Occupational Safety and Health
Custom Class

This is a custom class. You choose the topics covered in the class. Topic hours will be rounded to a full day (8hrs.) of training plus breaks.
Each topic will have:

- Pre Test
- Presentation
- Review
- Post Test

Grades will be given to the class organizer.

Textbooks are NOT required, but can be purchased separately

Occupational Safety & Health provides an overview of potential workplace hazards, necessary safety practices, and how various processes need to be managed in order to maintain a safe workplace. This class is designed for use as an introduction to safety professionals who want to advance in the field as well as individuals who need to understand and implement safety programs. Appropriate safety regulations and laws, hazard recognition, and personal protective equipment are addressed.

Topics to Choose From:

1. Overview of Occupational Safety and Health – 3.5 hrs.
    - Occupational Injury and Illness in the United States
    - Safety
    - Hazards
    - Unsafe Acts
    - Preventing Accidents• Safety
    - Compliance
    - Hazards and Risk

- Controlling Hazards and Risk
- Occupational Safety and Health Program Overview

2. The Occupational Safety and Health Profession – 3.5 hrs.

- Occupational Safety and Health Managers
- Occupational Safety and Health Specialists
- Industrial Hygienists
- Safety Engineers
- Occupational Safety and Health Technicians
- Ergonornists
- Product Safety Engineers
- Health Physicists
- Education
- Certification
- Ethics
- Personal Attributes
- Advancement
- Employment
- Work Environment
- Salary
- Skills
- Job Duties

3. Safety and Occupational Health Program Development – 3.5 hrs.

- Safety and Occupational Health Program Guidelines
- Safety and Occupational Health Program Elements Management Leadership
- Employee Involvement
- Work Site Analyses
- Hazard Prevention and Controls
- Safety and Health Training
- Strategies Used in Safety and Occupational Health Programs
- Behavior-Based Safety
- Integrated Safety Management
- Six Sigma

- Risk Management
- Voluntary Protection Program

4. Laws, Regulations, and Standards – 3.5 hrs.

- The US Federal Government
- The Origins of Safety Laws
- The Occupational Safety and Health Act of 1970
- Occupational Safety and Health Review Commission
- National Institute for Occupational Safety and Health
- OSHA Standards and Regulations
- OSHA Inspections
- Mining Safety and Health Laws
- Federal Aviation Administration
- Federal Highway Administration
- Federal Railroad Administration
- Maritime Administration
- Nuclear Regulatory Commission
- Food and Drug Administration
- Environmental Protection Agency
- Consensus Safety Standards
- Independent Safety Boards

5. Hazard Recognition – 3.5 hrs.

- Workplace Hazards
- Hazard Recognition Methods
- Safety Inspections
- Employee Hazard Reporting
- Hazard Analyses

6. Personal Protective Equipment – 3.5 hrs.

- Personal Protective Equipment
- Regulations and Standards for PPE
- Exposure Pathways
- Assessing Hazards
- Chemical Eye Hazards
- Radiant Energy
- Noise• Biological Agents

- Eye Protection
- Protective Clothing
- Head Protection
- Foot Protection
- Hand Protection
- Hearing Protection
- Respiratory Protection
- Electrical Protective Equipment
- PPE Programs
- Selecting PPE
- Training Employees on the Proper Use of PPE

7. Walking and Working Surfaces – 3.5 hrs.

- Regulations and Standards for Walking and Working Surfaces
- Slip Hazards
- Trip Hazards
- Fall Hazards
- Hazard Controls for Walking and Working Surfaces
- General Housekeeping
- Maintaining Safe Aisles
- Stairway Safety
- Ramp Safety
- Hazard Surveillance
- Floor Surface Selection
- Floor Surface Treatments
- Floor Mats
- Slip-Resistant Footwear
- Guardrails, Covers, Gates, and Doors
- Fall Protection
- Fall-Protection Programs
- Floor Loading Safety
- Stationary Vehicle Safety
- Education and Training

8. Ladders and Scaffolds – 3.5 hrs.

- Portable Ladders
- Fixed Ladders
- Ladder Components and Accessories
- Ladder Material
- Pole Scaffolds
- Sectional Metal-Framed Scaffolds
- Suspension Scaffolds
- Regulations and Standards for Ladders and Scaffolds
- Falls
- Falling Objects
- Contact with Electricity
- Hazard Controls for Ladders
- Ladder Positioning and Climbing Procedures
- Ladder Inspection
- Ladder Maintenance and Storage
- Hazard Controls for Fixed Ladders
- Hazard Controls for Scaffolds

9. Hand and Portable Power Tools - 3.5 hrs.

- Regulations and Standards for Hand Tools, Power Tools, and Related Equipment
- Hand Tool and Portable Power Tool Hazards
- Electrical Shock
- Trips, Slips, and Falls
- Falling Hazards
- Health Hazards
- Hazard Controls
- Selecting the Right Tool
- Using Proper PPE
- Following Operating Procedures
- Inspecting Tools
- Maintaining Tools
- Storing Tools Properly
- Maintaining Clean Work Areas
- Hazard Controls for Specific Tools
- Circular Saws

- Reciprocating Saws
- Chain Saws
- Power Drills
- Pneumatic Tools
- Powder-Actuated Tools

10. Welding and Allied Processes - 3.5 hrs.
    - Regulations and Standards for Welding and Allied Processes
    - Hazards in Welding and Allied Processes
    - Fumes
    - Gases
    - Burns
    - Decomposition Products
    - Ergonomic Stressors
    - Hazard Controls for Welding and Allied Processe
    - Ventilation
    - PPE for Welding and Allied Processes
    - Fire Prevention
    - Ergonomics
    - Cleaning Hazardous Substance Containers
    - Welding and Allied Processes in Confined Spaces
    - Welding and Cutting Equipment

11. Machine Safeguards - 3.5 hrs.
    - Regulations and Standards for Machine Safeguarding
    - Machine Hazards
    - Rotating Motions
    - Reciprocating Motions
    - Transverse Motions
    - Cutting Actions
    - Punching Actions
    - Shearing Actions
    - Bending Actions
    - Hazard Control
    - Requirements for Mechanical Safeguards
    - Machine Safeguarding Methods
    - Lockout Tagout

12. Material Handling - 3.5 hrs.
    - Regulations and Standards for Material Handling
    - Manual Material Handling Hazards
    - Mechanical Material Handling Hazards
    - Powered Industrial Trucks
    - Cranes and Derricks
    - Hoists
    - Manually Operated Hoists
    - Power-Operated Hoists
    - Slings
    - Rigging
    - Manual Material Handling Hazard Controls
    - Mechanical Material Handling Hazard Controls
    - Lifting Loads

13. Control of Hazardous Energy - 3.5 hrs.
    - Regulations and Standards for the Control of Hazardous Energy
    - Hazardous Energy in the Workplace
    - Forms of Energy
    - Potentially Hazardous Energy Combinations
    - Interconnected Machines or Equipment
    - Controls for Hazardous Energy
    - Identifying Energy Sources
    - Deenergizing Equipment
    - Dissipating Potential (Stored) Energy
    - Lockout tagout
    - Hazardous Energy Control Programs
    - Energy Control Procedures
    - Employee Training
    - Periodic Inspections

14. Confined Spaces - 3.5 hrs.
    - Types of Confined Spaces
    - Regulations and Standards for Confined Spaces
    - Confined Space Hazards
    - Engulfment Hazards

- Configuration Hazards
- Hazardous Atmospheres
- Hazard Controls for Confined Spaces
- Permit-Required Confined Space Entry Programs
- Identifying PRCSs and Evaluating Hazards
- Deciding if Workers May Enter a Confined Space
- Eliminating or Controlling Hazards in Confined Spaces
- Establishing Entry Procedures and Preparing Entry Permits
- Training Employees on Entry Operations and Responsibilities
- Emergency Plans

15. Electrical Safety (General) - 3.5 hrs.
    - Regulations and Standards for Electrical Safety
    - Electrical Hazards in the Workplace
    - Hazardous Locations
    - Electrical Shock
    - Arc Flash
    - Arc Blast
    - Electrical Hazard Controls
    - Electrical Hazard Control Procedures
    - Electrical Hazard Control Policies
    - Inspection and Audits

16. Hazardous Materials Management - 3.5 hrs.
    - Regulations and Standards for Hazardous Materials
    - Process Safety Management
    - Medical Surveillance
    - Hazardous Waste Operations and Emergency Response
    - Hazard Communication
    - Occupational Exposure to Hazardous Chemicals in Laboratories
    - Health Hazards Involving Hazardous Materials
    - Toxins
    - Physical Hazards Involving Hazardous Materials
    - Chemical Safety and Life Cycle Management Programs

17. Process Safety Management - 3.5 hrs.
    - Regulations and Standards for Process Safety Management
    - Highly Hazardous Chemicals
    - Toxic Chemicals
    - Reactive Chemicals
    - Flammable Chemicals
    - Explosive Chemicals
    - Hazard Controls for Highly Hazardous Chemicals
    - Process Safety Management Programs

18. Fire Prevention - 3.5 hrs.
    - Regulations and Standards for Fire
    - Fuel
    - Oxygen
    - Heat
    - Chemical Reaction
    - Fire Hazards
    - Fire Hazard Controls
    - Identifying Hazards
    - Engineering Controls
    - Fire-Prevention Plans
    - Fire-Protection Strategies
    - Operation Controls
    - Extinguishing Fires
    - Firefighting

19. Motor Vehicle Transportation Safety - 3.5 hrs.
    - Regulations and Standards for Transportation and Safety
    - ISO 39001, Road Traffic Safety Management Systems – Requirements with Guidance for Use
    - Environmental Transportation Hazards
    - Mechanical Transportation Hazards
    - Driver Errors
    - Hazardous-Material Cargo Releases
    - Roadwork Zones
    - Trans-portation Hazard Controls
    - Policies

- Drug and Alcohol Testing
- Compliance, Safety, Accountability
- Sample Transportation Safety Management Program

20. Occupational Health - 3.5 hrs.

- Regulations and Standards for Occupational Health
- Hazard Awareness
- Exposure Levels
- Health Hazard Assessments
- Exposure Assessments
- Occupational Health Hazards
- Occupational Health Programs
- Exposure Control
- Occupational Health Care and Medical Provisions

21. Emergency Planning - 3.5 hrs.

- Regulations and Standards for Emergency Planning
- Identifying Workplace Hazards
- Vulnerability Assessments
- Quantification of Vulnerability Assessments
- Anticipation, Identification, and Control of Hazards
- Emergency Management

22. Accident Investigation and Record Keeping - 3.5 hrs.

- Accident Investigation and Reporting
- Regulations and Standards for Accident Investigation and Reporting
- Accidents
- Human Factors
- Mechanical Factors
- Environmental Factors
- Investigation Process

Class Options:
Live In-Person
ZOOM - Webinar
Online – No instructor – Self Paced

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