



National Safety Council  
Nebraska

Empowering Nebraskans with the knowledge to build a safer community.



**SAFETY IS OUR PASSION. IT'S WHAT MOTIVATES US.**



***Nebraska***

# **January – December 2017 Training Catalog**

[www.SafeNebraska.org](http://www.SafeNebraska.org)

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National Safety Council, Nebraska – a 501c3 nonprofit organization

**Mission Statement:**

To promote safety and health by providing programs, resource services, and education to prevent and reduce both the personal and economic loss associated with injuries, accidents, and health hazards.

**Trainers/Consultants:**

Stash Dwornicki  
Dave Stolp  
Larry Kruse  
Bill Riley  
Gene Brewer

**OSH Management Team:**

Chris Bryant  
Heather Watts

**Sales Team:**

Bree Allis

**Enrollment Dates:**

Please enroll in the selected classes at least 2 weeks prior to accommodate class preparation.

**Enrollment Requirements:**

There are no requirements to attend these courses, with the exception of the OSHA 500 and OSHA 501 that have training and experience prerequisites.

**Leave Policy/ Absence Policy:**

Each participant is required to attend all class hours, if the participant is unable to complete all time during the scheduled training, the participant can be rescheduled to the next time the course is offered. There is a \$25.00 rescheduling fee. **No makeup time is available for participants.**

**Standards of Progress:**

Most courses have either quizzes or tests at the end of the course to ensure the participants have an understanding of the topic(s) covered in the training.

**Minimum Grades:**

All OSHA courses have an 80% minimum grade to pass. If the participant does not meet this minimum grade requirement, the instructor will instruct one on one with the participant in the areas that need improvement. A retake of the test will be on the participant's own time, scheduled with the Manager of Occupational Safety Health programs.

**Conditions for Interruption for Unsatisfactory Grades or Progress:**

In the event the participant is a distraction of the class or is not meeting satisfactory levels of achievement, the instructor can request correction immediately by the participant or excuse the participant from the training session.

**Probationary Period:**

The National Safety Council, Nebraska does not have a probationary period for the participants.

**Readmission Policy:**

There is no participant admission process. There is no readmission policy.

**Progress Reports:**

National Safety Council, Nebraska tracks all participant activity and can be accessed by the participant at their request.

**Student Conduct Policy:**

Open discussion is held on the course topics. Participants are expected to display proper behavior to their fellow students and instructor. If the participant's actions are disruptive, demeaning, or harassing to other participants, the offending participant will be asked to leave the training by the instructor.

**Schedule of Fees:**

Fees vary among courses. Course materials are included in the course fee except for courses OSHA 500, OSHA 501, OSHA 502, OSHA 503. Each participant must bring a current copy of the corresponding Code of Federal Regulation (CFR) to use in the classroom. The CFR is available for sale at the front desk.

### **Veterans Receiving Education Benefits Refund Policy:**

If the participant is unable to complete a course upon request they will receive a prorated refund on the course, an administrative fee of \$10.00 will be assessed. The refund will be completed within 40 days of request.

### **Facilities:**

The National Safety Council, Nebraska has training spaces that include up-to-date technology and accommodate 10-80 student class sizes.

### **Credit Transfer:**

The National Safety Council, Nebraska recognizes the same courses that are taken at other National Safety Council chapters, and will allow up to two courses to be transferred from other OSHA Training Institute Education Centers within OSHA's Region VII.

### **Holidays:**

There will be no training sessions on the following holidays:

- New Year's Day
- Memorial Day
- Independence Day
- Labor Day
- Veteran's Day
- Thanksgiving Day
- Thanksgiving Friday
- Christmas Day (2 Days)

### **CEUs**

Continuing Education Units (CEUs) are awarded under guidelines established by the International Association for Continuing Education and training. The Continuing Education Unit is intended to serve all interests in noncredit education and training whether public or private, individual, institutional, organizational, governmental, or societal.

One CEU is awarded for every 10 hours of instruction (.1 for one hour)

Determining the number of contact hours is done by counting the hours in the program, subtracting refreshment breaks, lunches and other activities not directly part of the instructional experience.

It is the responsibility of the course participant to check with their respective professional association to determine course applicability for their continuing education requirements. The Council maintains a complete record of your company training. Certificates are mailed after verification of attendance and payment in full.

### **REGISTRATION & CANCELLATION POLICY:**

Advance registration is required. Confirmation of most classes will be sent out 1-2 weeks prior to class. We understand that your schedule may change at the last minute, preventing you from attending a program, therefore, substitutions are acceptable. If you must cancel your registration, please call us at least three (3) business days prior to the event for a full refund. There will be a 25% charge on "no-shows" as well as cancellations and reschedules with less than three (3) business days notice prior to the event. Certificates are mailed after verification of attendance.

***Please check on the cancellation policy when registering for a class.*** Some classes offered have different policies for Reschedules, No-Shows and Cancellations other than the one stated above.

# Custom Training:

*Ultimate Flexibility, Off-the-shelf pricing*

## **WE MEET THE NEEDS OF BUSINESS!**

The Council, through its vast array of nationwide resources, can custom deliver training on any topic you choose.

Whether your need is for a course we do not list in our catalog, the desire to have our trainers use your safety manual (with your company's unique language), or a need to customize an existing class offered in our catalog (to meet the specific needs of your company). **We can do it!**

All of our trainings can be offered on-site at your location or at the National Safety Council's location in Omaha.

# Workplace Safety Services

*One on one expert guidance, at a reasonable member cost!*

The Council's experienced consultants and trainers represent *real world experience* and specialize in evaluating and identifying your needs. Our consultants will help you implement solutions and techniques as well as recommend corrective actions needed.

Professional consulting services include (but are not limited to):

- Safety audits/reviews
  - OSHA inspection assistance
  - OSHA compliance audits
  - DOT compliance audits
  - Training material development--*some trainings are required by OSHA*
  - Program development--*Written programs required by OSHA*)
  - Emergency action plan development--*required by OSHA*
  - Site specific safety plan development
  - Safety Plan--*as required by state of Nebraska*
  - Investigation of accident and incident occurrence
  - Development of illness and injury prevention program (IIPP)-- *required by state of Nebraska*
  - Industrial hygiene monitoring for noise--*written program required by OSHA*
  - Occupational health and ergonomic research
  - Hazardous material transportation--*training and security safety program required by DOT when transporting a minimum amount of certain substances*
  - Hazardous waste operations emergency response--*annual updates required by OSHA*
- ....and much more

**For hands-on training, ask about our Mobile Safety Training Unit.** The Unit is equipped with safety gear for personal protection, decontamination, confinement, air monitoring, containment, confined space, and fall protection. Courses can be designed for your company's individual situation and a more realistic training experience.



## Certificate in Principles of Safety

Step up to best practices and go beyond the basics of compliance! You will learn how to help prevent injuries and their related cost, along with receiving practical information that you can use every day.

How you'll earn it:

The Certificate in Principles of Safety is earned by successfully completing the Principles of Occupational Safety and Health Course. This course also counts towards your Advanced Safety Certificate.

## Principles of Occupational Safety and Health (POSH) 4 Days, 2.6 CEUs, 2.6 COCs

This course will provide you with a solid knowledge of safety practices, principles, and terminology. You'll get the confidence you need to implement a comprehensive safety process in your organization.

You will cover 19 current Occupational Safety and Health issues:

- Hazard Recognition, Evaluation and control
- Incident Reporting and Investigation
- Job Safety Analysis
- Hazard Communication Standard
- Safety Inspections
- Recordkeeping
- PPE
- Ergonomics

Just to name a few!

You will learn to:

- Prepare for incident investigation
- Complete a job safety analysis
- Create an effective safety team and facilitate productive safety meetings
- Anticipate, recognize, evaluate and control industrial hygiene hazards
- Recognize key elements of OSHA's Hazard Communication Standards
- Assess Ergonomic risk factors and recommend corrective actions
- Develop an emergency action plan
- Develop action plans for safety and health need/problems in your facility
- Identify uses and benefits of recordkeeping to prevent injuries and illnesses, and meet OSHA requirements

As an added benefit, each participant receives a resource CD with more than 75 valuable reference documents including Self Inspection Checklist, Job Safety Analysis Form, Casual Factors Checklist, and a variety of OSHA tools and fact sheets.

You will also receive Accident Prevention Manual (12<sup>th</sup> Ed.), Administration & Programs as well as Accident Prevention Manual (12<sup>th</sup> Ed.), Engineering & Technology

Tuition: \$1650 (**\$1295 Member Rate**)

Dates: March 1, 8, 15, & 22, 2017 (Four Wednesdays)

June 12 - 15, 2017 (Monday-Thursday)

Time: 8:00am-4:30pm

## Advanced Safety Certificate

The National Safety Council's most prestigious certificate, this is the credential most sought after by Safety Professionals nationwide! Step out in front and maximize your effectiveness as a safety manager and leader! This Certificate gives you a solid foundation of knowledge to meet all your safety challenges. The [Advanced Safety Certificate](#) rounds out the Safety Professional's education and teaches them not only important concepts in Safety, but also the all important skills of establishing a safety culture, communicating with management on their terms...and more!

This certificate program offers the safety professional the ultimate in flexibility, allowing you to take these courses anywhere they are offered in the country over a five-year period. Of course, the best offerings are right here at home, in Omaha, at your National Safety Council, Nebraska!

How you'll earn it:

1. From selecting from any of the 1-day or 4-day courses below to total 78 hours, or 12 days of courses.

### Fundamental of Industrial Hygiene (FIH) 4 Days, 2.6 CEUs, 2.6 COCs

This course is essential if you are concerned about the safety, health and general well-being of your co-workers and hazards that could affect them. Develop your understanding of industrial hygiene terminology, principles and practices by examining four key processes in an effective industrial hygiene effort – anticipation, recognition, evaluation, and control. Discussions on when to use a qualified industrial hygienist are held throughout the course.

What you'll cover:

- Air sampling
- Indoor air quality (Sick Building Syndrome)
- Ergonomics
- Anatomy/Physiology/
- Toxicology
- Mold/Asbestos
- Biological and chemical hazards
- Physical hazards
- PPE/Respiratory protection
- Ventilation
- Government standards and voluntary guidelines
- Walk-through surveys

Experienced facilitators lead education and interactive activities! Including:

- Small and large group discussions
- Problem analysis through case studies
- PPE demonstrations and hands-on practice
- Development of on-the-job plans for your facility
- Opportunities to share experience and knowledge with other professionals

Upon Completion of the course, you'll be able to:

- Recognize and evaluate potential and existing chemical, physical, ergonomic, and biological hazards
- Employ general engineering and administrative controls
- Conduct an industrial hygiene walk-through survey

Tuition: \$1750 (**\$1395 Member Rate**)

Dates: September 18 - 21, 2017

Time: 8:00am-4:30pm (Monday-Thursday)



### **Safety Training Methods (STM) 4 days, 3 CEUs, 3 COCs, 4.5 IH CMs**

This four-day course is designed to help you improve the safety performance of your workforce to achieve your organizations safety and business goals.

Key topics include:

- Adult learning needs
- Needs analysis
- Content outlines
- Instructional strategies and methods
- Basic facilitation skills
- Project planning
- Media design and utilization
- Evaluation of learning

You'll learn how to:

- Create, select and deliver training that engages employees and improves your organization's safety performance
- Address different learning styles
- Identify training and non-training solutions for safety and health issues
- Calculate direct and indirect training costs for more effective budgeting
- Find ways to measure the success of your safety training program

With the information and activities throughout this course you will have the opportunity to apply newly learned concepts to a variety of safety and health scenarios.

Tuition: \$1650 (**\$1295 Member Rate**)

Dates: April 24 - 27, 2017 (Monday – Thursday)      October 16 - 19, 2017 (Monday - Thursday)

Time: 8:00am-4:30pm

### **Safety Management Techniques (SMT) 4 Days, 2.6 CEUs, 2.6 COCs, 4.5 IH CMs**

Enhance your safety management skills and maximize your influence on your organization's safety and health efforts.

This course takes a balanced approach to safety management, addressing administrative, technical and cultural elements. SMT is for full-time safety practitioners, safety committee members, safety coordinators, safety specialist, human resources, safety managers, loss control managers, and operation managers.

What you will do:

- Develop effective management skills
- Determine how and when to delegate safety authority
- Start a multi-year safety and health management plan
- Improve your interviewing and consulting techniques
- Address individual and organizational dynamics
- Learn how to conduct safety audits
- Influencing and managing change
- Learn how to effectively work with your safety and health committee
- Learn how to budget for safety and health

You will learn more than just what an effective safety manager does; you'll learn real applications to define your role as a leader and problem solver.

Tuition: \$1650 (**\$1295 Member Rate**)

Dates: July 17 - 20, 2017 (Monday – Thursday)      November 6 – 9, 2017 (Monday – Thursday)

Time: 8:00am-4:30pm

### **Incident Investigation 1 day, .65 CEUs, .65 COCs, 1 Safety CMs**

Prevent injuries, property damage and financial loss by identifying incident root cause.

You'll learn how to:

- Determine which incidents warrant investigation and analyze their root cause
- Determine a course of action to prevent incidents from happening again
- Use effective investigation and interviewing techniques to gather accurate data
- Identify appropriate hazard control measures and follow-up

Tuition: \$425 (**\$325 Member Rate**)

Dates: February 2, 2017; August 2, 2017

Time: 8:00am-4:30pm

### **Job Safety Analysis (JSA) 1 Day, .65 CEUs, .65 COCs, 1 IH CMs**

Discover proven processes for controlling operating hazards and costs.

You'll learn how to:

- Develop and manage an effective JSA program
- Enlist participation from line employees, supervisors, and upper management
- Identify and communicate the safety and financial benefits of using JSA
- Develop appropriate solutions and hazard controls
- Complete a JSA form correctly

Tuition: \$425 (**\$325 Member Rate**)

Dates: March 7, 2017; October 9, 2017

Time: 8:00am-4:30pm

### **Team Safety 1 day, .65 CEUs, .65 COCs, 1 IH CMs**

The more effective your safety team is, the more positive impact there is on your organization.

You'll learn how to:

- Build an effective team or get the most from the team you already have
- Create a team that gets measurable improvements
- Identify training and development needs of team members
- Build stronger meeting management skills
- Strengthen your communication skills to conduct productive team meetings
- Give your team the tools to make a positive impact on your organization's safety culture

Tuition: \$425 (**\$325 Member Rate**)

Dates: October 10, 2017

Time: 8:00am-4:30pm

### **Safety Inspections 1 day, .65 CEUs, .65 COCs, 1 Safety CMs**

Be prepared for an OSHA inspection by managing your own effective inspection.

You'll learn how to:

- Plan and conduct an effective workplace safety inspection
- Use checklists to save time and improve the quality of your inspection
- Use safety inspections to foster continuous improvement in your organization
- Develop recommendations and follow up on implementation
- Manage an effective safety inspection program

Tuition: \$425 (**\$325 Member Rate**)

Dates: February 1, 2017; August 1, 2017

Time: 8:00am-4:30pm

### **#8001 - Ergonomics: Managing for Results 1 day, .65 CEUs, .65 COCs, 1 IH CMs**

Take control of the #1 cause of workplace injuries, reduce costs and improve employee morale. Did you know repetitive motion and overexertion are the biggest risk factors facing American workers today?

You'll learn how to:

- Design and implement a practical and effective ergonomics program
- Recognize ergonomic risk factors relating to Musculoskeletal Disorders
- Conduct an ergonomic worksite analysis, and evaluate and rank hazards
- Assess various control methods, and select the method suited to the level of risk
- Identify steps to implementing a successful ergonomics program

Tuition: \$425 (**\$325 Member Rate**)

Dates: January 31, 2017; May 15, 2017; September 25, 2017

Time: 8:00am-4:30pm

### **Defensive Driving Series**

*DDC-4 Defensive Driving Course -4 Hour (Available in English & Spanish)*

Bring defensive driving home to your employees through real-life experience! Explore what really happened to Princess Diana – and discover how she could have easily survived her accident -- while updating experienced drivers on the rules of the road, vehicle and roadway technology changes, and more! This program packs a powerful punch in just 4 hours! Participants receive a National Safety Council Certificate of Completion which may entitle them to discounts on their personal auto insurance!

Curriculum includes information on:

- The effects of speed
- Following Distances for Cars and Trucks
- Seat belts, Not Just the Law....a Good Idea!
- Alcohol, Drugs and Driving
- Avoiding Head On Crashes
- Maintenance: The Vehicle and The Driver
- ...and more!

Tuition: \$107 (**\$75 Member Rate**)

Dates: Call (402) 896-0454 to schedule. Online option also available.

*DDC-8 Defensive Driving Course - 8 Hour (Available in English & Spanish)*

The defensive driving course (DDC-8) is the core of the Council's driver improvement program and is respected around the world for teaching motorists to avoid collisions BEFORE they happen.

DDC-8 is an intense "Rules of the Road" review course. Curriculum includes: how to prevent head-on, rear-end, and intersection collisions as well as collisions with pedestrians, trains, bicyclists, motorcycles, animals, and fixed objects. The course also provides information on passing and being passed safely, child restraints and safety belts, and the dangers of driving under the influence of alcohol or drugs. Participants receive a National Safety Council Certificate of Completion which may entitle them to discounts on their personal auto insurance!

Tuition: \$153 (**\$107 Member Rate**)

Dates: Call 402-896-0454 to schedule.

*The Coaching Series*

The National Safety Council has developed a series of coaching courses designed for specific types of drivers, from straight trucks, to route sales, to salespersons on the road in regular vehicles. If you don't see the course you want...call us! Chances are that our experienced staff can custom design (at minimal cost) a *Coaching* course for your requirements! Check out our website at [www.SafeNebraska.org](http://www.SafeNebraska.org) for all the details on the *Coaching* series of courses!

Currently available from the National Safety Council are these Coaching courses:

- |   |   |
|---|---|
| Coaching the Professional Truck Driver    | Coaching the Transit Bus Driver                   |
| Coaching the Route Sales Driver           | Coaching the Mature Driver                        |
| Coaching the Straight Truck Driver        | Coaching the Sales Professional Driver            |
| Coaching the Utility Truck Driver         | Coaching the Emergency Vehicle Operator-Fire      |
| Coaching the Maintenance Vehicle Operator | Coaching the Emergency Vehicle Operator-Ambulance |
| Coaching the Van Driver                   | Coaching the Emergency Vehicle Operator-Police    |
| Coaching Off Road Driving                 | Coaching the Forklift Operator                    |
| Coaching the Pest Control Driver          |   |
| Coaching the School Bus Driver            |   |
| Coaching the Motor Coach Driver           |   |

## **Emergency Care Series**

### **First Aid/CPR/AED Training**

Did you know that OSHA, and some State Agencies may *require* your business to provide this training? Plus, having trained employees can provide peace of mind...and possibly save a life!

Our classes cover it all! If you need First Aid, CPR or AED training for your business, office, or school, we are here to help. We offer a 2-year CPR/AED certification and 3-year First Aid certification! Compare that to others offering the same training...only offering certification to your employees for 1 or 2 years!

The National Safety Council makes it easy for you to receive initial or renewal First Aid, CPR and AED training. Our curriculum strictly adheres with the guidelines established by the American Heart Association.

What makes our classes outstanding?

- Our instructors are firefighters, EMTs, and health care providers who face life-threatening emergencies everyday
- Our nationally recognized certification is longer, giving you more certification time for your money
- National Safety Council training exceeds State and OSHA requirements
- Whether at our facility or yours, we offer the same low price per student

This is a partial list of those industries that are required or encouraged to have First Aid training for at least one staff member on all shifts:

- Nebraska Licensed Daycare Providers
- Construction
- Massage Therapists
- Personal Trainers
- Nurses
- Emergency Medical Technicians
- Dentists
- Any facility not in "near proximity (4-5 minutes) to Emergency Care

What is an AED?

The use of an AED (Automated External Defibrillator) is one of the two vital skills needed to save the life of a sudden cardiac arrest victim. The National Safety Council combines both CPR and AED education into one course because of their importance and need. Combining CPR and AED training with First Aid will give you the knowledge base to help fellow co-workers, friends or loved ones in case of a life or health emergency.

The National Safety Council promotes many lines of AED providers to give you the confidence to use your new knowledge in real life situations and help save lives!

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### **2017 Standard First Aid and CPR/AED Schedule:**

<b><i>Daytime Class</i></b>	<b><i>Times</i></b>	<b><i>Cost*</i></b>
First Aid Training	8:00AM – 12:00PM	\$52
CPR/AED Training	1:00 PM – 3:30PM	\$65
First Aid & CPR/AED Training	8:00AM – 3:30PM	\$85 (\$80 member)

### **Daytime Classes**

January 7, 13, 19, 25, 31; February 11, 15, 23; March 3, 11, 17, 23, 29; April 4, 15, 18, 24; May 1, 13, 19, 23; June 1, 10, 16, 22, 26; July 7, 15, 19, 24; August 1, 12, 17, 22, 28; September 8, 16, 20, 28; October 2, 14, 20, 26; November 1, 11, 16, 20, 30; December 4, 16, 20, 28

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**2017 Combo Standard & Pediatric First Aid and CPR/AED Schedule:**

<b>Daytime Class</b>	<b>Times</b>	<b>Cost*</b>
Adult and Pediatric First Aid Training:	8:00AM – 12:00pM	\$65
Adult and Pediatric CPR/AED Training:	1:00PM – 4:00PM	\$65
Adult and Pediatric First Aid & CPR/AED Training:	8:00AM – 4:00PM	\$95 (\$90 member)

**Daytime Classes**

January 10; February 4; March 7; April 1; May 9; June 3; July 11; August 5; September 5; October 7; November 7; December 2

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**2017 Pediatric (Infant through 8 years) First Aid and CPR Schedule:**

<b>Daytime Class</b>	<b>Times</b>	<b>Cost*</b>
First Aid Training:	8:00AM – 11:00AM	\$52
CPR Training	11:30AM – 2:00PM	\$65
First Aid and CPR Training:	8:00AM – 2:00PM	\$85

**Saturday Daytime Classes**

January 14, 28; February 18; March 4, 18; April 8, 22; May 6, 20; June 17; July 1, 22; August 19; September 23; October 21; November 4, 18; December 9, 23

<b>Evening Class</b>	<b>Times</b>	<b>Cost*</b>
First Aid Training (Mondays):	6:00PM – 9:00PM	\$52
CPR Training (Wednesdays):	6:00PM – 8:30PM	\$65
First Aid and CPR Training (Mon. & Wed.):	6:00PM – 9:00PM/6:00PM-8:30PM	\$85

**Evening Classes**

February 6 & 8; June 5 & 7; August 7 & 9; October 9 & 11

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**2017 First Aid and CPR/AED Instructor Development Course Schedule:**

<b>Daytime Class</b>	<b>Times</b>	<b>Cost*</b>
First Aid & CPR/AED Train-the-Trainer (1 ½ days)	8:00AM – 5:00PM/8:00am-Noon	\$425

**Weekday Daytime Classes**

April 5-6; August 23-24

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**2017 Safe with You Schedule**

The Department of Health and Human Services and Education, including the Early Childhood Training Center have worked together to develop this 4-hour course. It shall include information on sudden infant death syndrome, shaken baby syndrome and child abuse and neglect.

<b>Saturday Daytime Classes:</b>	<b>Time:</b> 8:30AM-1:00PM	<b>Cost*:</b> \$50
January 7; February 4; March 4; April 1; May 6; June 3; July 1; August 5; September 9; October 7; November 4; December 2		

**CERTIFICATE: Safe with You (5 years)**

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### **2017 Babysitting Class Schedule**

We now offer a Babysitting class for your Teen and Pre-Teen 11 to 15 Years old to be prepared to care for Infants and Children in case an Emergency Situation would occur while babysitting. Learn how to call 911 properly, First Aid tips, CPR and choking is discussed, how to obtain vital information before babysitting, how to change a diaper, feeding, burping, spoon feeding, crying, and games and activities to occupy the children and much more.

**Daytime Classes:**                      **Time:** 8:00AM-4:00PM                      **Cost\*:** \$80 -- includes lunch  
January 21; February 25; March 25; April 8, 29; May 20; June 10, 24; July 8, 29; August 12, 26; September 30; October 28; November 18; December 30

**Certificate of Completion – 2 years**

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### **2017 Basic Life Support - Healthcare & Professional Rescuers Schedule**

We are proud to offer the Nationally Recognized Basic Life Support class for Healthcare Professional Rescuers. This course highlights immediate life-threatening situations, demonstrates how to respond to them quickly and effectively, and offers a 2-year certification. Learn how to perform two-person CPR and resuscitation using a bag valve mask. Ideal for EMS professionals, firefighters, police, paramedics, life guards, athletic trainers, and medical assistants.

**BLS Full Class**    **Time:** 8:00am-4:00pm    **Cost\*:** \$85  
January 20; April 21; August 18; November 17

**BLS Refresher Class\***    **Time:** 6:00pm-10:00pm    **Cost\*:** \$70  
February 1; May 24; July 26; October 4

\*When taking the Refresher class your current card must not be expired, and you need to bring your old card with you to class.

**CERTIFICATE: CPR/AED Healthcare Provider (2 years)**

**\*all prices subject to change**

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### **Customized Training Available –At Your Facility or Ours!**

The National Safety Council, Nebraska will come to your facility and conduct ANY of the First Aid and CPR/AED training for either Adult or Pediatric needs. All you need is 10 or more people and we will work with you and customize a class specifically for your needs within the guidelines set by the American Heart Association. This training is done at the same cost per person as if you were to send your employees to our facility + mileage. Please allow 4 weeks notice to ensure availability.

To learn more please contact us at 402-898-7356

## Forklift Series

### Forklift Operator Training Re-Evaluation

OSHA requires drivers receive formal training AND then be re-evaluated every 3 years! National Safety consultant/trainers evaluate your employees as they complete a series of forklift driving exercises including maneuvering and loading activities. Each operator's performance is measured on the equipment they operate.

Tuition: \$72 per operator (**\$50 Member Rate**)  
Date: Call 402-896-0454 to schedule.

### Forklift Operator Training

OSHA requires Formal Training before Operators Use Forklifts!

This 4-hour National Safety Council course meets OSHA's formal training requirements per 29 CFR1910.178. Operators will receive training on a variety of topics including: pre-start inspections, operating limitations, differences between trucks, steering and maneuvering, vehicle capacity, vehicle stability, and other workplace related topics such as, operating surfaces, narrow aisles, pedestrian traffic, hazardous locations, and ramps. Each participant who successfully passes the post-test will receive a certificate of completion and wallet card indicating that they have met the formal training requirements to operate a powered industrial truck.

Tuition: \$142 (**\$99 Member Rate**)  
Time: 8:00am – 12:30pm  
Dates: January 31, 2017; February 28, 2017;  
March 29, 2017; April 27, 2017; May 25, 2017;  
June 28, 2017; July 26, 2017; August 29, 2017;  
September 27, 2017; October 31, 2017;  
November 21, 2017; December 13, 2017

Call 402-896-0454 to schedule training in Spanish.

### Forklift Operator / Powered Industrial Trucks Train -the-Trainer

Save Money, Save Time, Stay in Compliance! If you need to train 25 or more employees per year consider becoming a National Safety Council Authorized Forklift Trainer! Train your employees in house—whenever you need to! The program provides you with everything you need to start and maintain an effective Forklift Training Program!

As an authorized Forklift Trainer you'll learn:

- All relevant OSHA standards and how to comply with them.
- Forklift / Powered Industrial Trucks "Best Practices"
- Training and Evaluation techniques that work with adult learners!
- How to educate non-operators about working safety around forklifts
- And more!

Students receive a training kit with everything needed to conduct forklift instruction:

- Easy-to-follow Facilitator Guide
- Companion DVD (plus PC/Mac CD-ROM version)
- Administrative guidelines
- Reproducible tests and forms

Tuition: \$555 (**\$425 Member Rate**) Includes training AND training kit

Time: 8:00am - 3:00pm  
Dates: January 19, 2017 April 20, 2017;  
July 20, 2017; October 3, 2017

## HAZWOPER Series

### 8-Hour HAZWOPER - Annual Refresher

**PREREQUISITE: 24, 40 or 8 HOUR HAZWOPER COURSE WITHIN THE PAST YEAR.**

If you have been previously trained in Hazardous Waste Operations and Emergency Response you are eligible to take this course. This workshop is designed to comply with the training requirements outlined in 1910.120(q) Hazardous Waste Operations and Emergency Response: Those employees who are trained in accordance with paragraph (q)(6) of this section ... (Includes: First Responder Awareness Level, First Responder Operations Level, Hazardous Materials Technician, Hazardous Materials Specialist, On-Scene Incident Commander) ... shall receive annual refresher training of sufficient content and duration to maintain their competencies, or shall demonstrate competency in those areas at least annually." Participants will receive both a class certificate and wallet card.

Tuition: \$256 (**\$179 Member Rate**)

Time: 8:00am - 5:00pm

Dates: February 9, 2017; April 13, 2017; June 1, 2017; August 10, 2017; October 12, 2017; December 7, 2017

### Hazardous Waste Operations & Emergency Response

#### 8-Hour Supervisor Training

**PREREQUISITE: 24 OR 40 HOUR HAZWOPER TRAINING**

OSHA requires a trained supervisor be present during all activities at a hazardous waste site. This course is required for supervisors in charge of others at hazardous waste sites in accordance with 29 CFR 1910.120. Emphasis is placed on training the supervisor how to implement safety plans, air monitoring and PPE programs, as well as recordkeeping and documentation. Participants will receive both a class certificate and wallet card.

Tuition: \$256 (**\$179 Member Rate**)

Time: 8:00am - 5:00pm

Date: TBA

### Hazardous Waste Operations & Emergency Response

#### 24-Hour HAZWOPER

(Emergency Response Teams)

This 3-day course is designed to satisfy the 29 CFR 1910.120 training requirements for employees engaged in emergency response, control, containment, and clean up of hazardous materials/chemicals released during an incident at your facility. This course satisfies the basic training requirements for HAZMAT Technician, Specialist, and Incident Commander. This course is required for industry that has the *potential* of accidental release of chemicals. Participants will receive both a class certificate and wallet card.

Tuition: \$715 (**\$499 Member Rate**)

Time: 8:00am - 5:00pm (all three days)

Dates: February 6 - 8, 2017; April 10 - 12, 2017; August 7 - 9, 2017; November 6 - 8, 2017

### Hazardous Waste Operations & Emergency Response

#### 40-Hour HAZWOPER

This 5-day training course is designed to fulfill the training requirements for personnel working on CERCLA/RCRA, NPL, Superfund, UST, and industrial cleanup sites and in accordance with OSHA 29 CFR 1910.120. This training is required for all those employed for hazardous waste cleanup, hazardous waste site workers, and those performing investigations, assessments, or other site activities. The training is designed for environmental contractors and consultants, well-drillers, regulatory agency personnel, private sector, project managers, emergency response clean up contractors, and others who will need to be onsite. Participants will receive both a class certificate and wallet card.

Tuition: \$1072 (**\$749 Member Rate**)

Time: 8:00am - 5:00pm (all five days)

Dates: March 6 - 10, 2017; September 11 - 15, 2017



## **Environmental & Risk Management Safety Series**

### **RMSM 6010 Safety, Health and Environmental Risk Management Principles**

This course provides students whose careers have focused on particular segments of risk management a more global picture of risk identification and control. The course will use breakout sessions to work on risk management problems, class discussion and instructor resources. The course will provide an overview of risk management and its application for companies, identifying the cost of risk, prioritizing, managing and controlling risk, and enhancing the student's knowledge of risk transfer tools such as contracts, insurance and self-funding.

Tuition: **\$649**

Time: 8:00am – 4:30pm

Dates: March 1 - 3, 2017; October 2-4, 2017

### **EHSM 6036 Introduction to Environmental Compliance and Management**

This course provides a comprehensive overview of EPA and other environmental regulations and guidelines. Subject areas included in this course are EPA history, specific regulations regarding surface water, air, drinking water, pollution prevention, hazardous waste, Superfund and Community- Right-To-Know.

Tuition: **\$749**

Time: 8:00am – 4:30pm

Dates: May 15 - 18, 2017; October 9 - 12, 2017

### **EHSM 7930 Environmental Air Regulations**

This course provides an overview of EPA regulations for the Clean Air Act (CAA), Toxic Substance and Control Act (TSCA), National Environmental Protection Act (NEPA) and Federal Insecticide, Fungicide and Rodenticide Act (FIFRA). Subject areas included in this course are EPA history and specific regulations regarding air and pesticides.

Tuition: **\$229**

Time: 8:00am – 4:30pm

Dates: March 16, 2017; August 3, 2017

### **EHSM 7931 Resource Conservation & Recovery Act (RCRA) Refresher**

This course provides an overview of the Resource Conservation and Recovery Act (RCRA). Includes hazardous waste identification, on-site waste management options, land disposal restrictions, hazardous waste manifests, universal wastes, and generator status. This course meets the requirements for the annual refresher.

Tuition: **\$229**

Time: 8:00am – 4:30pm

Dates: January 20, 2017; June 2, 2017

### **EHSM 7932 Environmental Water Regulations**

This course provides an overview of the EPA regulations related to the Clean Water Act (CWA), Safe Drinking Water Act (SDWA) and the Endangered Species Act (ESA)

Tuition: **\$229**

Time: 8:00am – 4:30pm

Dates: March 17, 2017; August 4, 2017

## General Safety and Health Series

### OSHA Course #7410 Managing Excavation Hazards

This course covers the roles and responsibilities of the employer to educate and assign a competent person to excavation sites. Course topics include understanding and application of definitions relating to the OSHA Excavation Standard, excavation hazards and control measures, soil analysis techniques, protective system requirements and emergency response. Upon course completion, students will understand the importance and duties of a competent person in excavation work and have the knowledge and skills required performing these duties

Tuition: **\$225**

Time: 8:00am - 4:30pm

Dates: March 9, 2017; July 24, 2017; November 3, 2017

### #8000 Electrical Safety

This class covers the protection of employees who work on or near electrical conductors and equipment, and different types of electrical injuries. Learn practices and procedures to maintain compliance and protect employees. The class meets requirements for OSHA regulation 29 CFR 1910.301-399.

#### COURSE INCLUDES:

- Elements of OSHA Electrical Safety Regulation (29 CFR 1910.301-399, Subpart S)
- Key terms and concepts of electrical safety
- The importance of electrical safety-related work practices
- Identifying appropriate training and protection requirements
- Types of electrical injuries

Tuition: \$179 (**\$125 Member Rate**)

Time: 1:00pm - 5:00pm

Dates: February 15, 2017; June 6, 2017; October 20, 2017

### #8002 Hazard Communication

The GHS standard course is a *must* for any organization with hazardous materials on premises.

OSHA's recently released Hazard Communication Standard updates the 25-year-old regulation by incorporating the United Nations' Globally Harmonized System of Classification and Labeling of Chemicals, a system many stakeholders suggest will make it easier to classify and communicate hazards.

You will learn:

- How to determine if hazardous chemicals are present in your workplace
- Steps for setting up an effective hazard communication program
- Guidelines for labeling hazardous materials/chemicals
- GHS and the new Safety Data Sheet System
- Promoting responsibility for initial and ongoing hazard communication activities
- OSHA Hazard Communication 1910.11200 Subpart Z

Tuition: \$179 (**\$125 Member Rate**)

Time: 8:00pm - Noon

Dates: January 12, 2017; May 23, 2017; September 26, 2017

### **#8003 Personal Protective Equipment**

Teach your employees all about the proper equipment for the job. Learn OSHA's PPE regulation, Hazard Assessments and Certification Statements for job sites, types of PPE, and how to use them.

OSHA requires that all employers assess their workplace for hazards and certify this assessment. This course will help you meet these requirements. We'll walk you through the key elements of the OSHA PPE regulation (29CFR 1910.132-140, Subpart I), and show you how to protect your employees and your business.

The seminar covers:

- The relationship between PPE, administrative controls, and engineering controls
- How to conduct a PPE Hazard Assessment and Certification Statement
- Various types of PPE and how to use them
- OSHA's responses to questions about implementation, including: who is required to pay for PPE, and who is responsible if an employee brings in his own PPE
- Simple, practical methods that ensure compliance with the OSHA standard and protect your employees

You'll leave the seminar with increased confidence, and the know-how to:

- Do a PPE Hazard Assessment of the workplace as required by OSHA
- Identify critical items that must be in your PPE Hazard Assessment Certification Statement
- Avoid common PPE compliance mistakes that can result in costly OSHA fines
- Reduce the number and severity of injuries throughout your facility
- Save on workers' comp and related costs

Tuition: \$322 (**\$225 Member Rate**)

Time: 8:00pm – 4:30pm

Dates: March 2, 2017; July 21, 2017; November 13, 2017

### **#8004 Slips, Trips and Falls**

This course covers a wide range of issues that account for a high rate of citations across many industries. You will learn where to look for hazards, how to identify them, and how to reduce the risk of injuries from falls - and their related costs.

The seminar covers:

- OSHA Walking - Working Surfaces Regulation (29 CFR 1910.21-30, Subpart D)
- Key terminology and concepts
- Letters of interpretation that show how OSHA responds to implementation questions
- The consequences of poor housekeeping
- The difference between standard rail guards and handrails
- Hazards of wall and floor holes
- Specifications for safe design and construction of fixed general industry stairs
- Minimum requirements for dockboards
- Proper care and use of portable ladders
- General scaffolding requirements

Tuition: \$322 (**\$225 Member Rate**)

Time: 8:00pm – 4:30pm

Dates: March 3, 2017; July 28, 2017; November 14, 2017

### **Hazardous Materials Transportation (HM-126)**

DOT Compliance: The *Hazardous Materials Transportation Course* meets training requirements of the Department of Transportation. Participants will learn to define the purpose, scope, and applicability of the DOT regulations; identify hazardous materials according to DOT criteria; identify packaging conditions which are acceptable for handling and transportation; determine/recognize marking requirements for a packaged, non-bulk, non-radioactive hazardous material; select and apply primary/subsidiary hazard labels to given packages of hazardous materials; determine and recognize appropriate documentation requirements for describing hazardous materials on shipping papers; identify hazardous materials placarding requirements; and recognize safety practices involving hazardous materials. Participants will receive a DOT regulations (49 CFR) book and Emergency Response Guidebook.

Tuition: \$328 (**\$229 Member Rate**)

Time: 8:00am - 4:30pm

Dates: January 18, 2017; May 3, 2017; August 14, 2017; November 1, 2017

### **DOT Reasonable Suspicion Training for Supervisors**

Part 382 of the Federal Motor Carrier Safety Regulations (FMCSR) requires that driver supervisors receive 60 minutes of training be dedicated to alcohol misuse AND 60 minutes of training be dedicated to controlled substance abuse. Can you document that you've done this?

This seminar meets DOT requirements!

Your supervisors will learn:

- The physical, behavioral, speech and performance indicators of probable misuses of alcohol and use of controlled substances.
- DOT regulatory requirements concerning drug testing and reasonable suspicion
- Alcohol and drug testing basics
- The reasonable suspicion process
- How to approach a driver
- Handling difficult situations

BONUS: Do your company vehicles require DOT compliance? Here is the general rule: If your vehicles are licensed for five tons plus one pound or greater, then some DOT requirements apply. Our expert instructor will help guide you through the DOT regulations and point you towards what you may need to be doing!

Tuition: **\$65**

Time: 1:00pm – 4:00pm

Dates: April 6, 2017; October 19, 2017

### OSHA 10-Hour for General Industry

*This course waives the "Introduction to OSHA" course requirement for the National Safety Council Certificate in OSHA Compliance*

Every Employer is required to meet minimum federal workplace safety standards. Let our OSHA Outreach Instructors provide you and your workers with the knowledge, skills and tools to help meet OSHA's requirements.

**WHO SHOULD ATTEND?** Safety personnel, instructors, managers, supervisors, or anyone having responsibility for OSHA compliance in an industrial setting

**WHY SHOULD YOU ATTEND?** This course is designed to provide you with an overview of fundamental OSHA standards and assist you with enhancing your compliance efforts.

Topics covered include:

- OSH Act and General Duty
- Machine Guarding
- Hazard Communication
- Inspections, citations and general duty clause penalties
- Walking/Working surfaces
- Hazardous materials
- Personal Protective Equipment
- Recordkeeping
- And more

Upon completion you will gain working knowledge of Fundamental OSHA standards for general industry and OSHA's policies and procedures.

All participants will receive an OSHA 10-hour card

Tuition: \$285 (**\$199 Member Rate**)

Time: 8:00am – 4:30pm (first day) 8:00am – Noon (second day)

Dates: January 16 - 17, 2017; May 1 - 2, 2017; August 3 - 4, 2017; November 2 - 3, 2017

### OSHA 30-Hour for General Industry

Everything offered in our OSHA 10-Hour program and then some is offered in this 30-hour program.

**WHO SHOULD ATTEND?** Safety personnel, managers, supervisors, insurance loss control professionals or anyone having responsibility for OSHA compliance in an industrial setting

**WHY SHOULD YOU ATTEND?** This course provides an in-depth review of hazard awareness and a more detailed discussion into each subject. Additional topics are designed to provide attendees with a solid base of knowledge in hazard awareness and control measures to use to effectively manage safety and health in general industry. You are also briefed on basic instructional approaches, improving compliance communication, and training at the work site.

Topics Include:

- Introduction to OSHA
- OSH Act
- Machine Guarding
- Hazard Communication
- Walking/Working Surfaces
- Bloodborne Pathogens
- Lockout/Tagout
- Recordkeeping
- Personal Protective Equipment
- Safety and Health Programs
- And more

Upon completion of the OSHA General Industry 30-hour course, you'll be able to:

- Identify hazards and how to avoid, control and prevent incidents from happening
- Work knowledgeably within OSHA's general industry standards

If you are looking to enhance the knowledge and skills of your key safety personnel, this course is for you!

All participants will receive an OSHA 30-hour card

Tuition: \$610 (**\$425 Member Rate**)

Time: 8:00am – 5:00pm (Monday-Thursday)

Dates: March 27 - 30, 2017; June 5 - 8, 2017; September 18 - 21, 2017

### OSHA 10-Hour for Construction Industry

*This course waives the "Introduction to OSHA" course requirement for the National Safety Council Certificate in OSHA Compliance*

Every Employer is required to meet minimum federal workplace safety standards. Let our OSHA Outreach Instructors provide you and your workers with the knowledge, skills and tools to help meet OSHA's requirements.

**WHO SHOULD ATTEND?** Safety personnel, managers, supervisors, or anyone having responsibility for OSHA compliance in the construction industry

**WHY SHOULD YOU ATTEND?** Facilitators identify safety and health principles that help you meet OSHA requirements. Special emphasis is placed on areas in construction that most commonly result in worker injury or property damage. You are also briefed on basic instructional approaches, improving compliance communication, and training at the work site.

Topics covered include:

- Introduction to OSHA and the OSHA Act
- Electrical
- Fall Protection
- Materials Handling
- Scaffolding
- Excavation and Trenching
- And More

Upon completion of the OSHA Construction 10-hour course, you'll be able to:

- Identify OSHA regulatory requirements for construction sites
- Work knowledgeably within OSHA's construction standards

All participants will receive an OSHA 10-hour card

Tuition: \$285 (**\$199 Member Rate**)

Time: 8:00am – 4:30pm (first day) 8:00am – Noon (second day)

Dates: April 18 - 19, 2017; September 7 - 8, 2017; December 14 - 15, 2017

### OSHA 30-Hour for Construction Industry

**WHO SHOULD ATTEND?** Safety personnel, managers, supervisors, insurance loss control professionals or anyone having responsibility for OSHA compliance in the construction industry

**WHY SHOULD YOU ATTEND?** This course provides an in-depth review of hazard awareness. Special emphasis is placed on areas in construction that most commonly result in worker injury or property damage. Additional topics are designed to provide attendees with a solid base of knowledge in hazard awareness and control measures to use to effectively manage safety and health on construction sites. You are also briefed on basic instructional approaches, improving compliance communication, and training at the work site.

Topics covered include:

- Introduction to OSHA and the OSHA Act
- Electrical
- Fall Protection
- Personal Protective and Life Saving Equipment
- Health Hazards in Construction
- Stairways and Ladders
- Materials Handling
- Tools – Hand and Power
- Scaffolding
- Excavation and Trenching
- And More

Upon completion of the OSHA Construction 30-hour course, you'll be able to:

- Identify hazards and how to avoid, control and prevent incidents from happening
- Work knowledgeably within OSHA's construction standards

All participants will receive an OSHA 30-hour card

Tuition: \$610 (**\$425 Member Rate**)

Time: 8:00am – 5:00pm (Monday-Thursday)

Dates: January 23 - 26, 2017; April 3 - 6, 2017; November 13 - 16, 2017

### Supervisor Safety Development Program

WHO SHOULD ATTEND? New Supervisors and managers unfamiliar with safety responsibilities. Experienced supervisors and managers who want refresher safety training or need to develop specialized skills.

This course provides leadership and management philosophies that empower employees to help improve and sustain safety performance. SSDP expands and upgrades previous training programs for supervisors and managers with content incorporating the latest research addressing the practical needs of today's organizations. The course focuses on the critical requirements for safety improvement in the workplace and includes discussion of management approaches and regulatory issues that apply.

Topics covered include:

- Safety Management
- Communication
- Safety & Health Training
- Employee Involvement
- Safety & Health Inspections
- Incident Investigation
- Industrial Hygiene
- Personal Protective Equipment
- Ergonomics
- Hazard Communication
- Regulatory Issues
- Machine Safeguarding
- Hands Tools and Portable Power Tools
- Materials Handling and Storage
- Electrical Safety
- Fire Safety

Tuition: \$695 (**\$595 Member Rate**)

Time: 8:00am – 4:30pm

Dates: May 8 - 11, 2017; December 11 - 14, 2017

### Workplace Violence

Everyday employees leave their families and head off to work, as a business it is our responsibility to ensure that our employees are provided with a safe working environment and that they return home safely each evening.

Unfortunately, that doesn't always happen. Statistics show that nearly 2 million American workers report having been victims of workplace violence every year with many cases going unreported. OSHA reports that homicides are currently the fourth leading cause of fatal occupational injuries in the United States. These numbers are staggering and employers must prepare for the potential of violence.

The truth is, workplace violence can strike anywhere, anytime, and no one is immune. With workplace violence trends rising, we need to be prepared for the worst scenarios.

Our four-hour workshop focuses on workplace violence/active shooter and de-escalation training. We also provide an additional 1-hour session focused on hostile termination of employees for managers. Contact your account manager about the hostile termination session.

Tuition: \$142 (**\$99 Member Rate**)

Time: 1:00pm – 5:00pm

Dates: February 20, 2017; June 13, 2017; October 13, 2017



## OSHA Training Institute Series Course Offerings

### **Midwest OSHA Education Centers (MOEC) Course Description and Schedule—Omaha Location National Safety Council—Nebraska**

#### MOEC OSHA Course # 2015 Hazardous Materials

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

Tuition: **\$749**

Time: 8:00am-4:30pm

Dates: will be offered in 2018

#### MOEC OSHA Course # 2045 Machine Guarding and Machine Guarding Standards

This course covers the various types of common machinery, machine safe guards, and related OSHA regulations and procedures. Guidance is provided on the hazards associated with various types of machinery and the determination of proper machine safe guards. Course topics include machinery processes, mechanical motions, points of operation, control of hazardous energy sources (lockout/tagout), guarding of portable powered tools, and common OSHA machine guarding violations. Program highlights include the ability to recognize hazards and provide options for control and hazard abatement through machine safeguarding inspection workshops. Upon course completion students will have the ability to describe common machine hazards and sources of energy, identify resources for assisting with machine guarding issues, and determine methods of control and hazard abatement, and selection of appropriate machine safe guards. Minimum student contact hours: 26

Tuition: **\$749**

Time: 8:00am-4:30pm

Dates: March 20-23, 2017

#### MOEC OSHA Course # 2225 Respiratory Protection

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

Tuition: **\$749**

Time: 8:00am-4: 30pm (Mon-Thurs) 8:00am-Noon (Fri)

Dates: February 21-24, 2017

#### MOEC OSHA Course # 2255 Principles of Ergonomics

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

Tuition: **\$599**

Time: 8:00am-4:30pm

Dates: July 12 - 14, 2017

#### MOEC OSHA Course # 2264 Permit Required Confined Space Entry

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

Tuition: **\$599**

Time: 8:00am-4:30pm

Dates: August 28 - 30, 2017



### **MOEC OSHA Course # 3015 Excavation, Trenching & Soil Mechanics**

This course covers the OSHA Excavation Standard 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 course completion students will have the ability to assess their employer's compliance with the OSHA Excavation Standard, utilize soil testing methods to classify soil types, determine protective systems for excavation operations, and training requirements. Minimum student contact hours: 20

Tuition: **\$599**

Time: 8:00am-4:30pm

Dates: October 23 – 25, 2017

### **MOEC OSHA Course # 3095 Electrical Standards**

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

Tuition: **\$749**

Time: 8:00am-4:30pm (Tues-Thurs) 8:00am-Noon (Fri)

Dates: August 15 - 18, 2017

### **MOEC OSHA Course # 3115 Fall Arrest Standards**

This course covers the OSHA Fall Protection Standard for construction and an overview of fall protection methods. Course topics include principles of fall protection, components and limitations of fall arrest systems, and OSHA Standards and policies regarding fall protection. Students will participate in workshops demonstrating the inspection and use of fall protection equipment, residential construction fall protection, training requirements, and developing a fall protection program. Upon course completion students will have the ability to assess compliance with the OSHA Fall Protection Standard, evaluate installed passive systems and fall arrest systems, and develop and implement fall protection plans. Minimum student contact hours: 18

Tuition: **\$599**

Time: 8:00am-4:30pm

Dates: May 8 - 10, 2017

### **MOEC OSHA Course # 500 Trainer Course in OSHA Standards for Construction**

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

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

Tuition: **\$749**

Time: 8:00am-4:30pm

Dates: January 9 - 12, 2017; April 10 - 13, 2017; July 10 - 13, 2017; October 9 - 12, 2017

### **MOEC OSHA Course # 501 Trainer Course in OSHA Standards for General Industry**

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

**Prerequisites:** Students must successfully complete the OSHA #511 Occupational Safety and Health Standards for General Industry and have five (5) years of safety and health work experience in general industry. A degree in occupational safety and health, a Certified Safety Professional (CSP) or a Certified Industrial Hygienist (CIH) designation may be substituted for two (2) years of work related experience.

Students should obtain guidance on whether they meet this requirement from the OSHA Training Institute Education Center where they intend to receive the training. Authorized OSHA General Industry Outreach Training Program trainers are required to attend OSHA #503 Update for General Industry Outreach Trainers at least once every four (4) years to maintain their trainer status.

NOTE: Students who wish to participate as authorized trainers in the Outreach Program must successfully pass a written exam given at the end of the course and an oral presentation.

Tuition: **\$749**

Time: 8:00am-4:30pm

Dates: January 23 - 26, 2017; April 24 - 27, 2017; July 24 - 27, 2017; October 23 - 26, 2017

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

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

**Prerequisites:** OSHA #500 Trainers Course in OSHA Standards for the Construction Industry.

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

Tuition: **\$575**

Time: 8:00am-4:30pm

Dates: January 4 - 6, 2017; April 3 - 5, 2017; July 5 - 7, 2017; October 2 - 4, 2017

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

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

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

Tuition: **\$575**

Time: 8:00am-4:30pm

Dates: January 16 - 18, 2017; April 17 - 19, 2017; July 17 - 19, 2017; October 16 - 18, 2017

**MOEC OSHA Course # 510 Occupational Safety and Health Standards – Construction Industry**

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

Tuition: **\$749**

Time: 8:00am-4:30pm

Dates: February 6 - 9, 2017; June 19 - 22, 2017; September 18 - 21, 2017; December 4 - 7, 2017

**MOEC OSHA Course # 511 Occupational Safety and Health Standards – General Industry**

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

Tuition: **\$749**

Time: 8:00am-4:30pm

Dates: March 13 - 16, 2017; June 26 - 29, 2017; September 11 - 14, 2017; December 11 - 14, 2017

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

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

Tuition: **\$749**

Time: 8:00am-4:30pm

Dates: February 13 - 16, 2017

**MOEC OSHA Course # 6000 Collateral Duty for Other Federal Agencies**

This course covers the OSH Act, Executive Order 12196, and the OSHA General Industry Standards. This course is intended for federal agency collateral duty safety and health personnel. With use of the OSHA General Industry Standards, special emphasis is placed on areas in general industry which are most hazardous. Upon course completion students will have the ability to define general industry terms, identify hazards that occur in general industry, determine appropriate standards and regulations for federal agencies, locate OSHA General Industry Standards, policies, and procedures, and describe the use of the OSHA General Industry Standards and regulations to effectively assist agency safety and health officers with inspection and abatement efforts. Minimum student contact hours: 23

Tuition: **\$749**

Time: 8:00am-4:30pm

Dates: August 21 - 24, 2017

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

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

Tuition: **\$225**

Time: 8:00am-4:30pm

Dates: April 20, 2017; August 21, 2017; December 4, 2017

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

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

Tuition: **\$225** Time: 8:00am-4:30pm Dates: January 11, 2017; April 20, 2017; September 7, 2017

### **MOEC OSHA Course #7100 Introduction to Machinery and Machine SafeGuarding**

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

Tuition: **\$125** Time: 8:00am-12:30pm Dates: February 15, 2017; June 6, 2017; October 20, 2017

### **MOEC OSHA Course #7105 Introduction to Evacuation and Emergency Planning**

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

Tuition: **\$125** Time: 8:00am-12:30pm Dates: February 20, 2017; June 13, 2017; October 13, 2017

### **MOEC OSHA Course #7115 Lockout/Tagout (Controlling Hazardous Energy to Prevent Workplace Injury)**

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

Tuition: **\$225** Time: 8:00am-5:00pm Dates: February 16, 2017; June 7, 2017; October 30, 2017

### **MOEC OSHA Course #7200 Bloodborne Pathogens Exposure Control for Healthcare Facilities**

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

Tuition: **\$225** Time: 8:00am-4:30pm Dates: April 21, 2017; August 22, 2017; December 5, 2017

#### **MOEC OSHA Course #7205 Health Hazard Awareness**

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

Tuition: **\$225** Time: 8:00am-4:30pm Dates: January 30, 2017; May 16, 2017; September 8, 2017

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

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

Tuition: **\$225** Time: 8:00am-4:30pm Dates: February 14, 2017; June 14, 2017; October 31, 2017

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

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

Tuition: **\$225** Time: 8:00am-5:00pm Dates: March 10, 2017; July 25, 2017; November 2, 2017

#### **MOEC OSHA Course #7410 Managing Excavation Hazards**

This course covers the roles and responsibilities of the employer to educate and assign a competent person to excavation sites. Course topics include understanding and application of definitions relating to the OSHA Excavation Standard, excavation hazards and control measures, soil analysis techniques, protective system requirements and emergency response. Upon course completion, students will understand the importance and duties of a competent person in excavation work and have the knowledge and skills required performing these duties. Minimum student contact hours: 6.5

Tuition: **\$225** Time: 8:00am-4:30pm Dates: March 9, 2017; July 24, 2017; November 3, 2017

#### **MOEC OSHA Course #7415 Construction Industry Requirements: Awareness of Major Hazards and Prevention Strategies**

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

Tuition: **\$399** Time: 8:00am-4:30pm Dates: March 13-14, 2017; July 10-11, 2017; November 9-10, 2017

#### **MOEC OSHA Course #7500 Introduction to Safety & Health Management**

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

Tuition: **\$225** Time: 8:00am-4:30pm Dates: February 27, 2017



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

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

Tuition: **\$225**      Time: 8:00am-4:30pm      Dates: April 7, 2017; August 23, 2017; December 1, 2017

**MOEC OSHA Course #7510 Introduction to OSHA for Small Business**

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

Tuition: **\$125**      Time: 8:00am-Noon      Dates: January 19, 2017; May 4, 2017; September 6, 2017

**MOEC OSHA Course #7845 OSHA RECORDKEEPING**

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

Tuition: **\$125**      Time: 8:00am-12:30pm      Dates: January 19, 2017; May 4, 2017; September 6, 2017

**ADDITIONAL OCCUPATIONAL HEALTH AND SAFETY COURSES:**

National Safety Council, Nebraska also offers the following OSHA courses, as well as a variety of other environmental health and safety courses. For a full list of available training available at each of the training centers, refer to this catalog, or to [www.SafeNebraska.org](http://www.SafeNebraska.org)

OSHA 10 Hour and OSHA 30 Hour Safety and Health for General Industry

OSHA 10 Hour and OSHA 30 Hour Safety and Health for Construction

## Step Up Your Safety Training

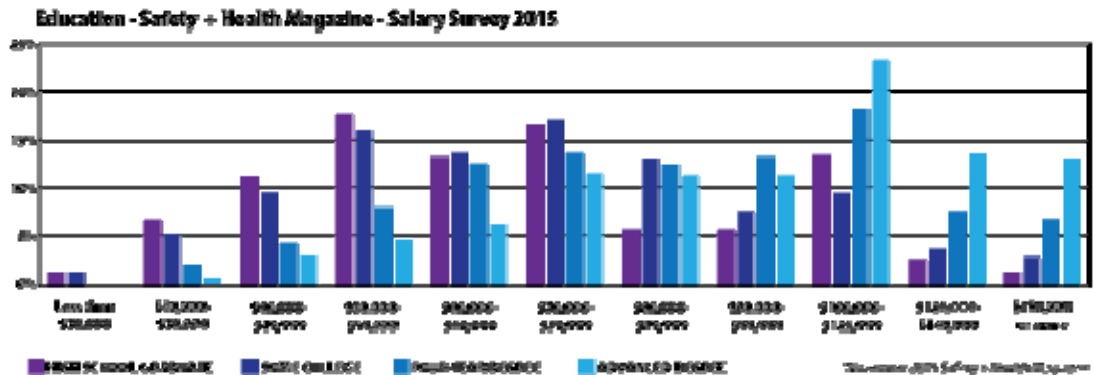
As a safety professional you will gain valued professional credentials and CEUs as you build knowledge and skills to help move your organization closer to best safety practices.

**Are you ready to take your Safety Profession to the next level? Advance your safety career through our certificate program.**

**Why should you complete the Certificate Programs?**

- Increase your awareness of changing federal regulations
- Enhance your advancement opportunities
- Use your new knowledge and implement it into your organization

Not all safety professionals look alike or have completed the same education. According to the Safety+Health 2015 salary survey based on 1,400 safety professionals, the level of education and continued education completed can drastically change one's salary base. We believe that continued education will maintain every safety professional's understanding of new regulations and safety techniques.



### Certificate in Safety Leadership

The Certificate in Safety Leadership from the University of Nebraska at Omaha and the National Safety Council, Nebraska will help develop your leadership mentality and give you the skills to succeed.

### Certificate in Principles of Safety

Continue your safety education when you complete the Certificate in Principles of Safety, taking you to the next step in your safety career.

Required

- Principles of Occupational Safety & Health

### Advanced Safety Certificate (ASC)

Who should earn this certificate?

- Safety managers/directors
- Safety committee members
- Human resource managers
- Safety coordinators/specialists
- Loss control managers
- Operations managers with direct responsibility for the safety of employees

This Certificate program is designed to maximize your effectiveness as a safety leader and help you establish best practices for your organization.

Required to complete:

- Select from 1-day or 4-days courses to total 78 hours or 12 days of courses

### Fundamentals of Safety Certificate

Whether you are the new person in charge of safety, need a refresher on OSHA Requirements or want to increase your safety knowledge- earn your Fundamentals of Safety Certificate. The certificate is designed for the new person placed in charge of safety, safety committee members, human resource managers and anyone wanting to further their understanding of workplace safety and OSHA Compliance.

Required

- OSHA #7510 Introduction to OSHA (waived with proof of completion of 10 or 30 Hour)
- OSHA #7845 Recordkeeping
- Electives totaling 24 hours

### Specialist in Safety & Health

Take the next step in Safety Training. Earn your SSH for General Industry or Construction Industry. This is a fundamental certificate program requiring just four courses. Have you completed course from other OSHA Training Center? Don't worry, you can transfer up to two courses to achieve this certificate

Required

- OSHA # 510 or OSHA # 511
- Three (3) electives from a provided list

### Certified Safety & Health Official

Earn this nationally recognized professional safety and health certificate. Increase your awareness of changing regulations, enhance advancement opportunities and gain valuable knowledge to implement into your organization.

Required:

- Six (6) OSHA courses
- Two (2) electives from a provided list



### **Safety, Health & Environmental Professional**

With this industry recognized certification, you can advance your career in the safety, health, environmental and risk management profession.

Required:

- Five (5) OSHA courses
- Two (2) environmental courses
- One (1) risk management course

Click [here](#) to take you to our website for further information on the certificate programs