



TM

Greater Omaha Chapter

2010 Training Catalog

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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.

Council Consulting 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

National Safety Council Certificate Programs

Steps to Safety Excellence through Professional Development

The National Safety Council offers 3 certificate programs that can take you from zero to Safety in no time! Begin with the **Certificate of OSHA Compliance**, designed to quickly provide you with the knowledge you need to be an effective Safety Representative, whether you've got some safety background or none at all! Continue your Safety education when you complete the **Certificate in Principles of Safety** Certificate, taking you to the next step in your Safety Career. Finally, round out your Safety Professional Knowledge with the National Safety Council's **Advanced Safety Certificate**, a prestigious and highly sought after credential! Each certificate program is explained more fully below.

Earning a National Safety Council Certificate is not only a badge of personal and professional accomplishment. It is a recognized way to be effective back at your workplace! Eliminating workplace incidents and related costs begins with knowledge. The National Safety Council's Occupational Safety and Health Certificate Training Programs help you gain that knowledge, so you can decrease your company's risks - and costs!

Each Certificate program is flexible enough to provide practical knowledge for everyone from the front line workers to top executives while allowing you to complete the programs at your own pace—as your schedule allows!

What are the benefits to you?

- Learn OSHA compliance!
- Learn to design and implement cost effective safety programs that reduce risk and costs.
- Understand how improving safety improves your productivity and your profits.
- Take courses that fit your needs, interests, and experience level.
- Develop new skills that command professional recognition and respect from OSHA, your colleagues, and other professionals in the field.

How The Certificate Classes Are Identified

National Safety Council Certificate Series Programs are identified with the course. This lets you know that by completing that particular course, you are working towards completion of a particular certificate. You may take any course regardless of whether or not you are working towards completion of a particular certificate, unless the course you wish to take has a prerequisite. In that case, you must have completed the prerequisite.

Step One - Certificate in OSHA Compliance

The first step towards a safe workplace is compliance with OSHA 29 CFR general industry standards. Get a thorough understanding of what it takes to keep your facility in compliance and avoid fines.

*How you'll earn your **Certificate in OSHA Compliance***

Successfully complete the *Introduction to OSHA* Seminar and any five elective seminars over a three-year period, in any order you choose (it is best if you can begin with *Introduction to OSHA*, but not required). If you have previously completed a 1910 or 1926 OSHA 10- or 30- course, the *Introduction to OSHA* course requirement is waived.

Choose your electives from more than a dozen titles so that you can target your specific needs. Each seminar is approximately 4 hours in length, easily fitting into your busy schedule!

Course Descriptions

Introduction to OSHA

(4-Hour Seminar—REQUIRED to earn this Certificate)

Want to learn more about how OSHA operates? This course covers how OSHA is structured; its responsibilities, and the general scope of the 1910 standards for the General Industry. It is preferred that you take this course before the rest of the electives to earn your certificate, but you may take this course at any time if scheduling dictates.

What is OSHA, and what do they do?
Why the need for OSHA standards?
What has OSHA accomplished?

Who's covered by the OSH Act?
And what does it mean for my business?

Introduction to OSHA answers these questions and many more. The National Safety Council created this course as part of our new Certificate in OSHA Compliance training program. Taken alone, it helps you understand your rights and responsibilities under the OSH Act. Taken with any of our 13 Compliance Seminars, it provides a solid foundation of compliance knowledge.

In just four hours, you'll learn:

- What it takes to comply with OSHA regulations, and how to avoid citations
- How to protect your company's assets from liability
- What to expect if your facility is inspected by OSHA, and how to prepare for it
- How to maintain a safe working environment for your employees
- What's expected of your employees under the OSH Act
- How to keep records that satisfy OSHA requirements and help you build an effective safety program
- How to look up OSHA standards during the seminar's Hazard Violation Workshop exercise
- How to navigate the OSHA website and make it a valuable reference tool
- Where to go for more information and assistance
- And More!

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

Dates: January 27, 2010 (8:00am - Noon)
October 4, 2010 (8:00am - Noon)

May 13, 2010 (8:00am - Noon)

Certificate in OSHA Compliance Elective Course Descriptions (*CHOOSE ANY 5 of 13 offerings!*)

Electrical Safety

Learn all about the protection of employees who work on or near electrical conductors and equipment, different types of electrical injuries, and much more! Meets requirements for OSHA regulation 29 CFR 1910.301-399. In just four hours, you'll learn practices and procedures that will keep you in compliance and, best of all, protect your employees.

The seminar covers:

- 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
- How to identify employees' appropriate training and protection requirements
- Four types of electrical injuries
- Protecting employees who work on or near to electrical conductors and equipment

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

Dates: March 24, 2010 (8:00am-Noon)

September 2, 2010 (1:00pm-4:30pm)

Machine Guarding

Protect your employees! This course covers the common causes of machine incidents and which areas should be guarded to provide adequate protection for your workers. Meets requirements for regulation 29 CFR 1910.211–219.

Machine guarding ranks among the Top 10 of OSHA citations issued, possibly because the regulation can be confusing. Don't let confusion get in the way of compliance.

The seminar covers:

- Each section of OSHA 1910 Subpart O Machinery and Machine Guarding (1910.211 - 1910.219) in detail
- Basic concepts, principles and methods of machine guarding
- Common causes of machine incidents and how to avoid them
- Which areas should be guarded to provide adequate worker protection
- Best practices - how to apply basic guarding principles when specific issues aren't covered in the regulation

When you complete the seminar, you'll be able to:

- Understand the key elements of the regulation and the basics of guarding principles and construction
- Recognize the importance of machine guarding to preventing injuries
- Apply the regulation to specific types of equipment in your workplace
- Identify the hazards associated with various types of machinery and equipment
- Determine what areas need guarding and what type is necessary
- Prevent machine-related injuries and associated costs

You'll go back with the know-how to:

- Empower your employees to identify - and avoid - potential problems
- Assess situations where exposure to chemicals has occurred
- Reduce chemical-related illnesses and injuries throughout your facility
- Save on workers' comp and related costs

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

Dates: April 7, 2010 (8:00am-Noon)

July 7, 2010 (1:00pm-4:30pm)

September 2, 2010 (8:00am-Noon)

OSHA Recordkeeping

This course covers OSHA's recording and reporting of occupational injuries and illnesses standard, record retention and access, petitions for recordkeeping exceptions, and much more!

Effective recordkeeping is just as important as safety training and PPE when it comes to avoiding workplace injuries and illnesses. It gives you a solid foundation for a successful, well-managed safety program.

The seminar covers:

- The purpose and scope of OSHA's 1904 Recordkeeping and Reporting Occupational Injuries and Illnesses
- Which industries and companies need to comply, and what types of incidents they need to report
- The required OSHA Recordkeeping forms and how to fill them out correctly
- Who's responsible for filling out the forms

You'll learn how good recordkeeping can help you:

- Measure the effectiveness of your safety program
- Identify high-risk areas and procedures
- Get management to support safety initiatives
- Keep employees informed and motivate them to work more safely

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

Dates: February 4, 2010 (8:00am-Noon)

July 7, 2010 (8:00am-Noon)

November 10, 2010 (1:00pm-4:30pm)

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. The National Safety Council's PPE Compliance Training Seminar will help you meet these requirements. In just four hours, 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: \$142 (**\$99 Member Rate**)

Dates: January 27, 2010 (1:00pm - 4:30pm)

June 7, 2010 (8:00am – Noon)

Confined Space

Covers OSHA Permit-Required Confined Space regulation. Learn how to identify, evaluate, and control hazards and establish an effective program for your company. You will also learn all about proper protective equipment and rescue procedures.

Through discussion and activities, our professional facilitator will break down the regulation into terms you can understand. In just four hours, you'll learn practices and procedures that will keep you in compliance and, best of all, protect your employees.

The seminar covers:

- Key elements of the OSHA Permit-Required Confined Spaces Regulation (29 CFR 1910.146)
- Confined spaces concepts and terminology
- The difference between confined spaces and permit-required confined spaces
- How to identify and evaluate hazards: atmospheric, mechanical, chemical
- Procedures for controlling hazards
- Proper protective equipment for confined spaces
- Duties of the entry supervisor, entrant, and attendant
- Procedures for self-rescue, non-entry rescue, entry rescue by company employees, and entry rescue by emergency responders
- Completing the entry process

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

Dates: April 8, 2010 (1:00pm - 4:30pm)

August 9, 2010 (1:00pm - 4:30pm)

November 9, 2010 (8:00am-Noon)

Lockout /Tagout

Learn the key components of an energy control program, inspections of energy control devices, and steps for testing equipment. This course meets the requirements of OSHA's Lockout / Tagout Regulation, 29 CFR 1910.147.

Lockout/Tagout is one of OSHA's Top 10 "Most Serious Violations" and Top 10 "Most Often Cited Violations." Our facilitators are safety experts who will break down the regulation and answer your site-specific questions. National Safety Council safety experts will guide you through interactive discussions and pair activities relating to the OSHA lockout/tagout regulation. Network with your peers and apply what you learn from this seminar at your worksite.

This seminar will help you:

- Establish the purpose for lockout/tagout.
- Identify the key components of an energy control program.
- Identify the six main elements that should be contained in lockout/tagout procedures.
- Identify key elements of a periodic inspection of the energy control device to restore energy and equipment.
- Explain group lockout/tagout.
- Identify steps to follow to perform testing or positioning on a piece of equipment being repaired.
- Recognize the importance of "best practices" for the most effective lockout/tagout program implementation and operation.

You'll leave with:

- Knowledge to start and implement a lockout/tagout program at your facility.
- Priorities for actions once you get back at your facility.
- A resource guide that includes: the OSHA standard, checklist and contact lists.

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

Dates: April 8, 2010 (8:00am – Noon)
November 9, 2010 (1:00pm – 4:30pm)

August 9, 2010 (8:00am – Noon)

Hazard Communication

Need help developing an effective HAZCOM program? Do you need one? This course will answer these questions and more as you learn OSHA standards on establishing a Hazard Communication program, labeling hazardous chemicals, and using material Safety Data sheets (MSDS)!

In just four hours, we'll walk you through the key elements of the Hazard Communication Standard, and show you how to protect your employees and your business. Plus, you'll be working towards earning your Certificate in OSHA Compliance!

The seminar covers:

- How to determine if hazardous chemicals are present in your workplace
- Steps for setting up an effective hazard communication program
- Guidelines for labeling hazardous chemicals
- Using Material Safety Data Sheets (MSDS) to evaluate hazardous chemical exposures
- Promoting responsibility for initial and ongoing hazard communication activities
- Assessing gaps between the HCS and your workplace program, and identifying key actions for closing the gaps

You'll go back with the know-how to:

- Empower your employees to identify - and avoid - potential problems
- Assess situations where exposure to chemicals has occurred
- Reduce chemical-related illnesses and injuries throughout your facility
- Save on workers' comp and related costs

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

Dates: June 7, 2010 (1:00pm-4:30pm)

October 4, 2010 (1:00pm-4:30pm)

Walking and Working Surfaces

OSHA's Walking - Working Surfaces Regulation covers a wide range of issues that account for a high rate of citations across many industries. The National Safety Council's Walking - Working Surfaces Compliance Training Seminar cuts across the clutter to put the regulation into terms you can use.

In just four hours, you'll 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: \$142 (**\$99 Member Rate**)

Dates: February 4, 2010 (1:00pm – 4:30pm)

August 10, 2010 (8:00am – Noon)

Crane and Hoist

Learn the standards and best practices for Overhead and Gantry Cranes and Slings. Learn all about inspections, safe sling operating procedures, proper recordkeeping, and much more in just four hours.

The seminar covers:

- OSHA Overhead and Gantry Cranes Regulation (29 CFR 1901.179, Subpart N) and Slings Regulation (29 CFR 1910.1984, Subpart N)
- Crane and sling terminology
- Four types of crane inspections
- Safe sling operation procedures
- Recordkeeping requirements for slings
- The importance of best practices

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

Dates: March 24, 2010 (1:00pm – 4:30pm)

August 10, 2010 (1:00pm-4:30pm)

Welding, Cutting, and Brazing

This is an essential course for any employee involved in welding, cutting, and brazing. Students will learn about preventing fires and protecting workers, common hazards, hot work permits, and fire watches.

The four-hour seminar covers:

- Each section of OSHA 1910.252 Welding, Cutting and Brazing, and 1910.119 Process Safety Management
- Basic precautions for preventing fires and protecting workers
- Common hazards associated with various types of hot work
- Authorization and hot work permits
- Fire watches --- why you need them and how to carry them out effectively

When you complete the seminar, you'll be able to:

- Understand the key elements of the regulations and how to comply
- Take the proper steps to avoid fire- and heat-related injuries and damage
- Identify the hazards associated with various types of hot work
- Assume -- and assign -- responsibilities related to hot work precautions
- Reduce your costs for medical claims, workers' comp, and property damage

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

Dates: April 7, 2010 (1:00pm – 4:30pm)

November 10, 2010 (8:00am-Noon)

Powered Industrial Trucks

OSHA regulates Forklifts and other powered industrial trucks in 29 CFR 1910.178. This four hour seminar teaches you the standard, and covers basic safety precautions, hazardous locations, employee training, and maintenance checks.

The four-hour seminar covers:

- Details of the OSHA 29 CFR 1910.178 Powered Industrial Trucks standard
- Basic safety precautions for operators and those working in the vicinity
- Operating fork lifts and other powered industrial trucks in hazardous locations
- Training requirements for operators
- Maintenance, including safe fuel handling and storage

At the end of the seminar, you'll understand:

- The key elements of the regulations and how to comply
- Proper operating and maintenance techniques that prevent injuries
- What kind of training you need to provide, and for whom
- How compliance can reduce your workers' comp and other costs

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

Dates: May 13, 2010 (1:00pm – 4:30pm)

September 3, 2010 (8:00am-Noon)

Emergency Response & Planning

The Exit Routes, Emergency Action Plans & Fire Prevention Plans Compliance Training seminar is designed to help participants understand key elements of Subpart E (Exit Routes, Emergency Action Plans & Fire Prevention Plans) issued by OSHA.

The seminar is intended for team leaders, middle managers, human resource personnel, safety and health committee members, and other employees who have recently been appointed to safety and health responsibilities or who are seeking knowledge on Subpart E.

The four-hour seminar covers:

- OSHA Exit Routes, Emergency Action Plans, & Fire Prevention Plans Regulation (29 CFR 1910.33-39 E)
- Revision of Subpart E
- Exit routes, emergency action plans, & fire prevention plans terminology.
- Three parts of exit routes.
- Types of workplace emergencies.
- Emergency action plan & fire prevention plan elements.
- Planning issues for emergency action plan elements.

When you complete the seminar, you'll be able to:

- Understand key portions of Subpart E (Exit Routes, Emergency Action Plans, & Fire Prevention Plans).
- Recognize reasons for the recent revision of Subpart E.
- Recognize and correctly use key terms and concepts relating to exit routes, emergency action plans, and fire prevention plans.
- Identify three parts of an exit route.
- Identify types of workplace emergencies.
- Recognize minimum emergency action plan and fire prevention plan elements. Identify key planning issues for emergency action plan elements

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

Dates: March 1, 2010 (8:00am-Noon)

July 8, 2010 (1:00pm-4:30pm)

October 5, 2010 (1:00pm-4:30pm)

Fire Protection

Learn important basic precautions in fire protection which includes: equipment and protective wear, automatic sprinkler and fixed fire extinguishing systems, fire detections, and alarm systems.

The four-hour seminar covers:

- Details of OSHA's 1910 Subpart L (1910.155 through 1910.189)
- Basic precautions for preventing fires and protecting workers
- The right equipment and protective wear for fighting fires
- General requirements for automatic sprinkler systems and fixed fire extinguishing systems
- How to install and maintain fire detection and alarm systems

When you complete the seminar, you'll be able to:

- Comply with 11 important OSHA standards
- Communicate proper fire prevention and protection procedures to your employees
- Establish a fire brigade to protect your facility and employees
- Understand the different types of fire extinguishers and identify which type(s) you need in your workplace
- Avoid injuries, property damage, and financial loss from workplace fires

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

Dates: March 1, 2010 (1:00-4:30pm) July 8, 2010 (8:00am - Noon)
October 5, 2010 (8:00am - Noon)

Step Two - 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.

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 | ▪ Safety Inspections |
| ▪ Incident Reporting and Investigation | ▪ Recordkeeping |
| ▪ Job Safety Analysis | ▪ PPE |
| ▪ Hazard Communication Standard | ▪ Ergonomics |

Just to name a few!

You will learn to:

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

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 (12th Ed.), Administration & Programs as well as Accident Prevention Manual (12th Ed.), Engineering & Technology

Tuition: \$1709 (**\$1195 Member Rate**)

Dates: March 2, 9, 16, & 23, 2010 (Four Tuesdays) June 14-17, 2010 (Monday-Thursday)
Time: 8:00am-4:30pm

Step Three- 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](#) is great preparation anyone desiring to earn the CSP– it 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 three year period. Of course, the best offerings are right here at home, in Omaha, at your National Safety Council - Greater Omaha Chapter!

How you'll earn it:

1. Complete the *Principles of Occupational Safety and Health Course* (this course is a pre-requisite to all Advanced Safety Certificate Courses).
2. Then, take a minimum of 5.4 Continuing Educational Units (CEUs) from the following courses:

Fundamental of Industrial Hygiene (FIH) 4.5 Days, 3 CEUs, 3 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: \$1709 (**\$1195 Member Rate**)

Dates: September 20-23, 2010

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: \$1709 (**\$1195 Member Rate**)

Dates: April 19-22, 2010; October 18-21, 2010

Time: 8:00am-4:30pm

Safety Management Techniques (SMT) 4 Days, 2.6 CEUs, 2.6 COCs, 4.0 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: \$1709 (**\$1195 Member Rate**)

Dates: July 12-15, 2010

November 15-18, 2010

Time: 8:00am-4:30pm

Incident Investigation 1 day, .6 CEUs, .6 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: \$422 (**\$295 Member Rate**)

Dates: March 29, 2010; August 24, 2010

Time: 8:00am-4:30pm

Job Safety Analysis (JSA) 1 Day, .6 CEUs, .6 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: \$422 (**\$295 Member Rate**)

Dates: February 24, 2010; December 7, 2010

Time: 8:00am-4:30pm

Team Safety 1 day, .6 CEUs, .6 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: \$422 (**\$295 Member Rate**)

Dates: April 1, 2010; October 6, 2010

Time: 8:00am-4:30pm

Safety Inspections 1 day, .6 CEUs, .6 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: \$422 (**\$295 Member Rate**)

Dates: March 30, 2010; December 6, 2010

Time: 8:00am-4:30pm

Ergonomics: Managing for Results 1 day, .6 CEUs, .6 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: \$422 (**\$295 Member Rate**)

Dates: January 13, 2010; July 6, 2010

Time: 8:00am-4:30pm

Nebraska Certificate of Risk Management for Small Business

Protecting Profit Through Safety

Why Choose THIS Seminar?

Did you ever wonder how you could reduce your Worker Compensation costs? Catch that big break that will allow you to compete with larger and more established companies?

If you are in small business, you know the value of every dollar. The Nebraska Certificate of Risk Management for Small Business will help make those dollars go further. It will maximize the impact of safety and health to Nebraska small business.

Join us as we explore the basics of a true Safety & Health Program. You'll learn valuable safety information you can apply immediately to begin saving dollars! Our mission is to provide you with the most comprehensive and complete planning and safety services so that you can have the same odds of sending everyone home safe and healthy that the "big" companies have! We look forward to showing you how.

This *Certificate* will maximize the impact of safety and health to Nebraska small business.

Workshop Topics Include:

Principles of Safety

What exactly is this thing called safety? Is it OSHA compliance? Is it more? How does one achieve "safety" in business, particularly small business, where everyone knows everyone, imposing a "program" seems artificial, and money is always tight?

Introduction to Risk Management

The lifeblood of your business is staying in business. This portion will teach the importance – and provide guidance—on Emergency Planning requirements and start you on the path to having a Business Continuity Plan.

Injury Prevention

It's one thing to define safety. It's another to begin to use the principles of preventing injury to keep your competitive level high, your costs low, and your employees employed. In a tight economy, this single factor can make the difference between your company thriving ... or folding.

The Nebraska Workers Compensation System

Everything you wanted to know about how this system works, what you and an injured employee can expect, and how to make this system work for you, not against you.

Accident investigation

After an accident, don't just turn it over to the Work Comp system and forget it! You need to get to the bottom of what happened so you can prevent a recurrence. We'll give you the basics on how to begin looking not at fault, but at finding out what happened and how to prevent it!

First Report of Injury and Other Recordkeeping

When you have an employee report an injury you need the knowledge and confidence to know what to do, and how to report it. We'll go over what is required and how to complete your recordkeeping to protect yourself and your business.

Tuition: \$89 (includes lunch)

Dates: March 22, 2010; November 22, 2010

Time: 9:00am-3:30pm

Behavior Enrichment Series

DUI First Offender

Employees who drink and drive place YOU at risk! Every state holds employers accountable for the on the job actions of their employees which cause harm for others! This 10-hour DUI Program is ideal for an employee who has a problem avoiding drinking and then driving. Employees will share class time with offenders who have already been arrested and convicted for DUI. Designed to heighten the consciousness of participants concerning drinking and driving, elements of the program work together to help participants understand choices and identify meaningful alternatives, change impulsive behavior, attach consequences to actions, reshape their own values to include the needs of others, and to confront their actions from an objective perspective while improving personal problem-solving skills. This program includes a victim impact panel.

Tuition: **\$169** Date: This course is offered monthly. Please call 402-896-0454 to schedule.

Making Appropriate Decisions for Adults -- Heads Up!

Some employees are always in trouble, at work, at home, and with the law. Now there is a short, educational course that can help those employees make the right decisions on a consistent basis, Making Appropriate Decisions! Used by Douglas and Sarpy County Courts as part of their probation requirements for persons convicted of minor offenses, this course brings out the thought processes that successful adults use in avoiding those "decision traps" that lead to employee discipline, or worse!

Tuition: **\$99** Date: This course is offered monthly. Please call 402-896-0454 to schedule.

Making Appropriate Decisions for Teens -- Step Forward!

Teens face enormous pressures in decision making, and some teens just seem to always be in trouble, at school, at home, and even with the law! Now there is a short educational course—geared to teens—that can help them make the right decisions on a consistent basis! Making Appropriate Decisions! Used by Douglas County Court and Juvenile Court as part of their probation/adjudication requirements for persons convicted of minor offenses, this course brings out the thought processes that successful teens use in avoiding those "decision traps" that lead to discipline at school, home, or worse!

Tuition: **\$79** Date: This course is offered monthly. Please call 402-896-0454 to schedule.

Stress and Anger Management for Adults

The Stress and Anger Management program is a skill-building course to help adults develop new tactics to control stress and anger. Through this 9-hour program, attendees will understand the reasons for their own anger, learn to negotiate fairly, and to respect, trust, and treat others equally. *This is not a therapeutic course and is not intended to substitute for professional treatment!*

Topics include building skills for stress reduction, assertiveness, conflict resolution, developing a support network, communication, parenting nonviolently, anger management, and tolerance.

Tuition: **\$119** Date: This course is offered monthly. Please call 402-896-0454 to schedule

Stress and Anger Management for Teens

The Stress and Anger Management program is a skill-building course to help teens develop new tactics to control stress and anger. Through this 9-hour program—designed for teens--attendees will understand the reasons for their own anger, learn to negotiate fairly, and to respect, trust, and treat others equally. *This is not a therapeutic course and is not intended to substitute for professional treatment!*

Topics include building skills for stress reduction, assertiveness, conflict resolution, developing a support network, communication, parenting nonviolently, anger management, and tolerance.

Tuition: **\$79** Date: This course is offered monthly; please call 402-896-0454 to schedule.

Alcohol Education/Minors in Possession (also available in Spanish)

Minors who possess or use alcohol, tobacco, or marijuana are at increased risk of developing dependency on these substances! This 8 hour program allows teens to come to the conclusion that continued use is not for them! Includes a victim impact panel by MADD. Parental involvement is welcome and encouraged! This course is utilized by Douglas County as a diversion option for minors charged with MIP! Also available in Spanish.

Tuition **\$79**

Date: This course is offered monthly. Please call 402-896-0454 to schedule.

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: \$99 **(\$69 Member Rate)**

Dates: Call (402) 896-0454 to schedule.

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: \$113 **(\$79 Member Rate)**

Dates: Call 402-896-0454 to schedule.

ADD Attitudinal Dynamics of Driving (ADD)

Poor driving habits cost your business money! The problems are compounded when the employee's attitude is as much to blame as the laws they break! DON'T LET YOUR COMPANY BECOME A VICTIM OF YOUR EMPLOYEE'S POOR CHOICES!!!

The National Safety Council's Attitudinal Dynamics of Driving Program is based on a scientific theory of behavior change: Reality Therapy. Students participate in this interactive, dynamic course to recognize the pitfalls of the choices they are making, and learn to analyze choices and develop responsible behavior patterns behind the wheel.

Participants receive a National Safety Council Certificate of Completion which may entitle them to discounts on their personal auto insurance!

Tuition: \$113 **(\$79 Member Rate)**

Time: One eight hour session or two-four hour sessions. Available weekly. Call 402- 896-0454 to schedule

Coaching the Mature Driver

The same great Defensive Driving Course as the Defensive Driving 8 Hour, but geared towards the experienced driver! Drivers over age 55 will find a great rules of the road course—geared to their needs behind the wheel!

The defensive driving course 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.

Coaching the Mature Driver 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: \$113 (**\$79 Member Rate**)

Date: This course is offered monthly; please call 402-896-0454 to schedule.

Coaching the Van Driver

Many organizations assume that van driving is the same as driving a car, and expect their employees (or volunteers) to assume van-driving responsibilities without any training. The fact is most commercial vans are very different from passenger cars-they're bigger, heavier, have larger blind spots and require longer following and stopping distances. Coaching the Van Driver II™ shows drivers how to compensate for these differences and help keep them on the road and on the job.

What you will learn:

- Van characteristics
- Pre-trip inspection
- Safety belts
- Cushion of Safety
- Scanning
- Blind spots
- City, highway and rural driving
- Backing
- Transporting Cargo
- Transporting Passengers

Tuition: \$84 (**\$59 Member Rate**)

Time: 8:00am - Noon

Dates: February 2, 2010; July 26, 2010; October 26, 2010

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 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 Route Sales Driver
Coaching the Straight Truck Driver
Coaching the Utility Truck Driver
Coaching the Maintenance Vehicle Operator
Coaching the Van Driver
Coaching Off Road Driving
Coaching the Pest Control Driver
Coaching the School Bus Driver
Coaching the Motor Coach Driver

Coaching the Transit Bus Driver
Coaching the Mature Driver
Coaching the Sales Professional Driver
Coaching the Emergency Vehicle Operator-Fire
Coaching the Emergency Vehicle Operator-Ambulance
Coaching the Emergency Vehicle Operator-Police
Coaching the Forklift Operator

Behind-The-Wheel Driver Education

Behind-The-Wheel Driver Education for Teens!

Approved by the State of Nebraska for Teens age 14 – 18! Defensive Driving Series

Students who complete an approved driver education course have fewer crashes and receive fewer driver citations than students who do not complete an approved driver education course! (Source: Nebraska Office of Highway Safety)

The National Safety Council - Greater Omaha Chapter's comprehensive STATE APPROVED behind the wheel course driving course includes classroom training, behind-the-wheel training, and driving observation time. Students learn the basics of driving including:

- Pre-entry procedures
- Proper starting
- Entering the traffic stream
- Traffic laws
- Collision avoidance
- Vehicle maintenance
- Effects of drugs and alcohol on driving skills
- And more!

By attending this program, students may be eligible for insurance discounts. Fulfills Driving Requirements for the Graduated License Law.

Tuition: Current cost of **\$325** (*subject to change*). **Members and Non-Members** (Due to the high Tuition of offering Driver Education, no additional member discounts are available)

Date: This course is available year-round at the Omaha Public Schools and at the National Safety Council - Greater Omaha Chapter. Call 402-898-7371 for more information.

Adult Driver Evaluations

Driver Evaluation for Adults: Defensive Driving Series

Know the skills your Employees bring behind-the-wheel with the National Safety Council - Greater Omaha Chapter's Behind-the-Wheel Evaluation for Adults!

We'll evaluate your drivers' capabilities, experience, attitude, and skills to help you select the right person for the job! The results: fewer insurance claims, workers compensation payouts, litigation expenses and reduced absenteeism.

Tuition: **\$50 per hour** (*minimum of 2-hours*), plus drop off and pick up fees based on location. (Due to the high overhead associated with Behind-the-Wheel courses, no additional discounts are offered).

Date: Flexible! Call 402-898-7371 to schedule.

Motorcycle Safety

A different motorcycle safety course for every experience level!

Choose Motorcycle 101, Basic Rider Course (BRC) or Experienced Rider Course (ERC).

- **Motorcycle 101 (MC 101)** – Optional - If you haven't ridden a bicycle lately and need work on balance on two wheels. Are you interested in small class size? You won't earn your motorcycle endorsement, but you will learn basic motorcycle controls, shifting, braking, and turning. Upon completion of Motorcycle 101, you can enter the Basic Rider Course confident in your ability to learn to ride and earn your endorsement!
- **Basic Rider Course (BRC)** - For new or returning riders. Use our bike and earn your state of Nebraska operators license motorcycle endorsement!
- **Experienced Rider Course (ERC)** - for experienced riders who wish to earn their Nebraska motorcycle endorsement and sharpen their skills. Recommended for all riders every (3) three years.

Motorcycle 101 (MC101)

(Motorcycle provided)

- Haven't ridden a bicycle for several years?

Motorcycle 101 (MC 101) is limited to small groups to maximize individual instruction. The rider coach will evaluate your skills and determine whether you can be successful in the Basic Rider Course (BRC). *Note: Recommended - register for the BRC when you register for MC 101.* By following our recommended

registration order you will have saved a (BRC) class space. If you feel you don't wish to continue after completing MC 101 we will gladly refund your money.

2010 Motorcycle 101 session dates: (Sessions are Sunday from 8:00am-1:00pm)
April 11, 18, 25, May 2, 9, 16, 23, June 6, 13, 20, 27, July 11, 18, 25, August 1, 8, 15, 22, 29,
September 12, 19, 26

Basic Rider Course (BRC)

(Motorcycle provided) -- Earn your Nebraska DMV Motorcycle Endorsement!

This motorcycle safety course is designed for new or returning riders. This course teaches everything you need to know to ride safely! Successfully passing the course evaluations (classroom and range) earns a Nebraska Operator's License motorcycle endorsement without further testing at the DMV.

BRC session dates: Choose dates for the weekend schedule and then choose your session:

2010 weekend dates:

April 9-11 "N" Session	April 16-18 "M" Session-Women Only
April 23-25 "M" and "N" session	April 30-May 2 "M" and "N" session
May 7-9 "M" and "N" session	May 14-16 "M" Session-Women Only
May 21-23 "M" and "N" session	
June 4-6 "M" and "N" session	June 11-13 "M" and "N" session
June 18-20 "M" Session – Women Only	June 25-27 "M" and "N" session
July 9-11 "M" and "N" session	July 16-18 "M" Session – Women Only
July 23-25 "M" and "N" session	July 30-Aug 1 "M" and "N" session
August 6-8 "M" and "N" session	August 13-15 "M" and "N" session
August 20-22 "M" and "N" session	August 27-29 "M" and "N" session
September 10-12 "M" and "N" session	September 17-19 "M" and "N" session
September 24-26 "M" and "N" session	
October 1-3 "N" session	October 8-10 "N" session

SESSIONS:

"M" (Morning Range)	"N" (Afternoon Range)
Friday Classroom: 6:00pm - 9:00pm	Friday Classroom: 6:00pm - 9:00pm
Saturday Range: 7:30am -12:30pm	Saturday Range: 1:00pm - 6:00pm
Saturday Classroom: 1:30pm - 4:30pm	Sunday Classroom: 9:00am - Noon
Sunday Range: 7:30am - 12:30pm	Sunday Range: 1:00pm - 6:00pm

Experienced Rider Course (ERC)

The Experienced Rider Course is designed for those with motorcycling experience. Refresh and sharpen your riding skills whether you ride a V-Rod, a Goldwing, or anything in between. Decrease your chances of being involved in a collision. Ride your own bike in this one day course. Experienced Rider Coaches will evaluate your skills and provide specific advice on how to improve your abilities. Bonus: Some insurers give a discount when you complete this course! (Required: Your bike and at least one year of riding experience with approximately 3,000 miles ridden.)

The ERC is a license waiver DMV approved course. Successfully passing the course evaluations (classroom and range) earns a Nebraska Operator's License motorcycle endorsement without further testing at the DMV.

2010 ERC - Dates: April 17 (rain date April 18), May 15 (rain date May 16), June 19 (rain date June 20), July 17 (rain date July 18) Time: 1:00pm-8:00pm

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!

2010 Standard First Aid and CPR/AED Schedule:

<i>Daytime Class</i>	<i>Times</i>	<i>Cost</i>
First Aid Training:	8:00AM – 11:30AM	\$45
CPR/AED Training:	12:30PM – 4:00PM	\$54
First Aid & CPR/AED Training:	8:00AM – 4:00PM	\$59

Daytime Classes

January 4, 14, 19, 25, 30; February 2, 9, 17; March 1, 13, 18, 26, 30; April 1, 7, 16, 21; May 3, 13, 18, 22, 28; June 1, 8, 12, 16, 25, 30; July 1, 7, 12, 23, 29; August 2, 12, 17, 27, 31; September 1, 7, 18, 21; October 8, 13, 23, 28; November 2, 10, 19, 23, 29; December 3, 8, 14, 20, 28

<i>Evening Class</i>	<i>Times</i>	<i>Cost</i>
First Aid Training (Mondays):	6:00PM – 9:30PM	\$45
CPR/AED Training (Wednesdays):	6:00PM – 9:30PM	\$54
First Aid & CPR/AED Training (Mon. & Wed.):	6:00PM – 9:30PM	\$59

Evening Classes

February 22nd & 24th; April 12th & 14th; June 21st & 23rd

CERTIFICATE: First Aid (3 years), CPR/AED (2 years)

2010 Pediatric First Aid and CPR Schedule:

Daytime Class	Times	Cost
First Aid Training:	8:00AM – 11:00AM	\$45
CPR Training	11:30AM – 2:30PM	\$50
First Aid and CPR Training:	8:00AM – 2:30PM	\$59

Saturday Daytime Classes

January 23; February 6, 27; March 6, 27; April 3, 24; May 1, 29; June 5, 26; July 10, 24, 31; August 7, 14, 28; September 11; October 2, 30; November 6, 20; December 11

Evening Class	Times	Cost
First Aid Training (Mondays):	6:00PM – 9:00PM	\$45
CPR Training (Wednesdays):	6:00PM – 9:00PM	\$50
First Aid and CPR Training (Mon. & Wed.):	6:00PM – 9:00PM	\$59

Evening Classes

January 11th & 13th; February 8th & 10th; March 8th & 10th, March 29th & 31st; April 26th & 28th; May 17th & 19th; June 7th & 9th July 19th & 21st; August 16th & 18th; September 13th & 15th; September 27th & 29th; October 4th & 6th, October 18th & 20th; November 15th & 17th; December 13th & 15th, December 27th & 29th

CERTIFICATE: First Aid (3 years), CPR/AED (2 years)

2010 Combo Standard & Pediatric First Aid and CPR/AED Schedule:

Daytime Class	Times	Cost
Adult and Pediatric First Aid Training:	8:00AM – 11:30AM	\$50
Adult and Pediatric CPR/AED Training:	12:30PM – 5:00PM	\$60
Adult and Pediatric First Aid & CPR/AED Training:	8:00AM – 5:00PM	\$69

Saturday Daytime Classes

January 9; February 20; March 20; April 17; May 15; June 19; July 17; August 21; September 25; October 16; November 13; December 4

CERTIFICATE: First Aid (3 years), CPR/AED (2 years)

2010 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:** \$57

January 7; February 11; March 11; April 10; May 5; June 18; July 5; August 10; September 14; October 7; November 9; December 1

BLS Refresher Class **Time:** 6:00pm-10:00pm **Cost:** \$40

January 20; February 16; March 23; April 22; May 26; June 28; July 27; August 25; September 23; October 19; November 22; December 16

CERTIFICATE: CPR/AED Healthcare Provider (2 years)

2010 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.

Daytime Classes: **Time:** 8:00AM-1:00PM **Cost:** \$20

January 16; February 13; May 8; June 19; July 17; August 21; September 18; October 9; December 18

Night Classes: **Time:** 5:00PM-10:00PM **Cost:** \$20

March 24; April 20; November 18

CERTIFICATE: Safe with You (5 years)

2010 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 of an Emergency Situation occurs while Babysitting. Learn how to call 911 properly, 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:** \$58 -- includes lunch

January 16; March 13; May 8; July 24; September 25; November 13

Certificate of Completion – 2 years

Customized Training Available –At Your Facility or Ours!

The National Safety Council, Greater Omaha Chapter 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 402-898-7369

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: \$57 per operator (**\$40 Member Rate**)
Date: Call 402-896-0454 to schedule.

Forklift Operator Training in Spanish & English

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: \$99 (**\$69 Member Rate**)
Time: 8:00am – Noon
Dates: January 28, 2010; February 23, 2010;
March 31, 2010; April 26, 2010; May 25, 2010;
June 29, 2010; July 27, 2010; August 30, 2010;
September 29, 2010; October 25, 2010;
November 30, 2010; December 15, 2010

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!
- And more!

To become an authorized Forklift / Powered Industrial Trucks Authorized Trainer, simply purchase the training kit for each site and arrange to come to a National Safety Council Forklift Train the Trainer Class!

Training Kit includes:

- Instructor Guide
- Operator & Pedestrian Safety DVD
- Administrative Guidelines
- Reproducible "Written Test"
- Reproducible "Video Test Answer Sheet"
- Reproducible "Class Registration Form"
- Reproducible "Inspection Checklist"
- Reproducible "Evaluation/Performance Checklist"
- Reproducible "Certification of Training and/or Evaluation" form
- OSHA Update

Tuition: \$860 (**\$599 Member Rate**) Includes training AND training kit

Buy a 2nd kit for off-site locations! \$520 (\$399 Member Rate...save 30 %!)

Additional attendees from same company that just need the Facilitators Guide (attending the same training class): \$285 (**\$199 Member Rate**)

Time: 9:00am - 3:00pm
Dates: January 21, 2010 April 1, 2010; October 5, 2010

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: \$215 (**\$150 Member Rate**)

Time: 8:00am - 5:00pm

Dates: February 8, 2010; April 8, 2010; June 3, 2010; August 12, 2010; October 7, 2010; December 1, 2010

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: \$215 (**\$150 Member Rate**)

Time: 8:00am - 5:00pm

Date: October 8, 2010

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: \$699 (**\$489 Member Rate**)

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

Dates: April 6-8, 2010; August 9-11, 2010; November 3-5, 2010

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: \$1022 (**\$715 Member Rate**)

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

Dates: March 8-12, 2010; September 20-24, 2010

General Safety and Health Series

OSHA Course #7410 Managing Excavation Hazards

This course presents the importance of and the requirements involving excavation competent persons. Topics include discussion of OSHA's Excavation Standard, excavation hazards, soil analysis techniques, protective system requirements and emergency response.

Tuition: \$180

Time: 8:00am - 4:30pm

Dates: February 22, 2010; December 2, 2010

Hazardous Materials Transportation (HM-126)

DOT Compliance: The *Hazardous Materials Transportation Course* meets annual 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: \$299 (**\$209 Member Rate**)

Time: 8:00am - 4:30pm

Dates: January 14, 2010; May 24, 2010; August 3, 2010; November 8, 2010

OSHA 10-Hour for General Industry 29 CFR 1910

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 a laminated certification card from OSHA and a 2" binder filled of useful training information from the OSHA Training Institute.

Tuition: \$270 (**\$189 Member Rate**)

Time: 8:00am – 4:30pm (first day)

8:00am – Noon (second day)

Dates: January 25-26, 2010; May 3-4, 2010; August 5-6, 2010; November 1-2, 2010

OSHA 30-Hour for General Industry 29 CFR 1910

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 4-day 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 a laminated certification card from OSHA and a binder filled of useful training information from the OSHA Training Institute. CFR 1910 Included

Tuition: \$556 (**\$389 Member Rate**)

Time: 8:00am – 4:30pm each day

Dates: March 15-18, 2010; May 24-27, 2010; November 15-18, 2010

OSHA 10-Hour for Construction Industry 29 CFR 1926

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 a laminated certification card from OSHA and a 2" binder filled of useful training information from the OSHA Training Institute.

Tuition: \$270 (**\$189 Member Rate**)

Time: 8:00am – 4:30pm (first day)

8:00am – Noon (second day)

Dates: February 1-2, 2010; April 5-6, 2010; September 1-2, 2010; November 29-30, 2010

OSHA 30-Hour for Construction Industry 29 CFR 1926

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 4-day 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 a laminated certification card from OSHA and a binder filled of useful training information from the OSHA Training Institute. CFR 1926 Included

Tuition: \$556 (**\$389 Member Rate**)

Time: 8:00am – 4:30pm each day

Dates: April 19-22, 2010; October 18-21, 2010

Rapid Eye Check: Drug and Alcohol Testing System

Use the system that is used by Law Enforcement

99% Accuracy!*

Quickly, easily, inexpensively make initial determinations of drug or alcohol use by employees in the workplace! Avoid false accusations, costly blood or urine tests, and expensive lawsuits. Employ Rapid Eye Check in your facility today!

Cost of pre-employment and random testing can be prohibitive to many businesses. The "Rapid Eye Check" is a non-invasive tool, easily taught to supervisors to immediately spot reasonable suspicion for drug or alcohol use with or without the knowledge of employees. Your supervisors are trained to recognize the visible, physical signs of substance abuse. All illegal drugs affect the central nervous system creating side effects. Certain combinations of these visible, physical signs create reasonable suspicion of abuse, which can then support a decision to pursue body fluid testing. Since only those persons who fail the "Rapid Eye Check" will need a body fluid test, saving you considerable expense, averaging up to 80% of your drug testing budget!

*Accuracy claim presumes a properly trained examiner properly utilizing the program.

Tuition: \$215 (**\$150 Member Rate**)

Time: 8:00am – Noon

Dates: August 30, 2010

OSHA Training Institute Series Course Offerings

Midwest OSHA Education Centers (MOEC) Course Description and Schedule—Omaha Location National Safety Council—Greater Omaha Chapter

MOEC OSHA Course # 2015 Hazardous Materials

This shortened version of OTI #2010 covers OSHA general industry standards and integrates materials from other consensus and proprietary standards that relate to hazardous materials. Included are flammable and combustible liquids, compressed gases, LP-gases, and cryogenic liquids. Related processes such as spraying and dipping are covered, as well as electrical equipment.

Tuition: **\$710**

Time: 8:00am-4:30pm

Dates: May 10-12, 2010

MOEC OSHA Course # 2045 Machine Guarding and Machine Guarding Standards

This shortened version of OTI #2040 familiarizes the student with various types of common machinery and the related safety standards. Guidance is provided on the hazards associated with various kinds of machinery and the control of hazardous energy sources (lockout/tagout). The course presents an approach to machinery inspection that enables participants to recognize hazards and to provide options to achieve abatement. These hazards include mechanical motions and actions created by points of operation and other machinery processes. Also included is hands-on training in the laboratories.

Tuition: **\$710**

Time: 8:00am-4:30pm

Dates: June 1-3, 2010

MOEC OSHA Course # 2225 Respiratory Protection

This course covers the requirements for the establishment, maintenance, and monitoring of a respirator program. Topics include terminology, OSHA standards, NIOSH certification, and medical evaluation recommendations. Course highlights include laboratories on respirator selection, qualitative fit testing, and the use of a large array of respiratory and support equipment for hands-on training.

Tuition: **\$710**

Time: 8:00am-4:30pm

Dates: February 23-25, 2010

MOEC OSHA Course # 2250 Ergonomics Applied to MSDs and Nerve Disorders

This course covers the use of ergonomic principles to recognize, evaluate, and control work place conditions that cause or contribute to musculoskeletal and nerve disorders. Topics include work physiology, anthropometry, musculoskeletal disorders, use of video display terminals, and risk factors such as vibration, temperature, material handling, repetition, and lifting and transfers in health care. Course emphasis is on industrial case studies covering analysis and design of work stations and equipment, laboratory sessions in manual lifting, and coverage of current OSHA compliance policies.

Tuition: **\$710**

Time: 8:00am-4:30pm

Dates: will be offered in 2011

MOEC OSHA Course # 2264 Permit Required Confined Space Entry

This course is designed to enable students to recognize, evaluate, prevent, and abate safety and health hazards associated with permit-required confined space entry. Technical topics include the recognition of confined space hazards, basic information about instrumentation used to evaluate atmospheric hazards, and general permit space ventilation techniques. Course features workshops on permit entry classification and program evaluation.

Tuition: **\$680**

Time: 8:00am-4:30pm

Dates: August 23-25, 2010

MOEC OSHA Course # 3010 Excavation, Trenching & Soil Mechanics

This course focuses on OSHA standards and on the safety aspects of excavation and trenching. Students are introduced to practical soil mechanics and its relationship to the stability of shored and un-shored slopes and walls of excavations. Various types of shoring (wood timbers and hydraulic) are covered. Testing methods are demonstrated and a one-half-day field exercise is conducted, allowing students to use instruments such as penetrometers, torvane shears, and engineering rods.

Tuition: **\$680**

Time: 8:00am-4:30pm

Dates: September 8-10, 2010

MOEC OSHA Course # 3095 Electrical Standards

This shortened version of #3090 is designed to provide the student with a survey of OSHA's electrical standards and the hazards associated with electrical installations and equipment. Topics include single- and three-phase systems, cord- and plug-connected and fixed equipment, grounding, ground fault circuit interrupters, and safety-related work practices. Emphasis is placed on electrical hazard recognition and OSHA policies and procedures. Students will receive instruction on safe and correct use of their electrical testing equipment. NOTE: This course is available to non-compliance personnel only.

Tuition: **\$680**

Time: 8:00am-4:30pm

Dates: June 28-30, 2010

MOEC OSHA Course # 3110 Fall Arrest Standards

This course provides an overview of state-of-the-art technology for fall protection and current OSHA requirements. Topics covered include the principles of fall protection, the components of fall arrest systems, the limitations of fall arrest equipment, and OSHA policies regarding fall protection. Course features a one-day field exercise demonstrating fall protection equipment.

Tuition: **\$680**

Time: 8:00am-4:30pm

Dates: will be offered in 2011

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

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

NOTE: Students in course #500 who wish to participate as authorized trainers in the OSHA Outreach Training Program must prepare a one-hour presentation on an assigned OSHA Construction Outreach topic individually or as part of a group and successfully pass a written exam at the end of the course. Authorized OSHA Outreach trainers are required to attend Course #502 at least once every four (4) years to maintain their trainer status.

Prerequisites: Course #510 and five (5) years of construction safety experience. A college degree in occupational safety and health, a Certified Safety Professional (CSP) or a Certified Industrial Hygienist (CIH) designation, in the applicable training area may be substituted for two (2) years of experience.

Tuition: **\$710**

Time: 8:00am-4:30pm

Dates: January 4-7, 2010; April 12-15, 2010; July 19-22, 2010; October 25-28, 2010

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

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

NOTE: Students in course #501 who wish to participate as authorized trainers in the OSHA Outreach Training Program must prepare a one-hour presentation on an assigned OSHA Construction Outreach topic individually or as part of a group and successfully pass a written exam at the end of the course. Authorized OSHA Outreach trainers are required to attend Course #503 at least once every four (4) years to maintain their trainer status.

Prerequisites: Course #511 and five (5) years of general industry safety experience. A college degree in occupational safety and health, a Certified Safety Professional (CSP) or a Certified Industrial Hygienist (CIH) designation, in the applicable training area may be substituted for two (2) years of experience.

Tuition: **\$710**

Time: 8:00am-4:30pm

Dates: January 18-21, 2010; April 26-29, 2010; July 26-29, 2010; October 11-14, 2010

MOEC OSHA Course # 502 Update for Construction Industry Outreach Trainers

This course is designed for personnel in the private sector who have completed #500 Trainer Course in Occupational Safety and Health Standards for the Construction Industry and who are authorized trainers in the OSHA Outreach Training Program. It provides an update on such topics as OSHA construction standards, policies, and regulations.

NOTE: Authorized OSHA Outreach Trainers are required to attend this course once every four years to maintain their trainer status. Prior to registration, students must provide a copy of their current trainer card for validation.

Prerequisites: Course #500

Tuition: **\$535**

Time: 8:00am-4:30pm

Dates: January 5-7, 2010; April 13-15, 2010; July 20-22, 2010; October 26-28, 2010

MOEC OSHA Course # 503 Update for General Industry Outreach Trainers

This course is designed for private sector personnel 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. It provides an update on OSHA general industry standards and OSHA policies.

NOTE: Authorized OSHA Outreach Trainers are required to attend this course once every four years to maintain their trainer status. Prior to registration, students must provide a copy of their current trainer card for validation.

Prerequisites: Course #501

Tuition: **\$535**

Time: 8:00am-4:30pm

Dates: January 19-21, 2010; April 27-29, 2010; July 27-29, 2010; October 12-14, 2010

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

This course for private sector personnel covers OSHA policies, procedures, and standards, as well as construction safety and health principles. Topics include scope and application of the OSHA construction standards. Special emphasis is placed on those areas that are the most hazardous, using OSHA standards as a guide. This course is the prerequisite for the OSHA #500 Trainer course.

Tuition: **\$710**

Time: 8:00am-4:30pm

Dates: February 15-18, 2010; June 7-10, 2010; September 27-30, 2010; December 13-16, 2010

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

This course for private sector personnel covers OSHA policies, procedures, and standards, as well as general industry safety and health principles. Topics include scope and application of the OSHA general industry standards. Special emphasis is placed on those areas that are the most hazardous, using OSHA standards as a guide. This course is the prerequisite for the OSHA #501 Trainer course.

Tuition: **\$710**

Time: 8:00am-4:30pm

Dates: February 8-11, 2010; June 21-24, 2010; September 13-16, 2010; December 6-9, 2010

MOEC OSHA Course # 521 OSHA Guide to Industrial Hygiene

This course addresses industrial hygiene practices and related OSHA regulations and procedures. Topics include permissible exposure limits, OSHA health standards, respiratory protection, engineering controls, hazard communication, OSHA sampling procedures and strategy, workplace health program elements and other industrial hygiene topics. The course features workshops in health hazard recognition, OSHA health standards and a safety and health program workshop.

Tuition: **\$710**

Time: 8:00am-4:30pm

Dates: will be offered in 2011

MOEC OSHA Course # 5600 Disaster Site Worker Train-the-Trainer

This course prepares experienced trainers to present OSHA's 16-hour Disaster Site Worker Course. Trainers for this course need to be able to apply the elements of successful adult training programs, along with specific knowledge, skills, and attitudes to awareness training about safety and health standards at natural and man-made disaster sites. Trainers are given the opportunity to practice knowledge, skills, and attitudes through discussion, planned exercises, demonstrations, and presentations. Participants receive lesson plans and training materials for the Disaster Site Worker Course as well as information on training techniques and resources. Trainers will be expected to present a selected portion of the Disaster Site Worker Course and to use a "presentation evaluation" sheet to evaluate the other presenters. This course allows the student to become a trainer in the Outreach Program and to conduct the 16-hour Disaster Site Worker Course and to issue cards to participants after verifying course completion.

Prerequisite: OSHA #500 or #501, three years safety training experience, and completion of the 40-hour HAZWOPER training.

Tuition: **\$680**

Time: 8:00am-4:30pm

Dates: Call for dates

MOEC OSHA Course # 6000 Collateral Duty for Other Federal Agencies

This course introduces federal agency collateral duty safety and health personnel to the OSH Act, Executive Order 12196, 29 CFR 1960, and 29 CFR 1910. The training enables participants to recognize basic safety and health hazards in the workplace and to effectively assist agency safety and health officers with their inspection and abatement efforts.

Tuition: **\$680**

Time: 8:00am-4:30pm

Dates: August 18-20, 2010

MOEC OSHA Course # 7000 OSHA Ergonomic Guidelines Training for Nursing Homes

The focus of this one-day course is to use OSHA's Ergonomics Guidelines for Nursing Homes to develop a process to protect workers in nursing homes. The course will focus on analyzing and identifying ergonomic problems, high-risk tasks, and practical solutions to address these problems. Featured topics include: Developing an ergonomics process; risk factors; identifying problem jobs; protocols for resident assessment; and the implementation of solutions through engineering and work practices.

Tuition: **\$180**

Time: 8:00am-4:30pm

Dates: March 10, 2010

MOEC OSHA Course #7005 Public Warehousing and Storage

The course is designed as a training course for warehouse workers and will focus on many hazards and injuries that are likely to be encountered in warehouse operations. It has been shown that warehousing has become an increasingly hazardous area to work in. OSHA has identified Public Storage and Warehousing as one of seven industries with a high lost time claims rate. Injuries may occur from forklifts; material handling and lifting; exposure to hazardous substances; and slips, trips and falls. The course will discuss: powered industrial trucks; material handling/lifting/ergonomics; hazard communication; walking and working surfaces; and exit routes and fire protection.

Tuition: **\$180**

Time: 8:00am-4:30pm

Dates: May 6, 2010

MOEC OSHA Course #7100 Introduction to Machinery and Machine Guarding

This one-day course is designed to increase the participant's knowledge and skill in proper machine safeguarding techniques, and to highlight the benefits of guarding various types of machinery. The target audience is the small employer, business owner, or supervisor, designated with the responsibility to develop a machine-safeguarding program. The training is also suitable for anyone who works with, or around, machinery and machine guarding.

Tuition: **\$180**

Time: 8:00am-4:30pm

Dates: will be offered in 2011

MOEC OSHA Course #7105 Evacuation and Emergency Planning

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

Tuition: **\$180**

Time: 8:00am-4:30pm

Dates: Call for Dates

MOEC OSHA Course #7200 Bloodborne Pathogens Control for Health Care Facilities

The purpose of this one-day course is to develop a Bloodborne Pathogens Exposure Plan for healthcare facilities using a step-by-step approach. Featured topics include an Introduction to the Bloodborne Pathogens Standard, the Exposure Control Plan, Methods of Control, Vaccinations and Evaluations, Training and Information, and Recordkeeping.

Tuition: **\$180**

Time: 8:00am-4:30pm

Dates: March 11, 2010

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

This one-day course discusses the requirements of OSHA's permit-required confined space standard, 29 CFR 1910.146. It is designed for small employers or a designated representative (line supervisor or manager) with the responsibility to develop a permit space program. It covers OSHA's requirements but does not feature hand-on sections (instrumentation and control methods and testing) which are included in OSHA course #2260.

Tuition: **\$180**

Time: 8:00am-4:30pm

Dates: will be offered in 2011

MOEC OSHA Course #7410 Managing Excavation Hazards

This course presents the importance of and the requirements involving excavation competent persons. Topics include discussion of OSHA's Excavation Standard, excavation hazards, soil analysis techniques, protective system requirements and emergency response.

Tuition: **\$180**

Time: 8:00am-4:30pm

Dates: February 22, 2010; December 2, 2010

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

This course provides federal employees with pertinent information regarding OSHA requirements and guidelines applicable to construction industry activities and operations. The goal of the course is to help participants gain an awareness level necessary to be able to describe major construction hazards and prevention strategies. Topics include the recognition of major safety and health hazards in the construction industry, prevention strategies which include safety and health management systems, OSHA requirements and guidelines, and resources available.

Tuition: **\$225**

Time: 8:00am-4:30pm

Dates: Aug. 16-17, 2010

MOEC OSHA Course #7500 Developing an Effective Safety & Health Program

The keys to an effective safety and health program include an on-site Safety Committee and a thorough job hazard analysis. Participants will learn a step-by-step procedure for forming and managing an effective Safety Committee. Other topics include program development, job hazard analysis, accident investigation, recordkeeping, and reporting requirements. This course is designed for safety and health professionals, managers, team leaders, and others responsible for developing workplace safety and health programs.

Tuition: **\$180**

Time: 8:00am-Noon

Dates: will be offered in 2011

MOEC OSHA Course #7600 Disaster Site Worker Course

The goal of this course is to increase the participant's awareness of the safety and health hazards, including CBRNE agents that may be encountered at a natural or man-made disaster site. The importance of respiratory and other personal protective equipment and proper decontamination procedures that may be used to mitigate the hazards will be emphasized. Participants will support the use of an Incident Command System through the safe performance of their job responsibilities. They will be able to show awareness of effects of traumatic incident stress that can result from working conditions and measures to reduce this stress. In addition, participants will be able to perform the following specific tasks correctly: 1) inspection of an air-purifying respirator, 2) donning and doffing an air-purifying respirator, and 3) respirator user seal check.

The audience for this course is Disaster Site Workers who provide skilled support services (e.g., utility, demolition, debris removal, or heavy equipment operation) or site clean-up services in response to a disaster. Prerequisite: Completion of the OSHA Construction Outreach Training Course (10-hour) or equivalent.

Tuition: **\$225**

Time: 8:00am-4:30pm

Dates: Call for Dates

MOEC OSHA Course #7845 OSHA RECORDKEEPING

This course is designed to assist employers in identifying and fulfilling their responsibilities for posting certain records, maintaining records of illnesses and injuries and reporting specific cases to OSHA. Participants who successfully complete this course will be able to identify OSHA requirements and complete new OSHA's forms 300, 300A and 301.

Tuition: **\$110**

Time: 8:00am-4:30pm

Dates: May 7, 2010

Safety & Health Compliance Specialist Certificate:

Why achieve the SHCS?

- Increase your awareness of changing Federal Regulations
- Enhance your advancement opportunities
- Take the knowledge gained and implement it into your organization
- Earn recognition and respect of your peers
- CEUs are available

What does it take to achieve SHCS?

- No College Degree Required
- Take 200 hours total from required and elective classes
- Intro, recordkeeping, and bloodborne pathogen classes are 8 hours, all other classes are 30 hours, unless noted
- These classes are uniquely offered by the Midwest OSHA Education Center (MOEC) consortium which consists of National Safety Council, Greater Omaha Chapter, Kirkwood Community College, and St Louis University School of Public Health.
- No application fee

Specializing in General Industries:

Required Classes:

OSHA 511 30 Hour
OSHA 501 Train the Trainer
OSHA 3095 Electrical Standards
OSHA 521A Introduction to Industrial Hygiene

Electives: One of the next four courses is necessary

OSHA 2015 Hazardous Materials

ADDITIONAL OCCUPATIONAL HEALTH AND SAFETY COURSES:

National Safety Council, Greater Omaha Chapter 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
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

CEET 403 Hazardous Waste Operations & Emergency Response
24 Hour Hazwoper
40 Hour Hazwoper
OSHA 2045 Machinery and Machine Safeguarding
OSHA 2225 Respiratory Protection
OSHA 2250 Principles of Ergonomics
OSHA 2264 Permit Required Confined Space
OSHA 3010 Excavation, Trenching & Shoring
OSHA 3110 Fall Arrest Systems
OSHA 7100 Intro to Machinery & Machine
OSHA 7200 Bloodborne Pathogens
OSHA 7300 Intro to Confined Spaces
OSHA 7500 Intro to Safety & Health MGMT
OSHA 7845 Recordkeeping Rules

Specializing in Construction:

Required Classes:

OSHA 510 30 Hour
OSHA 500 Train the Trainer
24 or 40 Hour Hazwoper
OSHA 3010 Excavation, Trenching & Shoring
OSHA 3110 Fall Arrest Systems

Electives:

OSHA 2015 Hazardous Materials
OSHA 2045 Machinery & Machine Safeguarding
OSHA 2225 Respiratory Protection
OSHA 2250 Principles of Ergonomics
OSHA 2264 Permit Required Confined Space
OSHA 3095 Electrical Standards
OSHA 521A Introduction to Industrial Hygiene
OSHA 5600 Disaster Site Worker Train the Trainer
OSHA 7200 Bloodborne Pathogens
OSHA 7300 Intro to Confined Spaces
OSHA 7500 Intro to Safety & Health MGMT
OSHA 7600 Disaster Site Worker Training
OSHA 7845 Recordkeeping Rule

Computer Based Training

With computer-based training (CBT) you're able to schedule training when convenient for you and work at your own pace! Participants who successfully complete the program and post-test will receive a certificate of completion.

Tuition: \$50

Date & Time: Computer Based Training is done here at the Council Monday-Friday between 8am-4pm by appointment only. Please call 402-8987341 to set up your appointment today!

Asbestos Awareness

Meets OSHA's requirement for Asbestos Awareness Training! Comply with OSHA Standards while employees learn to recognize asbestos and materials containing asbestos! Employees learn the basic steps to take to protect themselves and others from the hazards associated with asbestos.

Bloodborne Pathogens

This CD-ROM course will help protect your employees and assist in ensuring your facility is in compliance with the OSHA Bloodborne Pathogens Standard (1910.1030). It is specifically designed for affected companies to train their workers on the threats that AIDS and Hepatitis B pose to them in the workplace. Topics include; Fundamentals of Bloodborne Pathogens, Bloodborne Diseases, Transmission, Exposure Control Plan, Standard Precautions, PPE, First Aid, Housekeeping, and Real Life Situations.

Electrical Safety

Comply with OSHA's Electrical Safety Standard (1910.331-.335). This CD Rom is designed to introduce workers to the principles of electricity, show them how to avoid the dangers of electrical shock and demonstrate to them correct responses to electrical emergencies. Topics include; electrical principles, electrical hazards, engineering controls, safe work practices and real-life situations.

Ergonomics

Employees who work ergonomically correct have fewer injuries and are often more productive -- it's just that simple. But, making a job ergonomically correct requires a team effort between the worker and the employer. This CD ROM course will help workers recognize potential hazards and understand how to correct them. It is an excellent refresher for employees previously trained in Ergonomics, or those whose schedule doesn't permit them to attend a live classroom setting!

Fall Protection

Because every fall has the potential to result in permanent injury -- or even death -- this important CD-ROM course teaches workers how to protect themselves against fall-related disabilities or fatalities. It is designed to help workers master the critical areas of choosing the most effective fall protection system for their specific job and using it correctly. Because knowing effective rescue procedures can help a worker save lives and minimize injuries if a fall occurs, rescue techniques are thoroughly covered as well.

Fire Safety

Fire! It's the third-leading cause of death in the U.S., but people still underestimate its danger. More than 150 fires occur in the workplace every day. This dramatic CD-ROM course will help you understand the causes of fires, safe housekeeping measures and emergency response procedures.

Indoor Crane Safety

Update your experienced employee's skills quickly, easily and inexpensively with this CD ROM course! The course focuses on inspection procedures and safe operation techniques of the basic types of shop-operated power hoist equipment commonly used in the workplace. Topics include; types of cranes, inspection, rigging the load, lifting and moving, safe operating practices, and real-life situations.

Lockout/Tagout

This CD-ROM course will help your company and employees comply with OSHA's Control of Hazardous Energy and Lockout and Tagging of Circuits Regulations (OSHA 1910.147 and 1926.417). It demonstrates to employees the gruesome consequences of not using proper procedures.

Respirator Protection

Exposure to airborne hazards can lead to serious health threats, including lung damage, cancer, heart disease, silicosis, asbestosis or other chronic illnesses. This CD-ROM course covers the critical areas of OSHA's final Respiratory Protection Standard (1910.134) and will help workers prevent respiratory illnesses and injuries.

Safety Orientation

This CD-ROM course provides a comprehensive overview of safety issues while it emphasizes paying attention to details, reviews things to watch for and discusses how to respond in an emergency. Course components can be predefined to match job tasks. Topics include: Electricity, Chemical safety, PPE, Ergonomics, Bloodborne pathogens, HazMat, Fire Safety, Confined space entry, and Machine guarding.

Trenching and Shoring

Any trench has the potential to cave in. Every year about 400 workers die and 6,400 are seriously injured in trench accidents. The first line of defense against these risks is knowledge. You will learn how to recognize trench hazards and prevent deadly cave-ins, as well as how to handle emergency situations if they occur. This CD-ROM course is designed for experienced professionals seeking a refresher and to help maintain OSHA compliant!

MEMBERS SERIES

These courses are open to National Safety Council - Greater Omaha Chapter members at a free or very low Tuition! Non-members are welcome if specifically stated. Get the most of your membership....attend these free ongoing safety seminars!

DeCoding Safety

National Safety Council - Greater Omaha Chapter Member Orientation
Members Only Course

Take the mystery and stress out of Safety! Did your company just join the National Safety Council, or did you just get promoted and don't know how to start, where to get information or what your company needs for compliance? De-Code-Ing Safety covers basic OSHA and Workers Compensation requirements, your National Safety Council - Greater Omaha Chapter association benefits, and introduces you to the people you need to know from OSHA, the State Dept. of Labor, and the Workers Compensation Court. Best of all – its free to National Safety Council - Greater Omaha Chapter business members!

Tuition: **FREE for MEMBERS ONLY!**

Time: 8:30am - Noon

Dates: February 17, 2010; May 5, 2010; August 5, 2010; November 3, 2010

Safe Practices in the Workplace

Available to National Safety Council, Greater Omaha Chapter members and non-members.

Council Members enjoy these dynamic, FREE ½ day seminars designed to keep you up to date in Best Practices for your industry! Topics are released from time to time during the year, and are determined by our Safe Practices Committee! Watch your e-mail and regular mailings from the National Safety Council - Greater Omaha Chapter for dates, times, and topics! And don't miss the opportunity to join our Safe Practices Committee and assist in bringing your professional expertise forward! Call 896-0454 for details!

Tuition: \$89 (**FREE for Council Members!**)

Time: 8:30am - Noon

Dates: March 10, 2010; June 22, 2010; September 1, 2010; December 1, 2010

Breakfast Series

The National Safety Council, Greater Omaha Chapter invites you to join our Breakfast Series. The Breakfast Series addresses workplace Safety and Health topics of concern and interest to professionals at every level.

Council Members enjoy these dynamic, FREE ½ day seminars designed to keep you up to date in Best Practices for your industry! Topics are released from time to time during the year, and are determined by our Safe Practices Committee! Watch your e-mail and regular mailings from the National Safety Council - Greater Omaha Chapter for dates, times, and topics! And don't miss the opportunity to join our Safe Practices Committee and assist in bringing your professional expertise forward! Call 896-0454 for details!

Season Ticket Price: \$358 (**\$250 Member Rate per person**)

Single Ticket Price: \$57 (**\$40 Member Rate per person**)

Want to purchase a table for your safety committee? Call today for more details (402) 896-0454

Location: Regency Lodge 909 S 107th Ave (107th & Pacific St)

Time: 7:30am – 9:00am

Dates: January 28; February 25; March 25; April 29; June 24; July 29; August 26; September 30; October 28; November 18

Community Safety Events

Community Safety & Wellness Day

Community Safety & Wellness Day is a FREE annual event that occurs the first Sunday in October. Every year we feature a different cartoon character and stage entertainment. Plus Ronald McDonald usually performs his magic show.

The event offers families a day full of fun educational activities to learn how to keep safe. Kids will have the opportunity to meet police, firefighters and rescuers, find hazards in the Safety Club House, climb up on a fire rig, in police cars, and through fire safety trailers. They'll learn to crawl low under smoke, stop-drop-and roll and so much more. Also, there will be free food, games and great prizes available.

For more information visit our website: www.safenebraska.org

CycleFest

The Partners for Child Safety present the area's largest collaboration of FREE annual bicycling events for fun and safety celebrating National Bike Month.

Bicycle riding is one of the most popular forms of recreational activity in the United States. It not only benefits the body, but also gives a sense of independence, ownership and responsibility. A bicycle is a child's first vehicle. Like any type of transportation, bike riding requires training, practice and safety.

CycleFest 7

Sunday, May 16, 2010

- 12 noon to 3:00 p.m.
- Chalco Hills Recreation Area
- 8901 S 154th Street, Omaha NE
- Children must be accompanied by an adult

Highlights: Bicycle rodeo, tricycle rodeo, bike helmet fittings with helmets for rodeo participants in need (while supplies last), bicycle safety checks by the Bike Rack, drawings for great prizes from AAA Nebraska and the Bike Rack, face painting, food and refreshments.

The goal of CycleFest is to provide safe bike riding education especially for children, which will reduce bicycle crashes and the head and body injuries that occur in these crashes.

Bicycling Safety Tips

Get a bike that fits

Do not get your child a bike "to grow into." Proper fit, especially when learning to ride, is critical in safe bicycling. Your child should be able to sit on the seat and pedal while keeping the knees slightly bent. If their knees ever straighten out while pedaling you either have too big of a bicycle or seat is adjusted too high. Also, make sure your child can straddle the bike while stopped with one or two inches between the top bar and their crotch.

Know and obey the traffic laws.

Insist on Bike Helmet Use.

Brain injuries cannot be cured and it only takes one crash to cause permanent brain injury or death! Bike helmet use can reduce the risk of head injury by 85% if worn correctly. Make it clear to your child that he or she must wear a helmet on every ride. It is also important to wear a helmet when participating in other sports, like inline skating and skateboarding, although these sports require a different type of helmet. Selecting and fitting a bike helmet:

- ✓ Choose a bike helmets that meets current safety standards. Look for a CPSC1, ASTM2, ANSI3 or Snell4 sticker inside the helmet. As of March 1999, every new bike helmet must meet the CPSC standards.

- ✓ Use foam pads inside to fit the helmet snugly so it doesn't move on the head. Some helmets come with a smart-fit system and may not require the use of additional pads.
- ✓ Fit the helmet so that the front is just above the top of the eyebrows. This is a helmet not a ball-cap. It needs to ride level with their head.
- ✓ Adjust the two side straps so that they meet in a "V" right under each ear.
- ✓ Adjust the chin-strap snugly under the chin. Make it tight enough so the helmet pulls down when the child opens his or her mouth.
- ✓ Check often to make sure straps stay snug and the helmet stays level.

Wear a helmet

- ✓ Let your child help choose the helmet
- ✓ Explain that a helmet is just part of the gear," as it is with football, race car driving or hockey.
- ✓ Praise your child for wearing his or her helmet.
- ✓ Talk to other parents, so that all the neighborhood families encourage the same safety rules.
- ✓ You can bring your child and their helmet in for proper helmet fitting or purchase a helmet from us and we will fit it for you.

Parents – Remember kids learn from watching you! The next time you hop on your bike, wear your helmet properly.

Child Passenger Safety

In 2003, 17 children ages 0 - 14 were killed and 1,750 were injured on Nebraska roadways. Innocent children are killed or severely injured every day due to the lack or misuse of safety seats and booster seats. In 2004, more than 9,000 car seats were checked throughout Nebraska with 87% installed incorrectly.

In Nebraska children up to age six must ride correctly secured in a federally-approved child safety seat. Neighboring states require children to be in federally approved seat until age 8. It is the law and any person driving in can be stopped and ticketed solely for this violation.

Car Seat Appointments

Call the National Safety Council, Greater Omaha Chapter to set an appointment to have your child's car seat checked by a National Certified Child Passenger Safety Technician or check our website to when you can find the next check-up event. www.safenebraska.org or call (402) 898-7351

Concealed Carry Permit Class

How to Successfully earn your Nebraska Concealed Carry Weapons Permit

1. Be a Nebraska Resident, age 21 & older, and be eligible for the permit (clean background)
2. Enroll and successfully complete a Nebraska State Patrol (NSP) Approved Concealed Carry Weapons Permit Training Class
3. Complete the NSP application and apply in person at an NSP office

For more details, visit the [Nebraska State Patrol website](#).

Concealed Carry Class Information

Cost of the class is \$150 per person. All classes will be held at the National Safety Council, Greater Omaha Chapter 11620 M Circle, Omaha, NE 68137

The range will be held at various locations

Registration

Register online, by telephone (please call) Heather at (402) 896-0454 ext. 403 with a credit card (VISA, Mastercard, Discover, American Express accepted), or register in person at our location from 8:00am-4:30 pm Monday-Friday.

The classroom portion is 8 hours and the Range portion is 2 hours = 10-hours

2010 Classroom Dates

January 6 & 7; February 16 & 18; March 9 & 10; April 19 & 21; May 11 & 13; June 23 & 24; July 12 & 13; August 16 & 18; September 21 & 22; October 20 & 21; November 16 & 18; December 13 & 15

2010 Range Dates

January 9; February 20; March 13; April 24; May 15; June 26; July 17; August 21; September 25; October 23; November 20; December 18

Open Carry Permit Class

This program is available to anyone* age 21 and older interested in handgun safety. It is REQUIRED for all persons possessing and transporting exposed concealable loaded firearms in the City of Omaha. After successful completion of the course, a City of Omaha Handgun Permit may be issued.

Class Options

Classroom sessions are conducted at 11620 M Circle

- Mondays and Wednesdays (6:00pm-10:00pm both nights) or
- Saturdays (8:30am-4:30pm)

Range Options

Practical sessions will be conducted at various approved ranges in the metro area.

- Saturdays (8:00am-10:00am)

2010 Classroom Dates

January 11 & 13; February 6; March 1 & 3; April 10; May 3 & 5; June 5; July 5 & 7; August 7; September 13 & 15; October 9; November 8 & 10; December 4

2010 Range Dates

January 16; February 13; March 6; April 17; May 8; June 12; July 10; August 14; September 18; October 16; November 13; December 11

Registration Information

Register no later than 10 business days before the session start date IN PERSON at the National Safety Council, Greater Omaha Chapter, 11620 M Circle in Omaha between the hours of 8:00am-4:00pm.

You Must Bring:

- Valid picture identification
- Official waiver information (if applicable)
- Cash, check, or credit card payment

Cost

\$105 Basic Handgun Safety - includes shooting range
\$15 Waiver application Fee
\$15 Identification Card Renewal

You may be waived from taking the classroom and range if you:

- Are a former federal, state, or local peace officer
- Are retired or active military who have completed a handgun training program
- Have completed a nationally recognized handgun safety training program

Handgun Identification Card Renewal for Open Carry

City of Omaha Handgun Identification cards are valid for three (3) years.

To renew your gun permit; please bring your old permit, driver's license and payment into our office between the hours of 8am and 4pm Monday-Friday. We are located at 11620 M Circle (Southeast Corner of 120th & L Street) It can take 2-3 weeks to receive your new permit once you have renewed it. Please be sure to come in plenty of time before expiration. Background record checks will be done by the Omaha Police Department.

Identification Card fee is \$15.

This class Does NOT Authorize Concealed Carry in Nebraska!

*You do not need to live in the City of Omaha, but you must be 21 years of age to take the course. Felony or violent misdemeanor or convictions will prohibit an individual from taking the course.

Handgun Safety Tips

- Always keep the gun pointed in a safe direction
- Always keep your finger off the trigger until ready to fire
- Store guns so they are not accessible to unauthorized persons
- Do not transport or handle a gun if you are not sure how it operates
- Never fire a gun unless you intend to fire it at a specific object, and know what is beyond the target
- Never look down the barrel of a gun to see if it's loaded
- Be sure the handgun is safe to operate
- Use only correct ammunition
- Wear eye & ear protection as appropriate
- Never use alcohol or drugs before or while shooting
- Treat all guns as if they are loaded until you personally inspect them