing (optional)
- Concrete and Masonry Construction (optional)
- Steel Erection (optional)

Personal Protective Equipment (PPE) Training

OSHA General Safety Programs Personal Protective Equipment Satisfies 29 CFR 1910.132

Applicability: Applies to employees with regard to the provision of personal protective equipment to employees to protect them against hazards of processes or environment, chemical hazards, radiological hazards, or mechanical irritants.

Prerequisites: None

Frequency and Duration: This training program requires 2 hours to complete.

Training Materials: Those attending this training program will receive a training manual, and a certificate of completion at the conclusion of the session.

Purpose and Overview

Safety Training Services, Inc. will conduct a training program designed to assist employers in complying with the revised OSHA Personal Protective Equipment (PPE) Standard (29 CFR 1910.132). The program is designed to give employees an overview of the basic personal protective equipment requirements associated with head, eye/face, hand, and foot protection. Each selected employee will be trained to:

- Determine when personal protective equipment is necessary
- Determine what personal protective equipment is necessary
- Know how to properly don, doff, adjust, and wear personal protective equipment
- Know the limitations of personal protective equipment
- Know the proper care, maintenance, useful life and disposal of the personal protective equipment

Respiratory Protection Training

OSHA General Safety Programs Respiratory Protection Training Satisfies 29 CFR 1910.134

Applicability: Applies to employees with regard to the provision of respiratory equipment to employees to protect their health

Prerequisites: None

Frequency and Duration: This training program requires up to 4 hours to complete.

Training Materials: Those attending this training program will receive a training manual and a certificate of completion at the conclusion of the session.

Purpose and Overview

Safety Training Services, Inc. will provide training according to the Respiratory Protection Standard (29 CFR 1910.134). The training will explain and demonstrate types of respirators: air-purifying, air-line, and self-contained breathing apparatus (SCBA). The training will illustrate the potential hazards to the lungs resulting from chemical exposure, and show step-by-step procedures for proper selection, fitting, use, and storage of respirators. The program will also review (1) confined space permit entry procedures and (2) respirator maintenance to ensure that participants can determine when a respirator needs repair or cartridges need to be replaced.

Quantitative and Qualitative Fit Testing options are also available.

Please call for more information.

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