OSHA Training Institute Education Center®
Keene State College

Safety & Health

course catalogue








www.OSHAedNE.com

Keene STATE COLLEGE

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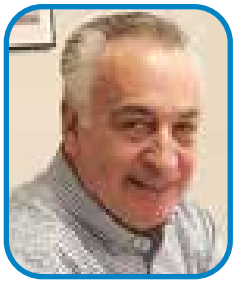

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OSHA #510 Occupational Safety & Health Standards for Construction

C

4 Days | 2.6 CEUs | $875

Course Description: This course covers the scope and application of OSHA construction standards, as well as construction site safety and health principles with special emphasis on areas most hazardous using OSHA standards as a guide. Upon course completion students will have the ability to define construction safety and health terms found in the Standards and Subparts, identify hazards which occur on construction sites, locate appropriate subparts, interpretations and resources, and describe the use of OSHA Standards and regulations to supplement an ongoing safety and health program. Participants learn through facilitated discussion, exercises, and activities. Covered are the effects of workplace injuries and illnesses, the mission and importance of OSHA in the workplace, organization, origin, codification of OSHA Standards, processes and rules for OSHA inspections, citations, penalties and policies, with an orientation to OSHA recordkeeping requirements for injuries and illnesses, OSHA safety and health management programs, and an understanding 'how to' use the 29 CFR 1926 Construction Standards Code of Federal Regulations. Participants must attend all modules and pass a multiple choice examination for successful course completion.

OSHA #511 Occupational Safety & Health Standards for General Industry

GI M

4 Days | 2.6 CEUs | $875

Course Description: This course covers the scope and application of OSHA general industry standards, as well as general industry safety and health principles with special emphasis on areas most hazardous using OSHA standards as a guide. Upon course completion students will have the ability to define general industry terms found in the Standards and Subparts, identify hazards which occur in general industry, locate appropriate subparts, interpretations and resources, and describe the use of OSHA Standards and regulations to supplement an ongoing safety and health program. Participants learn through facilitated discussion, exercises and activities. Covered are the effects of workplace injuries and illnesses, the mission and importance of OSHA in the workplace, organization, origin, codification of OSHA Standards, processes and rules for OSHA inspections, citations, penalties and policies, with an orientation to OSHA recordkeeping requirements for injuries and illnesses, OSHA safety and health management programs, and an understanding 'how to' use 29 CFR 1910 General Industry Standards Code of Federal Regulations. Participants must attend all modules and pass a multiple choice examination for successful course completion.

OSHA #2015 Hazardous Materials OSHA #521 OSHA Guide to Industrial Hygiene

GI C M IH

4 Days | 2.6 CEUs | $865

Course Description: This course addresses 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. The course features workshops in health hazard recognition, OSHA health standards, and a safety and health program workshop. Basic IH instrumentation is demonstrated. A discussion of the services of the Industrial Hygiene Analytical Laboratory is included.

OSHA #2015 Hazardous Materials

GI M C

4 Days | 2.6 CEUs | $865

Course Descriptions: This course covers OSHA General Industry Standards and other consensus and proprietary standards that relate to the use of hazardous materials. In this course, the functionality and interrelations of the laws, regulations and standards related to hazardous materials and the strategies for eliminating or reducing hazards associated with hazardous materials will be presented. In addition, the following topics relating to hazardous materials management and compliance will be discussed: compressed gases, acetylene, nitrous oxide, welding (and related operations), liquefied petroleum gases, flammable liquids, spray finishing, dipping and coating, cryogenics and refrigerated liquids, anhydrous ammonia, and high-risk operations (process safety, emergency response). 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.

OSHA #2045 Machinery & Machine Guarding Standards

GI M C

4 Days | 2.6 CEUs | $865

Course Description: 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.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.

OSHA #2055 Cranes in Construction

C

3 Days | 2.0 CEUs | $795

Course Description: This course covers the best practices in crane and derrick operation using the OSHA Cranes and Derricks in Construction Rule as a guide.

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.

OSHA #2225 Respiratory Protection

GI C M IH

4 Days | 2.6 CEUs | $865

Course Description: This course covers the requirements for the establishment, maintenance, and monitoring of a respiratory protection program. 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 and protection factors; and evaluate compliance with OSHA Standards. This course provides basic foundation and training in respiratory protection, so that participants with facility safety and health experience, might fill the role of respirator program administrator (RPA) at their employer's discretion.

OSHA #2255 Principles of Ergonomics

GI C M IH

3 Days | 1.8 CEUs | $795

Course Description: This course covers use of ergonomic principles to recognize, evaluate, and control workplace conditions that cause or contribute to musculoskeletal and nerve disorders. 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 transfers in health care. Course emphasis is on industrial case studies covering analysis and design of workstations and equipment workshops in manual lifting, and current OSHA compliance policies. It will be useful to bring a calculator to class. Upon successful completion of this course, students will have the ability to recognize work-related musculoskeletal and nerve disorders, assess employer's ergonomic programs, and conduct ergonomic evaluations.

OSHA #2264 Permit Required Confined Space Entry

GI C M IH

3 Days | 2.0 CEUs | $795

Course Description: Increase knowledge of hazards associated with permit-required confined space entry in general industry and construction. Topics include: OSHA standards for confined space entry and the implementation in general industry 1910 and construction 1926; hazards associated with confined space entry; permits, procedures and written programs; roles and responsibilities of entrants, attendants and supervisors; personal protective equipment; ventilation and purging; appropriate atmospheric testing equipment and limitations; functional use and application of metering devices; and emergency procedures and confined space rescue requirements. Participants explore the use and limitations of explosion meters, oxygen meters and other test equipment, and learn the operation and calibration of gas monitoring equipment. This course includes confined space entry exercises and demonstrations. Expanded curriculum to include Subpart AA Confined Spaces in Construction.

OSHA #2455 Safety & Health Management

3 Days | 1.8 CEUs | $795

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. The minimum contact hours for this course are 18 hours.

OSHA #3015 Excavation, Trenching, & Soil Mechanics

C

3 Days | 2.0 CEUs | $795

Course Description: This course covers the OSHA Excavation standards and safety and health aspects of excavation and trenching. Course topics include practical soil mechanics and its relationship to the stability of shored and unshored slopes and walls of excavations, introduction of various types of shoring (wood timbers and hydraulic), soil classification, and use of protective systems. Testing methods are demonstrated and students participate in workshops in the use of instruments such as penetrometers, torvane shears, and engineering rods. Upon successful completion of this course, students will have the ability to assess employers' compliance with the OSHA Excavation standard, utilize soil testing methods to classify soil types, protective systems for excavation operations, and training requirements.

OSHA #3085 Principles of Scaffolding

C GI M

3 Days | 2.2 CEUs | $795

Course Description: This course covers the requirements for construction and the safe construction and use of scaffolding using the OSHA construction scaffold standard as a guide. 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.

OSHA #3095 Electrical Standards

C GI M

4 Days | 2.6 CEUs | $865

Course Description: This course covers OSHA 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, 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.

OSHA #3115 Fall Protection**

M

3 Days |2.0 CEUs | $795

Course Description: OSHA's course on fall protection/fall prevention covers OSHA's fall protection standards, and policies in construction and non-construction, plus an overview of fall protection methods and best practices. Topics include: principles of fall protection, components and limitations of fall arrest systems, workshops demonstrating the inspection and usage of fall protection equipment, residential construction fall protection, training requirements and the process and risk strategies involved in creating and evaluating a fall protection program. Students participate in lively discussion and exercises/small group workshops. Upon successful completion, students have the ability to assess compliance with OSHA Fall Protection standards, evaluate installed passive systems and fall arrest systems, and develop and implement fall protection plans. Additional Topics include: 29 CFR 1926 Subpart M, Sample Fall Protection plans, consensus standards and summaries, fall hazard analysis, fall accidents and fatalities, litigation decisions, "What's NEW in OSHA" relative to fall protection. Pre and Post knowledge inventories and exercises.

** Suggested Value Added Training: Suggested Value Added Training: NCSH 424 Hands-On Fall Protection. OSHA 3115 is the prerequisite to taking NCSH 424. These two combined courses qualify as the Fall Protection education and training portion of the requirement of EM 385 1-1

OSHA #5410 Standards for the Maritime Industry

IH GI

5 Days | 3.5 CEUs | $925

Course Description: Designed for people working in the Maritime Industry, who want to learn more about workplace safety and health hazard recognition and control. Special emphasis has been placed on areas in the Maritime Industry that are the most hazardous, using the OSHA 29 CFR 1915, 1917 and 1918 Standards as a resource. Upon completion of this course, participants will be able to define Maritime terms found in the OSHA Maritime Standards, identify hazards that occur in the Maritime Industry, locate OSHA Maritime Safety and Health Standards, policies and procedures, and describe the use of the Maritime Standards and Regulations to supplement an on-going safety and health program. Given OSHA standards and current industry information, participants will be able to demonstrate ability to interpret federal standards for the maritime industry – Shipyard, Marine Terminals, and Longshoring. Successful completion of the Maritime Standards course meets a portion of the prerequisite requirements for attending OSHA 5400 Trainer Course.

OSHA #6005 OSHA Collateral Duty Course for Other Federal Agencies

4 Days | 2.6 CEUs | $865

Course Description: 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.

OSHA #7000 OSHA Training Guidelines for Safe Patient Handling

GI

1 Day | 0.7 CEUs | On-Site

Course Description: The focus of this one-day course is to use "OSHA's Ergonomics Guidelines for Nursing Homes" document as a basis for any healthcare facility to develop a process to protect workers and their patients. The course will focus on Recognizing, Assessing and Controlling ergonomic hazards in a healthcare setting. Featured topics include: developing an ergonomics process, risk factors inherent in patient handling, identifying problem jobs including protocols for patient assessment, and implementing solutions including work practices and engineering solutions. Intended Audience: The target audience is the healthcare facility administrator and/or human resource personnel designated with the responsibility to develop an ergonomics process.

OSHA #7005 Warehousing & Storage

GI

1 Day | 0.7 CEUs | $265

Course Description: The course is designed as a training course for warehouse workers, focusing on many hazards and injuries that are likely to be encountered in warehouse operations. Warehousing has become an increasingly hazardous area in which to work. OSHA identifies public storage and warehousing as one of several industries with a high lost time claims rate. Injuries may occur (and be prevented) related to forklifts/PITs, materials handling, warehouse distribution issues, slips, trips, falls/walking and working surfaces, improper lifting, ergonomics, insufficient hazard communication (new GHS), guarding floor and wall openings, exit routes, emergency action and fire prevention plans.

OSHA #7100 Introduction to Machinery & Machine Safeguarding

GI C M

1 Day | 0.7 CEUs | $265

Course Description: OSHA 7100 explains 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. Intended as an overview course for employees in a machining environment and allied safety professionals who can benefit from attending to enhance on-site machine guarding applications.Topics include: machine motion, machine actions, common hazards of machinery, the areas of machines most associated with the hazards, an overview of the OSHA standards requiring safeguarding certain types of machinery, and an overview of effective control methods that may be used to better protect employees from these hazards. Upon course completion students will be able to explain machine motions and actions, identify common types of machinery, identify common machine hazards and locations of those hazards, identify basic methods of safeguarding, and be familiar with commonly applicable OSHA Machinery and Machine Guarding Standards to help reduce the potential for accidents and injuries. (Minimum student contact hours 7.) Advanced training is available by attending OSHA 2045: Machinery and Machine Guarding.

OSHA #7105 Introduction to Evacuation & Emergency Planning

GI C M

1 Day | 0.7 CEUs | $265

Course Description: Evacuation and emergency planning focuses on OSHA requirements for emergency action plans and fire protection plans. Preparing for emergencies is a basic principle of workplace safety and health. Participants will learn: (1) reasons for emergency action plans and fire prevention plans and when they are required for a workplace; (2) elements of a good evacuation plan; and (3) features of design and maintenance of good exit routes. The optional session for this course will focus on assessment of risk for terrorist attack and how to utilize OSHA's two matrices, Evacuation Planning and Fire and Explosion, as tools in planning for emergencies.

OSHA #7115 Lockout/Tagout

GI C M

1 Day | 0.7 CEUs | $265

Course Description: This one-day course provides participants with information on the importance of energy control programs, procedures, training, audits and methods for controlling hazardous energy, and the knowledge and skills required to safely perform servicing and maintenance activities. Topics include: the employer's role and responsibility to develop and implement an energy control program, or Lock out/Tag out (LOTO); definitions relative to OSHA's Control of Hazardous Energy Standard; hazardous energy sources and energy isolation options; written program requirements; training guidelines for authorized and affected employees; how to detect hazardous conditions and implement control measures; the development and implementation of energy control programs, including written isolation procedures; periodic inspection of energy control procedures.

Scan Here for Course Dates

OSHA #7120 Introduction to Combustible Dust Hazards

GI C M

2 Days | 1.3 CEUs | $395

Course Description: The focus of this two-day course is to provide businesses within general industry with an opportunity to enhance their awareness of the hazards posed by combustible dust. The course will focus on recognizing the hazards and risks associated with combustible dust, as well as developing the controls and strategies that can help them prevent or mitigate combustible dust fires and explosions. There is a test at the end of the course. Topics include: Combustible dust explosions as a national problem, recognized control and mitigation methods, and control of electrical installation hazards for combustible dust areas. In addition, the course will offer information on the National Emphasis Program (NEP) for combustible dust inspections and OSHA and consensus standards that impact industries that generate combustible dust. Who should attend?:The target audience is members of industry, to include owners and managers, supervisors, maintenance and engineering staff, etc. Union officials and representatives may also benefit from attendance.

OSHA #7200 Bloodborne Pathogens Exposure Control

C GI M IH

1 Day | 0.7 CEUs | $265

Course Description: Using a step by step approach this one day workshop will review a Bloodborne Pathogens Exposure Control Plan. The target audience is the program administrator, manager, or other personnel designated with the responsibility to develop a Bloodborne Pathogens Exposure Control Plan. Topics include: Bloodborne Pathogens Standard, Exposure Control Plan, Exposure Determination, Methods of Control, Vaccinations, and Evaluations.

OSHA #7205 Health Hazard Awareness

C GI M IH

1 Day | 0.7 CEUs | $265

Course Description: 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 recognition and evaluation of health hazards and their sources of exposure, 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, methods for controlling and abatement of these hazards, and where to find additional resources.

OSHA #7210 Pandemic Illness Preparedness

GI IH C M

1 Day | 0.6 CEUs | $265

Course Goal: Given the responsibility to prepare workplace response to a pandemic illness, the participant will be able to draft a workplace pandemic preparedness plan.

Course Description: 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. 1.7 CM (ABIH)

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

C GI M

1 Day | 0.7 CEUs | $285

Course Description: 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.

OSHA #7225 Transitioning to Safer Chemicals

GI IH C M

2 Days | 1.4 CEUs | $395

Course Description: This course covers a proactive approach to reducing the use of hazardous chemicals in the workplace by transitioning to safer alternatives. 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.

What are the Benefits?

1. Collaboration with other participants
2. Learning a systems approach for chemical use
3. Learning how to build a Safer alternatives team
4. Learning about the chemical use of assessment process
5. Learning about new available assessment tool

OSHA #7300 Understanding OSHA's Permit-Required Confined Space Standards

1 Day | 0.7 CEUs | $265

C GI M

Course Description: This course covers the requirements of the OSHA Permit-Required Confined Space Standards with a comparison and contrast between 29 CFR 1910.146 (General Industry) and Subpart AA (Construction). 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 course #2264 Permit-Required Confined Space Entry. OSHA 7300 is designed for small employers or a designated representative with the responsibility to develop a permit-required confined space program and for their workers to understand the concepts. 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.

C GI M IH

OSHA #7400 Noise Hazards and Hearing Protection in Construction & General Industries

1 Day | 0.7 CEUs | $265

Course Description: In this course we present OSHA's noise standards, properties of sound, noise-induced hearing loss, noise exposure control, selection and use of hearing protection, concepts of conducting sound level surveys and worker training. An effective written hearing protection program includes policies and procedures which the course participant will become familiar. Also covered are basic physics of sound and vibration, anatomy and physiology of the ear and the hearing process, effects of noise on hearing, monitoring, noise control engineering, selection and demonstration of hearing protective devices and the role of audiometric testing. At the conclusion of the course, the participant will understand properties of sound and its relationship to noise-induced hearing loss, hearing loss prevention, hearing protection policies.

OSHA #7405 Fall Hazard Awareness for the Construction Industry

C GI M

1 Day | 0.7 CEUs | $265

Course Description: The focus of this one-day course is to identify, evaluate, and prevent or control fall hazards. The course focuses on falls to a lower level, not falls to the same level resulting from slips and falls. The target audience is the small construction employer, business owner, or manager, who would like to obtain information about fall hazards found in the workplace. The training is also suitable for employees and employee representatives. Topics include: identifying fall hazards, analyzing and preventing fall hazards, as well as OSHA resources addressing fall hazards. Advanced training on Fall Protection and Fall Arrest Systems is available by registering for OSHA Course 3115.

7405 is available in Spanish for on-site contract training.

OSHA #7410 Managing Excavation Hazards

C

1 Day | 0.7 CEUs | $265

Course Description: This one-day course is designed as a training program to inform employers and employees of the best practices in trenching and excavation safety. The participant will learn about the role and responsibility of the employer to assign a "competent person" to the excavation site and provide that person with the knowledge of key excavation hazards.

Topics include: understanding and application of definitions related to OSHA's excavation standard; excavation hazards and control measures; soil analysis techniques; protection system requirements, and emergency response. The program is a facilitated interactive session.

Who should attend? Construction employers, manager, employee, or employee representative who, as part of a safety and health program, needs to understand the requirements of a "competent person" for excavation work as described in the OSHA construction safety standards for excavations (29 CFR 1926, Subpart P). Advanced training beyond the scope of OSHA Course 7410 is available by attending the 3.0 day OSHA 3015 Course: Excavation, Trenching and Soil Mechanics.

OSHA #7500 Introduction to Safety & Health Management

C GI M

1 Day | 0.7 CEUs | $265

Course Description: This one-day course covers the effective implementation of a company's safety and health management system. Learning objectives address the seven core elements of an effective safety and health program and issues critical to each element's proper management.

Core elements include: Management leadership; worker participation; hazard identification and assessment; hazard prevention and control; education and training; program evaluation and improvement; communication and coordination for host employers, contractors and staffing agencies. Class environment is interactive and facilitated by the lead instructor focusing on discussions, activities and workshops. Upon course completion, students will possess the knowledge to evaluate, develop and implement an effective safety and health management system for their employer.

Who should attend: Designed for the employer, business owner or manager designated with the responsibility to develop and maintain a safety and health program or system. Suitable for employees, employee representatives, safety leaders/committee members, HR and safety professionals responsible for improving the safety and health culture and best practices in the work place.

OSHA #7505 Introduction to Incident (Accident) Investigation

C GI M

1 Day | 0.7 CEUs | $265

Course Description: This one-day course covers an introduction to basic incident investigation procedures and describes analysis techniques.

Topics include: reasons for conducting incident investigations, employer responsibilities related to workplace incident investigations, and a four step incident investigation procedure.

Who should attend?: 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.

OSHA #7845 Recordkeeping Rule Seminar

1 Day | 0.7 CEUs | $265

C GI M

Course Description: This course is designed to help employers identify and fulfill their responsibilities for recording certain illnesses and injuries, reporting specific cases to OSHA, posting certain records annually, and submitting records electronically. This course is for employees of companies who have responsibilities under OSHA's revised Recordkeeping Rule 29 CFR 1904. Improve the quality and consistency of injury and illness data, while simplifying the system for your employer using OSHA's recordkeeping rule. The 29 CFR 1904 regulation is designed to improve employee involvement in safety and health, and to protect the privacy of an injured or ill worker.

Become an OSHA Outreach Trainer & Issue Dept of Labor Cards (10 and 30 hour) to Your Students: The OSHA Outreach Training Program provides workers with basic and more advanced training about common safety and health hazards on the job. Students of outreach trainers receive an OSHA 10 or 30–hour Department of Labor course completion card at the conclusion of Outreach training.

The Outreach Training Program is voluntary. Its purpose is to promote workplace safety and health and to make workers more knowledgeable about workplace hazards and their rights. Outreach training does not fulfill the training requirements found in OSHA standards. Employers are responsible for providing additional training for their workers on specific hazards of their job as noted in many OSHA standards located in OSHA Publication 2254, Training Requirements in OSHA Standards and Training

THE GOAL OF THE OSHA EDUCATION CENTERS: Select and enroll only applicants who can be considered experienced, credible, and competent to deliver the 10 and 30 hour outreach learning objectives.

THE METHOD: The OSHA Outreach Trainer course prerequisite verification process requires a prospective student to document at least five (5) years of occupational (workplace) safety and health experience in a respective industry (General Industry, Construction or Maritime). It is the responsibility of the OTI Education Center to evaluate information submitted on the form to determine IF an individual should be enrolled in an Outreach Trainer course, and has met all the prerequisite requirements set forth by the Directorate of Training and Education/OSHA. It's expected that the workplace experience noted on the form is detailed in such a way that it is sufficiently broad in scope and
application, that an OTI Education Center may consider the applicant to possess the potential to be effective, i.e. teaching a wide variety of safety and health hazards, prevention and mitigation methods to entry level workers and/or workers and supervisors with some safety responsibilities. Safety and health experience need not be full time, but it must be clear that a fair percentage of work time is spent on safety related activities that support the control or elimination of recognized workplace hazards, and enhances well-being of self and co-workers.

Requirements for reauthorizing as an OSHA Outreach Trainer (if lapsed) } To meet trainer eligibility requirements, the standards course (OSHA #510, OSHA #511, OSHA #5410 in the applicable discipline) must be completed not later than seven (7) calendar years before completing the Outreach Trainer course. OSHA Standards courses completed more than seven years before a Trainer course end date must be retaken. In addition, a Prerequisite Verification Form detailing safety and health activities and experience according to directions on the form must be submitted for review.

STEP 1

OSHA Standards Course Completion

Enroll to attend and successfully complete, an OSHA Standards course by industry (OSHA #510 Construction, OSHA #511 General Industry, OSHA #5410 Maritime Trades

STEP 2

Complete a Prerequisite Verification Form

The OSHA Outreach Trainer course prerequisite verification process requires a prospective student to document at least five (5) years of occupational (workplace) safety and health experience in a respective industry (General Industry, Construction or Maritime).

STEP 3

Assemble ALL Prequisite Documents

- Copy of standards course certificate of completion
- Detailed Prerequisite Verification Form
- Copy of credentials or transcripts, if applicable
- Registration form

STEP 4

Complete Outreach Trainer Course by Industry

If approved to enroll, register to attend the selected Trainer Course in Occupation Safety and Health (OSHA #500 Construction Outreach, OSHA #501, General Industry Outreach, #5400 Maritime Outreach; #5600 Disaster Site Work Outreach

Pre-registration required. Class hours are 8:00am-4:30pm daily unless otherwise specified on your course confirmation letter.

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

C

4 Days | 2.6 CEUs | $895

Course Description: This course is designed for those interested in teaching the 10- and 30-hour construction safety and health outreach program to their employees and other interested groups. Special emphasis is placed on those topics that are required in the 10- and 30-hour programs, as well as on those that are the most hazardous, using OSHA standards as a guide. Course participants are briefed on effective instructional approaches and the effective use of visual aids and handouts. This course allows the student to become a trainer in the Outreach Program and to conduct both a 10- and 30-hour construction safety and health course and to issue cards to participants verifying course completion.

NOTE: Students in Course 500, who wish to participate as authorized trainers in the Outreach Program, must prepare a presentation on an assigned OSHA construction Outreach topic and successfully pass a closed book written examination. Authorized Outreach Trainers are required to attend Course 502 at least once every four (4) years to maintain their trainer status.

* Prerequisites: OSHA #510.

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

GI

4 Days | 2.6 CEUs | $895

Course Description: This course is designed for those interested in teaching the 10- and 30-hour general industry safety and health outreach programs to their employees and other interested groups. Special emphasis is placed on those topics required in the 10- and 30-hour programs, as well as on those that are the most hazardous, using OSHA standards as a guide. Course participants are briefed on effective instructional approaches and use of visual aids and handouts. This course allows the student to become a trainer in the Outreach Training Program and to conduct both 10-hour and 30-hour general industry safety and health outreach courses and to issue cards to participants verifying course completion.

NOTE: Students in Course 501 who wish to participate as authorized trainers in the OSHA Outreach Training Program must prepare a presentation on an assigned OSHA General Industry topic and pass a closed book examination. Authorized OSHA Outreach Trainers are required to attend Course 503 at least once every four (4) years to maintain their outreach program trainer status.

*Prerequisites: OSHA #511

OSHA #5400* Trainer Course in OSHA Standards for the Maritime Industry

M

4 Days | 2.6 CEUs | $895

Course Description: This course is designed for those interested in teaching the 10- and 30-hour maritime safety and health hazards outreach programs to their employees and other interested groups. Special emphasis is placed on those topics that are required and elective in the 10- and 30-hour Outreach program, as well as on those that are the most hazardous using OSHA standards as a guide. This course authorizes the attendee to become a trainer in the Outreach program and to conduct 10- and 30-hour maritime outreach classes in Shipyard Employment, Marine Terminals, and Longshoring, and to issue Department of Labor OSHA Outreach cards.

* Prerequisites: OSHA #5410.

OSHA #5600 Disaster Site Worker Trainer Course

4 Days | By Special Arrangement Only

Prerequisites include: Current OSHA Authorization as a Construction, Maritime or General Industry Outreach Trainer, three (3) years of safety training experience and at least one of the following: 40-hour HAZWOPER course completion certificate; or a journey-level building trade union credential.

More Information at: OSHAedNE.com/osha-5600

Call 800.449.6742 or email OSHAed@keene.edu to place your name on a waitlist to attend OSHA #5600.

Scan to Learn More

OSHA Outreach Trainer Update Courses

OSHA #502 Update for Construction Industry Outreach Trainers

C

2.5 Days | 1.8 CEUs | $795

Course Description: This course is the update required every four (4) years for OSHA Authorized Construction Outreach Trainers in order to remain an outreach trainer. If your card has expired more than 90 days, you must retake the OSHA 500 course, examination and performance critique to be reauthorized. Restrictions on length of expiration apply.

This trainer update provides professional development opportunity and education on new construction standards, Outreach Training Program Requirements and policies, provides a general overview of construction safety and best practices, training material resources, techniques used by other outreach trainers, and how to excel in conducting training on jobsite hazards. It is a training techniques focused program.

OSHA #503 Update for General Industry Outreach Trainers

GI

2.5 Days | 1.8 CEUs | $795

Course Description: This course is the update required every four (4) years for OSHA Authorized General Industry Outreach Trainers in order to remain an outreach trainer. If your card has expired more than 90 days, you must retake the OSHA 501 course, examination and performance critique to be reauthorized. Restrictions on length of expiration apply.

This training update provides professional development opportunity and education on new general industry standards, Outreach Training Program Requirements and policies, provides a general overview of safety and best work practices, training material resources, techniques used by other outreach trainers, and how to excel in conducting training on job site hazards. It is a training techniques focused program.

OSHA #5402 Update for Maritime Industry Outreach Trainers

M

2.5 Days | 1.8 CEUs | $795

Course Description: This course is the update required every four years for all OSHA authorized Outreach Trainers for the Maritime Industry. Training provides timely information on OSHA Maritime Industry standards, policies, and regulations. Upon successful completion of hourly and course requirements, reauthorized Maritime Outreach Trainers receive a certificate and updated Department of Labor Maritime Trainer card. Maritime industry voluntary compliance outreach trainers must take this update every four years.

OSHA #5602 Update for Disaster Site Worker Trainer

1 Day | 0.7 CEUs | $295

Course Description: 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 the 7.5 or 15 hour Disaster Site Worker outreach classes. Minimum student contact hours: 7.5.

Course registrants MUST provide a front/back copy of current Authorized Outreach Trainer card. In addition, include a Prerequisite Verification Form — complete line items #1 through #6, then skip to line items #41, #42, and #43 (read, sign, date.) Submit all together with registration form.

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Keene STATE COLLEGE

Professional Development

Earn a professional certificate from Keene State College

Safety & Health Specialist (SHS) Certificate Program:

CORE (7 required)

- 510 OSHA Standards for Construction
- 3015 Excavation Trenching & Soil Mechanics
- 3085 Principles of Scaffolding
- 3095 Electrical Standards
- 3115 Fall Protection
- 7500 Intro. to Safety & Health Mgt.
- 7505 Intro. to Incident Investigation

Electives (26 Training Hours required)

		Hours
521	Guide to Industrial Hygiene	(26)
2015	Hazardous Material	(26)
2055	Cranes in Construction	(22)
2225	Respiratory Protection	(26)
2264	Permit-Required Confined Space Entry	(20)
7105	Introduction to Evacuation & Emergency Planning	(7)
7205	Health Hazard Awareness	(7)
7215	Silica in Construction, Maritime, & General Industries	(7)
7225	Transitioning to Safer Chemicals	(14)
7300	Confined Space Standards	(7)
7400	Noise Hazards & Hearing Protection	(7)
7845	Recordkeeping Rule Seminar	(7)
424	Hands-On Fall Protection	(7)
461	Work Zone Safety	(7)
481	Process Safety Management	(26)

CORE (7 required)

- 511 OSHA Standards for Gen'l Industry
- 521 Guide to Industrial Hygiene
- 2045 Machine Guarding Standards
- 2255 Principles of Ergonomics
- 7115 Lockout/Tagout
- 7500 Safety & Health Management
- 7505 Intro. to Incident Investigation

Electives (26 Training Hours required)

		Hours
2015	Hazardous Materials	(26)
2225	Respiratory Protection	(26)
2264	Permit-Required Confined Space Entry	(20)
3095	Electrical Standards	(26)
7005	Public Warehousing & Storage	(7)
7105	Introduction to Evacuation & Emergency Planning	(7)
7120	Intro to Combustible Dust Hazards	(13)
7205	Health Hazard Awareness	(7)
7215	Silica in Construction, Maritime, & G.I.	(7)
7225	Transitioning to Safer Chemicals	(14)
7300	Confined Space Standards	(7)
7400	Noise Hazards in Const. & General Ind	(7)
7845	Recordkeeping Rule Seminar	(7)
470	Electrical Safe Work Practices NFPA 70E® Update	(7)
481	Process Safety Management	(26)

CORE (7 required)

- 521 Guide to Industrial Hygiene
- 2225 Respiratory Protection
- 7400 Noise Hazards in Construction & General Industry
- 7215 Silica in Construction, Maritime, & General Industries
- 2255 Principles of Ergonomics
- NCSH 440 Air Contaminants, Worker Exposure Assessment And Ventilation Control Principles

Electives (26 Training Hours required)

		Hours
7225	Transitioning to Safer Chemicals	(7)
7845	Recordkeeping Rule	(7)
2015	Hazardous Materials	(26)
444	Legionella, Mold, & Bioaerosols	(7)
445	Laboratory Safety	(14)
481	Process Safety Management	(26)

CORE (7 required)

- 400/7105 Fire Prevention & Life Safety
- 511 OSHA Standards for General Industry
- 2015 Hazardous Materials
- 2225 Respiratory Protection
- 3095 Electrical Standards
- 7120 Intro to Combustible Dust Hazards
- 7500 Intro to Safety & Health Management

Electives (26 Training Hours required)

		Hours
521	Guide to Industrial Hygiene	(26)
7115	Lockout/Tagout	(7)
7200	Bloodborne Pathogen Exposure Control	(7)
7205	Health Hazard Awareness	(7)
7300	Confined Space Standards	(7)
7505	Intro. to Incident Investigation	(7)
7600	Disaster Site Worker	(7 or 15)
7845	Recordkeeping Rule Seminar	(7)
443	Radiation Protection	(14)
470	Electrical Safe Work Practices/ NFPA 70E® Update	(7)
481	Process Safety Management	(26)

CORE (8 required)

- 511 OSHA Standards for General Industry
- 2045 Machine Guarding Standards
- 2255 Principles of Ergonomics
- 7105 Intro to Evacuation & Emergency Planning
- 7115 Lock Out Tag Out
- 7200 Bloodborne Pathogens/Exposure Control
- 470 Electrical Safe Work Practices/ NFPA 70E® Update

Electives (26 Training Hours required)

		Hours
2264	Permit Required Confined Space Entry	(18)
3115	Fall Protection	(20)
3085	Principles of Scaffolding	(20)
7005	Public Warehousing & Storage	(7)
7205	Health Hazard Awareness	(7)
7300	Understanding OSHA's Permit Required Confined Space Standards	(7)
400	Fire Prevention & Life Safety	(28)
446	Indoor Air Quality	(18)
461	Workzone Safety	(7)
480	Globally Harmonized Systems (GHS)	(14)
485	Workplace Violence	(7)

Certificate program requirements are subject to change. Find Registration packets at *OSHAedNE.com/certificates-programs*

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Certified Safety & Health Official (CSHO) Certificate

Construction

Required Core Courses (9)

510 OSHA Standards for Construction
500 Trainer Course in OSHA Standards for Construction (or 502 Update)
511 OSHA Standards for General Industry
521 OSHA's Guide Industrial Hygiene
3015 Excavation, Trenching, & Soil Mechanics
3085 Principles of Scaffolding
3095 Electrical Standards
3115 Fall Protection
7845 Recordkeeping Rule Seminar

3 Electives (at least 1 from this section required)

2015 Hazardous Materials
2055 Cranes in Construction
2225 Respiratory Protection
2255 Principles of Ergonomics
2264 Permit-Required Confined Space Entry

2 of the courses below count as one elective (4 max)

7100 Introduction to Machinery & Machine Safeguarding
7105 Introduction to Evacuation & Emergency Planning
7115 Lockout/Tagout
7120 Introduction to Combustible Dust Hazards
7200 Bloodborne Pathogen Exposure Control
7205 Health Hazards Awareness
7215 Silica in Construction, Maritime,& General Industries
7225 Transitioning to Safer Chemicals
7300 Confined Space Standards
7400 Noise Hazards & Hearing Protection in Construction & General Industries
7500 Introduction to Safety & Health Management Systems
7505 Introduction to Incident/Accident Investigation

General Industry

Required Core Courses (9)

511 OSHA Standards for General Industry
501 Trainer Course in OSHA Standards for G.I. (or 503 Update)
510 OSHA Standards for the Construction Industry
521 OSHA's Guide to Industrial Hygiene
2045 Machinery & Machine Guarding Standards
2255 Principles of Ergonomics
2264 Permit-Required Confined Space Entry
3095 Electrical Standards
7845 Recordkeeping Rule Seminar

3 Electives (at least 1 from this section required)

2015 Hazardous Materials
2225 Respiratory Protection
3115 Fall Protection

2 of the courses below count as one elective (4 max)

7105 Evacuation & Emergency Planning
7115 Lockout/Tagout
7120 Introduction to Combustible Dust Hazards
7200 Bloodborne Pathogen Exposure Control
7205 Health Hazards Awareness
7215 Silica in Construction, Maritime, & General Industries
7225 Transitioning to Safer Chemicals
7400 Noise Hazards & Hearing Protection in Con. & G.I.
7405 Fall Hazard Awareness for the Construction Industry
7500 Introduction to Safety & Health Management Systems
7505 Introduction to Incident/Accident Investigation

Certificate program requirements are subject to change.
Find Registration packets at OSHAedNE.com/certificates-programs.

Amber Hayes
EHS SPECIALIST
Keurig Dr Pepper

"I work in a manufacturing plant with 500+ employees. We operate robotics and other roasting, dosing, nesting, and packaging machinery and equipment.

The courses I took during the SHS program gave me the skills and knowledge to successfully transition from a production technician to my current position as EH&S Specialist.

The instructors at Keene State College have been knowledgeable and engaging. Additionally, they have made themselves available even after the courses as a resource in my professional journey."

Pre-registration required. Class hours are 8:00am-4:30pm daily unless otherwise specified on your course confirmation letter.

Safety & Health Fundamentals

a federal certificate authorized by the Directorate of Training and Education (DTE)/OSHA

Construction

Required Core Courses (3)

510 OSHA Standards for Construction
7500 Introduction to Safety & Health Management Systems
7505 Introduction to Incident/Accident Investigation

4 Electives (equaling a minimum of 29 contact hours) Hours

521	OSHA's Guide to Industrial Hygiene	(26)
2225	Respiratory Protection	(26)
2255	Principles of Ergonomics	(18)
7300	Confined Space Standards	(7)
	OR 2264 Permit-Required Confined Space Entry	(18)
3085	Principles of Scaffolding	(20)
3095	Electrical Standards	(26)
7405	Fall Hazard Awareness	(7)
	OR 3115 Fall Protection	(20)
7410	Managing Excavation Hazards	(7)
	OR 3015 Excavation, Trenching & Soil Mechanics	(20)
7105	Introduction to Evacuation & Emergency Planning	(7)
7110	Safety Bolting: Principles & Practices	(7)
7205	Health Hazard Awareness	(7)
7215	Silica in Construction, Maritime, & General Industries	(7)
7400	Noise Hazards & Hearing Protection in Construction & Gen'l Ind	(7)
7845	Recordkeeping Rule Seminar	(7)

General Industry

Required Core Courses (3)

511 OSHA Standards for General Industry
7500 Introduction to Safety & Health Management Systems
7505 Introduction to Incident/Accident Investigation

4 Electives (equaling a minimum of 29 contact hours) Hours

521	OSHA's Guide to Industrial Hygiene	(26)
2225	Respiratory Protection	(26)
2255	Principles of Ergonomics	(18)
3095	Electrical Standards	(26)
7300	Confined Space Standards	(7)
	OR 2264 Permit-Required Confined Space Entry	(18)
7000	OSHA Training Guidelines for Safe Patient Handling	(7)
7005	Public Warehousing & Storage	(7)
7100	Introduction to Machinery & Machine Safeguarding	(7)
	OR 2045 Machinery & Machine Safeguarding Standards	(26)
7105	Introduction to Evacuation & Emergency Planning	(7)
7115	Lockout/Tagout	(7)
7200	Bloodborne Pathogen Exposure Control	(7)
7205	Health Hazard Awareness	(7)
7215	Silica in Construction, Maritime, & General Industries	(7)
7210	Pandemic Influenza and Workplace Preparedness	(7)
7845	Recordkeeping Rule Seminar	(7)

Maritime

Required Core Courses (3)

5410
7500 Introduction to Safety & Health Management Systems
7505 Introduction to Incident/Accident Investigation

4 Electives (equaling a minimum of 29 contact hours) Hours

2015	Hazardous Materials	(26)
2055	Cranes in Construction	(22.5)
2225	Respiratory Protection	(26)
2255	Principles of Ergonomics	(18)
7300	Confined Space Standards	(7)
	OR 2264 Permit-Required Confined Space Entry	(18)
3085	Principles of Scaffolding	(20)
3095	Electrical Standards	(26)
3115	Fall Protection	(18)
7005	Warehousing and Storage	(7)
7105	Introduction to Evacuation & Emergency Planning	(7)
7115	Lockout/Tagout	(7.5)
7120	Pandemic Illness Preparedness	(5.5)
7205	Health Hazard Awareness	(7)
7215	Silica in Construction, Maritime, & General Industries	(7)
7845	Recordkeeping Rule Seminar	(7)
7100	Introduction to Machinery and Machine Safeguarding	(4)
	OR 2045 Machinery and Machine Guarding Standards	(26)

SAFETY

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Industrial Hygiene Safety & Health Courses

NCSH 444 Legionella, Mold and Bioaerosols: Managing Biological Hazards in the Workplace

1 Day | 0.7 CEUs | $295

Course Description: Biological safety is the application of basic industrial hygiene principles to the workplace to prevent occupational diseases caused by biological agents. These diseases include infections, allergies, intoxications and inflammation of the lungs as target organs and as a route of entrance into the body. This survey course will identify industries and jobs that expose workers to bioaerosols of bacteria, viruses, fungi, parasites, pollen and organic dusts such as grains, wood, flour, compost, wastewater and cotton. The student will learn to recognize industrial processes that produce bioaerosols e.g. high pressure washing or amplify infectious agents e.g. cooling towers and stagnant water sources. The student will learn how to identify bioagents, measure bioagents, conduct a risk assessment, determine occupational exposure levels and devise controls to reduce or eliminate exposures.

NCSH 445 Laboratory Safety: Establishing a partnership with scientists to ensure safe work practices

2 Days | 1.4 CEUs | $595

Course Description: This two-day course will discuss the history of laboratory safety, design of safe laboratories, design of safe experiments, biological hazards, chemical hazards, physical hazards, biomechanical hazards, laboratory accident analysis and reporting, and assisting management in establishing a safety culture in the laboratory work environment. This is an industrial hygiene course which follows the IH model: anticipation recognition, evaluation, control and communication of hazards in the laboratory work environment. A training manual will include a current reference list as well as current laboratory safety documents available from OSHA, NIOSH and other research and regulatory agencies.

NCSH 447 Conducting Environmental Health & Safety Audits

3 Days | 1.8 CEUs | $795

Course Description: This course is designed to teach students the purpose and process of conducting organizational environmental, health, and safety audits. Students will learn the philosophy and purpose behind the auditing process; how organizational audits should be conducted; and receive and review auditing documentation covering common compliance and EH&S auditing metrics associated with the Environmental Protection Agency and Occupational Safety and Health Administration regulations. The course is focused more on the safety and health objectives but will cover common environmental issues that Safety and Health professionals should be aware of. The course will include a hands-on practical exam where students will audit an area of a facility. Students will learn how to present and manage information gathered in audits in order to maximize the benefit of the inspection process.

Target Audience: EH&S professionals, safety and health committee members, professionals with collateral duty safety and health auditing in the General Industry setting

NCSH 449 Workplace Air Contaminant Sampling & Analysis

2 Days | 1.4 CEUs | $595

Prerequisites: OSHA 521 Guide to Industrial Hygiene

Course Description: The knowledge exchange in this two day Keene State College course is fundamental to controlling hazards in the workplace. Become a wiser consumer of occupational/industrial hygiene
services, consider the parameters for prequalifying IH technicians and vendors and laboratories, and establishing a relationship with resources. Discussion of selection and calibration of equipment, including the many simple to very expensive options available today. Topics include: Area and personal air sampling, source and emission sampling, biological chemical and radiological air contaminants, collecting air contaminants in the workplace, analyzing samples in the field or in the laboratory, selecting equipment and instrumentation, purchase and rental of instruments, sampling methodology and statistics, calibrating of air sampling and analysis devices.

NCSH 480 Globally Harmonized System (GHS) Training: Hazard Communication for Employers and Employees

6 Hours | 0.6 CEUs | $265 On-site customized classes are available

Course Description: Employee HAZCOM training must be kept updated, so that workers can recognize and understand new labels, pictograms, new hazard statements and precautions on SDS. This updated HAZCOM/GHS course is designed for the employee, employer, safety professional, manager, consultant, and trainer, who wish to receive an overview of the changes to OSHA's Hazard Communication Standard (1910.120). In addition, participants gain helpful information, resources and materials on GHS vs. NFPA and HMIS labeling, the new classification of chemicals, changing from MSDS to SDS, new training requirements, and the comparison and contrasts between the former and the new standard. Current trainers will benefit from updated HAZCOM/GHS education for employees in your business, school or facility.

ON-SITE HAZCOM/GHS update training is available, customized to the needs of your employees and facility. Call for additional information: 800.449.6742 or email: oshaed@keene.edu.

NCSH 481 Process Safety Management for Highly Hazardous Chemicals

4 Days | $895

Course Description: This course is an overview of the basic requirements found in the OSHA Process Safety Management of Highly Hazardous Chemicals Standards for General Industry - OSHA 29 CFR 1910.119,
and Construction - OSHA 29 CFR 1926.64, related OSHA and EPA regulations and best management practices. This course is intended for employees who work in chemical processing, chemical safety, chemical engineering, or are involved in chemical emergency preparedness and response, and those that want to understand how to prevent, or minimize the consequences of catastrophic releases of toxic, reactive, flammable, or explosive chemicals that may result in toxic, fire, or explosion hazards. The skills developed in this course can be used to manage or start a Process Safety Management Program.

NCSH 440 Air Contaminants, Worker Exposure Assessment And Ventilation Control Principles

3 Day | 1.8 CEUs | 795

OSHA #521 is a prerequisite to this class. This course will cover regulations, standards, guidelines and building codes that address permissible/acceptable air contaminant exposures in commercial, industrial and construction settings as produced by OSHA, NIOSH, ASHRAE, ASTM and ACGIH. Participants will learn to recognize, evaluate and control workplace environmental factors that cause both discomfort and disease. Participants will learn to conduct basic air sampling and analysis of air contaminants and basic ventilation principles to control those air contaminants. A written exposure control plan will be prepared by each participant.

Construction & General Industry Safety & Health Courses

NCSH 485 Workplace Violence: What Really Happens

1 Day | 0 .7 CEUs | $295

Course Description: What really happens during an act of workplace violence? Drawing upon multiple combat tours as a Marine Corps Infantry Officer and a career as a security executive, Lev will help you recognize signs of troubled employees and shed much needed light on how humans respond to potentially violent situations. Attendees will learn best practices to mitigate the evolving workplace violence threat and what to do should the unthinkable happen. In this course, attendees will also:

- Gain awareness of historical workplace violence events & societal trends
- Learn to recognize warning signs of troubled employees
- Understand what happens to the body and mind when violence unfolds
- Master best practices for mitigating corporate workplace violence risk
- Learn how to conduct “red cell” drills- approaching workplace violence from the perpetrator’s perspective to ensure adequate response preparation
- Practice table-top exercises for supervisors/managers/senior leaders to improve emergency response processes.

In today’s volatile environment, managing workplace violence risk is a must.

NCSH 488 Prevention through Design: Moving from Risk Management to Hazard Elimination

2 Day | 1.4 CEUs | $595

Course Description: What you learn in this course will save lives.
Prevention through Design (PtD) is best defined as designing out or eliminating safety and health hazards associated with processes, structures, equipment, tools, and/or work organization. Reduce or prevent occupational injuries, illnesses, and fatalities by considering hazard prevention in building design, re-design, and or retro-fit of new and existing workplaces, tools, equipment, and how you work. The initial design phase can and must allow for innovative practices to be developed that will not only move the industry forward towards a safer and healthier future, but give companies a competitive advantage. Capture tips and ideas about sustainability, modifications and even renovations by incorporating PtD in the planning and bid process. Learn PtD best practices, and how can help eliminate hazards to our sons and daughters through PtD and initiatives from the CDC, NIOSH, ANSI, LEAN, LEED, and OSHA.

Who Should Attend: Owners, managers, supervisors, craftsmen, process operators, designers and architects, engineering staff, consultants and safety professionals looking to gain an understanding of the PtD process. One of the few areas in safety where you can move from risk management to risk elimination while improving your bottom line.

Construction & General Industry Safety & Health Courses

NCSH 385 EM 385-1-1 Construction Hazard Awareness

5 Days | 4.0 CEUs | by Contract

Course Description: Designed for personnel, contractors, military and government employees who are required to comply with, or who enforce, the EM 385-1-1 US Army Corps of Engineers safety and health requirements.

Topics include: Preparation of Site-Specific Accident Prevention Plan (APP); Introduction to OSHA; Site Safety Health Officer's Qualifications & Responsibilities; Activity Hazard Analysis development; Hazard and Risk Assessment; personnel training; emergency response; job site auditing; confined space safety; fall protection; and hazard communication. Upon successful completion, participants will receive an EM 385-1-1 Certificate of Completion and an OSHA 30-Hour Outreach for Construction card from the course instructor (an OSHA-Authorized Outreach Trainer). Attendees also receive a current copy of the U.S. Army Corps of Engineers Safety and Health Requirements Manual. Includes the OSHA Outreach Construction 30-hour DOL card.

NCSH 400 Fire Prevention & Life Safety Course

5 Days | 3.5 CEUs | $925

Course Description: This 5 day training course is specifically intended for safety professionals, risk managers, safety committee members, EH&S managers, fire service professionals, vendors and those who wish to broaden their education to include fire prevention and life safety.

The course will provide a comprehensive working knowledge of fire prevention and life safety in the workplace. Training covers aspects of fire anatomy and behavior, characteristics of flammable and combustible materials, fire protection in buildings, codes and regulations, fire extinguishing and detection systems, emergency planning, evacuation and emergency action plans. Tabletop exercises, demonstrations and scope of required plans and programs are included.

Also earned is a certificate from the FEMA Emergency Management Institute in Basic Incident Command (course ICS-100). The ICS-100 component will expose the student to the Incident Command System utilized during workplace emergencies and will educate participants who are industry personnel as to their function and position in the system.

NOTE: OSHA #7105 Evacuation and Emergency Planning is part of the curriculum and an OTI Education Center certificate will be issued in addition to the certificate for Fire Prevention & Life Safety. NCSH 400 is a core course in the Fire Prevention Life Safety Certificate Program.

NCSH 436 HAZWOPER Initial Training, per OSHA Title 29 CFR 1910.120

5 Days | 4.0 CEUs | $895

Hazardous Waste Operations and Emergency Response

Course Description: This 5 day course is specifically designed for workers who are involved in clean-up operations, voluntary clean-up operations, storage, disposal, or treatment of hazardous substances or uncontrolled hazardous waste sites. Topics include: protection against hazardous chemicals, safety of workers and OSHA regulations. This course covers topics included in 29 CFR 1910.120 Classroom presentations, tabletop exercises, hands-on exercises in a variety of chemical protective clothing and respiratory protection, and live interactive drills offer practical, applicable knowledge. Curriculum includes, but is not limited to, chemical hazards, air monitoring, medical surveillance, respirators, and protective clothing and site control in an emergency

NCSH 201 Rigging Techniques/Inspections Course

1 Day | 0.7 CEUs | $295

Course Description: This full day course addresses basic concepts in rigging and familiarity with OSHA regulations germane to rigging operations. Inspection procedures are covered. The training presentation covers the use, care, maintenance and inspection of a variety of below-the-hook lifting devices including allow chain slings, wire rope slings, nylon and synthetic web slings, clevis, eyebolts, hooks and plate grabs. Training includes both formal lecture and classroom exercises to assist students in the proper selection and use of lifting devices as well as the various types of hitches and configurations. Students will experience practical table top exercises consisting of dimensional load calculations, component selection and proper component use to demonstrate their application of the information learned. This awareness level training is intended for those engaged in rigging activities in a broad workplace application. 1926.1400 Subpart CC requires additional training and qualification.

NCSH 424 Hands-On Fall Protection

1 Day | 0.7 CEUs | $285

Prerequisites: OSHA #3115

Course Description: This hands-on course provides in-depth practical training for fall protection on conventional and unconventional applications. When work is performed on elevated surfaces or during construction and service activities, protection against falls must be considered. Contractors are required to have and/or provide a training course for each employee who might be working with or on ladders and exposed to fall hazards. Training provides participants instruction on recognizing risks and hazards of using ladders in the work environment, and solutions to minimize risks and hazards. This course is a practical all hands-on course for the "Competent Person" who will be managing this problem area. This course incorporates extensive hands-on training and is based on the requirements of the US OSHA Regulations, and ANSI Z359.2 standard.

Students Will Learn:

- Selection, application and use of fall protection systems
- How to properly don fall protection equipment
- How to properly fit fall protection equipment
- Formal inspection procedure and documentation process
- Equipment cleaning, storage and disposal
- Identification of hazards impacting equipment integrity
- OSHA and ANSI inspection requirements

This course is for individuals that are responsible for the supervision, implementation and monitoring of a managed fall protection program.

Who Should Attend: Managers, immediate supervisors of authorized persons or individuals working at height and who could be considered the Competent Persons.

NCSH 470 Electrical Safe Work Practices and Update to NFPA 70E®

1 Day | 0.7 CEUs | $295

Course Description: Most of the electrical accidents and injuries in the workplace are the result of unsafe electrical work practices. Employers are required to provide a workplace safe from all recognized electrical hazards. To accomplish this goal an employer must incorporate OSHA 29 CFR 1910 and 1926, as well as best industry practices. This course covers hazards associated with working on or near exposed energized parts and safe work practices that could be implemented to reduce or eliminate these hazards. This course provides information from the OSHA regulations, and Chapter 1 of NFPA 70E® with practical discussion of requirements for qualified electrical workers. NFPA 70E® is a registered trademark of the National Fire Protection Association, Quincy, MA.

Who should attend: Maintenance and Construction Electricians and associated decision-makers, personnel who work in facilities maintenance, HVAC, generators, UPS systems, infrared testing, assembly-type testing, electrical testing labs, engineering, and safety professionals.

NCSH 474 Medium Voltage Electrical Safety for Qualified Workers

1 Day | 0.7 CEUs | $295

Prerequisite: NCSH 470 Electrical Safety Work Practices/NFPA 70E® or equivalent

Course description: This training is for those "qualified" individuals in the workplace who handle medium voltage (600 volts to 38,000 volts) electrical apparatus. Specialized one day supplemental training includes differences between low and medium voltage apparatus, de-energizing equipment, proper testing, using hot sticks, racking in/out breakers, grounding, and associated PPE requirements. In addition to "open enrollment" dates listed, training can be conducted on-site for groups of qualified employees, customized to the facilities where a variety of medium voltage equipment exposes workers to specific electrical hazards. References OSHA 1910.269 and National Electric Safety Code and NFPA where applicable.

NCSH 461 Work Zone Safety

1 Day | 0.7 CEUs | $295

Course Description: This 7-hour class is intended for supervisors, crew leaders, inspectors, safety professionals and employees who will establish, oversee or work in temporary traffic control zones on roads, for utility/ construction/ maintenance work (from a few hours to a few days). This course focuses on field application of the 2009 Manual on Uniform Traffic Control Devices (MUTCD) Typical Applications (TAs) and related traffic control plans. Course participants will receive a printed copy of the 2009 MUTCD parts 1, 5, and 6 plus a pocket guide, course hand-outs and certificate of completion.

Topics include: anticipating needs and providing clear, positive guidance for safe passage through a work zone for drivers, pedestrians, bicyclists, motorcyclists and handicapped persons; MUTCD standards, guidelines and options; performing a work zone hazard assessment; setting up and removing temporary traffic control; advance warning signs; determining need for flaggers and proper deployment; inspecting stop/slow paddles, lighted wands, retro-reflective signs and related equipment; selecting proper ANSI/ISEA 107-compliant high visibility safety apparel based on lighting and weather conditions; working effectively with law enforcement personnel; cones, barrels and channelizing devices; minimum safe sight lines and stopping distances; identifying field conditions that require modifications of typical applications; interpreting a traffic control plan and adaptations(s); internal traffic control plans; creating a work zone inspection log.

NOTE: Training primarily focuses on roads in cities and towns.

NCSH 482 Heat Stress and Strain In The Work Environment

1 Day | 0.7 CEUs | $265

This course identifies key factors in occurrence of work-related exertional heat stress. It examines the physiological effects of heat, assessment of risk and workplace controls. It will review OSHA initiatives, rulemaking, and voluntary standards. Please have the capability to do some quick calculations (e.g., calculator, cell phone or laptop).

Course Objectives

- Students will be able to assess the work environment for prevention of heat stress disorders.
- At the conclusion of this course, students will be able to:
- List and summarize the common work-related disorders that result from excessive exposure to heat stress.
- Summarize the defensive response of the body to occupational heat.
- Explain the environmental and metabolic sources of heat that contribute to occupational heat load on the body.
- Measure environmental heat stress exposures and interpret results using commonly utilized recommended limits.
- Assess the potential effect of clothing/PPE on heat stress exposures.
- Recommend a variety of physiological monitoring techniques for surveillance of heat strain
- Recommend workplace controls including dependent on the situation-specific cause(s) of heat exposure to mitigate heat strain.
- Explain applicable federal, state, and non-government organizations' workplace initiatives and requirements involving occupational heat stress.

NCSH 483 Reasonable Suspicion Class

5 hours | .4 CEUs | $225

Reasonable suspicion, also termed reasonable cause, is the number one way for an employer to identify whether an employee is using drugs or alcohol while working. It protects the rights of both the employer and employee. Using the process set forth by the U.S, Department of Transportation, this course will cover the following topics:

- Rules and regulations
- The reasonable suspicion process (observation. Confirmation, documentation, confrontation, testing)
- Effects of alcohol misuse
- Effects of drug use
- Best practices and policies
- Next steps

NCSH 203 Chain saw Safety and Tree Felling

2 Day | Credits: 1.4 CEUs | $495

By many measures, logging is the most dangerous occupation in the United States. The tools and equipment used in logging, such as chain saws and logging machines pose hazards wherever they are used. As loggers use their tools and equipment, they are dealing with massive weights and irresistible momentum of falling, rolling, and sliding trees and logs. The hazards are even more acute when dangerous environmental conditions are factored in, such as uneven, unstable or rough terrain; inclement weather including rain, snow, lightning, winds, and extreme cold and/or remote and isolated work sites where health care facilities are not immediately accessible. The combination of these hazards present a significant risk to employees working in logging operations throughout the country, regardless of the type of timber being logged, where it is logged or the end use of the wood. This two day course is designed for people who have basic knowledge of Chain saws. Students will learn all aspects of hazards associated with the use of chain saws and manual felling operations to include overview of OSHA's Logging Standard and Regional Emphasis Program, Equipment Maintenance, proper use of PPE, Manual Felling techniques, Overhead Hazards, Specific Work Procedures and much more. Day 1 will consist of in-class learning. Day 2 each student will have the opportunity to operate a chainsaw and fell trees, including limbing and bucking. Prerequisite: Students attending will be required to bring hardhats, safety glasses, steel toed work boots and leather gloves. Class size limited to 12 students.

NCSH 204 Introduction to Walking/Working Surfaces

1 Day | .6 CEUs | Available by contract request

Introduction to walking/working surfaces focuses on OSHA requirements found in CFR 1910 Subpart D. This course is designed for employees, employers, safety professionals, consultants/trainers, and senior leaders to ensure knowledge of the OSHA standards as well as to facilitate discussion around industry best practices. The course will focus on slip/trip/fall prevention, floor traction & surfaces, floor treatment/cleaning, lighting, housekeeping & water-control, stair/sidewalk maintenance, coefficient of friction, snow & ice considerations, and footwear/PPE selection.

NCSH-404-Laboratory Safety for High School Science Teachers

.5 Days | Available by contract request

The goal of laboratory safety is the prevention of disease and injury among persons conducting operations and tasks in the science laboratory. In the middle and secondary school teaching laboratory, students are performing exercises that demonstrate critical scientific principles while exposing the student to health hazards that have been carefully evaluated by experts and determined to be acceptable by the school district and other oversight organizations.

This course will present technical and regulatory information that will permit administrators, teachers and students to identify potential health and safety hazards and implement control measures that eliminate those hazards or reduce the risk of injury or disease to an acceptable level.

OSHA has established a hierarchy of controls for health and safety hazards in the school science laboratory:

Elimination of materials, equipment and processes that create unacceptable risks e.g. no open metallic mercury, no asbestos containing products and no high voltage sources that could lead to immediate electrocution and death;Substitution of high hazard equipment, materials and processes with lower hazard equivalents: alcohol thermometers or electronic thermometers replacing mercury thermometers.

Engineering controls: local exhaust ventilation e.g. Fume hoods, containment housing of devices and portable shields. Personal protective equipment: Skin, eye, and lung protective devices including goggles, face shields, gloves and aprons or laboratory coats.

NCSH 386 EM 285 Fall Protection 24-Hour Competent Person

3 Days | 2.4 CEUs | Available by contract request

Course Description: This 24-hour (3-day) training course is designed for those individuals who will be or are responsible for being a Fall Protection Competent Person, Site Safety and Health Officer (SSHO), or are involved with working at heights on an Army Corps of Engineers project or facility as prescribed by EM385-1-1. This course meets the requirements of the ANSI/ASSE Z359.2 Standard (Minimum Requirements for a Comprehensive Managed Fall Protection Program) as per EM 385-1-1. Course topics and content include: inspecting fall protection systems prior to use; installation of fall protection systems; fall protection component compatibility; estimating free fall distances; total required fall clearance; fall protection systems dismantling and storage; the common hazards associated with each system component; and fall protection rescue plan and procedures development. The training also includes physical demonstrations by the individual(s) trained on how to properly select, inspect, anchor, assemble, and use the fall protection equipment. Additionally, the training follows the ANSI.

Terms & Conditions for Registration

Registration and Tuition

OSHA Education Center participants receive certificates upon successful completion of each course.

Additionally, nine certificate programs are offered recognizing the knowledge gained in an allied core of courses, plus elective courses allowing the participant to specialize in an area of interest.

All Keene State College OSHA and Safety Education Center courses are recognized for Continuing Education Units (CEUs) by Keene State College. Many courses are also approved for professional development credit by national safety and health associations and agencies.

CEUs are a uniform measurement of attaining non-credit educational goals, and assures the participant a permanent record for proof of their professional development.

Others Approving OSHA courses for Professional Development:

- American Board of Industrial Hygiene Certification Maintenance Points (ABIH CM)
- Board of Certified Safety Professionals (BCSP) professional development recertification points (see BCSP receritifcation guide)
- Toxic Use Reduction Planners are approved for OSHA courses #7225 and #521 per State of MA Dept. of Environmental Protection (DEP)

Withdrawal/Cancellation/ Refunds/Postponement

Refunds of tuition may be obtained in adherence to the following refund policy:

Check payments received by Keene State College are refunded by check only. Payments by credit card will be refunded to the original card used at time of registration. Allow 4-6 weeks processing time for refunds made by check, 2 weeks for refunds by credit card.

Withdrawal requests (in writing) will be accepted if received at least 5 business days prior to the course start date. In this event, students have the following options: Transfer to another course with no additional charge or have the funds held on the student's account for up to one year. Non-payment of fees or a no-show for a confirmed course does not constitute a "withdrawal." No-shows will forfeit tuition paid or be charged the full tuition fee. No refund is granted for withdrawals after the course begins. Substitution of another participant may be made, for no additional fee, prior to the start of the course. Contact the OSHA Education Center promptly if substitution of participants is planned. Please contact the Center immediately if you experience an unexpected extenuating circumstance affecting your timely attendance.

In New England, we have occasional inclement weather, and courses may be postponed or rescheduled. Keene State College reserves the right to cancel or reschedule courses due to unforeseen circumstances. Safety of our students is important to us. If a course is cancelled by Keene State College, students have the option to transfer to another course, have their tuition held in escrow, or receive a refund.

Keene State College is not responsible for travel related expenses incurred by the student in the event of unforeseen delays, postponement and/or necessary cancellation or rescheduling. "Open enrollment" courses may be cancelled or rescheduled due to low enrollment within five business days. If you are registered, you will be notified should a course be delayed, rescheduled, postponed or removed from the master calendar.

Directions and Accommodations

Upon registration, course confirmation, directions, and local area accommodation information will be sent to you by mail, fax, or e-mail. Please tell our registration specialist if you will be traveling a distance to one of our facilities and require additional information. Local area accommodations information and directions for each training venue appears at our website www.OSHAedNE.com/locations.

Guidelines and Policies

Keene State College OSHA Training Institute Education Center Privacy Policy: The Keene State College is committed to protecting the privacy of all current and former students. Information collected is used solely for the purposes of course/program registration and maintenance of educational /training records. All information you provide is kept confidential in keeping with the Federal Educational Rights and Privacy Act (FERPA). For more information pertaining to FERPA and Student Records, please refer to the College Catalog at http://www.keene.edu/administration/policy/detail/student-records/.

We will never sell any information pertaining to your records to a third party. Encryption is used for the transfer of data, and we do not store credit card information in our files. Unfortunately, no data transmission over the internet is 100% secure. We urge you to take all practical and reasonable precautions.

Photographs, Images and Videos: By submitting a registration form, the registrant (or business entity) releases any photographs that may be incidentally taken of them during course hours to be used for any purpose. For specific individual photographs or videos, a photo/image release form will be provided for your use to permit or disallow use of your image in print and/or electronic media.

Special needs: If you have a disability requiring a specific academic accommodation, please call the OSHA Training Institute Education Center (800-449-6742) before your course starts.

Language Specific Training: Training required by OSHA Standards must be presented in a manner that employees understand. OTI Education Center Region 1 courses are presented verbally, visually and in written materials in English. If you are not conversant in English, please contact our office before registering to attend. This includes those individuals with low literacy skills and reading comprehension challenges. If there are ways we at OTI Education Center Region 1 can accommodate your language or literacy needs, we will assist you or will refer you to others who may be a resource for you. Group training by contract for non-English speaking audiences may be available, please inquire.

Dietary Limitations: Course lunches are obtained from a variety of sources, and in most cases special meal requests cannot be accommodated. Attendees with special dietary needs (diabetic, allergies, gluten-free, religious, vegetarian, etc.) should plan to bring their own suitable food and drink to OTI Education Center courses.

Course Locations and Supporting Organizations in New England:

OSHA Training Institute Education Center®
Keene State College

Southern New England:

CONNECTICUT:

CT Business & Industry Association
350 Church St. • Hartford, CT

CT Construction Industries Association
912 Silas Deane Hwy • Wethersfield, CT

CONN OSHA
38 Wolcott Hill Rd. • Wethersfield, CT

Joseph S. Elias Training Center
205 Richard White Way • Fairfield CT
Formerly 205 One Rod Hwy

Mashantucket Pequot Museum
101 Pequot Trail • Mashantucket, CT

Mohegan Sun Employee Center
49 Sandy Desert Rd. • Uncasville, CT

MASSACHUSETTS:

Associated General Contractors of MA
888 Worcester St. • Wellesley, MA

Baystate Education Center
361 Whitney Ave. • Holyoke, MA

Fitchburg State University
150B Main St. • Fitchburg, MA

Gould Construction Institute / ABC
100 Unicorn Park, Suite 2 • Woburn, MA

Northeast Public Power Assn (NEPPA)
200 New Estate Rd. • Littleton, MA

Richard Alden Training Center / MWPCA
7 Nippnap Trail • Millbury, MA

The New England Consortium/UMASS Lowell
600 Suffolk St. • Lowell, MA

RHODE ISLAND:

Narragansett Bay Commission
2 Ernest St. • Providence, RI

New England Institute of Technology
2480 Post Rd. • Warwick, RI

RIBA
450 Veteran's Memorial Parkway
East Providence, RI 02914

Northern New England:

MAINE:

SafetyWorks!, Maine Dept. of Labor
45 Commerce Dr. • Augusta, ME

Southern Maine Community College
2 Fort Rd. • South Portland, ME

NEW HAMPSHIRE:

OSHA Education Center, Region 1
1050 Perimeter Rd., Suite. 202 • Manchester, NH

Technology Design & Safety Center
Keene State College
Winchester St • Keene, NH

VERMONT:

Associated General Contractors of VT
1 Graves St. • Montpelier, VT

Windjammer Inn & Conference Center
1076 Williston Rd. • S. Burlington, VT

Scan Here for Course Dates

www.OSHAedNE.com