

**TRAINING OPPORTUNITIES  
September-October 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 September-October. Go online [www.safenebraska.org](http://www.safenebraska.org) for a complete listing of our elective seminars!*

**Introduction To OSHA:** This course covers how OSHA's structured its responsibilities and the 1910 standards. October 4 (8:00am-Noon) Cost: \$142 (**\$99 Member Rate**)

**Machine Guarding** 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. September 2 (8:00am – Noon) 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. September 2 (1:00pm - 4:30pm) 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. September 3 (8:00am-Noon) Cost: \$142 (**\$99 Member Rate**)

**Hazard Communication:** Learn OSHA regulations on establishing a Hazard Communication program, labeling hazardous chemicals, and Material Safety Data Sheets (MSDS) October 4 (1:00pm – 4:30pm ) 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. October 5 (8:00am - Noon) Cost: \$142 (**\$99 Member Rate**)

**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. October 5 (1:00pm – 4:30pm) Cost: \$142 (**\$99 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. September 20-24 (8:00am–5:00pm) Cost: \$1,022 (**\$715 Member Rate**)

**8-Hour Hazwoper Annual Refresher:** If you have been previously trained in HAZWOPER you are eligible to take this course. OSHA requires you certify annually. October 7 (8:00am–5:00pm) Cost: \$215 (**\$150 Member Rate**)

**8-Hour Hazwoper Supervisor:** 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. October 8 (8:00am – 5:00pm) Cost: \$215 (**\$150 Member Rate**)

**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! September 23 (9:00am – 3:00pm), Mahoney State Park, Riverside Lodge, Cost: **\$89**

**Earn your Advanced Safety Certificate!**

*These courses are Advanced Safety Certificate Electives*

**Fundamentals of Industrial Hygiene (3 CEUs, 3 COCs, No CMs)** 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. Topics include 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, and Walk-through surveys. September 20-23 (8:00am-4:30pm) Cost: \$1709 (**\$1195 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!* October 6 (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. October 18-21 (8:00am–4:30pm) Cost: \$1709 (**\$1195 Member Rate**)

**10-Hour OSHA 1926 Workshop (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. All participants will receive a laminated certification card from the OSHA Training Institute and 29 CFR 1910 General Industry Standards manual. September 1-2 (8:00am– 4:30pm first day, 8:00am-Noon Second Day) Cost: \$270 (**\$189 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. October 18-21 (8:00am – 4:30pm) Cost: \$556 (**\$389 Member Rate**)

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

**Forklift Operator Training:** Meets OSHA's formal training requirement. Sept 29, Oct 25 (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. October 5 (9:00am – 3:00pm) \$860 (**\$599 Member Rate**)

**Coaching The Van Driver:** This course shows drivers how to compensate for the differences in van driving. October 26 (8:00am - Noon) Cost \$84 (**\$59 Member Rate**)

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

**~~~~~Midwest OSHA Education Center ~~~~~**

**OSHA #3010 Excavation, Trenching & Soil Mechanics:** Course focuses on OSHA standards and 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. September 8-10 **Cost: \$580**

**~~~~~ 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**  
September 1, 7, 18, 21; October 8, 13, 23, 28

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

**CERTIFICATE: First Aid (3 years), CPR/AED (2 years)**  
**Basic Life Support Healthcare and Professional Rescuers**  
Full Class: September 14; October 7 Time: 8am-4pm Cost: \$57  
Refresher: September 23; October 19 Time: 6pm-10pm Cost: \$40

**Pediatric First Aid and CPR available!**  
Dates: September 11; 13 & 15; 27 & 29  
October 2; 4 & 6; 18 & 20; 30

**NEW COMBO COURSE: Standard & Pediatric First Aid/CPR/AED Saturdays** September 25; October 16  
8am-5pm Cost: \$69  
Contact Mike at (402) 898-7369 for more information on our Emergency Care Courses.

**Onsite Training Available!**

**~~~~~Midwest OSHA Education Center ~~~~~**

**OSHA #7000 Ergonomic Guidelines Training for Nursing Homes:** The focus of this course is to use OSHA's Ergonomics Guidelines for Nursing Homes to develop a process to protect workers in nursing homes. The course focuses on analyzing and identifying ergonomic problems, high-risk tasks, and practical solutions to address these problems. 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. September 8 (8:00am – 4:30pm) **Cost: \$180**

**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. Topics include an Introduction to the Bloodborne Pathogens Standard, the Exposure Control Plan, Methods of Control, Vaccinations and Evaluations, Training and Information, and Recordkeeping. September 9 (8:00am-4:30pm) **Cost: \$180**

**OSHA #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 September 13-16 (8:00am-4:30pm) **Cost: \$710**

**OSHA #510 Occupational Safety and Health Standards-Construction:** 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 September 27-30 (8:00am-4:30pm) **Cost: \$710**

**OSHA #501 – 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) October 11-14 (8:00am - 4:00pm) **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. October 12-14 (8:00am - 4:00pm) **Cost: \$535**

**OSHA #500 – 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) October 25-28 (8:00am - 4:00pm) **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. October 26-28 (8:00am - 4:00pm) **Cost: \$535**

<b>FAX</b>	<b>(402) 896-6331</b>	or	<b>MAIL</b>	National Safety Council, Greater Omaha Chapter 11620 M Circle, Omaha, NE 68137 Phone: (402) 896-0454
<b>REGISTRATION FORM</b>				

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.