

# TRAINING OPPORTUNITIES

## March – April 2012

### 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 - April. Go online [www.safenebraska.org](http://www.safenebraska.org) for a complete listing of our elective seminars!

**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 March 14 (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. March 14 (1:00pm-4:30pm) Cost: \$142 (**\$99 Member Rate**)

**OSHA Recordkeeping:** Learn OSHA requirements for recording and reporting of occupational injuries and illnesses standard, record retention and access, petitions for recordkeeping exceptions, and much more. March 15 (8:00am - Noon) Cost: \$142 (**\$99 Member Rate**)

**Walking & Working Surfaces:** Employees work in all types of places and this course covers all the hazards. March 15 (1:00pm-4:30pm) 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 18 (8:00am-Noon) 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 18 (1:00pm-4:30pm) Cost: \$142 (**\$99 Member Rate**)

**Crane & Hoist:** This course covers OSHA Overhead and Gantry Cranes Regulation and Slings Regulation. April 19 (8:00am-Noon) Cost: \$142 (**\$99 Member Rate**)

**Powered Industrial Trucks:** Meets OSHA 1910.178 Standard for Powered Industrial Trucks and covers basic safety precautions, hazardous locations, employee training, and maintenance checks. April 19 (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 19-23 (8:00am – 4:30pm Mon-Thurs/ 8am-Noon Fri) Cost: \$610 (**\$425 Member Rate**)

**30-Hour OSHA Construction Industry:** 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. April 23-27 (8:00am – 4:30pm Mon-Thurs/ 8am-Noon Fri) Cost: \$610 (**\$425 Member Rate**)

### 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 Certificate programs. March 6, 13, 20, 27 (8:00am - 4:30pm all days) Cost: \$1709 (**\$1195 Member Rate**)

**Job Safety Analysis (.6 CEUs, 1 day):** Job Safety Analysis is a proven process for controlling operating hazards and cost. This course provides a step-by-step overview of the Job Safety Analysis process. You will analyze sample tasks to familiarize yourself with JSA process including: Breaking the job into component steps; identifying hazards inherent in task performance; and specifying hazard control. March 28 (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 12 (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 23-26 (8:00am–4:30pm) Cost: \$1709 (**\$1195 Member Rate**)

### 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 5-9 (8:00am–5:00pm all days) Cost: \$1,072 (**\$749 Member Rate**)

**24-Hour Hazwoper:** This 3-day course satisfies the basic training requirements for HAZMAT Technician, Specialist, or Incident Commander. Required for industry that the potential of accidental release of chemicals. April 9-11 (8:00am – 5:00pm all days) Cost: \$715 (**\$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 11 (8:00am – 5:00pm) Cost: \$256 (**\$179 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 10-11 (8:00am – 4:30pm first day, 8:00am – Noon Second Day) Cost: \$285 (**\$199 Member Rate**)

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

**Forklift Operator Training:** Meets OSHA's formal training requirement. March 29; April 30 (8:00am-Noon) Cost: \$142 (**\$99 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 3 (9:00am – 3:00pm) \$860 (**\$599 Member Rate**)

**~~~~~EPA Initial Lead Renovator~~~~~**

**EPA Initial Lead Renovator:** Under the new EPA rules, contractors performing renovation, repair and painting projects that disturb lead, such as lead-based paint in homes, child care facilities and schools built before 1978 must be certified and must follow specific work practices to minimize occupant's exposure to lead hazards. March 21, April 16 (8:00am-5:00pm) **Cost: \$175**

**~~~~~ 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.

**Standard First Aid and CPR/AED Schedule**

March 9, 14, 22, 26; April 5, 10, 16, 27

Class	Times	Cost
First Aid Training:	8:00 – 11:30	\$52
CPR/AED Training:	12:30 – 4:00	\$60
First Aid & CPR/AED:	8:00 – 4:00	\$65

**Combo Standard & Pediatric First Aid/CPR/AED Schedule**

March 17; April 21

Class	Times	Cost
Adult & Pediatric First Aid Only	8:00 – 12:00	\$60
Adult & Pediatric CPR/AED Only	1:00 – 5:00	\$65
Adult & Pediatric First Aid, CPR/AED:	8:00 – 5:00	\$75

**Basic Life Support Healthcare and Professional Rescuers**

Full Class: March 1; April 3 Time: 8am-4pm Cost: \$65  
 Refresher: March 28; April 30 Time: 6pm-10pm Cost: \$50

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

**Pediatric First Aid/CPR/AED Safe with You Babysitting**  
 Classes also Available

Call for dates, times and prices: (420) 898-7369

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

**OSHA #7500 Introduction to Safety & Health Management:** The focus of this course is the effective implementation of a company's safety and health management system. It addresses the four core elements of an effective safety and health system and those central issues that are critical to each element's proper management. March 7 (8:00am – 4:30pm) **Cost: \$225**

**OSHA #7200 Bloodborne Pathogens Control for Health Care Facilities**

The purpose of this 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 8 (8:00am-4:30pm) **Cost: \$225**

**OSHA # 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. March 12-15 (8:00am-4:30pm each day) **Cost: \$749**

**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 2-5 (8:00am-4:30pm each day) **Cost: \$749**

**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 3-5 (8:00am-4:30pm each day) **Cost: \$529**

**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 16-19 (8:00am-4:30pm each day) **Cost: \$749**

**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 17-19 (8:00am-4:30pm each day) **Cost: \$529**

**FAX (402) 896-6331**

or

**MAIL**

National Safety Council, Nebraska  
 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, Nebraska

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.