2021 SAFETY TRAINING CATALOG

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

Workplace Safety

First Aid, CPR, & AED

Defensive Driving

Safety Consulting

Safety without shortcuts.

Phone: 402.898.7364
Email: safety@safenebraska.org
Online: www.SafeNebraska.org
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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.

When it comes to safety - We don’t take shortcuts.
DEFENSIVE DRIVING COURSES

DDC-4 Defensive Driving Course - 4 Hour
(Available in English & Spanish)
Bring defensive driving home to your employees through real-life experience! Explore what really happened to Princess Diana – and discover how she could have easily survived her accident -- while updating experienced drivers on the rules of the road, vehicle and roadway technology changes, and more. This program packs a powerful punch in just 4 hours. Participants receive a National Safety Council Certificate of Completion, which may entitle them to discounts on their personal auto insurance.

Curriculum includes information on:
- The Effects of Speed
- Following Distances for Cars and Trucks
- Seat belts, Not Just the Law…a Good Idea!
- Alcohol, Drugs and Driving
- Avoiding Head-on Crashes
- Maintenance: The Vehicle and The Driver

Investment: $107 ($75 Member Rate)
Dates: Call 402.898.7364 to schedule.

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

DDC-8 Defensive Driving Course - 8 Hour
(Available in English & Spanish)
The defensive driving course (DDC-8) is the core of the Council's driver improvement program and is respected around the world for teaching motorists to avoid collisions BEFORE they happen.

DDC-8 is an intense “Rules of the Road” review course. Curriculum includes: how to prevent head-on, rear-end, and intersection collisions as well as collisions with pedestrians, trains, bicyclists, motorcycles, animals, and fixed objects. The course also provides information on passing and being passed safely, child restraints and safety belts, and the dangers of driving under the influence of alcohol or drugs. Participants receive a National Safety Council Certificate of Completion which may entitle them to discounts on their personal auto insurance.

Investment: $153 ($107 Member Rate) 402.898.7364
Dates: Call 402.898.7364 to schedule.
Defensive Driving Courses - Online Training

Motor vehicle collisions are the leading cause of death in the workplace. That’s why driver safety training is so important. No one is better prepared to provide that training than the National Safety Council, Nebraska. These online training courses are designed to offer driver safety training in a range of affordable options and timelines to meet your needs.

Benefits of the Online Courses:
• Upon completion of the online course the user will receive a printable Certificate of Completion.
• Closed Captioning Available
• Bookmark capabilities to return to the course where exited
• Real-life scenarios
• State-of-the-art animations, graphics and videos
• One year subscription to access registrations
• Quiz challenges

Online Training Options Include:
• **DDC-4 (Defensive Driving Course – 4 hour)**
  Highly interactive course presents real-life driving situations, hazard recognition scenarios and defensive driving techniques to motivate drivers to change risky driving habits and behaviors to avoid collisions and traffic violations. Offered in English and Spanish.
• **DDC-2 (Defensive Driving Course – Abridged – 2 hour)**
  An abridged version of the 4 hour course.
• **Distracted Driving Course (90 minute online or 45 min abridged)**
  Behavioral-driven course designed to change drivers’ attitudes associated with distracted driving and using a cell phone and other electronic devices while driving. A self-assessment evaluates participants driving habits and defines content specific to their risk level.
• **Defensive Driving Modules (20 minutes each – can be completed separately or as an entire set)**
  Topic specific sessions address dangerous driving situations and behaviors. Each module presents real-life scenarios and hazard recognition exercises to teach employees safe driving practices and help motivate them to change risky driving habits. Nine sessions available separately or as a library for one individual.
Don’t already have a Corporate Driving Program?
Ask your account manager for more information about developing a driving program or visit our website for a sample program (www.SafeNebraska.org/corporatedriving)

Visit our website for individual or group pricing. The above online training can also be set-up on a co-branded site for your organization. Ask your account manager for specifics.

The National Safety Council has also developed other online and classroom driver training including:
• Professional Truck Driver – Defensive Driving Course
• Motorcycle Safety Online
• Alive at 25 – Online/Classroom
• Coaching the Emergency Vehicle Operator Online

For more information about these programs speak with your account manager or visit our website: www.SafeNebraska.org/drivingseries

Don’t let distracted driving ruin your life.
#LifesMoreImportant
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 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 Completion Cards

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.

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. The National Safety Council 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:

<table>
<thead>
<tr>
<th>Daytime Class</th>
<th>Times</th>
<th>Investment</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Aid Training</td>
<td>8:00am-12:00pm</td>
<td>$65</td>
</tr>
<tr>
<td>CPR/AED Training</td>
<td>1:00pm-3:30pm</td>
<td>$65</td>
</tr>
<tr>
<td>First Aid &amp; CPR/AED Training</td>
<td>8:00am-3:30pm</td>
<td>$90 ($85 member)</td>
</tr>
</tbody>
</table>

### Daytime Classes

<table>
<thead>
<tr>
<th>January 7, 16, 20, 26</th>
<th>February 6, 11, 17, 23</th>
<th>March 1, 9, 20, 25, 29</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 8, 17, 21, 26</td>
<td>May 6, 15, 18, 24</td>
<td>June 4, 10, 19, 23, 28</td>
</tr>
<tr>
<td>July 9, 17, 21, 27</td>
<td>August 3, 11, 21, 26, 30</td>
<td>September 11, 14, 20, 29</td>
</tr>
<tr>
<td>October 7, 16, 21, 26</td>
<td>November 2, 12, 20, 22</td>
<td>December 1, 7, 18, 20, 29</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Daytime Class</th>
<th>Times</th>
<th>Investment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult and Pediatric First Aid Training:</td>
<td>8:00am-12:00pm</td>
<td>$65</td>
</tr>
<tr>
<td>Adult and Pediatric CPR/AED Training:</td>
<td>1:00pm-4:00pm</td>
<td>$65</td>
</tr>
<tr>
<td>Adult and Ped First Aid &amp; CPR/AED:</td>
<td>8:00am-4:00pm</td>
<td>$100 ($95 member)</td>
</tr>
</tbody>
</table>

### Daytime Classes

<table>
<thead>
<tr>
<th>January 9</th>
<th>February 9</th>
<th>March 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 6</td>
<td>May 1</td>
<td>June 8</td>
</tr>
<tr>
<td>July 6</td>
<td>August 7</td>
<td>September 7</td>
</tr>
<tr>
<td>October 2</td>
<td>November 9</td>
<td>December 4</td>
</tr>
</tbody>
</table>

## Pediatric First Aid and CPR Schedule:

<table>
<thead>
<tr>
<th>Daytime Class</th>
<th>Times</th>
<th>Investment</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Aid Training:</td>
<td>8:00am-11:00am</td>
<td>$65</td>
</tr>
<tr>
<td>CPR Training</td>
<td>11:30am-2:00pm</td>
<td>$65</td>
</tr>
<tr>
<td>First Aid and CPR Training:</td>
<td>8:00am-2:00pm</td>
<td>$90 ($85 member)</td>
</tr>
</tbody>
</table>

### Saturday Daytime Classes

<table>
<thead>
<tr>
<th>January 9, 30</th>
<th>February 13, 27</th>
<th>March 27</th>
</tr>
</thead>
<tbody>
<tr>
<td>April 10, 24</td>
<td>May 8, 22</td>
<td>June 26</td>
</tr>
<tr>
<td>July 10, 24</td>
<td>August 14, 28</td>
<td>September 25</td>
</tr>
<tr>
<td>October 9, 23</td>
<td>November 13, 27</td>
<td>December 18</td>
</tr>
</tbody>
</table>

## Evening Class

<table>
<thead>
<tr>
<th>Times</th>
<th>Investment</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Aid Training (Mondays):</td>
<td>6pm-9pm</td>
</tr>
<tr>
<td>CPR Training (Wednesdays):</td>
<td>6pm-8:30pm</td>
</tr>
<tr>
<td>First Aid and CPR Training (Mon. &amp; Wed.):</td>
<td>6pm-9pm/6pm-8:30pm</td>
</tr>
</tbody>
</table>

## Evening Classes

<table>
<thead>
<tr>
<th>March 8 &amp; 10</th>
<th>June 7 &amp; 9</th>
<th>September 13 &amp; 15</th>
<th>December 6 &amp; 8</th>
</tr>
</thead>
</table>

First Aid, CPR, & AED Training | 11
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. The National Safety Council offers certification in first aid and CPR training. Our instructor training is a 12 hour program that will provide you teaching methods and presentation skills designed to help your students.

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. The course should be completed in a six-week window prior to the Instructor Development Class. For convenience, an Adult First Aid, CPR & AED class is offered the day before the Instructor Development Course.

Participants receive a nationally recognized NSC Instructor certification.

Benefits of Being Authorized by NSC:

- NSC courses use the newest teaching methods and always meet OSHA and the latest guidelines
- Course completion cards, which are nationally recognized, are included FREE in our student materials
- 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.

<table>
<thead>
<tr>
<th>Daytime Class</th>
<th>Times</th>
<th>Investment</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Aid &amp; CPR/AED Instructor Dev. Course</td>
<td>8am-pm/8am-Noon</td>
<td>$425</td>
</tr>
</tbody>
</table>

Weekday Daytime Classes:

- February 24-25
- May 19-20
- July 28-29
- October 27-28
**Safe with You Schedule**
The Department of Health and Human Services and Education, including the Early Childhood Training Center have worked together to develop this course. It includes information on safe sleep, shaken baby syndrome and child abuse and neglect.

Investment: $50
Time: 8:00am-12:30pm
Dates: January 2 February 6 March 6
April 3 May 1 June 5
July 3 August 7 September 4
October 2 November 6 December 4

**Babysitting Class Schedule**
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: $80 – includes lunch
Time: 8:00am-4:00pm
Dates: January 23 February 20 March 13, 27
April 17, 24 May 8, 22 June 5, 12, 19, 25
July 10, 23, 31 August 14, 28 September 18
October 30 November 20 December 11

**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, lifeguards, athletic trainers, and medical assistants.

Please call 402.898.7356 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:
- Cardiac Science Powerheart G5
- Phillips HeartStart
- Zoll AED Plus

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
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: $285 ($199 Member Rate)
Time: 8:00am-4:30pm (first day) 8:00am-Noon (second day)
Dates: April 26-27, 2021, September 2-3, 2021; December 16-17, 2021

ALSO AVAILABLE ONLINE at: www.SafeNebraska.org/onlinesafetytraining
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: $715 ($499 Member Rate)
Time: 8:00am-5:00pm (Monday-Thursday)
Dates January 11-14, 2021; April 19-22, 2021; November 15-18, 2021

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
- 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: $285 ($199 Member Rate)
Time: 8:00am-4:30pm (first day) 8:00am- Noon (second day)
Dates: January 7-8, 2021; May 17-18, 2021; August 12-13, 2021; November 4-5, 2021

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
- 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:  $715 ($499 Member Rate)
Time:  8:00am-5:00pm (Monday-Thursday)
Dates: March 22-25, 2021; June 1-4, 2021; September 7-10, 2021
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: $757
Time: 8:00am-4:30pm
Dates: January 11-14, 2021; April 12-15, 2021; July 12-15, 2021; October 11-14, 2021

Train your employees with the only First Aid program that meets ALL OSHA guidelines.
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: $757
Time: 8:00am-4:30pm

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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: $657
Time: 8:00am-4:30pm
Dates: January 4-6, 2021; April 5-7, 2021; July 7-9, 2021; October 4-6, 2021

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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: $657
Time: 8:00am-4:30pm
Dates: January 18-20, 2021; April 19-21, 2021; July 19-21, 2021; October 18-20, 2021

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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: $749  
Time: 8:00am-4:30pm  
Dates: February 15-18, 2021; June 7-10, 2021; September 20-23, 2021; December 6-9, 2021

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: $749  
Time: 8:00am-4:30pm  
Dates: March 15-18, 2021; June 21-24, 2021; September 13-16, 2021; December 13-16, 2021

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: $749  
Time: 8:00am-4:30pm  
Dates: February 1-4, 2021; August 9-12, 2021

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See pg. 67 for more info
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: $749
Time: 8:00am-4:30pm
Dates: March 22-25, 2021; September 7-10, 2021

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: $749
Time: 8:00am-4:30pm (Monday-Thursday) 8:00am-Noon (Friday)
Dates: February 8-11, 2021; August 23-26, 2021

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: $649
Time: 8:00am-4:30pm
Dates: January 25-27, 2021; July 19-21, 2021
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: $649
Time: 8:00am-4:30pm
Dates: May 12-14, 2021; October 25-27, 2021

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: $649
Time: 8:00am-4:30pm
Dates: March 29-31, 2021; October 18-20, 2021

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: $749
Time: 8:00am-4:30pm (Tuesday-Thursday) 8:00am-Noon (Friday)
Dates: February 22-25, 2021; August 17-20, 2021
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: $649
Time: 8:00am-4:30pm
Dates: May 5-7, 2021; November 1-3, 2021

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: $649
Time: 8:00am-4:30pm
Dates: March 31-April 2, 2021; September 27-29, 2021

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: $749
Time: 8:00am-4:30pm
Dates: May 11-13, 2021; October 5-7, 2021
OSHA Course #7005 Public 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: $225
Time: 8:00am-4:30pm
Dates: Please call for schedule

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: $150
Time: 8:00am-12:30pm
Dates: Please call for schedule

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: $225
Time: 8:00am-5:00pm
Dates: Please call for schedule
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: $225
Time: 8:00am-4:30pm
Dates: Please call for schedule

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: $225
Time: 8:00am-4:30pm
Dates: Please call for schedule

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: $225
Time: 8:00am-5:00pm
Dates: Please call for schedule
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: $225
Time: 8:00am-4:30pm
Dates: February 11, 2021; November 12, 2021

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: Please call for schedule

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: $225
Time: 8:00am-4:30pm
Dates: Please call for schedule
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: $150
Time: 8:00am-Noon
Dates: Please call for schedule

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: $150
Time: 8:00am-12:00pm
Dates: January 21, 2021; May 17, 2021; September 2, 2021

See pages 73-75
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 ($129 Member Rate)
Times: 8:00am-12:00pm
Dates: February 8, 2021; October 4, 2021

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: $649
Time: 8:00am-4:30pm
Dates: May 12-14, 2021; October 25-27, 2021
**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: $225
Time: 8:00am-4:30pm
Dates: Please call for schedule

**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: Please call for schedule
**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: $285 ($199 Member Rate)
Time: 8:00am-4:30pm (first day) 8:00am-Noon (second day)
Dates: April 26-27, 2021, September 2-3, 2021; December 16-17, 2021

ALSO AVAILABLE ONLINE at: www.SafeNebraska.org/onlinesafetytraining
Workplace Safety Training

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, 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: $715 ($499 Member Rate)
Time: 8:00am-5:00pm (Monday-Thursday)
Dates January 11-14, 2021; April 19-22, 2021; November 15-18, 2021

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: $749
Time: 8:00am-4:30pm
Dates: February 15-18, 2021; June 7-10, 2021; September 20-23, 2021; December 6-9, 2021

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: $757
Time: 8:00am-4:30pm
Dates: January 11-14, 2021; April 12-15, 2021; July 12-15, 2021; October 11-14, 2021

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See pg. 67 for more info
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: $657  
Time: 8:00am-4:30pm  
Dates: January 4-6, 2021; April 5-7, 2021; July 7-9, 2021; October 4-6, 2021

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:
- Crane and sling terminology  
- Four types of crane inspections  
- Safe sling operation procedures  
- Recordkeeping requirements for slings  
- The importance of best practices

Investment: $185 ($129 Member Rate)  
Times: 8:00am-12:00pm  
Dates: April 9, 2021; December 20, 2021
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: 1:00pm-3:30pm
Dates: April 9, 2021; October 7, 2021

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 ($129 Member Rate)
Times: 1:00pm-5:00pm
Dates: February 8, 2021; October 4, 2021
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: $749  
Time: 8:00am-4:30pm (Tuesday-Thursday) 8:00am-Noon (Friday)  
Dates: February 22-25, 2021; August 17-20, 2021

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 ($229 Member Rate)  
Times: 8:00am-4:30pm  
Dates: February 12, 2021; June 14, 2021; October 1, 2021

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: $749  
Time: 8:00am-4:30pm  
Dates: May 11-13, 2021; October 5-7, 2021
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 3, 2021; September 3, 2021

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: $649
Time: 8:00am-4:30pm
Dates: January 25-27, 2021; July 19-21, 2021

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: $225
Time: 8:00am-4:30pm
Dates: February 11, 2021; November 12, 2021

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See pg. 67 for more info
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: $649
Time: 8:00am-4:30pm
Dates: March 29-31, 2021; October 18-20, 2021

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 ($129 Member Rate)
Times: 8:00am-12:00pm
Dates: March 12, 2021; November 30, 2021

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: $225
Time: 8:00am-5:00pm
Dates: Please call for schedule
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: $649  
Time: 8:00am-4:30pm  
Dates: May 5-7, 2021; November 1-3, 2021

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)  
Date: Call 402.898.7364 to schedule.

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: $142 ($99 Member Rate)  
Time: 8:00am-12:30pm  
Dates: January 28, 2021; February 23, 2021; March 26, 2021;  
April 28, 2021; May 25, 2021; June 30, 2021;  
July 29, 2021; August 31, 2021; September 30, 2021;  
October 28, 2021; November 29, 2021; December 20, 2021

Call 402.898.7364 to schedule training in Spanish.
Forklift Operator / Powered Industrial Trucks Train -the-Trainer

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

As an authorized Forklift Trainer you’ll learn:
- All relevant OSHA standards and how to comply with them.
- Forklift / Powered Industrial Trucks “Best Practices”
- Training and Evaluation techniques that work with adult learners!
- 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 15, 2021; April 22, 2021; July 15, 2021; October 6, 2021

NSCN serves as a host training organization for the Great Plains OSHA Education Center

See pages 16-30
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
• 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: $285 ($199 Member Rate)
Time: 8:00am-4:30pm (first day) 8:00am- Noon (second day)
Dates: January 7-8, 2021; May 17-18, 2021; August 12-13, 2021; November 4-5, 2021

ALSO AVAILABLE ONLINE at: www.SafeNebraska.org/onlinesafetytraining
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
• 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: $715 ($499 Member Rate)
Time: 8:00am-5:00pm (Monday-Thursday)
Dates: March 22-25, 2021; June 1-4, 2021; September 7-10, 2021
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: $749
Time: 8:00am-4:30pm
Dates: March 15-18, 2021; June 21-24, 2021; September 13-16, 2021; December 13-16, 2021

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: $757
Time: 8:00am-4:30pm
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: $657
Time: 8:00am-4:30pm
Dates: January 18-20, 2021; April 19-21, 2021; July 19-21, 2021; October 18-20, 2021

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 ($129 Member Rate)
Dates: March 2, 2021 (8am-Noon); September 2, 2021 (1pm-5pm)
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

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 18, 2021; May 10, 2021; August 30, 2021; November 22, 2021
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: $256 ($179 Member Rate)
Time: 8:00am-5:00pm
Dates: February 4, 2021; April 8, 2021; June 3, 2021; August 5, 2021; October 7, 2021; December 1, 2021

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: $256 ($179 Member Rate)
Time: 8:00am-5:00pm
Dates: Please call for schedule

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: $715 ($499 Member Rate)
Time: 8:00am-5:00pm (all three days)
Dates: February 1-3, 2021; April 5-7, 2021; August 2-4, 2021; November 1-3, 2021
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: $1,072 ($749 Member Rate)
Time: 8:00am-5:00pm (all five days)
Dates: March 1-5, 2021; September 13-17, 2021

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: $225
Time: 8:00am-4:30pm
Dates: Please call for schedule

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: $425 ($325 Member Rate)
Time: 8:00am-4:30pm
Dates: February 15, 2021; August 10, 2021; December 13, 2021

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See pg. 67 for more info
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: $1750 ($1395 Member Rate)
Time: 8:00am-4:30pm (Monday-Thursday)
Dates: September 20-23, 2021

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: $749
Time: 8:00am-4:30pm
Dates: February 1-4, 2021; August 9-12, 2021
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: $425 ($325 Member Rate)
Time: 8:00am-4:30pm
Dates: March 19, 2021; October 21, 2021

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 ($129 Member Rate)
Times: 1:00pm-5:00pm
Dates: February 19, 2021; June 15, 2021; October 5, 2021

OFFERED IN HYBRID LEARNING FORMAT!
See pg. 67 for more info
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: $225
Time: 8:00am-5:00pm
Dates: Please call for schedule

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 ($129 Member Rate)
Times: 8:00am-12:00pm
Dates: February 19, 2021; June 15, 2021; October 5, 2021

OFFERED IN HYBRID LEARNING FORMAT!
See pg. 67 for more info
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: $749  
Time: 8:00am-4:30pm  
Dates: March 22-25, 2021; September 7-10, 2021

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: $150  
Time: 8:00am-12:30pm  
Dates: Please call for schedule

Protect your company’s most valuable asset–It’s employees. Become a member today!
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: $422 ($295 Member Rate)
Time: 8:00am-5:00pm
Dates: March 10, 2021; May 26, 2021; September 1, 2021; November 8, 2021
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: $1,375
Time: 8:00am-5:00pm
Dates: May 5-7, 2021; August 23-25, 2021
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 ($129 Member Rate)
Times: 1:00pm-5:00pm
Dates: March 2, 2021, November 30, 2021

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See pg. 67 for more info

40 hr, 24 hr, or 8 hr Refresher Hazardous Waste Operations and Emergency Response (HAZWOPER) Training Available From

See pages 48-49
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.

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• 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: $2,145
Time: 8:00am-5:00pm
Dates: March 22-26, 2021; June 14-18, 2021; October 18-22, 2021
Principles of Occupational Safety and Health (POSH)

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

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 OHSA’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: $1,650 ($1,295 Member Rate)
Time: 8:00am – 4:30pm
Dates: March 8-11, 2021; June 7-10, 2021; November 15-18, 2021

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: $150
Time: 8:00am-12:00pm
Dates: January 21, 2021; May 17, 2021; September 2, 2021
**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: $749
Time: 8:00am-4:30pm (Monday-Thursday) 8:00am-Noon (Friday)
Dates: February 8-11, 2021; August 23-26, 2021

**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: $649
Time: 8:00am-4:30pm
Dates: March 31-April 2, 2021; September 27-29, 2021

**Have you tried our hybrid safety training?**

Save time while still training & engaging with your peers!

[Logo: National Safety Council NEBRASKA CHAPTER]

See page 67 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: March 4-5, 2021; August 16-17, 2021; December 2-3, 2021

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.”

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See pg. 67 for more info
**Safety for the New 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

Investment: $328 ($229 Member Rate)
Time: 8:00am-4:30pm
Dates: April 16, 2021; August 3, 2021; December 10, 2021

**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: $225
Time: 8:00am-4:30pm
Dates: Please call for schedule

**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: $425 ($325 Member Rate)
Time: 8:00am-4:30pm
Dates: February 16, 2021; August 11, 2021
Safety Management Techniques (SMT)
4 Days, 2.6 CEUs, 2.6 COCs, 4.5 IH CMs
Enhance your safety management skills and maximize your influence on your organization's safety and health efforts.

This course takes a balanced approach to safety management, addressing administrative, technical and cultural elements. SMT is for full-time safety practitioners, safety committee members, safety coordinators, safety specialist, human resources, safety managers, loss control managers, and operation managers.

What you will do:
- Develop effective management skills
- Determine how and when to delegate safety authority
- Start a multi-year safety and health management plan
- Improve your interviewing and consulting techniques
- Address individual and organizational dynamics
- Learn how to conduct safety audits
- Influencing and managing change
- Learn how to effectively work with your safety and health committee
- Learn how to budget for safety and health

You will learn more than just what an effective safety manager does; you’ll learn real applications to define your role as a leader and problem solver.

Investment: $1,650 ($1,295 Member Rate)
Time: 8:00am-4:30pm
Dates: July 6-9, 2021; December 6-9, 2021

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See pg. 67 for more info

Prepare your employees with a corporate driving program—save time, money and lives.

National Safety Council
NEBRASKA CHAPTER

See pages 6-8
Safety Training Methods (STM)
4 days, 3 CEUs, 3 COCs, 4.5 IH CMs
This four-day course is designed to help you improve the safety performance of your workforce to achieve your organizations safety and business goals.

Key topics include:
- Adult learning needs
- Needs analysis
- Content outlines
- Instructional strategies and methods
- Basic facilitation skills
- Project planning
- Media design and utilization
- Evaluation of learning

You’ll learn how to:
- Create, select and deliver training that engages employees and improves your organization’s safety performance
- Address different learning styles
- Identify training and non-training solutions for safety and health issues
- Calculate direct and indirect training costs for more effective budgeting
- Find ways to measure the success of your safety training program

With the information and activities throughout this course you will have the opportunity to apply newly learned concepts to a variety of safety and health scenarios.

Investment: $1,650 ($1,295 Member Rate)
Time: 8:00am-4:30pm
Dates: April 12-15, 2021; October 11-14, 2021

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: 8am-4:00pm
Dates: February 22, 2021; October 1, 2021

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See pg. 67 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: $150
Time: 8:00am-Noon
Dates: Please call for schedule

Supervisor Safety Development Program
Recommended for new supervisors and managers unfamiliar with safety responsibilities. Experienced supervisors and managers who want refresher safety training or need to develop specialized skills should also attend.

This course provides leadership and management philosophies that empower employees to help improve and sustain safety performance. SSDP expands and upgrades previous training programs for supervisors and managers with content incorporating the latest research addressing the practical needs of today’s organizations. The course focuses on the critical requirements for safety improvement in the workplace and includes discussion of management approaches and regulatory issues that apply.

Topics covered include:
• Safety Management, Communication
• Safety & Health Training, Employee Involvement
• Safety & Health Inspections, Incident Investigation
• Industrial Hygiene, Personal Protective Equipment
• Ergonomics, Hazard Communication, Regulatory Issues
• Machine Safeguarding
• Hands Tolls and Portable Power Tools
• Materials Handling and Storage
• Electrical Safety, Fire Safety

Investment: $695 ($595 Member Rate)
Time: 8:00am-4:30pm
Dates: Please call for schedule.

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See pg. 67 for more info
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: $425 ($325 Member Rate)
Time: 8:00am-4:30pm
Dates: October 22, 2021

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

Investment: $185 ($129 Member Rate)
Time: 8:00am-12:00pm
Dates: January 6, 2021; August 31, 2021
Workplace Safety Training

Warehousing and Storage, Public (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: $225
Time: 8:00am-4:30pm
Dates: Please call for schedule

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

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

OFFERED IN HYBRID LEARNING FORMAT!
See pg. 67 for more info
Hybrid Learning
NSCN is now offering many classes in a hybrid learning format.

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!

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.

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.
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.

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

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

Prerequisites
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• 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
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Dates: March 10, 2021; May 26, 2021; September 1, 2021; November 8, 2021
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• During the program, trainees should plan for homework each evening.

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Time: 8:00am-5:00pm
Dates: May 5-7, 2021; August 23-25, 2021
Premium Combo Trainer Certification

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- 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: $2,145
Time: 8:00am-5:00pm
Dates: March 22-26, 2021; June 14-18, 2021; October 18-22, 2021
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.
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.

We are Safety Without Shortcuts.

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.

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.

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.

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.

INVEST IN YOUR COMPANY
INVEST IN YOUR CAREER
REGISTER TODAY!
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

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
The following certificate programs are offered in cooperation of the National Safety Council, Nebraska, 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