

## TRAINING OPPORTUNITIES March – April 2010

### OSHA Compliance Training

You can take these courses individually or work toward your **Certificate in OSHA Compliance**. To achieve this Certificate, you must successfully complete the Introduction to OSHA course and five elective seminars. If you have completed a 1910 or 1926 OSHA 10- or 30-hour course the introductory course is waived.

Listed below are the seminars scheduled for March - May. Go online [www.safenebraska.org](http://www.safenebraska.org) for a complete listing of our elective seminars!

**Emergency Response & Planning:** Don't be caught un-prepared when an emergency arises! This course covers OSHA's Employee Emergency Plans and Fire Prevention standard, alarms, evacuation methods, employee training and more. March 1 (8:00am-Noon) Cost: \$142 (**\$99 Member Rate**)

**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. March 1 (1:00pm-4:30pm) Cost: \$142 (**\$99 Member Rate**)

**Electrical Safety:** This class details the protection of employees that work on or near electrical conductors and equipment. Meets requirements for OSHA regulation 29 CFR 1910.301-399. March 24 (8:00am-Noon) Cost: \$142 (**\$99 Member Rate**)

**Crane & Hoist:** This course covers OSHA Overhead and Gantry Cranes Regulation and Slings Regulation. March 24 (1:00pm-4:30pm) Cost: \$142 (**\$99 Member Rate**)

**Machine Guarding:** Course covers common causes of machine incidents and which areas should be guarded to provide adequate protection for workers. Meets requirements for regulation 29 CFR 1910 211-219 April 7 (8:00am-Noon) Cost: \$142 (**\$99 Member Rate**)

**Welding, Cutting, and Brazing:** This course is for those involved in welding, cutting, or brazing. Learn about the prevention of hazards. April 7 (1:00pm-4:30pm) Cost: \$142 (**\$99 Member Rate**)

**Lockout/Tagout:** Learn the key components of an energy control program inspections of energy control devices, and steps for testing equipment. This course meets OSHA 1910.147 Lockout/Tagout Regulation. April 8 (8:00am-Noon) Cost: \$142 (**\$99 Member Rate**)

**Confined Space:** Learn how to identify, evaluate, and control hazards and establish an effective program for your company. You will also learn about proper protective equipment and rescue procedures. April 8 (1:00pm-4:30pm) Cost: \$142 (**\$99 Member Rate**)

**30-Hour OSHA General Industry:** 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 Machine Guarding, HazCom, BBP, Walking/Working Surfaces, Recordkeeping, PPE and much more. March 15-18 (8:00am - 4:30pm) Cost: \$556 (**\$389 Member Rate**)

**OSHA 10-Hour Construction:** This 10-hour workshop will provide the knowledge you need to meet the basic OSHA Construction workplace requirements. The course will include: instruction regarding control of construction hazards, ladders, scaffolds and stairwells, hazard communication, trenching and shoring, inspections and training requirements. April 5-6 (8:00am - 4:30pm first day, 8:00am - Noon Second Day) Cost: \$270 (**\$189 Member Rate**)

### Nebraska Certificate of Risk Management for Small Business

**Protecting Profit Through Safety:** Finally! A seminar designed for safety in the small business - that earns you a Certificate too! This exciting six hour seminar includes lunch, and all the extras: Introductory seminars on Principles of Safety, how Nebraska Workforce Development and the Federal Department of Labor (OSHA) works, Principles of Risk Management injury prevention strategies, accident investigation, and first report / injury recordkeeping. Find out how easy it is to implement a safety program in your workplace! March 22 (9:00am - 3:00pm) Cost: \$89

### Earn your Advanced Safety Certificate!

#### Principles of Occupational Safety & Health (2.6 CEUs, 4-day)

**This course is required to obtain the NSC Advanced Safety Certificate.**

Upon completion, participants will be able to: understand the essential concepts of occupational safety and health, and implement the fundamental techniques of safety and health management. Students will gain the knowledge and skills to implement an effective safety program for any size and type of industry. Topics include: accident and investigation reporting, communications for safety, electrical hazards, fire safety, legal issues, human factors engineering, industrial hygiene, job instruction training, job safety analysis, materials handling, office safety, PPE, recordkeeping, safety inspections, and more. It is recommended that this course be taken prior to other Advanced Safety Certificates programs. March 2, 9, 16, 23 (8:00am - 4:30pm all days) Cost: \$1709 (**\$1195 Member Rate**)

**Incident Investigation (.6 CEUs, .6 COCs, 1 Safety CMs)** During incident investigations it is crucial to gather complete and accurate incident data to determine the true root cause and appropriate corrective actions for specific problems. Participants will examine the following: Incidents to investigate, an on-site investigation process, post action and hazard controls, data to include in investigation reports, witness interview techniques, and measures to follow up. March 29 (8:00am-4:30pm) Cost: \$422 (**\$295 Member Rate**)

**Safety Inspections (.6 CEUs, .6 COCs, 1 Safety CM):** This course will give you the tools to manage an effective inspection program. You will learn to plan and conduct a safety inspection along with developing and using checklists in formal safety inspections; developing inspection reports; what to inspect and where to gather information; recording observations; analyzing data and setting priorities; and handling employee reactions to the process. March 30 (8:00am - 4:30pm) Cost: \$422 (**\$295 Member Rate**)

**Team Safety (.6 CEUs, 1 day):** Team Safety shows you how to make group safety efforts work for your organization. You'll learn how to build an effective safety team, or get the most from the team you've already got. The course includes a self-assessment of your level of understanding, and interactive exercises to use your newly learned concepts. *The result: The more effective your safety team, the more measurable improvements!* April 1 (8:00am - 4:30pm) Cost: \$422 (**\$295 Member Rate**)

**Safety Training Methods (3 CEUs, 4 days):** If you are a manager, supervisor, human resource rep, or an employee responsible for the planning, development, or delivery of safety and health training programs you must attend this class! This course focuses on skills required to plan, create and deliver effective training programs. Emphasis is on the development of instructor-led classroom training. You will also be acquainted with other instructional methods and media used to train employees on safety and health issues. During training you will design training programs applicable to your work environment, deliver presentations and assess public speaking skills. April 19-22 (8:00am-4:30pm) Cost: \$1709 (**\$1195 Member Rate**)

**ADDITIONAL TRAINING AND REGISTRATION FORM CONTINUED ON BACK**

**~~~~~Hazwoper Courses~~~~~**

**40-Hour Hazwoper:** This 5-day training course is required for all those employed for hazardous waste cleanup, hazardous waste site workers, and those performing investigations, assessments, or other site activities. March 8-12 (8:00am-5:00pm all days) Cost: \$1,022 (**\$715 Member Rate**)

**24-Hour Hazwoper:** This 3-day course satisfies the basic training requirements for a HAZMAT Technician, Specialist, or Incident Commander. Required for industry that has the potential of accidental release of chemical April 6-8 (8:00am - 5:00pm all days) Cost: \$699 (**\$499 Member Rate**)

**8-Hour Hazwoper:** 8-hour annual refresher. If you have been previously trained in HAZWOPER you are eligible to take this course. OSHA requires you certify annually. April 8 (8:00am - 5:00pm) Cost: \$215 (**\$150 Member Rate**)

**~~~~~ First Aid & CPR/AED Training ~~~~~**

**Can you save a life?**

A fellow co-worker has a heart attack or a client takes a fall. Every second is precious and you have to react! Be the hero who saves their life.

**2010 Daytime Classes**

March 1, 13, 18, 26, 30; April 1, 7, 16, 21

Class	Times	Cost
First Aid Training:	8:00 - 11:30	\$45
CPR/AED Training:	12:30 - 4:00	\$54
First Aid & CPR/AED:	8:00 - 4:00	\$59

**2010 Evening Classes**

April 12 & 14

Class	Times	Cost
First Aid Training (Monday):	6:00 - 9:30	\$45
CPR/AED Training (Wednesday):	6:00 - 9:30	\$54
First Aid & CPR/AED (Mon. & Wed.):	6:00 - 9:30	\$59

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

**Basic Life Support Healthcare and Professional Rescuers**

Full Class: March 11; April 10 Time: 8am-4pm Cost: \$57  
 Refresher: March 23; April 22 Time: 6pm-10pm Cost: \$40

**Onsite Training Available!**

**Pediatric First Aid and CPR available!**

Dates: March 6; 8 & 10; 27; or 29 & 31  
 April 3; 24; or 26 & 28

**NEW COMBO COURSE: Standard & Pediatric First Aid/CPR/AED**  
 Call for dates, times and prices: (420) 898-7369

**~~~~~ OSHA Authorized Training ~~~~~**

**OSHA #7000 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. March 10 (8:00am - 4:30pm) **Cost: \$180**

**OSHA #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. March 11 (8:00am-4:30pm) **Cost: \$180**

**OSHA #500 - Trainer Course-Construction 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. (Prerequisite Course #510 & 5 yrs construction safety) April 12-15 (8:00am-4:30pm each day) **Cost: \$710**

**OSHA #502 - Update for Construction Industry Trainers:** Outreach trainers are required to attend this course once every four years to maintain their trainer status. Students must bring their current trainer's card for validation. April 13-15 (8:00am-4:30pm each day) **Cost: \$535**

**OSHA #501 - Trainer Course-General Industry:** This course is designed for personnel in the private sector interested in teaching the 10- and 30-hour general safety and health outreach program to their employees and other interested groups. (Prerequisite Course #511 & 5 yrs safety) April 26-29 (8:00am-4:30pm each day) **Cost: \$710**

**OSHA #503 - Update for General Industry Trainers:** Outreach trainers are required to attend this course once every four years to maintain their trainer status. Students must bring their current trainer's card for validation. April 27-29 (8:00am-4:30pm each day) **Cost: \$535**

**~~~~~ Fleet Safety Courses ~~~~~**

**Forklift Operator Training:** Meets OSHA's formal training requirement. March 31; April 26 (8:00am-Noon) Cost: \$99 (**\$69 Member Rate**)

**Forklift Train-the-Trainer:** Save money and time while staying in compliance. This program provides you with everything you need to start and maintain an effective Forklift Training Program. April 1 (9:00am - 3:00pm) **\$860 (\$599 Member Rate)**

**FAX (402) 896-6331**

or

**MAIL**

National Safety Council, Greater Omaha Chapter  
 11620 M Circle, Omaha, NE 68137

**REGISTRATION FORM**

**ONLINE**

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

I plan to attend \_\_\_\_\_ on \_\_\_\_\_  
 (Course Name) (Date)

ATTENDEE: \_\_\_\_\_ Email: \_\_\_\_\_

Title: \_\_\_\_\_ Social Security # \_\_\_\_\_

Contact Person: \_\_\_\_\_ Email: \_\_\_\_\_

Company: \_\_\_\_\_ Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

ARE YOU A MEMBER? Member Rate \$ \_\_\_\_\_  Payment Enclosed \$ \_\_\_\_\_  
 YES!  No Non-Member Rate \$ \_\_\_\_\_  Invoice my company PO# \_\_\_\_\_

Please contact me. I'm interested in becoming a member of the National Safety Council, Greater Omaha Chapter

VISA  MasterCard  American Express Credit Card Number: \_\_\_\_\_

Signature (as it appears on credit card): \_\_\_\_\_ Exp. Date: \_\_\_\_\_

**Cancellation Policy** - Advance registration is required. No confirmation will be sent. 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 and payment in full.