

2024 Safety Training CATALOG



Hands on training can increase training retention by up to 75%. Ask about our new Learning Lab and hands-on training capabilities for your next training!



NEBRASKA CHAPTER

The National Safety Council - Nebraska Chapter serves as a host training organization for the Great Plains OSHA Education Center



www.SafeNebraska.org
402.898.7364 | Safety@SafeNebraska.org

Table of Contents

Defensive Driving Courses

Defensive Driving Courses - Online Training	7
Distracted Driving Courses- Online Training	7
DDC Behavioral Modules	8
Professional Truck Driver Online Courses	8
NSC Fleet Essentials Online Training Program.....	8

First Aid/ CPR/AED Training

Standard First Aid/CPR/AED	11
Combo Standard & Pediatric First Aid/CPR/AED	11
Pediatric First Aid/CPR/AED	11
First Aid/CPR/AED ONLINE.....	12
Bloodborne Pathogens ONLINE	12
Mental Health First Aid	12
First Aid/CPR/AED Instructor Training	13
Safe with You Training	13
Babysitting for Teens	14
Basic Life Support	14
Safety Products	15

Workplace Safety Training - OSHA Training by Course Number

OSHA 10-Hour Construction Industry	17
OSHA 30-Hour Construction Industry	18
OSHA 10-Hour General Industry	19
OSHA 30-Hour General Industry	20
OSHA 500 - Trainer Course in OSHA Standards for Construction	21
OSHA 501 - Trainer Course in OSHA Standards for General Industry	22
OSHA 502 - Update for Construction Industry Outreach Trainers	23
OSHA 503 - Update for General Industry Outreach Trainers	23
OSHA 510 - OSHA Standards for the Construction Industry	24
OSHA 511 - OSHA Standards for General Industry	24
OSHA 521 - OSHA Guide to Industrial Hygiene	24
OSHA 2045 - Machinery and Machine Guarding Standards	25
OSHA 2225 - Respiratory Protection	25
OSHA 2255 - Principles of Ergonomics	25
OSHA 2264 - Permit-Required Confined Space Entry	26
OSHA 3015 - Excavation, Trenching & Soil Mechanics	26
OSHA 3095 - Electrical Standards	26
OSHA 3115 - Fall Protection	27
RMSM 6010 - Safety, Health & Environmental Risk Mgmt. Principles	27
EHSM 6036 - Introduction to Environmental Compliance & Mgmt.	27
OSHA 7005 - Warehousing and Storage	27
OSHA 7100 - Introduction to Machinery and Machine Safeguarding	28
OSHA 7115 - Lockout/Tagout	28
OSHA 7205 - Health Hazard Awareness	28
OSHA 7300 - OSHA's Permit-Required Confined Space Standard	29
OSHA 7405 - Fall Hazard Awareness for the Construction Industry	29
OSHA 7410 - Managing Excavation Hazards	29
OSHA 7415 - Construction Industry Hazards & Prevention Strategies	30
OSHA 7500 - Introduction to Safety and Health Management	30
OSHA 7510 - Introduction to OSHA for Small Business	30
OSHA 7845 - OSHA Recordkeeping	31

Workplace Safety Training

Aerial/Boom Lift Operator Training	31
--	----

Table of Contents

Confined Space	32
Confined Space, Permit-Required (OSHA Course #2264)	32
Confined Space Standards, Understanding OSHA's Permit-Required (OSHA Course #7300)	33
Construction Industry Hazards and Prevention Strategies (OSHA Course #7415)	33
Construction Industry OSHA 10-Hour	34
Construction Industry OSHA 30-Hour	35
Construction Industry Occupational Safety and Health Standards (OSHA Course # 510) ...	36
Construction Industry Trainer Course in OSHA Standards (OSHA Course # 500)	36
Construction Industry Update for Outreach Trainers (OSHA Course # 502)	37
Crane & Hoist	37
DOT Reasonable Suspicion Training for Supervisors	38
Effective Safety Management Practices I	39
Effective Safety Management Practices II.....	40
Electrical Safety	40
Electrical Standards (OSHA Course # 3095)	41
EM 385-1-1.....	42
Introduction to Emergency Planning	43
Environmental Compliance and Management (EHSM #6036)	43
Ergonomics: Managing for Results	43
Ergonomics, Principles of (OSHA Course # 2255)	44
Excavation, Managing Hazards (OSHA Course #7410)	44
Excavation, Trenching & Soil Mechanics (OSHA Course # 3015)	44
Fall Hazard Awareness	45
Fall Hazard Awareness for the Construction Industry (OSHA Course #7405)	45
Fall Protection (OSHA Course # 3115)	46
Flagger Training.....	46
Forklift Hands-On Training.....	47
Forklift Operator Training Re-Evaluation	47
Forklift Operator Training	47
Forklift Operator / Powered Industrial Trucks Train -the-Trainer	48
General Industry (OSHA 10-Hour)	48
General Industry (OSHA 30-Hour)	49
General Industry Occupational Safety and Health Standards (OSHA Course # 511)	50
General Industry Trainer Course in OSHA Standards (OSHA Course # 501)	50
General Industry Update for Outreach Trainers (OSHA Course # 503)	51
Hazard Communication	51
Hazardous Material Transportation (DOT)	52
Hazardous Materials Transportation Refresher Training (DOT)	52
Hazardous Waste Operations & Emergency Response (HAZWOPER) - Annual Refresher 8-Hour	53
HAZWOPER - 8-Hour Supervisor Training	53
HAZWOPER - 24-Hour	53
HAZWOPER - 40-Hour	54
Health Hazard Awareness (OSHA Course #7205)	54
Incident Investigation	54
Industrial Hygiene Basics	55
Industrial Hygiene, Fundamentals	56
Industrial Hygiene, OSHA Guide to (OSHA Course # 521)	56
Job Safety Analysis (JSA)	57
Lockout/Tagout	57
Lockout/Tagout (OSHA Course #7115)	58
Machine Guarding	58

Table of Contents

Machine Guarding and Machine Guarding Standards (OSHA Course # 2045)	60
Machinery and Machine SafeGuarding, Introduction to (OSHA Course #7100)	60
MEWP Operator Training	61
MEWP Trainer Certification	62
NFPA 70 E	62
Personal Protective Equipment	63
Premium Combo Trainer Certification	64
Principles of Occupational Safety and Health (POSH)	65
Recordkeeping, OSHA (OSHA Course #7845)	65
Respiratory Protection (OSHA Course # 2225)	66
Risk Awareness Workshop	66
Risk Management, Safety, Health & Environmental Principles (RSM #6010)	66
Safety for the Human Resources Professional (SHRP)	67
Safety Leadership Program	68
Safety for the Supervisor	69
Safety & Health Management, Intro to (OSHA Course #7500)	69
Safety Inspections	69
Safety Training Methods (STM)	70
Scissor Lift Operator Training	71
Silica Standard Compliance Train-the-Trainer	71
Small Business, Intro to OSHA (OSHA Course #7510)	72
Supervisor Safety Development Program	72
Team Safety	73
Walking, Working Surfaces	73
Warehousing and Storage (OSHA Course #7005)	74
Workplace Violence	74
Workzone Technician Training	75
Hybrid Learning Format	76
IVES Training	
Aerial/Boom Lift Operator Training.....	77
MEWP Operator Training	78
MEWP Trainer Certification	79
Premium Combo Trainer Certification	80
Scissor Lift Operator Training	80
Safety Perception Survey	81
Online Training	81
CEUs	81
Registration & Cancellation Policy	81
Workplace Safety Consulting	82
Safety Certificate Programs	83-86

Can't find what you are looking for?

Our professional, seasoned instructors can provide an array of additional training not listed specifically in this catalog. If you are looking for a specific subject matter, contact us. If we can't provide it for you - chances are we have a contact that can.

Check out our online training too. Visit our website for a complete list of training options:
www.SafeNebraska.org/OnlineSafetyTraining.

Defensive Driving Courses

Nobody knows driver safety training like the people who pioneered it more than 55 years ago. The National Safety Council created the first defensive driving course in 1964 and has been the leader in driver safety training ever since.

Our mission: Safer Drivers, Safer Roads

According to the National Institute for Occupational Safety and Health (NIOSH), **transportation is the #1 cause of workplace fatalities**, with distracted driving and driver fatigue serving as key contributing factors; the cost of which can easily exceed \$1.4 million.

The critical goal of this program is to save lives, and reduce injuries and damages. Adopting a defensive driver safety program within your organization can do just that. Developing a systematic training program will equip your employees with the appropriate tools, risk management methods and sound driving techniques to negotiate applicable motor vehicle related exposures, risks and hazards.

The National Safety Council - Nebraska Chapter (NSCN) will provide a unique “key” (code) for your team to access the online training. For customers who purchase a minimum of 100 keys a custom site can be created with your company’s branding and provide your administrator access to track and manage the usage. For companies with a Learning Management System (LMS), and a required larger minimum annual purchase, NSCN can distribute keys through your LMS program. Note that there are some technical requirements to complete this implementation, your NSCN representative can provide you all additional system requirement information. Whatever your needs – for a small or large fleet – NSCN has a driving solution for your organization.



Reduce injuries and deaths on the road with FREE RESOURCES
for your transportation safety programs!

www.NEDrivingConcern.org

Our Driving Concern
an nsc program

Defensive Driving Course (DDC) - 4 Hour or 2 Hour ONLINE Training

(Available in English & Spanish)

The 2 hour and 4 hour Defensive Driving Online courses highlight driver attitudes to prevent crashes and reinforces good driving skills. Includes a broad array of behind-the-wheel topics and shows the consequences of poor choices. The program presents real-life driving situations and hazards in an engaging and interactive way. The online program can also be “paused” and returned to at a later date in case your team is unable to complete the training all at once. The training can be completed at home or at your office – anywhere there is access to the internet.

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

Investment:

QTY	Member Price	Non-member Price
1-49	\$39.95	\$49.94
50-99	\$37.95	\$47.44
100-249	\$31.95	\$39.94
250-499	\$22.95	\$28.69
500-999	\$16.95	\$21.19
1000-2499	\$13.95	\$17.44
2500+	Call for pricing	Call for pricing

4 Hour Training Also Available in the Classroom

Distacted Driving Courses - Online Training

Behavioral-driven course designed to change drivers’ attitudes associated with driving. A self-assessment evaluates participants driving habits and defines content specific to their risk level.

Investment:

QTY	Member Price	Non-member Price
1-49	\$41.95	\$52.50
50-99	\$39.85	\$49.80
100-249	\$33.55	\$41.90
250-499	\$24.10	\$30.10
500-999	\$17.80	\$22.25
1000-2499	\$14.65	\$18.30
2500+	Call for pricing	Call for pricing

DDC Behavioral Modules

Approximately 20 minutes each, these online modules address dangerous driving situations and behaviors. Each module presents real-life scenarios and hazard recognition exercises to teach your employees safe driving practices and help motivate them to change poor driving habits. These modules can be used on an incident basis or for refresher courses.

Modules include:

- Backing and Parking Lot Strategies
- Lane Management
- Speed Management
- Avoiding Collisions with Fixed Objects
- Weather and Road Conditions
- Avoiding Impaired Driving
- Avoiding Fatigued Driving
- Avoiding Aggressive Driving
- Intersections

Investment per module:

QTY	Member Price	Non-Member Price
1-49	\$9.95	\$12.44
50-99	\$9.45	\$11.81
100-249	\$8.95	\$11.19
250-499	\$8.45	\$10.56
500-999	\$7.45	\$9.31
1000-2499	\$6.45	\$8.06
2500+	Call for pricing	Call for pricing

Investment for the full library:

QTY	Member Price	Non-Member Price
1-49	\$44.95	\$56.19
50-99	\$41.95	\$52.44
100-249	\$35.95	\$44.94
250-499	\$24.95	\$31.19
500-999	\$19.95	\$24.94
1000-2499	\$15.95	\$19.94
2500+	Call for pricing	Call for pricing

Professional Truck Driver Online Courses

These 2 hour or 4 hour online course focuses on the most common causes of truck-related incidents and provide truck drivers with defensive driving strategies to avoid collisions and traffic violations. The course helps drivers identify their driving habits through hazard recognition scenarios and emphasizes the need for continuous improvement and professionalism.

Contact your account manager for pricing.

NSC Fleet Essentials Online Training Program

Vehicle-specific course content that includes:

- Safe backing
- Vehicle dynamics
- Pre and post-trip inspections
- Six deadly choices -- speeding, violating the right of way, distracted driving, turning improperly, driving left of center and following too closely
- Additional vehicle-specific content

Additional modules include:

- Driving Professionally
- Vehicle Dynamics
- Distracted Fleet Driver

Participants who complete an NSC Defensive Driving Course and then complete the Fleet Essentials Program are eligible for a Safe Operator Designation from NSC.

Contact your account manager for pricing.

First Aid, CPR, & AED Training

First Aid/CPR /AED Training

The National Safety Council believes everyone should be able to save a life. If you need First Aid, CPR/AED training for your business, office, school, or personal needs, The National Safety Council - Nebraska Chapter makes it convenient to receive training. The curriculum adheres strictly to the guidelines established by the American Heart Association and meets or exceeds Nebraska and OSHA requirements.

What makes our classes outstanding?

- Our instructors include firefighters, EMTs, and health care providers who face life-threatening emergencies everyday
- Certification is nationally recognized
- National Safety Council training exceeds State and OSHA requirements
- Convenient class times
- Customized training available
- No processing fees for NSC Course Digital certificates.

Most industries are required or encouraged to have First Aid training for at least one staff member on all shifts if their facility is not in “near proximity” (4-5 minutes) to Emergency Care.

Train your team or let us train someone from your team to be an instructor. For more information on how to become an instructor, see page 13 or visit our website at www.SafeNebraska.org

Training is available during our regularly scheduled classes, at your facility or online. Speak to a representative for more information.

The Importance of AEDs in the Workplace

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. NSCN combines both CPR and AED education into one course because of their importance and need.



- Response time is critical. Brain death begins within 4-6 minutes of the sudden cardiac arrest (SCA) event.
- The average time to respond to a 911 call in an urban area is 7 minutes. (Expect longer response times if your workplace is in a remote/rural area).
- SCA survival rates have been observed as high as 70% when defibrillation occurs within 4 minutes of the event.
- For every minute without CPR and defibrillation, chances of survival from cardiac arrest decreases by approximately 10%.
- American Heart Association (AHA) recommends placing an AED at three-minute “drop to shock” intervals throughout the facility. (*i.e. should take a person no longer than 3 minutes round-trip to get the AED and back to the victim*).

For a full list of product offerings, visit our online safety store at www.SafeNebraska.org/safetyproducts

Standard First Aid and CPR/AED Schedule:

Daytime Class	Times	Investment
First Aid Training	8:00am-12:00pm	\$80 (\$75 member)
CPR/AED Training	1:00pm-3:30pm	\$80 (\$75 member)
First Aid & CPR/AED Training	8:00am-3:30pm	\$105 (\$95 member)

Daytime Classes

January 4, 10, 20, 23, 31	February 8, 14, 20, 28	March 7, 16, 19, 27
April 2, 10, 20, 25	May 2, 7, 15, 23, 29	June 4, 15, 19, 27
July 2, 10, 16, 25, 31	August 6, 15, 24, 28	September 5, 11, 17, 25
October 1, 12, 17, 22, 30	November 7, 13, 21, 26	December 4, 12, 17

Spanish Standard First Aid and CPR/AED

January 26	April 11	September 26	November 8
------------	----------	--------------	------------

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

Daytime Class	Times	Investment
Adult and Pediatric First Aid Training:	8:00am-12:00pm	\$85 (\$80 member)
Adult and Pediatric CPR/AED Training:	1:00pm-4:00pm	\$85 (\$80 member)
Adult and Ped First Aid & CPR/AED:	8:00am-4:00pm	\$115 (\$105 member)

Daytime Classes

January 13	February 6	March 2	April 17
May 11	June 12	July 20	August 20
September 14	October 9	November 23	December 19

Pediatric First Aid and CPR Schedule:

Daytime Class	Times	Investment
First Aid Training:	8:00am-11:00am	\$80 (\$75 member)
CPR Training	11:30am-2:00pm	\$80 (\$75 member)
First Aid and CPR Training:	8:00am-2:00pm	\$105 (\$95 member)

Daytime Classes

January 6, 27	February 10, 24	March 9
April 13, 27	May 4, 18	June 8, 22
July 13, 27	August 10, 17	September 28
October 5, 26	November 9, 16	December 7, 28

Evening Class

	Times	Investment
First Aid Training (Mondays):	6pm-9pm	\$80 (\$75 member)
CPR Training (Wednesdays):	6pm-8:30pm	\$80 (\$75 member)
First Aid and CPR Training (Mon. & Wed.):	6pm-9pm/6pm-8:30pm	\$105 (\$95 member)

Evening Classes

March 18 & 20	September 9 & 11
---------------	------------------

First Aid/CPR & AED - ONLINE

The online First Aid, CPR/AED online program covers all of the elements of the classroom course and includes a bookmark feature that allows you to save your place in the course. The online program teaches the knowledge portion of the course, clearly presenting learning points using animation, full-motion video, interactive user exercises and real-world simulations. Once the online portion is complete a hand-on skills testing is required. Students who successfully complete the online program and skills testing will receive a nationally recognized NSC course completion card valid for 2 years.

Investment: \$105 (\$95 member)

Bloodborne Pathogens - ONLINE

This program is ideal for first responders, healthcare providers, dentists, dental hygienists, lab workers, police, EMTs, paramedics, animal handlers and custodians—anyone exposed to blood or other potentially infectious materials.

Investment: \$19.95

Mental Health First Aid

This program teaches participants how to identify, understand, and respond to signs of mental health and substance use challenges among adults. Participants will build skills they need to reach out and provide initial support to those who are struggling.

This training can be completed in one of the open enrollment classes listed below or as a group session for your team at your location or ours. Give us a call, let's talk.

Investment: \$100

Dates:	January 16	February 15	March 13	April 16
	May 16	June 6	July 24	August 21
	September 19	November 5	December 11	

Mental Health First Aid Training provided by the National Safety Council - Nebraska Chapter. Curriculum developed by :



**Mental Health
FIRST AID**

from NATIONAL COUNCIL FOR
MENTAL WELLBEING

Call us at **402.898.7364** to learn more about how we can provide this important training at your business, or enroll in one of our open-enrollment training sessions.

First Aid and CPR/AED Instructor Development Course Schedule:

You or a member of your staff can become a certified NSC First Aid instructor and teach others to save lives. Our instructor training is a 9 hour program that will provide you teaching methods and presentation skills designed to help your team save a life. Course content is learned prior to this two-day class by taking the NSC First Aid, CPR & AED course the instructor candidate plans to teach. We highly recommend you take an in-person NSC First Aid, CPR and AED class so you are familiar with our instructional materials, but current certification from another nationally recognized provider will be accepted. Participants receive a nationally recognized NSC Instructor certification. Once you become an instructor NSCN can provide you all the necessary equipment to teach a class. Ask us about manikins, AED trainers, and student workbooks or visit www.SafeNebraska.org/SafetyProducts.

Benefits of Being Authorized by NSC:

- NSC courses use the newest teaching methods and always meet OSHA and the latest guidelines
- Nationally recognized course completion cards are included with each student workbook purchase
- As an authorized NSC instructor, you can teach anywhere in the nation with no restrictions
- You can customize training to meet your employees’ needs

After being authorized by NSC, you can provide onsite training for your organization, at a time that is most convenient for everyone. This eliminates the need for travel or extra time away from work.

Currently an instructor with another training organization? Ask a NSCN team member about transferring your accreditation.

Investment: \$530 (\$425 member)

Daytime Class	Times
First Aid & CPR/AED Instructor Dev. Course	8am-1pm/8am-Noon

Weekday Daytime Classes:			
February 21-22	May 8-9	July 17-18	October 23-24

Safe with You

The Department of Health and Human Services and Education, including the Early Childhood Training Center have worked together to develop this course. It includes information on safe sleep, shaken baby syndrome and child abuse and neglect.

Investment: \$50

Time: 8:00am-12:30pm

Dates:	January 6	February 3	March 2	April 6
	May 4	June 1	July 13	August 3
	September 7	October 5	November 2	December 7

Babysitting Class

The National Safety Council, Nebraska’s Babysitting Training prepares 11 to 15 year olds to care for infants and children safely and with confidence. Class follows the American Academy of Pediatrics Babysitter Lessons and Safety Training curriculum. Students receive a handbook and a class completion card.

Investment: \$90 – includes lunch

Time: 8:00am-4:00pm

Dates:	January 20	February 17	March 16, 23	April 13, 27
	May 11, 18	June 8, 14, 22, 29	July 12, 20, 27	August 10, 17
	September 21	October 19	November 16	December 14, 21

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.

If your company is interested in providing this training for your employees, please contact us for more information.

NSC Advanced First Aid, and Basic Life Support for Health Care & Professional Rescuers

OSHA mandates a trained first responder must be present in high-risk industries where medical emergencies require immediate emergency response. Our comprehensive 40-hour advanced course will help your students recognize and act competently and confidently in an emergency situation.

You will learn:

- Basic life support training commonly taught to health care and rescue professionals
- How to control bleeding and manage shock
- How to care for injuries and medical emergencies
- Steps to reduce the risk of injuries and illnesses
- Special situations like behavioral emergencies, pregnancy, and childbirth
- Remote-location first aid

Who would benefit from taking this course?

Employees in high-risk industries, emergency medical technicians, paramedics, advanced emergency medical technicians, college students, vocational school programs like HOSA and college health care professional programs including athletic training, nursing.

If your company is interested in providing this training for your employees, please contact us for more information.

Safety Products Available from NSCN

The National Safety Council, Nebraska offers a wide variety of National Safety Council training materials for home, community and business safety.

First Aid Products

Workbooks:

- Adult & Pediatric First Aid, CPR, & AED Student Workbooks
- Bloodborne & Airborne Pathogens
- Basic Life Support
- First Aid Quick Guides



Manikins:

- Prestan Adult CPR/AED Training Manikins
- Prestan Infant CPR/AED Training Manikins
- Brayden CPR Manikin



AEDs:

- Zoll AED Plus
- Cardiac Science Powerheart G5
- Phillips HeartStart



Workplace Products

Workbooks:

- Forklift/Lift Truck Operator
- 29 CFR 1910/1926 OSHA General & Construction Industry
- Employee Safety Hand Book



And more!

For a full list of product offerings or to purchase any items listed above, visit our online safety store at www.SafeNebraska.org/safetyproducts

Safety Products Available from J.J. Keller

J.J. Keller offers a diverse portfolio of 15,000+ products and services to help customers meet safety and compliance regulations enforced by DOT, OSHA, EPA and 300+ other agencies focused on Transportation, Workplace Safety and Human Resources.

To learn more about J.J. Keller's offerings, visit www.SafeNebraska.org/ourpartners

Workplace Safety Training

OSHA 10-Hour for Construction Industry

Every employer is required to meet minimum federal workplace safety standards. Participants will gain the knowledge, skills, and tools necessary to meet OSHA's requirements. This course provides information on employee rights, employer responsibilities, and how to file a complaint as well as how to identify abate, avoid and prevent job related hazards on a construction site.

Course includes – 6-Hours of Mandatory topics:

- Introduction to OSHA
- Focus 4 Hazards (Falls, Electrocution, Struck-By, and Caught-in or Between)
- Personal Protective Equipment
- Health Hazards
- Optional Topics may include (4 total hours):
- Cranes, Derricks, Hoists, Elevators, and Conveyors
- Excavations
- Materials Handling, Storage, Use and Disposal
- Scaffolds
- Stairways and Ladders
- Tools – Hand and Power

Participants will receive an OSHA 10-hour card.

Investment: \$290 (\$203 Member Rate)

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

Dates: April 29-30, 2024, September 5-6, 2024; December 18-19, 2024

ALSO AVAILABLE ONLINE at: www.SafeNebraska.org/onlinesafetytraining



**LYMAN-RICHEY
CORPORATION**
A CRH COMPANY

**BUILDING OUR
COMMUNITIES
FROM THE
GROUND UP.**

www.lymanrichey.com



A CRH COMPANY



lymanrichey.com

Proud to be
your partner
in building
a stronger
and safer
future for all.

OSHA 30-Hour for Construction Industry

Every employer is required to meet minimum federal workplace safety standards. This course provides information on employee rights, employer responsibilities, and how to file a complaint as well as how to identify abate, avoid and prevent job related hazards on a construction site. Special emphasis is placed on areas in construction that most commonly result in worker injury or property damage. Optional 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.

Course includes – 14-Hours of Mandatory topics:

- Introduction to OSHA
- Focus 4 Hazards (Falls, Electrocution, Struck-By, and Caught-in or Between)
- Managing Safety and Health
- Personal Protective Equipment
- Health Hazards in Construction

Optional Topics may include (16 total hours):

- Concrete and Masonry Construction
- Confined Space Entry
- Cranes, Derricks, Hoists, Elevators, and Conveyors
- Excavations
- Materials Handling, Storage, Use and Disposal
- Scaffolds
- Stairways and Ladders
- Tools – Hand and Power
- Ergonomics
- Fire Protection and Prevention
- Powered Industrial Trucks
- Steel Erection
- Welding and Cutting
- Motor Vehicles, Mechanized Equipment and Marine Operations; Rollover Protective Structures and Overhead Protection; and Signs, Signals and Barricades
- Foundation for Safety Leadership (minimum of 2.5 hrs)

Participants will receive an OSHA 30-hour card.

Investment: \$740 (\$515 Member Rate)

Time: 8:00am-5:00pm

Dates: January 22-25, 2024; April 15-18, 2024; November 18-21, 2024

ALSO AVAILABLE ONLINE at: www.SafeNebraska.org/onlinesafetytraining

OSHA 10-Hour for General Industry

Every employer is required to meet minimum federal workplace safety standards. Participants will gain the knowledge, skills, and tools necessary to meet OSHA's requirements. This course addresses a variety of general industry safety topics, enabling participants to identify, abate, avoid, and prevent job related hazards.

Course includes – 6-Hours of Mandatory topics:

- Introduction to OSHA
- Walking, Working Surfaces, including fall protection
- Exit Routes, Emergency Action Plans, Fire Prevention Plans, and Fire Protection
- Electrical
- Personal Protective Equipment
- Hazard Communication

Optional Topics may include (4 total hours):

- Hazardous Materials
- Materials Handling
- Machine Guarding
- Introduction to Industrial Hygiene
- Bloodborne Pathogens
- Ergonomics
- Safety and Health Programs
- Fall Protection

Participants will receive an OSHA 10-hour card.

Investment: \$290 (\$203 Member Rate)

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

Dates: January 11-12, 2024; May 9-10, 2024; August 1-2, 2024; November 7-8, 2024

ALSO AVAILABLE ONLINE at: www.SafeNebraska.org/onlinesafetytraining

OSHA 30-Hour for General Industry

Every employer is required to meet minimum federal workplace safety standards. This course provides information on employee rights, employer responsibilities, and how to file a complaint as well as how to identify abate, avoid and prevent job related hazards in general industry. This course provides an in-depth review of hazard awareness and a more detailed discussion into each subject. Optional 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.

Course includes – 12-Hours of Mandatory topics:

- Introduction to OSHA
- Managing Safety and Health
- Walking, Working Surfaces, including fall protection
- Exit Routes, Emergency Action Plans, Fire Prevention Plans, and Fire Protection
- Electrical
- Personal Protective Equipment
- Material Handling
- Hazard Communication

Optional Topics may include (18 total hours):

- Hazardous Materials (Flammable and Combustible Liquids, Spray Finishing, Compressed Gases, Dipping and Coating Operations)
- Permit-Required Confined Spaces
- Lockout/Tagout
- Machine Guarding
- Welding, Cutting, and Brazing
- Introduction to Industrial Hygiene
- Bloodborne Pathogens
- Ergonomics
- Safety and Health Programs
- Fall Protection
- Powered Industrial Trucks

Participants will receive an OSHA 30-hour card.

Investment: \$740 (\$515 Member Rate)

Time: 8:00am-5:00pm

Dates: March 4-7, 2024; June 3-6, 2024; September 23-26, 2024

OSHA Course # 500 Trainer Course in OSHA Standards for Construction

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

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

Investment: \$835

Time: 8:00am-4:30pm

Dates: January 8-11, 2024; April 8-11, 2024; July 8-11, 2024; October 7-10, 2024

Be Prepared to Save a Life.

**Train your employees
with the only First Aid
program that meets
ALL OSHA guidelines.**

nsc
National Safety Council

NEBRASKA CHAPTER



See pages 10-15

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

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

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

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

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

Investment: \$835

Time: 8:00am-4:30pm

Dates: January 22-25, 2024; April 22-25, 2024; July 22-25, 2024; October 21-24, 2024

OSHA Course # 502 Update for Construction Industry Outreach Trainers

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

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

Investment: \$720

Time: 8:00am-4:30pm

Dates: January 3-5, 2024; April 2-4, 2024; July 8-10, 2024; October 2-4, 2024

OSHA Course # 503 Update for General Industry Outreach Trainers

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

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

Investment: \$720

Time: 8:00am-4:30pm

Dates: January 15-17, 2024; April 15-17, 2024; July 15-17, 2024; October 16-18, 2024

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

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

Investment: \$825

Time: 8:00am-4:30pm

Dates: February 12-15, 2024; June 10-13, 2024;

September 16-19, 2024; December 2-5, 2024

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

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

Investment: \$825

Time: 8:00am-4:30pm

Dates: March 11-14, 2024; June 17-20, 2024;

September 9-12, 2024; December 9-12, 2024

OSHA Course # 521 OSHA Guide to Industrial Hygiene

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

Investment: \$825

Time: 8:00am-4:30pm

Dates: February 5-8, 2024; August 12-15, 2024

OSHA Course # 2045 Machine Guarding and Machine Guarding Standards

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

Investment: \$825

Time: 8:00am-4:30pm

Dates: March 18-21, 2024; September 23-26, 2024

OSHA Course # 2225 Respiratory Protection

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

Investment: \$825

Time: 8:00am-4:30pm

Dates: February 19-22, 2024; August 19-22, 2024

OSHA Course # 2255 Principles of Ergonomics

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

Investment: \$715

Time: 8:00am-4:30pm

Dates: January 29-31, 2024; July 29-31, 2024

OSHA Course # 2264 Permit Required Confined Space Entry

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

Investment: \$715

Time: 8:00am-4:30pm

Dates: May 20-22, 2024; October 21-23, 2024

OSHA Course # 3015 Excavation, Trenching & Soil Mechanics

This course covers the OSHA Excavation Standard and safety and health aspects of excavation and trenching. Course topics include practical soil mechanics and its relationship to the stability of shored and unshored slopes and walls of excavations, introduction of various types of shoring (wood timbers and hydraulic), soil classification, and use of protective systems. Testing methods are demonstrated and students participate in workshops in the use of instruments such as penetrometers, torvane shears, and engineering rods. Upon course completion students will have the ability to assess their employer's compliance with the OSHA Excavation Standard, utilize soil testing methods to classify soil types, determine protective systems for excavation operations, and training requirements. Minimum student contact hours: 20

Investment: \$715

Time: 8:00am-4:30pm

Dates: March 25-27, 2024; October 28-30, 2024

OSHA Course # 3095 Electrical Standards

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

Investment: \$825

Time: 8:00am-4:30pm (Tuesday-Thursday) 8:00am-Noon (Friday)

Dates: February 26-29, 2024; August 26-29, 2024

OSHA Course # 3115 Fall Protection

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

Investment: \$715

Time: 8:00am-4:30pm

Dates: May 6-8, 2024; November 12-14, 2024

RMSM #6010 Safety, Health and Environmental Risk Management Principles

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

Investment: \$715

Time: 8:00am-4:30pm

Dates: March 13-15, 2024; September 4-6, 2024



**OFFERED IN HYBRID
LEARNING FORMAT!**

See pg. 76 for more info

EHSM #6036 Introduction to Environmental Compliance and Management

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

Investment: \$770

Time: 8:00am-4:30pm

Dates: May 14-16, 2024; October 1-3, 2024

OSHA Course #7005 Warehousing and Storage

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

Minimum student contact hours: 7

Investment: \$250

Time: 8:00am-4:30pm

Dates: Available upon request

OSHA Course #7100 Introduction to Machinery and Machine SafeGuarding

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

Minimum student contact hours: 4

Investment: \$165

Time: 8:00am-12:30pm

Dates: Available upon request

OSHA Course #7115 Lockout/Tagout

(Controlling Hazardous Energy to Prevent Workplace Injury)

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

Investment: \$250

Time: 8:00am-5:00pm

Dates: Available upon request

OSHA Course #7205 Health Hazard Awareness

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

Investment: \$250

Time: 8:00am-4:30pm

Dates: Available upon request

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

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

Investment: \$250

Time: 8:00am-4:30pm

Dates: Available upon request

OSHA Course #7405 Fall Hazard Awareness for the Construction Industry

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

Minimum student contact hours: 5

Investment: \$250

Time: 8:00am-5:00pm

Dates: Available upon request

OSHA Course #7410 Managing Excavation Hazards

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

Minimum student contact hours: 6.5

Investment \$250

Time: 8:00am-4:30pm

Dates: February 1, 2024; November 15, 2024

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

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

Minimum student contact hours: 12

Investment: \$399

Time: 8:00am-4:30pm

Dates: Available upon request

OSHA Course #7500 Introduction to Safety & Health Management

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

Investment: \$250

Time: 8:00am-4:30pm

Dates: Available upon request

OSHA Course #7510 Introduction to OSHA for Small Business

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

Minimum student contact hours: 3.5

Investment: \$165

Time: 8:00am-Noon

Dates: Available upon request

OSHA Course #7845 OSHA Recordkeeping

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

Minimum student contact hours: 4

Investment: \$165

Time: 8:00am-12:00pm

Dates: January 18, 2024; May 2, 2024; September 4, 2024

Aerial / Boom Lift Operator Training

Our Aerial / Boom Lift class utilizes the Ives training program to certify operators. The training consists of theory training and testing which is followed with practical (hands on) training and evaluation using actual lift equipment.

Theory Training and Testing:

The trainer guides trainees through a comprehensive and interactive review of the operator workbook and is followed by a written test.

Topics include:

- Rules & Regulations
- Types of Aerial / Boom Lifts
- Safety Systems & Devices
- Inspections
- Fall Protection
- Safe Operation

Practical Training and Evaluation:

Trainees are shown the pre-use inspection, safe operating procedures, and parking/shut-down procedures and then given the opportunity to practice under the helpful eye of the program trainer. Trainees are then individually evaluated using the equipment in a reasonably challenging course.

Important Information:

- Trainees are strongly encouraged to bring their own personal fall protection equipment (full body harness and lanyard)
- Safety toed shoes and a high visibility vest are required while working with the equipment
- Appropriate outdoor clothing is recommended

Investment: \$328 (\$229 Member Rate)

Time: 8:00am-4:30pm

Dates: Available upon request

Confined Space

This course 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

Investment: \$185 (**FREE for MEMBERS***)

Times: 8:00am-12:00pm

Dates: January 16, 2024; July 24, 2024

**OFFERED IN HYBRID
LEARNING FORMAT!**

See pg. 76 for more info

* FREE Member Sessions have limited seating, max registration 2 per company

Confined Space Entry, Permit Required (OSHA Course # 2264)

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

Investment: \$715

Time: 8:00am-4:30pm

Dates: May 20-22, 2024; October 21-23, 2024

Confined Space Standards, Understanding OSHA's Permit-Required (OSHA Course #7300)

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

Investment: \$250

Time: 8:00am-4:30pm

Dates: Available upon request

Construction Industry Hazards and Prevention Strategies (OSHA Course #7415)

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

Minimum student contact hours: 12

Investment: \$399

Time: 8:00am-4:30pm

Dates: Available upon request

Construction Industry (OSHA 10-Hour)

Every employer is required to meet minimum federal workplace safety standards. Participants will gain the knowledge, skills, and tools necessary to meet OSHA's requirements. This course provides information on employee rights, employer responsibilities, and how to file a complaint as well as how to identify abate, avoid and prevent job related hazards on a construction site.

Course includes – 6-Hours of Mandatory topics:

- Introduction to OSHA
- Focus 4 Hazards (Falls, Electrocution, Struck-By, and Caught-in or Between)
- Personal Protective Equipment
- Health Hazards

Optional Topics may include (4 total hours):

- Cranes, Derricks, Hoists, Elevators, and Conveyors
- Excavations
- Materials Handling, Storage, Use and Disposal
- Scaffolds
- Stairways and Ladders
- Tools – Hand and Power

Participants will receive an OSHA 10-hour card.

Investment: \$290 (\$203 Member Rate)

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

Dates: April 29-30, 2024, September 5-6, 2024; December 18-19, 2024

ALSO AVAILABLE ONLINE at: www.SafeNebraska.org/onlinesafetytraining



**Advance your safety
career through our
Safety Certificate
Programs**

nsc

National Safety Council

NEBRASKA CHAPTER

See pages 84-86

Construction Industry (OSHA 30-Hour)

Every employer is required to meet minimum federal workplace safety standards. This course provides information on employee rights, employer responsibilities, and how to file a complaint as well as how to identify abate, avoid and prevent job related hazards on a construction site. Special emphasis is placed on areas in construction that most commonly result in worker injury or property damage. Optional 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.

Course includes – 14-Hours of Mandatory topics:

- Introduction to OSHA
- Focus 4 Hazards (Falls, Electrocutation, Struck-By, and Caught-in or Between)
- Managing Safety and Health
- Personal Protective Equipment
- Health Hazards in Construction

Optional Topics may include (16 total hours):

- Concrete and Masonry Construction
- Confined Space Entry
- Cranes, Derricks, Hoists, Elevators, and Conveyors
- Excavations
- Materials Handling, Storage, Use and Disposal
- Scaffolds
- Stairways and Ladders
- Tools – Hand and Power
- Ergonomics
- Fire Protection and Prevention
- Powered Industrial Trucks
- Steel Erection
- Welding and Cutting
- Motor Vehicles, Mechanized Equipment and Marine Operations; Rollover Protective Structures and Overhead Protection; and Signs, Signals and Barricades
- Foundation for Safety Leadership (minimum of 2.5 hrs)

Participants will receive an OSHA 30-hour card.

Investment: \$740 (\$515 Member Rate)

Time: 8:00am-5:00pm

Dates: January 22-25, 2024; April 15-18, 2024; November 18-21, 2024

ALSO AVAILABLE ONLINE at: www.SafeNebraska.org/onlinesafetytraining

Construction Industry Occupational Safety and Health Standards (OSHA Course # 510)

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

Investment: \$825

Time: 8:00am-4:30pm

Dates: February 12-15, 2024; June 10-13, 2024;

September 16-19, 2024; December 2-5, 2024

Construction Industry Trainer Course in OSHA Standards (OSHA Course # 500)

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

Minimum student contact hours: 26

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

Investment: \$835

Time: 8:00am-4:30pm

Dates: January 8-11, 2024; April 8-11, 2024; July 8-11, 2024; October 7-10, 2024

Construction Industry Update for Outreach Trainers (OSHA Course # 502)

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

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

Investment: \$720

Time: 8:00am-4:30pm

Dates: January 3-5, 2024; April 2-4, 2024; July 8-10, 2024; October 2-4, 2024

Crane & 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



**OFFERED IN HYBRID
LEARNING FORMAT!**

See pg. 76 for more info

Investment: \$185 (**FREE for MEMBERS***)

Times: 1pm - 5pm

Dates: May 16, 2024; November 14, 2024

* FREE Member Sessions have limited seating,
max registration 2 per company

DOT Reasonable Suspicion Training for Supervisors

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

Your supervisors will learn:

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

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

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

Time: See below

Dates: April 18, 2024 (1pm-3:30pm);

October 18, 2024 (8am-10:30am)



**OFFERED IN HYBRID
LEARNING FORMAT!**

See pg. 76 for more info

ESTD



1932

QUINN

Your interests first.

www.QuinnInsurance.com

402-891-1234

Effective Safety Management Practices I

Designed for safety leaders, this course addresses safety management systems, the roles and responsibilities of safety professionals, leading safety management processes, safety performance measures, and more. It's ideal for the people who coordinate, supervise, or manage your organization's safety and health efforts.

What You Will Learn:

- Determine how events in the safety, health, and management fields influence your organization's safety management focus
- Identify characteristics of an effective safety management system
- Identify activities performed in the safety and health audit process
- Identify roles and responsibilities of safety professionals
- Assess your personal leadership skills
- Identify the four key requirements for creating a positive safety culture
- Identify activities to perform in your organization's safety and health audit process
- Use measurement tools to evaluate safety at your organization
- Establish a business case for a safety management system
- Analyze a safety and health case study from a manager's perspective and develop a plan to resolve the identified issues

Who Should Attend:

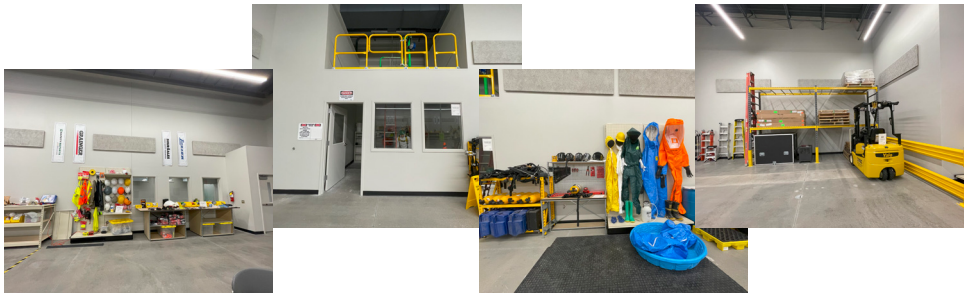
- Employees new to safety or with new safety responsibilities
- Safety practitioners
- Safety team leaders
- Safety consultants
- Safety Supervisors
- Middle/upper management
- Designers and developers of safety content

Investment: \$875 (\$698 Member Rate)

Time: 8:00am-4:30pm

Dates: February 19-20, 2024; June 24-25, 2024; December 2-3, 2024

Hands on training can increase training retention by up to 75%. Ask about our new Learning Lab and the hands-on training application for your next training!



Effective Safety Management Practices II

This course provides the advanced knowledge required to implement a successful safety management system. It covers human and organizational performance, serious injury and fatality prevention, risk assessments, safety observation programs, and more. The content is geared toward those who coordinate, supervise, or manage your organization's safety and health efforts. This is Day 2 of our in-person class.

What You Will Learn:

- Differentiate between audits and inspections
- Pinpoint the elements of a safety management system you currently audit
- Identify activities performed in the safety and health audit process
- Recognize the roles and responsibilities of an audit team leader, an audit team, and an audited group
- Understand the reasons and benefits of managing an organization's safety and health efforts
- Differentiate between insured and uninsured costs
- Calculate a total case rate
- Conduct a cost-benefit analysis and describe why it is important

Who Should Attend:

- Employees new to safety or with new safety responsibilities
- Safety practitioners
- Safety team leaders
- Safety consultants
- Safety Supervisors
- Middle/upper management
- Designers and developers of safety content

Investment: \$875 (\$698 Member Rate)

Time: 8:00am-4:30pm

Dates: February 21-22, 2024; June 26-27, 2024; December 4-5, 2024

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

Investment: \$185 (**FREE for Members***)

Times: 1:00pm-5:00pm

Dates: January 16, 2024; July 24, 2024

* FREE Member Sessions have limited seating, max registration 2 per company



**OFFERED IN HYBRID
LEARNING FORMAT!**

See pg. 76 for more info

Electrical Standards (OSHA Course # 3095)

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

Investment: \$825

Time: 8:00am-4:30pm

Dates: February 26-29, 2024; August 26-29, 2024

SAVE THE DATE!

Join us in 2024 as we Celebrate 100 Years of Serving Nebraska!

Celebration of Safety

May 1, 2024

LaVsta Conference Center

Be named one of Nebraska's Safest Companies

Applications due

February 29, 2024



41st Annual Safety Conference & Expo

October 14 - Professional Development Training

October 15th - Conference & Expo

EM 385-1-1

This 40-hour class is designed specifically for contractors, military, and government employees, doing business with the US Navy, NAVFAC, US Army Corps of Engineers and other government agencies that require EM 385 training.

Learn how to effectively submit:

Accident Prevention Plan (APP) Learn how to properly prepare a site-specific APP – this plan must be very detailed and address the management processes that will be used to prevent hazards from being present in all phases of the contract. Activity Hazard Analysis (AHA) forms require contractors to take an extremely proactive approach by anticipating and controlling hazards prior to an accident occurring – defining the activity being performed, and identifying the work sequence, specific hazards anticipated, and the control measures to be implemented to eliminate or reduce each hazard to an acceptable level.

Topics also include:

- Jobsite Inspections and Employee Training – Weekly safety meetings must be relevant to the work that a crew is performing on the job at that time. EM-385 1-1 requires that a contractor quality control person shall conduct and document daily safety inspections
- Site Safety Health Officer's qualifications and responsibilities
- Incident response and reporting procedures

Attendees receive a Certificate of Completion of a 40-hour EM 385-1-1 as well as an OSHA 30 hour for Construction card.

Course Includes: Student Materials, which include:

- EM 385-1-1 Safety and Health Manual
- OSHA CFR 1926 Construction Regulations
- Student Manual

Also USB provided for every student includes:

- Activity Hazard Analysis (AHA) over 50 completed samples
- Checklist consisting of over 60 topics to help meet requirements of EM 385 1-1
- NIOSH Pocket Guide to Chemical Hazards
- Toolbox Safety Topics – 170+
- Federal Acquisition Regulation Parts 1-50
- NAVFAC Safety Handbook
- EM 385 1-1 Safety and Health Manual
- OSHA CFR 1926 Construction Regulations

Investment: \$1,425 (\$995 Member Rate)

Time: 8:00am-5:00pm

Dates: February 26-March 1, 2024; May 20-24, 2024; October 28-November 1, 2024

Introduction to Emergency Planning

This course covers OSHA requirements for emergency action plans and emergency response plans. Topics include the core elements of emergency evacuation plans, key features of emergency exit routes, and additional core requirements when designated employees will engage in defensive or offensive response actions. This course also covers key considerations around Workplace Violence, Active Shooter and De-Escalation. Students will participate in several exercises pertaining to the identification and ranking of risks and practice on the use of new tools and strategies. Upon course completion students will have an improved level of knowledge and strategies which should enable them to more effectively create, maintain, or update emergency action and/or response plans for their organization.

Investment: \$328 (**FREE for MEMBERS***)

Times: 8:00am-4:30pm

Dates: June 10, 2024; December 16, 2024



**OFFERED IN HYBRID
LEARNING FORMAT!**

See pg. 76 for more info

Environmental Compliance and Management (EHSM #6036)

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

Investment: \$770

Time: 8:00am-4:30pm

Dates: May 14-16, 2024; October 1-3, 2024

Ergonomics: Managing for Results

1 day, .65 CEUs, .65 COCs, 1 IH CMs

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

You'll learn how to:

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

Investment: \$425 (\$325 Member Rate)

Time: 8:00am-4:30pm

Dates: May 7, 2024; September 13, 2024



**OFFERED IN HYBRID
LEARNING FORMAT!**

See pg. 76 for more info

Ergonomics, Principles of (OSHA Course # 2255)

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

Minimum student contact hours: 18

Investment: \$715

Time: 8:00am-4:30pm

Dates: January 29-31, 2024; July 29-31, 2024

Excavation, Managing Hazards (OSHA Course #7410)

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

Minimum student contact hours: 6.5

Investment: \$250

Time: 8:00am-4:30pm

Dates: February 1, 2024; November 15, 2024

Excavation, Trenching & Soil Mechanics (OSHA Course # 3015)

This course covers the OSHA Excavation Standard and safety and health aspects of excavation and trenching. Course topics include practical soil mechanics and its relationship to the stability of shored and unshored slopes and walls of excavations, introduction of various types of shoring (wood timbers and hydraulic), soil classification, and use of protective systems. Testing methods are demonstrated and students participate in workshops in the use of instruments such as penetrometers, torvane shears, and engineering rods. Upon course completion students will have the ability to assess their employer's compliance with the OSHA Excavation Standard, utilize soil testing methods to classify soil types, determine protective systems for excavation operations, and training requirements. Minimum student contact hours: 20

Investment: \$715

Time: 8:00am-4:30pm

Dates: March 25-27, 2024; October 28-30, 2024

* FREE MEMBER SESSIONS have limited seating, max registration 2 per company

Fall Hazard Awareness

This 4 hour awareness class serves to introduce attendees to the basic principles of fall protection per the OSHA regulations for both general industry and construction. Participants will be provided an overview regarding use of standard forms of fall protection equipment and its limitations.

Investment: \$185 (**FREE for MEMBERS***)

Times: 8:00am-12:00pm

Dates: March 25, 2024; September 3, 2024



**OFFERED IN HYBRID
LEARNING FORMAT!**

See pg. 76 for more info

Fall Hazard Awareness for the Construction Industry (OSHA Course #7405)

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

Minimum student contact hours: 5

Investment: \$250

Time: 8:00am-5:00pm

Dates: Available upon request



402.861.0681 | Omaha, NE



Mechanical / Plumbing / 24-Hour Service

Fall Protection (OSHA Course # 3115)

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

Investment: \$715

Time: 8:00am-4:30pm

Dates: May 6-8, 2024; November 12-14, 2024

Flagger Training

The primary objectives of the program are to train flaggers to provide safe passage of traffic through and around work areas and to minimize confusion by bringing standard flagging procedures to our nation's highways. Get your crew members trained and certified in safe flagging techniques in just four hours.

Course Description:

Controlling traffic through work zones is one of the most important and dangerous operations in road construction and maintenance. This course is a comprehensive skill-building course that meets federal industry guidelines: the Manual on Uniform Traffic Control Services (MUTCD) and the ANSI standard ISEA-107-2015.

The primary objective of the Flagger Training Course is to train flaggers to provide safe passage of traffic through and around work areas and to minimize confusion by bringing standard flagging procedures on our nation's highways. This program will have crew members trained and certified in safe flagging techniques in just four hours. Upon completion of the course, you will be able to apply the resources and information learned to protect your own crew and the public.

What You Will Learn:

- A thorough understanding of flagging procedures and proper use of required equipment
- Flagging skills from hands-on training, classroom activities and a flagging skills test
- An increased ability to coordinate traffic movement through the work zone

This course is ideal for novice construction work zone flaggers in both one- and two-person flagging operations. All attendees receive a certificate of course completion. State of Nebraska Approved

Investment: \$146 (\$102 Member Rate)

Time 8am-Noon

Dates: January 29, 2024; March 26, 2024; May 2, 2024; July 11, 2024; November 7, 2024

Forklift Hands-On Training

We will confuct up to 1-hour of practical instruction and practice excercises on the forklift while under direct supervision of a trainer. Advanced registration is required. Slots are available on the afternoons of our regularly scheduled forklift operator training classes.

Investment: \$142 per operator (\$100 Member Rate)
Dates: Available upon request

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.

Investment: \$72 per operator (\$50 Member Rate)
Dates: Available upon request

Forklift Operator Training

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

\Investment: \$146 (\$102 Member Rate)

Time: 8:00am-12:30pm

Dates: January 31, 2024

April 30, 2024

July 30, 2024

October 31, 2024

February 27, 2024

May 24, 2024

August 29, 2024

November 25, 2024

March 28, 2024

June 26, 2024

September 27, 2024

December 17, 2024

Spanish training available upon request.



**OFFERED IN HYBRID
LEARNING FORMAT!**
See pg. 76 for more info

Forklift Operator / Powered Industrial Trucks Train -the-Trainer

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

As an authorized Forklift Trainer you'll learn:

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

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

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

Investment: \$655 (\$525 Member Rate) Includes training AND training kit

Time: 8:00am-3:00pm

Dates: January 18, 2024; April 5, 2024; July 18, 2024; October 17, 2024

General Industry (OSHA 10-Hour)

Every employer is required to meet minimum federal workplace safety standards. Participants will gain the knowledge, skills, and tools necessary to meet OSHA's requirements. This course addresses a variety of general industry safety topics, enabling participants to identify, abate, avoid, and prevent job related hazards.

Course includes – 6-Hours of Mandatory topics:

- Introduction to OSHA
- Walking, Working Surfaces, including fall protection
- Exit Routes, Emergency Action Plans, Fire Prevention Plans, and Fire Protection
- Electrical
- Personal Protective Equipment
- Hazard Communication

Optional Topics may include (4 total hours):

- Hazardous Materials
- Materials Handling
- Machine Guarding
- Introduction to Industrial Hygiene
- Bloodborne Pathogens
- Ergonomics
- Safety and Health Programs
- Fall Protection

Participants will receive an OSHA 10-hour card.

Investment: \$290 (\$203 Member Rate)

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

Dates: January 11-12, 2024; May 9-10, 2024; August 1-2, 2024; November 7-8, 2024

General Industry (OSHA 30-Hour)

Every employer is required to meet minimum federal workplace safety standards. This course provides information on employee rights, employer responsibilities, and how to file a complaint as well as how to identify abate, avoid and prevent job related hazards in general industry. This course provides an in-depth review of hazard awareness and a more detailed discussion into each subject. Optional 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.

Course includes – 12-Hours of Mandatory topics:

- Introduction to OSHA
- Managing Safety and Health
- Walking, Working Surfaces, including fall protection
- Exit Routes, Emergency Action Plans, Fire Prevention Plans, and Fire Protection
- Electrical
- Personal Protective Equipment
- Material Handling
- Hazard Communication

Optional Topics may include (18 total hours):

- Hazardous Materials (Flammable and Combustible Liquids, Spray Finishing, Compressed Gases, Dipping and Coating Operations)
- Permit-Required Confined Spaces
- Lockout/Tagout
- Machine Guarding
- Welding, Cutting, and Brazing
- Introduction to Industrial Hygiene
- Bloodborne Pathogens
- Ergonomics
- Safety and Health Programs
- Fall Protection
- Powered Industrial Trucks

Participants will receive an OSHA 30-hour card.

Investment: \$740 (\$515 Member Rate)

Time: 8:00am-5:00pm

Dates: March 4-7, 2024; June 3-6, 2024; September 23-26, 2024

General Industry Occupational Safety and Health Standards (OSHA Course # 511)

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

Investment: \$825

Time: 8:00am-4:30pm

Dates: March 11-14, 2024; June 17-20, 2024;

September 9-12, 2024; December 9-12, 2024

General Industry Trainer Course in OSHA Standards (OSHA Course # 501)

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

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

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

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

Investment: \$835

Time: 8:00am-4:30pm

Dates: January 22-25, 2024; April 22-25, 2024; July 22-25, 2024; October 21-24, 2024

General Industry Update for Outreach Trainers (OSHA Course # 503)

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

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

Investment: \$720

Time: 8:00am-4:30pm

Dates: January 15-17, 2024; April 15-17, 2024; July 15-17, 2024; October 16-18, 2024

Hazard Communication

The GHS standard course is a must for any organization with hazardous materials on premises. OSHA's recently released Hazard Communication Standard updates the 25-year-old regulation by incorporating the United Nations' Globally Harmonized System of Classification and Labeling of Chemicals, a system many stakeholders suggest will make it easier to classify and communicate hazards.

You will learn:

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

Investment: \$185 (**FREE for MEMBERS***)

Time: 8:00am-Noon

Dates: May 16, 2024; November 14, 2024



**OFFERED IN HYBRID
LEARNING FORMAT!**

See pg. 76 for more info

* FREE MEMBER SESSIONS have limited seating, max registration 2 per company

Hazardous Material Transportation (DOT)

This 2 day Hazardous Materials Transportation Course is intended for first time participants looking to satisfy the 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. During this 2 day course participants will participate in a number of exercises aimed specifically at enhancing their ability to use and understanding the regulations. Participants will receive a DOT regulations (49 CFR) book and Emergency Response Guidebook.

Investment: \$570 (\$399 Member Rate)

Time: 8:00am-4:30pm

Dates: March 11-12, 2024; July 22-23, 2024; November 12-13, 2024

Hazardous Materials Transportation Refresher Training (DOT)

This 1 day Hazardous Materials Transportation Course is intended for participants looking to satisfy the 3 year refresher training requirement of the Department of Transportation. Participants will review the purpose, scope, and applicability of the DOT regulations; how to 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.

Investment: \$328 (\$229 Member Rate)

Time: 8:00am-4:30pm

Dates: January 15, 2024; May 13, 2024; August 1, 2024; November 1, 2024



Hazardous Waste Operations & Emergency Response (HAZWOPER) - Annual Refresher 8-Hour

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.

Investment: \$265 (\$185 Member Rate)

Time: 8:00am-5:00pm

Dates: February 15, 2024; April 11, 2024; June 13, 2024; August 8, 2024;
October 11, 2024; December 6, 2024

HAZWOPER - 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.

Investment: \$265(\$185 Member Rate)

Time: 8:00am-5:00pm

Dates: Available upon request

HAZWOPER - 24-Hour

(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. Course to include hands-on training activities and scenarios.

Investment: \$743 (\$520 Member Rate)

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

Dates: February 12-14, 2024; April 8-10, 2024; August 5-7, 2024; November 4-6, 2024

HAZWOPER - 40- Hour

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. Course to include hands-on training activities and scenarios. Please note this course does not result in spill technician status, you should take 24-hr hazwoper for spill technician.

Investment: \$1,115 (\$780 Member Rate)
Time: 8:00am-5:00pm (all five days)
Dates: March 4-8, 2024; September 9-13, 2024

Health Hazard Awareness (OSHA Course #7205)

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

Investment: \$250
Time: 8:00am-4:30pm
Dates: Available upon request

Incident Investigation

1 day, .65 CEUs, .65 COCs, 1 Safety CMs
Prevent injuries, property damage and financial loss by identifying incident root cause.

You'll learn how to:

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

Investment: \$439 (\$349 Member Rate)
Time: 8:00am-4:30pm
February 8, 2024; August 6, 2024; December 10, 2024



**OFFERED IN HYBRID
LEARNING FORMAT!**
See pg. 76 for more info

Industrial Hygiene Basics

Upon completion of Industrial Hygiene Basics course, you'll develop a basic understanding of industrial hygiene terminology and principles, as well as practical approaches for recognizing, evaluating, and controlling common workplace industrial hygiene hazards.

What You Will Learn

Industrial Hygiene Basics is an essential course to take if you are concerned about the safety, health and general wellbeing of your co-workers and hazards that could affect them.

This is a one-day (.65 CEUs) course that introduces industrial hygiene terminology and principles, as well as practical approaches for recognizing, evaluating, and controlling common workplace hazards: chemicals, noise, radiation, thermal stress, and biological and ergonomic stressors. We'll discuss basic anatomy and physiology, toxicology, hazard control, and recognition and evaluation of chemical, physical, biological, and ergonomic hazards.

Topics Include:

- Anatomy and physiology
- Toxicology
- Recognition of chemical, physical, biological, and ergonomics hazards
- Evaluation of chemical, physical, biological, and ergonomic hazards
- Hazard control]



**OFFERED IN HYBRID
LEARNING FORMAT!**

See pg. 76 for more info

Who Should Attend

This course is designed for entry-level industrial hygiene technicians, safety professionals and anyone who has industrial hygiene responsibilities.

Investment: \$439 (\$349 Member Rate)

Time: 8:00am-4:30pm

Dates: May 6, 2024; November 25, 2024

Industrial Hygiene, Fundamentals

(FIH) 4 Days, 2.6 CEUs, 2.6 COCs

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

What you'll cover:

- Air sampling, Ventilation, Mold/Asbestos
- Indoor air quality (Sick Building Syndrome)
- Ergonomics
- Anatomy/Physiology/Toxicology
- Biological and chemical hazards
- Physical hazards
- PPE/Respiratory protection
- 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

Investment: \$1,850 (\$1,495 Member Rate)

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

Dates: September 16-19, 2024

Industrial Hygiene, OSHA Guide to (OSHA Course # 521)

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

Investment: \$825

Time: 8:00am-4:30pm

Dates: February 5-8, 2024; August 12-15, 2024

Job Safety Analysis (JSA)

1 Day, .65 CEUs, .65 COCs, 1 IH CMs

Discover proven processes for controlling operating hazards and costs.

You'll learn how to:

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

Investment: \$439 (\$349 Member Rate)

Time: 8:00am-4:30pm

Dates: March 29, 2024; October 24, 2024



**OFFERED IN HYBRID
LEARNING FORMAT!**

See pg. 76 for more info

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 You will gain the knowledge to start and implement a lockout/tagout program at your facility.

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.

Investment \$185 (**FREE for Members***)

Times: 1:00pm-5:00pm

Dates: February 6, 2024; August 8, 2024



**OFFERED IN HYBRID
LEARNING FORMAT!**

See pg. 76 for more info

* FREE MEMBER SESSIONS have limited seating, max registration 2 per company

Lockout/Tagout (OSHA Course #7115)

(Controlling Hazardous Energy to Prevent Workplace Injury)

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

Investment: \$250

Time: 8:00am-5:00pm

Dates: Available upon request

Machine Guarding

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.

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

Investment: \$185 (**FREE for MEMBERS***)

Times: 8:00am-12:00pm

Dates: February 6, 2024; August 8, 2024



**OFFERED IN HYBRID
LEARNING FORMAT!**

See pg. 76 for more info

* FREE Member Sessions have limited seating,
max registration 2 per company



Kiewit



OUR COMMITMENT TO SAFETY.

At Kiewit, our top priority is building strong teams that work safely and value mental health and wellbeing. We are proud to support the National Safety Council to do the same for our communities. Find your next opportunity at kiewitcareers.kiewit.com.

| **KIEWIT.COM**

Machine Guarding and Machine Guarding Standards (OSHA Course # 2045)

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

Investment: \$825

Time: 8:00am-4:30pm

Dates: March 18-21, 2024; September 23-26, 2024

Machinery and Machine SafeGuarding, Introduction to (OSHA Course #7100)

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

Minimum student contact hours: 4

Investment: \$165

Time: 8:00am-12:30pm

Dates: Available upon request



MEWP Operator Training

Our Mobile Elevating Work Platform (MEWP) class utilizes the Ives training program to certify Boomlift and Scissor Lift operators. The training consists of theory training and testing which is followed with practical (hands on) training and evaluation using actual lift equipment.

Theory Training and Testing:

The trainer guides trainees through a comprehensive and interactive review of the operator workbook and is followed by a written test.

Practical Training and Evaluation:

Trainees are shown the pre-use inspection, safe operating procedures, and parking/shut-down procedures and then given the opportunity to practice under the helpful eye of the program trainer. Trainees are then individually evaluated using the equipment in a reasonably challenging course.

Each successful trainee's employer will receive official records and documents shortly after the end of the program.

Prerequisites

- Trainees must have functional English language reading, writing and speaking skills.
- Trainees will be sent an Operator Reference Manual prior to the program for review and completion. Each trainee must bring their completed manual with them to the program.
- Trainees must be able to attend the full duration of the program.

Important Information

- Trainees are strongly encouraged to bring their own personal fall protection equipment (full body harness and lanyard)
- Safety toed shoes and a high visibility vest are required while working with the equipment
- Appropriate outdoor clothing is recommended

Investment: \$465 (\$325 Member Rate)

Time: 8:00am-5:00pm

Dates: Available upon request

MEWP Trainer Certification

Learn how to train and qualify aerial boomlift and scissor lift operators in our Mobile Elevating Work Platform Trainer Certification Program. Trainees will receive in-depth instruction on mobile elevating work platforms (MEWP) as well as extensive instruction on how to effectively train operators. Each trainee's knowledge and demonstrated skills in all aspects of the program are evaluated and graded prior to certification. This program is a comprehensive, cost effective method of ensuring that your operators receive training and evaluation that meets or exceeds all applicable government regulations and referenced industry standards.

Prerequisites

- Trainees must have functional English language reading, writing and speaking skills.
- Trainees must have experience using the equipment.
- Trainees must be comfortable working with numbers.
- Trainees will be sent an Mobile Elevating Work Platform Reference Manual prior to the program for review and completion. Each trainee must bring their completed manual with them to the program.

Important Information

- Trainees are strongly encouraged to bring their own personal fall protection equipment (full body harness and lanyard).
- Safety toed shoes and a high visibility vest are required while working with the equipment.
- Appropriate outdoor clothing is recommended.
- Operator credentials are not issued during this program. A successful trainee will be qualified as an IVES Certified Trainer.
- Trainees must be able to attend the full duration of the program.
- During the program, trainees should plan for homework each evening.

Investment: \$1,495

Time: 8:00am-5:00pm

Dates: May 13-15, 2024; July 15-17, 2024; October 28-30, 2024

NFPA 70E

This training will deliver the information required to meet the intent of NFPA 70E current edition.

Personnel who will benefit from this course include anyone working with power levels greater than 50 volts. This includes troubleshooting. Key concepts covered in the training include:

- Electrical hazard recognition
- NFPA 70E (current Edition) safety requirements
- Electrical risk assessment and safe approach distances
- Arc Flash Hazard Analysis and flash distances
- OSHA's & NFPA's Lock Out Standards
- Proper selection and use of personal protective equipment as required in 29 CFR §1910.335, 29 CFR §1910.137, 29 CFR 1910.269 & NFPA 70-E 2021

Investment: \$328 (\$229 Member Rate)

Time: 8:00am-4:30pm

Dates: Available upon request.

Personal Protective Equipment

Learn OSHA's PPE regulation, how to do Hazard Assessments and Certification Statements for job sites, types of PPE, and how to use them.

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

The seminar covers:

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

Investment: \$185 (**FREE for MEMBERS***)

Times: 1:00pm-5:00pm

Dates: March 25, 2024; September 3, 2024



**OFFERED IN HYBRID
LEARNING FORMAT!**

See pg. 76 for more info

* FREE MEMBER SESSIONS have limited seating, max registration 2 per company

**INVESTORS
REALTY**

WE KNOW THE OMAHA MARKET

**BROKERAGE
PROPERTY MANAGEMENT
PROJECT MANAGEMENT
FACILITIES MANAGEMENT
MAINTENANCE**

12500 I Street - Ste 160
Omaha, NE 68137
402.330.8000



investorsomaha.com

Get ahead of the curve!

Prepare for OSHA Electronic Reporting Changes in 2024

Safety Reports automates incident and injury report creation, ensuring you're ready to submit electronically. Stay compliant effortlessly!

Request a demo at bit.ly/shs-demo

 **SAFETY REPORTS**

Premium Combo Trainer Certification

Learn how to train operators on counterbalanced, vertical mast forklifts, rough terrain telehandler forklifts, mobile elevating work platforms (boomlifts & scissor lifts) in our Premium Combo Trainer Certification Program. This Train the Trainer course is a comprehensive, cost effective method of ensuring that your operators receive training and evaluation that meets or exceeds all applicable government regulations and referenced industry standards. Attendees will receive in-depth instruction on how to effectively train and evaluate operators of lift trucks and mobile elevating work platforms. Successful attendees will receive a certificate of completion and trainer wallet card.

Prerequisites

- Trainees must have functional English language reading, writing and speaking skills.
- Trainees must have experience using the equipment.
- Trainees must be comfortable working with numbers.
- Trainees will be sent an Operator Reference Manual prior to the program for review and completion. Each trainee must bring their completed manual with them to the program.

Important Information

- Trainees are strongly encouraged to bring their own personal fall protection equipment (full body harness and lanyard).
- Safety toed shoes and a high visibility vest are required while working with the equipment.
- Appropriate outdoor clothing is recommended.
- Operator credentials are not issued during this program. A successful trainee will be qualified as an IVES Certified Trainer.
- Trainees must be able to attend the full duration of the program.

Investment: \$2,295

Time: 8:00am-5:00pm

Dates: March 18-22, 2024; June 17-21, 2024; August 19-21, 2024

Principles of Occupational Safety and Health (POSH)

4 Days, 2.6 CEUs, 2.6 COCs

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

You will cover 19 current Occupational Safety and Health issues:

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



**OFFERED IN HYBRID
LEARNING FORMAT!**

See pg. 76 for more info

You will learn to:

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

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

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

Investment: \$1,750 (\$1,395 Member Rate)

Time: 8:00am – 4:30pm

Dates: March 18-21, 2024; June 3-6, 2024; November 18-21, 2024

Recordkeeping, OSHA (OSHA Course #7845)

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

Investment: \$165

Time: 8:00am-12:30pm

Dates: January 18, 2024; May 2, 2024; September 4, 2024

Respiratory Protection (OSHA Course # 2225)

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

Investment: \$825

Time: 8:00am-4:30pm

Dates: February 19-22, 2024; August 19-22, 2024

Risk Awareness Workshop

Are you doing enough to identify and address the most pressing risks affecting your business? Join us for a first-of-its-kind workshop to help you prioritize safety efforts to protect your workers and proactively identify a measure of safety performance beyond incident rates.

Using case studies from multiple industries, this full-day virtual session will dive into real world examples to practice the techniques presented and provide forms and templates for you to use as you address your organization's specific needs.

Attendees will come away with the ability to:

- Develop a risk scoring matrix
- Prioritize work tasks with unacceptable levels of risk
- Find new controls to address identified risks
- Use risk scores to supplement incident rates as indicators of safety performance

This session is for those interested in learning how to introduce or better leverage risk assessment and engage employees in the process of finding and fixing work-related hazards.

Investment: \$439 (\$349 Member Rate)

Time: 8:00am-4:30pm

Dates: January 8, 2024; May 10, 2024; October 30, 2024



**OFFERED IN HYBRID
LEARNING FORMAT!**

See pg. 76 for more info

Risk Management, Safety, Health & Environmental Principles (RMSM #6010)

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

Investment: \$715

Time: 8:00am-4:30pm

Dates: March 13-15, 2024; September 4-6, 2024



**OFFERED IN HYBRID
LEARNING FORMAT!**

See pg. 76 for more info

Safety for the Human Resources Professional (SHRP)

This certificate course is intended for HR professionals whether you are new to safety, responsible for safety, or working with the safety department. The topics and depth of coverage will help HR professionals recognize and understand the basics of safety regulations and other important safety considerations that apply to their organizations. By completing this certificate, attendees will be prepared to recognize areas of regulatory and financial safety risk, plus come away with a road map to address shortcomings in their current safety program.

Recordkeeping Basics

- Occupational Safety & Health Administration (OSHA) log requirements and the relationship between log and workers compensation
- And other types of recordkeeping

OSHA

- Scope/purpose
- First aid/Bloodborne pathogens – when and where training is required
- Chemical hazard communication – program requirements and common pitfalls
- Basics on Lockout/tagout, Fall protection, and Confined space
- Personal protective equipment/Loud noise
- Electrical safety
- Forklift operator requirements

Department of Transportation (DOT) Basic Requirements

Reduction of Risk in the Workplace

- Recognition of ergonomics risk factors and basic solutions
- Workplace violence/Active shooter prevention
- Drug and alcohol testing
- Emergency plans, evacuation, and fire prevention
- Workplace driving policy
- Safety committees

**** Attendees will receive 12 hours CEUs from HRCI**

Investment: \$570 (\$399 Member Rate)

Times: 8:00am-4:30pm

Dates: February 29-March 1, 2024; August 26-27, 2024; December 11-12, 2024



Participants will receive 12 hours of continuing education credit. "The use of this seal confirms that this activity has met HR Certification Institute's® (HRCI®) criteria for recertification credit pre-approval."



**OFFERED IN HYBRID
LEARNING FORMAT!**

See pg. 76 for more info

Safety Leadership Program

The Safety Leadership Program (SLP) training program is a curriculum dedicated to enabling executive leadership, business leaders, supervisors, and operational management on how to positively lead safety to achieve and sustain an injury-free workplace.

The Safety Leadership Trainings will provide operational guidance and leadership skills derived from NSC Workplace trainings such as the Supervisor Safety Development Program, Principles of Occupational Health and Safety, Risk Assessment, Human and Organizational Performance and Safety Management Techniques.

The Safety Leadership Program (SLP) is an interactive eight-module course that aims to transform individuals into safety and health business leaders others can rely upon to consistently meet the safety goals of the organization. The course is guided by the Safety Leadership Model, which is centered on Planning, People, and Performance. The course uses a funnel as visual representation of the Safety Leadership Model process. As the funnel chart offers a visual that will demonstrate the process of fostering a successful safety and health organization with a continuous process flow. Beginning with strategic planning that will engage/motivate people within the organization to perform at their best to achieve desired results. Modules will be grouped under each process. The model will be used throughout the program modules.

The modules are:

Module 1: Building Safety as a Value in Your Organization

Module 2: Influencing a Safety Culture

Module 3: Becoming a S&H Leader

Module 4: Safety and Health Performance Measures

Module 5: Communicating for Results

Module 6: Recognition and Rewards

Module 7: Succession Planning for Business Leaders

Module 8: Human Organizational Performance (HOP)

What Participants Will Learn:

Participants will learn safety planning and strategy, elements of maintaining a strong positive safety culture, how to identify key work practices that will enhance their role as a leader, succession planning and innovative ways to integrate safety concepts within their organization. The Safety Leadership curriculum is filled with relevant exercises, activities, and case studies that will engage specifically the leadership audience.

Benefits to companies include:

- Equipping leaders with the specific skills, tools, and behaviors they will need to confidently lead others and drive performance of their team.
- Expand leadership expertise on safety management systems and utilization of safety and health measurement tools.
- Detailed gap analysis and action plans that will assist in continuous improvement.
- A model for developing a strong support of front-line leaders to be safety and health leaders.

Investment: \$495 (\$396 Member Rate)

Time: 8am-4:30pm

Dates: January 9-10, 2024; May 8-9, 2024; October 1-2, 2024

Safety for the Supervisor

This course is designed for individuals who are moving into their first leadership/supervisory position. Though they may not be a safety manager or director by title, they have a crucial role to play in ensuring safe work practices are adhered to and the success of safety programs overall.

This course will emphasize leadership and management principles, among the following topics:

- Supervisor's role & responsibilities with respect to safety
- Safety Culture
- Injury reporting & basic incident investigation
- Coaching skills
- Basic regulatory requirements: HAZCOM, Lockout/Tagout, Emergency Action Plans, Personal Protective Equipment, and others.

Investment: \$328 (\$229 Member Rate)

Time: 8:00am-4:30pm

Dates: April 29, 2024; August 5, 2024; December 9, 2024



**OFFERED IN HYBRID
LEARNING FORMAT!**

See pg. 76 for more info

Safety & Health Management, Intro to (OSHA Course #7500)

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

Investment: \$250

Time: 8:00am-4:30pm

Dates: Available upon request

Safety Inspections

1 day, .65 CEUs, .65 COCs, 1 Safety CMs

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

You'll learn how to:

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

Investment: \$439 (\$349 Member Rate)

Time: 8:00am-4:30pm

Dates: February 7, 2024; August 7, 2024



**OFFERED IN HYBRID
LEARNING FORMAT!**

See pg. 76 for more info

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



**OFFERED IN HYBRID
LEARNING FORMAT!**

See pg. 76 for more info

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.

Investment: \$1,750 (\$1,395 Member Rate)

Time: 8:00am-4:30pm

Dates: April 2-5, 2024; October 7-10, 2024

**Have you tried our hybrid
safety training?
Save time while still still
training & engaging with
your peers!**

nsc
National Safety Council

NEBRASKA CHAPTER



See page 78

Scissor Lift Operator Training

Our Scissor Lift class utilizes the Ives training program to certify operators. The training consists of theory training and testing which is followed with practical (hands on) training and evaluation using actual lift equipment.

The trainer guides trainees through a comprehensive and interactive review of the operator workbook and is followed by a written test.

Topics include:

- Rules & Regulations
- Types of Scissor Lifts
- Safety Systems & Devices
- Inspections
- Fall Protection
- Safe Operation

Practical Training and Evaluation:

Trainees are shown the pre-use inspection, safe operating procedures, and parking/shut-down procedures and then given the opportunity to practice under the helpful eye of the program trainer. Trainees are then individually evaluated using the equipment in a reasonably challenging course.

Important Information:

- Trainees are strongly encouraged to bring their own personal fall protection equipment (full body harness and lanyard)
- Safety toed shoes and a high visibility vest are required while working with the equipment
- Appropriate outdoor clothing is recommended

Investment: \$328 (\$229 Member Rate)

Time: 8:00am-5:00pm

Dates: March 27, 2024; May 23, 2024; September 20, 2024; November 4, 2024

Silica Standard Compliance Train-the-Trainer

This course is tailored for individuals who will be competent persons under the silica construction standard, program administrators or responsible for compliance in general industry, or those who wish to conduct internal training in their organizations as required by the standards. Both General Industry and Construction standards will be covered in depth, and participants will receive course materials to use in their own training.

Topics covered will include:

- How to identify silica hazards in the workplace
- Health hazards associated with silica exposure
- How to protect employees and properly mitigate exposure
- How to fully comply with all parts of the new regulations, including: compliant tools and engineering controls, air sampling, medical monitoring, and written program requirements.

Investment: \$285 (\$199 Member Rate)

Time: 8:00am-12:00pm

Dates: February 16, 2024; October 4, 2024



**OFFERED IN HYBRID
LEARNING FORMAT!**

See pg. 76 for more info

Small Business, Intro to OSHA (OSHA Course #7510)

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

Investment: \$165

Time: 8:00am-Noon

Dates: Available upon request

Supervisors' Safety Development Program

The Supervisors' Safety Development Program (SSDP) trains supervisors and managers to incorporate best safety practices into their daily management activities. The program requires participants to demonstrate they have acquired the knowledge and skills from training and are prepared to implement them in the workplace.

Training goals:

To equip supervisors and managers with the knowledge, leadership skills and methods to apply safety as part of their responsibilities and become effective safety leaders and advocates.

What you'll learn

Supervisors and managers learn how to incorporate safety and health into their daily management process.

Key learning includes:

- How to confidently address critical safety and health issues
- How to enhance safety responsibilities and safety management systems, including safety inspections, incident investigations, safety meetings and employee engagement
- Identification and control of hazards, incident prevention, OSHA compliance, and continuous improvement in all areas of safety and health
- How to promote a positive safety culture
- Learning to support workers with on-going safety training, on-the-job training and promoting safe behavior

Program Topics:

- Safety Management
- Safety & Health Inspections
- Ergonomics
- Hand/Portable Power Tools
- Communication
- Incident Investigation
- Hazard Communication
- Materials Handling/Storage
- Safety & Health Training
- Industrial Hygiene
- Regulatory Issues

- Electrical Safety
- Employee Involvement
- PPE
- Machine Safeguarding
- Fire Safety

Investment: \$1,750 (\$1,395 Member Rate)

Time: 8:00am-4:30pm

Dates: April 22-25, 2024; August 12-15, 2024; December 16-19, 2024

Team Safety

1 day, .65 CEUs, .65 COCs, 1 IH CMs

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

You'll learn how to:

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

Investment: \$439 (\$349 Member Rate)

Time: 8:00am-4:30pm

Dates: October 25, 2024



**OFFERED IN HYBRID
LEARNING FORMAT!**

See pg. 76 for more info

Walking, 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 dock boards
- Proper care and use of portable ladders
- General scaffolding requirements



**OFFERED IN HYBRID
LEARNING FORMAT!**

See pg. 76 for more info

Investment: \$185 (**FREE for MEMBERS***)

Time: 8:00am-12:00pm

Dates: April 18, 2024; August 28, 2024

Warehousing and Storage (OSHA Course #7005)

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

Investment: \$250

Time: 8:00am-4:30pm

Dates: Available upon request

Workplace Violence/Active Shooter Awareness

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

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

The truth is, workplace violence can strike anywhere, anytime, and no one is immune. With workplace violence trends rising, we need to be prepared for the worst scenarios. NSCN offers several different programs that can be tailored to the needs of your organization and time restrictions. Over the past 4 years, the National Safety Council, Nebraska has provided awareness training to more than 4,000 Nebraskans.

Program topics can include any of the following segments:

- Workplace Violence/Active Shooter
- Verbal De-escalation Methods
- Lone Worker Safety
- High Risk Terminations



**OFFERED IN HYBRID
LEARNING FORMAT!**

See pg. 76 for more info

Ask your account manager about setting up a training session for your team.

Work Zone Technician Training

This introductory course provides technical training designed from the Manual for Uniform Traffic Control Devices (MUTCD). Participants will learn to install, modify, maintain and remove temporary traffic control (TTC) work zones. This course is designed to be engaging and experiential, with hands-on activities that represent real-life scenarios in a TTC work zone.

Benefits of the new 4th edition NSC Work Zone Technician Program:

- 8-hour course tailored to your organization
- Highly interactive and experiential activities
- Work through real-life scenarios in the classroom
- Developed by highly experienced work zone safety experts

Who Would Benefit from the Program?

- Anyone working in a temporary traffic control work zone or seeking to gain an understanding of how to safely work in a TTC work zone
- Agencies, municipalities or companies that have employees in roadway environments or TTC zones
- Public and private utility company employees responsible for installation, maintenance and replacement of public utilities along roadways
- Employees of local public agencies, state DOTs and federal DOT whose responsibilities include design, maintenance or supervision of contractors that develop and construct the public roadways
- Public agency employees with responsibility for roadway construction and maintenance
- Owners and operators of private roads open to public travel
- Fire, police, emergency management, hazmat, towing and recovery, and emergency medical personnel and others who clear accidents and incidents from public roadways
- Contractors who design, build, maintain or temporarily repair roads and bridges

Investment: \$328 (\$229 Member Rate)

Time: 8:00am-4:30pm

Dates: Available upon request



Hybrid Learning

NSCN is now offering many classes in a hybrid learning format.

Does your company have current travel restrictions? Are you working from home? Need to complete a training class, but don't feel comfortable attending in-person? Don't let that stop you! Make any space your training space. With our new hybrid learning options, our expert instructors can teach in-person and remote students at the same time.

What is hybrid learning?

Hybrid learning is an educational model where some students attend class in-person, while others join the class virtually from home. Educators teach remote and in-person students at the same time using video conferencing software from home or their office.

What are the benefits of hybrid learning?

- Flexible learning
- Synchronous communication opportunities
- More efficient use of resources
- The ability to NOT take shortcuts when it comes to your safety training!

Please note: Students opting for virtual learning must be registered 2 weeks prior to the class start date.

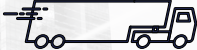
This list will be continuously updated, please call if you are looking for a specific training class in the hybrid format. We are currently waiting on approval to provide additional OSHA training classes in the hybrid format.





SHOP

- Single Source of 26,000 Products From 400+ Vendors



SHIP

- Our network can reach 99% of the US population within 2 days



SOLUTIONS

- We manufacture 130+ private-label brands for our partners

Highline Warren is the only Coast to Coast Manufacturer of Distributor of Automotive maintenance products in the industry.

ShopHighlineWarren.com

800-231-4051

IVES Training

The National Safety Council - Nebraska Chapter is proud to partner with IVES Training Group to offer the most professional and comprehensive powered mobile equipment Train the Trainer Certification programs. The vision of the National Safety Council - Nebraska Chapter is to eliminate all preventable deaths in our lifetime in the communities we serve. We help businesses reduce costs associated with workplace injuries and fatalities by providing numerous safety and health training programs, consultation, services, and other resources.



Aerial / Boom Lift Operator Training

Our Aerial / Boom Lift class utilizes the Ives training program to certify operators. The training consists of theory training and testing which is followed with practical (hands on) training and evaluation using actual lift equipment.

Theory Training and Testing:

The trainer guides trainees through a comprehensive and interactive review of the operator workbook and is followed by a written test.

Topics include:

- Rules & Regulations
- Types of Aerial / Boom Lifts
- Safety Systems & Devices
- Inspections
- Fall Protection
- Safe Operation

Practical Training and Evaluation:

Trainees are shown the pre-use inspection, safe operating procedures, and parking/shut-down procedures and then given the opportunity to practice under the helpful eye of the program trainer. Trainees are then individually evaluated using the equipment in a reasonably challenging course.

Important Information:

- Trainees are strongly encouraged to bring their own personal fall protection equipment (full body harness and lanyard)
- Safety toed shoes and a high visibility vest are required while working with the equipment
- Appropriate outdoor clothing is recommended

Investment: \$328 (\$229 Member Rate)

Time: 8:00am-4:30pm

Dates: Available upon request

MEWP Operator Training

Our Mobile Elevating Work Platform (MEWP) class utilizes the Ives training program to certify Boomlift and Scissor Lift operators.

The training consists of theory training and testing which is followed with practical (hands on) training and evaluation using actual lift equipment.

Theory Training and Testing:

The trainer guides trainees through a comprehensive and interactive review of the operator workbook and is followed by a written test.

Practical Training and Evaluation:

Trainees are shown the pre-use inspection, safe operating procedures, and parking/shut-down procedures and then given the opportunity to practice under the helpful eye of the program trainer. Trainees are then individually evaluated using the equipment in a reasonably challenging course.

Each successful trainee's employer will receive official records and documents shortly after the end of the program.

Prerequisites

- Trainees must have functional English language reading, writing and speaking skills.
- Trainees will be sent an Operator Reference Manual prior to the program for review and completion. Each trainee must bring their completed manual with them to the program.
- Trainees must be able to attend the full duration of the program.

Important Information

- Trainees are strongly encouraged to bring their own personal fall protection equipment (full body harness and lanyard)
- Safety toed shoes and a high visibility vest are required while working with the equipment
- Appropriate outdoor clothing is recommended

Investment: \$465 (\$325 Member Rate)

Time: 8:00am-5:00pm

Dates: Available upon request

MEWP Trainer Certification

Learn how to train and qualify aerial boomlift and scissor lift operators in our Mobile Elevating Work Platform Trainer Certification Program. Trainees will receive in-depth instruction on mobile elevating work platforms (MEWP) as well as extensive instruction on how to effectively train operators. Each trainee's knowledge and demonstrated skills in all aspects of the program are evaluated and graded prior to certification. This program is a comprehensive, cost effective method of ensuring that your operators receive training and evaluation that meets or exceeds all applicable government regulations and referenced industry standards.

Prerequisites

- Trainees must have functional English language reading, writing and speaking skills.
- Trainees must have experience using the equipment.
- Trainees must be comfortable working with numbers.
- Trainees will be sent an Mobile Elevating Work Platform Reference Manual prior to the program for review and completion. Each trainee must bring their completed manual with them to the program.

Important Information

- Trainees are strongly encouraged to bring their own personal fall protection equipment (full body harness and lanyard).
- Safety toed shoes and a high visibility vest are required while working with the equipment.
- Appropriate outdoor clothing is recommended.
- Operator credentials are not issued during this program. A successful trainee will be qualified as an IVES Certified Trainer.
- Trainees must be able to attend the full duration of the program.
- During the program, trainees should plan for homework each evening.

Investment: \$1,495

Time: 8:00am-5:00pm

Dates: May 13-15, 2024; July 15-17, 2024; October 28-30, 2024

Premium Combo Trainer Certification

Learn how to train operators on counterbalanced, vertical mast forklifts, rough terrain telehandler forklifts, mobile elevating work platforms (boomlifts & scissor lifts) in our Premium Combo Trainer Certification Program. This Train the Trainer course is a comprehensive, cost effective method of ensuring that your operators receive training and evaluation that meets or exceeds all applicable government regulations and referenced industry standards. Attendees will receive in-depth instruction on how to effectively train and evaluate operators of lift trucks and mobile elevating work platforms. Successful attendees will receive a certificate of completion and trainer wallet card.

Prerequisites

- Trainees must have functional English language reading, writing and speaking skills.
- Trainees must have experience using the equipment.
- Trainees must be comfortable working with numbers.
- Trainees will be sent an Operator Reference Manual prior to the program for review and completion. Each trainee must bring their completed manual with them to the program.

Important Information

- Trainees are strongly encouraged to bring their own personal fall protection equipment (full body harness and lanyard).
- Safety toed shoes and a high visibility vest are required while working with the equipment.
- Appropriate outdoor clothing is recommended.
- Operator credentials are not issued during this program. A successful trainee will be qualified as an IVES Certified Trainer.
- Trainees must be able to attend the full duration of the program.

Investment: \$2,295

Time: 8:00am-5:00pm

Dates: March 18-22, 2024; June 17-21, 2024; August 19-21, 2024

Scissor Lift Operator Training

Our Scissor Lift class utilizes the Ives training program to certify operators. The training consists of theory training and testing which is followed with practical (hands on) training and evaluation using actual lift equipment.

The trainer guides trainees through a comprehensive and interactive review of the operator workbook and is followed by a written test.

Topics include:

- Rules & Regulations
- Types of Scissor Lifts
- Safety Systems & Devices
- Inspections
- Fall Protection
- Safe Operation

Practical Training and Evaluation:

Trainees are shown the pre-use inspection, safe operating procedures, and parking/shut-down procedures and then given the opportunity to practice under the helpful eye of the program trainer. Trainees are then individually evaluated using the equipment in a reasonably challenging course.

Important Information:

- Trainees are strongly encouraged to bring their own personal fall protection equipment (full body harness and lanyard)
- Safety toed shoes and a high visibility vest are required while working with the equipment
- Appropriate outdoor clothing is recommended

Investment: \$328 (\$229 Member Rate)

Time: 8:00am-5:00pm

Dates: March 27, 2024; May 23, 2024; September 20, 2024; November 4, 2024

Safety Perception Survey

Do you know what your employees are thinking about your safety program? How they feel about the culture, management's involvement and their safety?

NSC's Employee Perception Survey will deliver reliable, measurable feedback from employees at all levels of your organization and provide information and insight necessary to assess and improve your safety performance. Using validated, reliable metrics, we benchmark your safety program, giving your organization the ability to establish priorities, motivate improvement and monitor performance at multiple locations and departments. Your data can be measure and benchmarked against more than 2,000 other organizations providing leading indicators to fill safety gaps.

Ask us for more information about this valuable tool.

Looking for Online Training Classes?

Visit our website at **www.SafeNebraska.org/onlinetraining** for a complete list of all of the available sessions.

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.

All prices and dates are subject to change.

Workplace Safety Consulting

NSCN safety consultants are focused on helping organizations provide a safe work environment for their employees by providing consulting services designed to meet your specific criteria and budget. Our team of experienced safety professionals work to develop or enhance your safety programs to reduce risks, decrease insurance costs and maximize your safety culture.

Whether you require service in the short or long term, and no matter how big your company is, we deliver an individualized plan — one that will protect your employees, contractors, and visitors while assisting with compliance requirements to protect your business and its interests.

Workplace Safety Consulting is perfect for:

- Businesses that lack resources for a full-time, experienced safety program
- Organizations needing an interim safety manager
- Onsite mentoring/supervision for newly hired safety professionals
- Organizations requiring additional safety assistance for short-term projects or help with specific safety situations

Focused on Meeting Your Goals and Protecting Your Employees

Many seemingly routine injuries and fatalities could be avoided if OSHA regulations were followed; but, speaking realistically, when left unattended, oversights cost companies millions of dollars annually. Our Workplace Safety Consulting team understands OSHA guidelines and can guide your operations with programs and processes that will not only meet but also exceed those parameters.

The NSCN Consulting group will become an integral part of your team, providing services that include, but are not limited to:

- Safety Audit with complete report
- OSHA 300 logs review
- Review of current safety programs, update recommendations and development of additional programs
- Assistance with OSHA compliance
- Provision of safety toolbox talks or the materials
- Review and update safety postings
- Assistance with accident investigations
- Workplace onsite visits
- Assistance with the development or management of your safety committee
- Interaction with employees to provide information and assist with safety/risk concerns
- Recommendations for employee training
- Workplace violence/Active shooter awareness training
- Customized training based on your needs

Your safety needs are our focus!

We are professionals at sizing up your specific situation and designing the right program—customized to deliver the results you need, all the while respecting your budget.

Safety first, always.

Contact a representative for more information about any of our programs and how we can help your team stay safe.

Safety Certifications Available



Specialist in Safety & Health: This certificate program requires just four 4 courses. Choose from General Industry or Construction Industry career certification tracks. Complete the OSHA 510 or 511 OSHA Standards course and choose three (3) other courses from a list of available electives.

Certificate provided by:



Certified Safety & Health Official: This nationally recognized safety & health certificate requires six core OSHA courses and two electives courses. Choose from General Industry or Construction Industry career certification tracks.

Certificate provided by:



Safety, Health & Environmental Professional: Earn this nationally recognized certificate by completing five OSHA courses, two environmental courses and one risk management course. Requires eight total courses: five OSHA courses, two environmental and one risk management course.

Certificate provided by:



Advanced Safety Certificate: Earn the Advanced Safety Certificate by taking Principles of Occupational Safety and Health (POSH) and a minimum of 5.2 CEUs from any of the following electives. This certificate program is designed to maximize your effectiveness as a safety leader and help you establish best practices for your organization. This certificate is a great program for all levels of safety professionals from safety directors to human resource managers to safety specialists and operation managers.

Certificate provided by:



**INVEST IN YOUR CAREER
REGISTER TODAY!**



Safety Certifications Available



The Safety Leadership Certificate Program: This course gives top-notch leaders like you an opportunity to redefine and enhance your knowledge and skills. The Safety Leadership Certificate Program will strengthen your role as a leader, provide resources to assist you in cultivating a positive and engaging relationship with your employees, and enhance safety culture, which will maximize performance. If you are ready for the challenge, choose your track (or all 3!) and get started today!

SAFETY PRACTITIONER TRACK

Designed for people responsible for implementing policies and procedures, establishing training requirements, providing training and investigating incidents.

Required Courses:

- Effective Safety Management Practices I
- Effective Safety Management Practices II
- Risk Assessment Workshop

Elective Courses (Choose 1)

- Advance Safety Orientation for Managers and Supervisors in Construction (online)
- Advance Safety Orientation for Managers and Supervisors in General Industry (online)
- OSHA 10- Hour General Industry Training (online)
- OSHA 10 and 30 Hour Construction Industry (online)

SUPERVISOR TRACK

Helps supervisors define their roles, identify safety solutions and develop safety knowledge at their organizations.

Required Courses:

- Supervisor Safety Development Program (in-person or online)
- Supervisor Impairment Training

Elective Courses (Choose 1)

- Advance Safety Orientation for Managers and Supervisors in Construction (online)
- Advance Safety Orientation for Managers and Supervisors in General Industry (online)
- OSHA 10- Hour General Industry Training (online)
- OSHA 10 and 30 Hour Construction Industry (online)

MANAGEMENT TRACK

Developed for higher-level leaders who manage a safety organization. It details key strategic planning steps that engage people, get them to perform at their best, and achieve desired results.

Required Courses:

- Safety Leadership Program

Elective Courses (Choose 1)

- Advance Safety Orientation for Managers and Supervisors in Construction (online)
- Advance Safety Orientation for Managers and Supervisors in General Industry (online)
- OSHA 10- Hour General Industry Training (online)
- OSHA 10 and 30 Hour Construction Industry (online)

Certificate provided by:



Safety Certifications Available



Safety for the Supervisor Certificate: This course is designed for individuals who are moving into their first leadership/supervisory position. Though they may not be a safety manager or director by title, they have a crucial role to play in ensuring safe work practices are adhered to and the success of safety programs overall. This course will emphasize leadership and management principles.

TOPICS INCLUDED

- Supervisor's role & responsibilities with respect to safety
- Safety culture
- Injury reporting & basic incident investigation
- Coaching skills
- Basic regulatory requirements: HAZCOM, Lockout/Tagout, Emergency Action Plans, Personal Protective Equipment, and others

Certificate provided by:



Safety for the Human Resource Professional: This certificate course is intended for HR professionals whether you are new to safety, responsible for safety, or working with the safety department. The topics and depth of coverage will help HR professionals recognize and understand the basics of safety regulations and other important safety considerations that apply to their organizations. By completing this certificate, attendees will be prepared to recognize areas of regulatory and financial safety risk, plus come away with a road map to address shortcomings in their current safety program.

TOPICS DISCUSSED

- **Recordkeeping Basics** (OSHA log requirements, relationship between log and workers compensation, etc.)
- **Reduction of Risk** (Workplace violence, ergonomics risk factors, drug and alcohol testing, emergency plans, workplace driving policy, safety committees, etc.)
- **OSHA** (Scope/purpose, chemical hazard communication, basics on lockout/tagout, fall protection, & confined space, PPE/loud noise, electrical safety, forklift operator requirements, first aid/bloodborne pathogens, etc.)
- **Department of Transportation (DOT) Basic Requirements**

Certificate provided by:



Safety Certifications Available

The following certificate program is offered in cooperation of the National Safety Council - Nebraska Chapter, the University of Nebraska at Omaha, and the Nebraska Business Development Center.



Certificate in Safety Leadership: Strong leaders are the cornerstone of safe world-class organizations. Leaders demonstrate commitment and conviction towards improved decision making, risk reduction, best practices, safety management systems, and performance measurement. The Certificate in Safety Leadership will help develop your leadership mentality and give you the skills to succeed.

SESSIONS INCLUDED

- Safety Management
- Adaptive Leadership for Safety Professionals
- People Styles at Work / Conflict Management
- Authority vs Leadership
- Project Management for Safety Professionals
- Strategic Thinking / Managing Change
- Continuous Improvement
- Crucial Coaching Conversations / Ethical Decision Making
- Safety and Health Management

Advance your career in the safety, health, environmental or risk management profession by earning a valuable credential. With an industry recognized certification, you can be prepared for a promotion, earn more money and show you are committed to your industry.

Why become certified?

- ♦ Increase your awareness of changing federal regulations
- ♦ Enhance your advancement opportunities
- ♦ Take the knowledge gained and implement it into your organization
- ♦ CEUs are available

Thank You To Our 2024 Corporate Donors

Through the generosity of our corporate donors we are able to fulfill our mission of reducing injuries and saving the lives of Nebraskans. We are grateful to those organizations whose passion for safety matches ours and, who understand the benefits of education and advocacy to fulfill our mission.



Non-Profit Org.
U.S. Postage
PAID
Omaha, NE
Permit No. 113



3111 Oak View Drive
Omaha, NE 68144



402.898.7364
Safety@SafeNebraska.org
www.SafeNebraska.org



NEBRASKA CHAPTER