Dear Colleagues,

As we begin our 13th year as an OSHA Training Institute Education Center, I am once again delighted to report that we have completed another record-breaking year for the number of courses delivered and number of students trained. On the day I write this, we’ve reached 6,432 students trained! I know you have a choice in safety training providers, and I would like to express my thanks and appreciation for your support of the RIT OSHA Education Center. I sincerely extend this gratitude to our talented and dedicated instructors and staff as well. I am genuinely grateful to work with each of you.

In the year ahead, we’ll be offering a new course: #7225 Transitioning to Safer Chemicals. The complete description for the class is on page 13. We’ve also got new locations planned, including New Jersey. And finally—of particular interest to our 645 authorized OSHA outreach trainers—we expect a new update to the Outreach Training Program procedures and guidelines to be published.

Of course you can still count on us to maintain our commitment to provide a learning experience of the highest quality. All of our courses are taught by an outstanding group of instructors who have been carefully selected for their professional credentials, ability to effectively teach adults, and real-world experience as health and safety professionals. They bring today’s workplace issues directly into the classroom and use relevant examples to illustrate key safety and health concepts. Our goal is make each program you attend the very best learning experience possible. We make every effort to ensure your satisfaction.

In addition, RIT has long been acknowledged as one of the nation’s leading providers of high-quality, accredited programs, including:

- Environmental Sustainability, Health and Safety (BS)
- Environmental Health and Safety Management (MS)
- Facility Management (MS)
- Construction Management (MS)

*pending NYS Education Department approval

If you have any questions or suggestions, or would like to arrange for customized classes for your employees, please contact us at 866-385-7470 ext. 2919. We look forward to serving you.

Regards,

Kitren A. VanStrander
Courses Offered

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Description</th>
<th>Date(s)</th>
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<tbody>
<tr>
<td>2015</td>
<td>Hazardous Materials</td>
<td>December 6 – 9, 2016</td>
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<tr>
<td>2225</td>
<td>Respiratory Protection</td>
<td>November 29 – December 2, 2016, June 6 – 9, 2017</td>
</tr>
<tr>
<td>2264</td>
<td>Permit-Required Confined Space Entry</td>
<td>October 11 – 13, 2016, February 8 – 10, 2017 in Syracuse, May 9 – 11, 2017</td>
</tr>
<tr>
<td>3095</td>
<td>Electrical Standards</td>
<td>September 26 – 29, 2017 in Long Island, NY</td>
</tr>
<tr>
<td>3115</td>
<td>Fall Protection</td>
<td>October 4 – 6, 2016 in Syracuse, February 7 – 9, 2017, April 26 – 28, 2017</td>
</tr>
<tr>
<td>5600</td>
<td>Disaster Site Worker Train-the-Trainer</td>
<td>January 24 – 27, 2017</td>
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<tr>
<td>5602</td>
<td>Update for Disaster Site Worker Train-the-Trainer</td>
<td>December 13, 2016</td>
</tr>
<tr>
<td>7000</td>
<td>OSHA Training Guidelines for Safe Patient Handling</td>
<td>January 18, 2017</td>
</tr>
<tr>
<td>7005</td>
<td>Public Warehousing and Storage</td>
<td>October 25, 2016, February 17, 2017</td>
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<tr>
<td>7105</td>
<td>Introduction to Evacuation and Emergency Planning</td>
<td>November 16, 2016, July 20, 2017</td>
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<tr>
<td>7115</td>
<td>Lockout/Tagout</td>
<td>October 19, 2016, April 12, 2017</td>
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<tr>
<td>7200</td>
<td>Bloodborne Pathogens Exposure Control for Healthcare Facilities</td>
<td>January 17, 2017</td>
</tr>
<tr>
<td>7225</td>
<td>Transitioning to Safer Chemicals</td>
<td>March 15, 2017, May 16, 2017 in New Jersey</td>
</tr>
<tr>
<td>7300</td>
<td>Understanding OSHA’s Permit-Required Confined Space Standards</td>
<td>February 16, 2017</td>
</tr>
<tr>
<td>7405</td>
<td>Fall Hazard Awareness for the Construction Industry</td>
<td>December 13, 2016</td>
</tr>
<tr>
<td>7410</td>
<td>Managing Excavation Hazards</td>
<td>April 25, 2017</td>
</tr>
</tbody>
</table>

Register now! Call toll-free 1-866-385-7470 ext. 2919 or visit rit.edu/osha for convenient online registration.

Save this calendar! Make planning your organization's yearly safety training easy.
Certificate Programs

The RIT OSHA Education Center offers three Safety and Health Certificates. This program gives participants certification of their knowledge and skills in understanding OSHA regulatory standards, and in developing solutions to workplace safety challenges. Participants can customize their program to reflect their own areas of interest through a selection of core required courses and electives.

In addition, participants can acquire OSHA-authorized outreach trainer status if they choose to complete the 500 or 501 course. Courses 500 and 501 require participants to have five years of safety experience in their field and have completed the respective Course 510 or 511 before registering. Outreach trainers are authorized to conduct 10- and 30-hour outreach courses. For additional information on becoming a trainer, please contact us at 866-385-7470 ext. 2919 or visit our website at rit.edu/osha.

**NOTE:** Participants who do not want to teach the 10- and 30-hour Outreach Training Programs should enroll in either Course 510 for the Construction certificate, or Course 511 for the General Industry certificate.

**Costs and Registration**

In addition to individual course costs, there is an one-time application fee of $25 for each certificate.

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### Public Sector Safety & Health Fundamentals Certificate Program

A certificate authorized by the Directorate of Training and Education (OSHA). Requires a minimum of seven courses and 68 contact hours. The processing fee for the Public Sector Safety and Health Fundamentals certificate is $95. For application and details, visit rit.edu/osha or contact Donna Winter at 866-385-7470 ext. 2919.

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### Construction Safety and Health Specialist Certificate

**4 CORE COURSES (REQUIRED)**

- **510** OSH Standards for Construction
- **500** Trainer Course in OSH Standards for Construction
- **502** Update Course for Construction Outreach Trainers
- **3015** Excavation, Trenching, & Soil Mechanics
- **3095** Electrical Standards
- **3115** Fall Protection

**plus CHOOSE 3 ELECTIVES**

- **521** OSHA Guide to Industrial Hygiene
- **2225** Respiratory Protection
- **2264** Permit-Required Confined-Space Entry
- **5600** Disaster Site Train-the-Trainer
- **7205** Health Hazard Awareness
- **7400** Introduction to Safety and Health Management
- **7405** Fall Hazard Awareness for the Construction Industry
- **7410** Managing Excavation Hazards
- **7600** Disaster Site Worker
- **7845** Recordkeeping Rule Seminar

### General Industry Safety and Health Specialist Certificate

**3 CORE COURSES (REQUIRED)**

- **511** OSH Standards for General Industry
- **501** Trainer Course in OSH Standards for General Industry
- **503** Update Course for General Industry Outreach Trainers
- **521** OSHA Guide to Industrial Hygiene
- **2045** Machinery and Machine Guarding Standards

**plus CHOOSE 3 ELECTIVES**

- **2015** Hazardous Materials
- **2225** Respiratory Protection
- **2255** Principles of Ergonomics Applied to Work-Related Musculoskeletal and Nerve Disorders
- **2264** Permit-Required Confined-Space Entry
- **3095** Electrical Standards
- **7005** Public Warehousing and Storage
- **7205** Health Hazard Awareness
- **7300** Introduction to OSHA's Permit-Required Confined-Space Standard
- **7500** Introduction to Safety and Health Management
- **7505** Introduction to Accident Investigation
- **7845** Recordkeeping Rule Seminar

### Safety Professional Certificate

**2 CORE COURSES (REQUIRED)**

- **510** OSH Standards for Construction
- **511** OSH Standards for General Industry
- **521** OSHA Guide to Industrial Hygiene

**plus CHOOSE 3 ELECTIVES**

- **2015** Hazardous Materials
- **2225** Respiratory Protection
- **2255** Principles of Ergonomics Applied to Work-Related Musculoskeletal and Nerve Disorders
- **3015** Excavation, Trenching and Soil Mechanics
- **3095** Electrical Standards
- **3115** Fall Protection
- **7105** Introduction to Evacuation and Emergency Planning
- **7205** Health Hazard Awareness
- **7400** Trainer Course in Construction Noise
- **7405** Fall Hazard Awareness for the Construction Industry
- **7500** Introduction to Safety and Health Management
- **7505** Introduction to Accident Investigation
- **7845** Recordkeeping Rule Seminar
Safety and Health Specialist Training Certificate Program Application

**Personal Information**

Name

Title

Organization

Organization Address

City            State        Zip

Telephone #           Fax #

Email Address

**FOR OFFICE USE ONLY**

Date Received         Date Completed

**Application Fee**

There is a $25 application fee for each certificate.

BY MAIL with check or P.O.:
Rochester Institute of Technology
OSHA Education Center
31 Lomb Memorial Drive
Rochester, NY 14623-5603

BY FAX with P.O. to: 585-475-6292

BY CREDIT CARD: Register at rit.edu/osha or call us at 866-385-7470 ext. 2919.

**Payment Information**

Purchase Order #

Billing Address:

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### R·I·T

OSHA Safety & Health Training Center

**Construction Safety & Health Specialist Training Certificate**

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### General Industry Safety & Health Specialist Training Certificate

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### Safety Professional Certificate

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* Please indicate the courses you have already completed, including training date and location. For classes taken at another training facility, you must include a copy of your certificate. **Please note:** Only two (2) courses from another training facility may be transferred.
Rochester and the Finger Lakes Region

You may already know that Rochester is home to many leading companies. The traditionally strong local economy has created a rich and active community that offers visitors a wide selection of things to do and places to see. Rochester also is a perfect starting point for day trips to the Finger Lakes, Niagara Falls, the Adirondacks, and even Toronto.

Things to do in any season
From fine dining to sporting events and outdoor recreation, the region offers something for everyone. You'll find museums, movie theaters, concert halls, comedy clubs, restaurants, shopping malls, and nightclubs featuring live music and dancing. For nature lovers, there are parks, beaches, ski resorts, hiking trails, gorges, and lakes that provide opportunities for you to enjoy the outdoors. And if you like to tee it up, you'll find an unbeatable selection of golf courses in the area, which is home to Oak Hill, one of the nation's 10 best courses and site of the 2003 and 2013 PGA Championships.

Get out to the game
Rochester sports excitement is hotter than ever. The city is home to professional teams in baseball (Red Wings), ice hockey (Americans), soccer (Raging Rhinos), lacrosse (Knighthawks), indoor football (Raiders), and basketball (Razor Sharks), and if you like to watch sports, you can find a game going on somewhere nearby. Each summer the Buffalo Bills training camp comes to town.

Explore Finger Lakes wine country
There are more than 100 wineries within the Finger Lakes area, the state's second-largest tourist destination, behind New York City. Self-guided winery tours are popular, with wine trails available on several of the lakes, including Canandaigua, Keuka, Cayuga, and Seneca. Also in the region, you'll find the Women's Rights National Historic Park in Seneca Falls, the place where a worldwide revolution for gender equality began in 1848.

Spice it up with a delicious meal
When visiting Rochester, make sure to bring your appetite. Whether you're into ethnic, vegetarian, or contemporary American fare, you're sure to find a restaurant in the area that you'll brag about to your colleagues back home.

Visit Canandaigua
The New York Wine and Culinary Center in Canandaigua invites you to experience magnificent foods and wines, learn about New York state's abundant agricultural industries, and enjoy the picturesque Finger Lakes region. Whether you are a casual diner or sophisticated wine connoisseur, the 20,000-square-foot facility promises to provide an enjoyable experience for all.

Beyond Rochester
In our effort to fully serve OSHA Region II, we are offering some of the courses in this catalog outside the greater Rochester area. If you plan to attend one of these courses, you may be interested in the events and attractions listed on the following websites:

Adirondack Region: visitadirondacks.com
Albany: albany.org
Buffalo: visitbuffaloniagara.com
Long Island City: discoverlongisland.com
New Jersey: visitnj.org
Rochester: visitrochester.com
Syracuse: visitsyracuse.com

Enjoy great art and music
Rochester's cultural resources include the Memorial Art Gallery, Rochester Philharmonic Orchestra, Rochester Museum and Science Center, Geva Theatre, and George Eastman House International Museum of Photography and Film. The Neighborhood of the Arts is the cultural center of Rochester and packs in more museums and cultural institutions than any other neighborhood in the Rochester area. If you're interested in exploring the local music scene, there are about 30 choices of live music on a typical Friday or Saturday night.

If you like sports
Visit Rochester's newest multipurpose stadium, Sahlen's Stadium. The stadium, which opened its doors in June 2006, plans to host nearly 60 events this year from June through October, including USL, W-League and high school soccer, high school lacrosse, football games, and concerts.
Course Offerings

500, 501, 502

500
Trainer Course in OSHA Standards for Construction

“This was one of the best classes I ever attended.”
“I will take the longer drive to RIT.”

4 days | CEUs: 2.6 | $825

This course is designed for personnel in the private sector interested in teaching the 10- and 30-hour construction safety and health outreach program to their employees and other interested groups. Special emphasis is placed on those topics that are required in the 10- and 30-hour programs as well as on those that are the most hazardous, using OSHA standards as a guide. Course participants are briefed on effective instructional approaches and the effective use of visual aids and handouts. This course allows the student to become the trainer in the OSHA Outreach Training Program and to conduct both 10- and 30- hour construction safety and health courses and to issue cards to participants after verifying course completion.

Minimum contact hours: 26

Prerequisites: Course 510 and five (5) years of construction safety experience. A college degree in occupational safety and health, a Certified Safety Professional (CSP) or a Certified Industrial Hygienist (CIH) designation, in the applicable training area, may be substituted for two (2) years of experience.

Note: Students in Course 500 who wish to participate as authorized trainers in the OSHA Outreach Training Program must prepare a 30-minute presentation on an assigned OSHA Construction Outreach topic, pass a performance exam and a knowledge-based exam. Students are required to bring picture ID as proof of identity and are strongly encouraged to bring a laptop. Authorized OSHA Outreach trainers are required to attend Course 502 at least once every four (4) years to maintain their trainer status. 

501
Trainer Course in OSHA Standards for General Industry

“Sue keeps students at ease and follows adult learning principles.”

4 days | CEUs: 2.6 | $825

This course is designed for personnel in the private sector interested in teaching the 10- and 30-hour general industry safety and health outreach program to their employees and other interested groups. Special emphasis is placed on those topics that are required in the 10- and 30-hour programs as well as on those that are the most hazardous, using OSHA standards as a guide. Course participants are briefed on effective instructional approaches and the effective use of visual aids and handouts. This course allows the student to become a trainer in the OSHA Outreach Training Program and to conduct both the 10- and 30-hour general industry safety and health courses and to issue cards to participants after verifying course completion.

Minimum contact hours: 26

Prerequisites: Course 511 and five (5) years of general industry safety experience. A college degree in occupational safety and health, a Certified Safety Professional (CSP) or Certified Industrial Hygienist (CIH) designation, in the applicable training area, may be substituted for two (2) years of experience.

Note: Students in Course 501 who wish to participate as authorized trainers in the OSHA Outreach Training Program must prepare a 30-minute presentation on an assigned OSHA General Industry Outreach topic, pass a performance exam and a knowledge-based exam. Students are required to bring picture ID as proof of identity and are strongly encouraged to bring a laptop. Authorized OSHA Outreach trainers are required to attend Course 503 at least once every four (4) years to maintain their trainer status.

502
Update for Construction Industry Outreach Trainers

“Outstanding job! Doug really made this class fun and enjoyable as well as informative. He is one of the best instructors I have had over 13+ years taking safety/military classes. Make sure you always keep him teaching OSHA classes.”

3 days | CEUs: 1.8 | $725

This course is designed for personnel in the private sector who have completed the 500 Trainer Course in Occupational Safety and Health Standards for the Construction Industry and who are authorized trainers in the OSHA Outreach Training Program. It provides an update on such topics as OSHA construction standards, policies, and regulations.

Minimum contact hours: 18

Prerequisites: Course 500

Note: Authorized OSHA Outreach 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 trainer card for validation.
Course Offerings

**503, 510, 511, 521**

### 503
**Update for General Industry Outreach Trainers**

“Doug is a ‘top-notch’ instructor. He is professional and makes class interesting. Has a great teaching style.”

3 days  |  CEUs: 1.8  |  $725

This course is designed for private sector personnel who have completed the 501 Trainer Course in Occupational Safety and Health Standards for General Industry and who are authorized trainers in the OSHA Outreach Training Program. It provides an update on such topics as OSHA general industry standards, policies, and regulations.

**Minimum contact hours:** 18

**Prerequisites:** Course 501

**Note:** Authorized OSHA Outreach 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 trainer card for validation.

### 510
**Occupational Safety and Health Standards for Construction**

“Jarred is a well informed and very prepared instructor. He has a great ability to help students understand the material.”

4 days  |  CEUs: 2.6  |  $825

This course for private sector personnel covers OSHA policies, procedures, and standards, as well as construction safety and health principles. Topics include scope and application of the OSHA construction standards. Special emphasis is placed on those areas that are the most hazardous, using OSHA standards as a guide.

**Minimum contact hours:** 26

**Prerequisites:** None

### 511
**Occupational Safety and Health Standards for General Industry**

“Tony’s use of ‘real life’ examples/experiences was excellent and he encouraged class participation. All students were interested and participated each day, which is not easy to attain.”

4 days  |  CEUs: 2.6  |  $825

This course is designed for private sector personnel who have completed the 501 Trainer Course in Occupational Safety and Health Standards for General Industry and who are authorized trainers in the OSHA Outreach Training Program. It provides an update on such topics as OSHA general industry standards, policies, and regulations.

**Minimum contact hours:** 26

**Prerequisites:** Course 501

**Note:** Authorized OSHA Outreach 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 trainer card for validation.

### 521
**OSHA Guide to Industrial Hygiene**

“Sue engaged the class throughout the course and facilitated very good discussions. Her expertise in IH and safety in general made her the best teacher for a complex subject.”

4 days  |  CEUs: 2.6  |  $825

This course addresses industrial hygiene practices and related OSHA regulations and procedures. Topics include permissible exposure limits, OSHA health standards, respiratory protection, engineering controls, hazard communication, OSHA sampling procedures and strategy, workplace health program elements, and other industrial hygiene topics. The course features workshops in health hazard recognition, OSHA health standards, and a safety and health program workshop.

**Minimum contact hours:** 26

**Prerequisites:** None
Course Offerings

**2015**
**Hazardous Materials**

“Dale is a real asset and one of the great instructors!”

| 4 days | CEUs: 2.6 | $825 |

This shortened version of OTI 2010 covers OSHA general industry standards and integrates materials from other consensus and proprietary standards that relate to hazardous materials. Included are flammable and combustible liquids, compressed gases, LP-gases, and cryogenic liquids. Related processes such as spraying and dipping are covered, as well as electrical equipment.

**Minimum contact hours:** 26

**2045**
**Machinery and Machine Guarding Standards**

“I’ve had Mr. Jerge several times as an instructor through RIT and he is awesome. He makes learning fun and by always having “hands on,” he keeps it ‘real.’”

| 4 days | CEUs: 2.6 | $825 |

This shortened version of OTI 2040 familiarizes the student with various types of common machinery and the related safety standards. Guidance is provided on the hazards associated with various kinds of machinery and the control of hazardous energy sources (lockout/tagout). The course presents an approach to machinery inspection that enables participants to recognize hazards and to provide options to achieve abatement. These hazards include mechanical motions and actions created by points of operation and other machinery processes. Also included is hands-on training in the laboratories.

**Minimum contact hours:** 26

**2055**
**Cranes in Construction**

3 days | CEUs: 2.2 | $725

This course covers the requirements for operation of cranes in the construction industry using the OSHA construction Cranes and Derricks Standard as a guide. Course topics include hazards associated with crane assembly and disassembly, types of cranes, lifting concepts, rigging and wire rope, signaling, employee qualifications and training, and maintenance, repair, and inspection requirements.

Students will participate in workshops to reinforce concepts of safe crane operation. Upon course completion, students will have the ability to identify the types of cranes and their components and attachments, determine safe operating conditions, and recognize common violations of OSHA Standards.

**Minimum contact hours:** 22

**2225**
**Principles of Ergonomics**

3 days | CEUs: 2.0 | $725

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, and repetition, material handling, and lifting and 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 successful completion of this course, students will have the ability to recognize work-related musculoskeletal and nerve disorders, assess employer’s ergonomic programs, and conduct ergonomic evaluations.

**Minimum contact hours:** 18

**2255**
**Respiratory Protection**

“Dale is an outstanding instructor. His knowledge and expertise is unparalleled. I’ll return to RIT to take Dale’s classes.”

| 4 days | CEUs: 2.6 | $825 |

This course covers the requirements for the establishment, maintenance, and monitoring of a respirator program. Topics include terminology, OSHA standards, NIOSH certification, and medical evaluation recommendations. Program highlights include laboratories on respirator selection, qualitative fit testing, and the use of a large array of respiratory and support equipment for hands-on training.

**Minimum contact hours:** 26

**2264**
**Permit-Required Confined-Space Entry**

3 days | CEUs: 1.9 | $725

This course is designed to enable students to recognize, evaluate, prevent, and abate safety and health hazards associated with confined-space entry. Technical topics include the recognition of confined-space hazards, basic information about instrumentation used to evaluate atmospheric hazards and ventilation techniques. This course features workshops on permit entry classification and program evaluation.

**Minimum contact hours:** 20
Course Offerings

3015, 3095, 3115

3015
Excavation, Trenching, and Soil Mechanics
3 days | CEUs: 2.0 | $725

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 successful completion of this course students will have the ability to assess employers' compliance with the OSHA Excavation Standard, utilize soil testing methods to classify soil types, determine protective systems for excavation operations, and training requirements.

Minimum contact hours: 20

3095
Electrical Standards
4 days | CEUs: 2.6 | $825

This course utilizes the OSHA standards and the National Electrical Code to provide an overview of electrical installations and equipment with emphasis on controlling electrical hazards. Participants gain knowledge of single- and three-phase systems, energized parts, cord and plug connected equipment, fixed equipment, grounding, ground fault circuit interrupters, personal protective equipment, hazardous energy control, first aid or medical services, and safe work practices. Special emphasis is placed on electrical hazard recognition and OSHA inspection procedures.

Minimum contact hours: 26

3115
Fall Protection
3 days | CEUs: 2.0 | $725

“This is the second course I have taken with Mr. Stevens and I have gained considerable knowledge and reinforcement of safety practices from his instruction.”

This course covers the OSHA fall protection standard in 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 usage of fall protection equipment, residential construction fall protection, training requirements, and developing a fall protection program. Upon successful completion of this course 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 contact hours: 18
Course Offerings

<table>
<thead>
<tr>
<th>Course</th>
<th>Description</th>
<th>Duration</th>
<th>CEUs</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>5410</td>
<td>Occupational Safety and Health Standards for the Maritime Industry</td>
<td>5 days</td>
<td>3.5</td>
<td>$825</td>
</tr>
<tr>
<td>5600</td>
<td>Disaster Site Worker Train-the-Trainer Course</td>
<td>4 days</td>
<td>2.6</td>
<td>$825</td>
</tr>
<tr>
<td>5602</td>
<td>Update for Disaster Site Worker Train-the-Trainer Course</td>
<td>1 day</td>
<td>0.8</td>
<td>$225</td>
</tr>
<tr>
<td>5810</td>
<td>Hazards Recognition and Standards for On-Shore Oil and Gas Exploration and Production</td>
<td>4 days</td>
<td>3.7</td>
<td>$825</td>
</tr>
<tr>
<td>7000</td>
<td>OSHA’s Training Guidelines for Safe Patient Handling</td>
<td>1 day</td>
<td>0.7</td>
<td>$225</td>
</tr>
</tbody>
</table>

This Maritime Standards class has been designed for all people working in the maritime industry who want to learn more about workplace safety and health recognition. Special emphasis has been placed on areas in the maritime industry that are the most hazardous, using the OSHA 29CFR 1915, 1917, and 1918 standards as a resource. Upon completion of this course, participants will be able to define maritime terms found in the OSHA Maritime Standards, identify hazards that occur in the maritime industry, determine appropriate standards, locate OSHA Maritime Safety and Health Standards, policies, and procedures, and describe the use of the OSHA Maritime Standards and Regulations to supplement an ongoing safety and health program.

Minimum contact hours: 35

This Disaster Site Worker Train-the-Trainer course prepares experienced trainers to present OSHA’s 16-hour Disaster Site Worker course. Trainers for this course need to be able to apply the elements of successful adult training programs, along with specific knowledge, skills, and attitudes to awareness training about safety and health standards at natural and man-made disaster sites. Trainers are given the opportunity to practice knowledge, skills, and attitudes through discussion, planned exercise, demonstrations, and presentations. Participants receive lesson plans and training materials for the Disaster Site Worker course as well as information on training techniques and resources. Trainers will be expected to present a selected portion of the Disaster Site Worker course and to use a “presentation evaluation” sheet to evaluate the other presenters. This course allows the student to become an authorized trainer in the Outreach Program, to conduct the 16-hour Disaster Site Worker course, and to issue cards to participants after verifying course completion.

Minimum contact hours: 24

Prerequisites: OSHA 500 or 501, three (3) years safety training experience, and completion of the 40-hour HAZWOPER training.

Note: Students in Course 5600 who wish to participate as authorized trainers in the OSHA Outreach Training Program must successfully pass a written exam at the end of the course. Outreach Trainers are required to attend Course 5602 at least every four (4) years to maintain their trainer status.

This hazards-based standards course is a comprehensive course consisting of 18 instruction modules. The course focuses on hazards that may be found in on-shore oil and gas exploration and production work sites throughout the United States. The instructional content of the course is primarily driven by subject matter experts from the Oil and Gas E&P industry working in cooperation with representatives from OSHA and NIOSH. The course is intended to engage the proven full employee with a solid foundation in safety principles and prepare the employee for further training in the health, safety and environment area of his/her job responsibilities.

Minimum contact hours: 30

The focus of this one-day course is to use the “OSHA’s Ergonomics Guidelines for Nursing Homes” document as a basis for any health care facility to develop a process to protect workers and their patients. The course will focus on recognizing, assessing, and controlling ergonomic hazards in a health care setting. Featured topics include: developing an ergonomics process, risk factors inherent in patient handling, identifying problem jobs including protocols for patient assessment, and implementing solutions including work practices and engineering solutions.

Minimum contact hours: 7.5
### Course Offerings

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Duration</th>
<th>CEUs</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>7005</td>
<td>Public Warehousing and Storage</td>
<td>1 day</td>
<td>0.7</td>
<td>$225</td>
</tr>
</tbody>
</table>

The course is designed as a training course for warehouse workers, focusing on many hazards and injuries that are likely to be encountered in warehouse operations. Warehousing has become an increasingly hazardous area in which to work. OSHA identifies public storage and warehousing as one of several industries with a high lost time claims rate. Injuries may occur (and be prevented) related to forklifts/PITs, materials handling, warehouse distribution issues, slips, trips, falls/walking and working surfaces, improper lifting, ergonomics, insufficient hazardous communication (new GHS), guarding floor and wall openings, exit routes, emergency action, and fire prevention plans.

Minimum contact hours: 7

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Duration</th>
<th>CEUs</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>7100</td>
<td>Introduction to Machinery and Machine Safeguarding</td>
<td>1 day</td>
<td>0.8</td>
<td>$225</td>
</tr>
</tbody>
</table>

The main focus of this course is to increase participant knowledge and skill in proper machine safeguarding techniques, and to highlight the benefits of guarding various types of machinery. The intent of machine guarding is to minimize the risk of accidents from machine operator contact. Safeguards are essential for protecting workers from needless and preventable injuries such as crushed hands and arms, severed fingers, and blindness. It is the employer’s responsibility to identify and select the safeguards necessary to protect employees and others in the work area, as well as provide appropriate training in safe work practices. Knowing when and how to properly safeguard machinery can reduce or eliminate the potential for accidents and injuries. At the end of the training, as a result of lectures, discussions, and practice sessions, the participant will be able to:

- Explain the hazardous actions and motions of machinery and where these movements occur so you know where to look.
- Identify methods of safeguarding so that you can recognize the wide variety of tools that are available to assist you in your safeguarding efforts.
- Identify safeguarding required by specific OSHA standards to assist you in assuring regulatory compliance.

Minimum contact hours: 4

<table>
<thead>
<tr>
<th>Course Code</th>
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<th>Duration</th>
<th>CEUs</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>7105</td>
<td>Introduction to Evacuation and Emergency Planning</td>
<td>1 day</td>
<td>0.8</td>
<td>$225</td>
</tr>
</tbody>
</table>

This course is designed to provide an overview of the requirements and considerations for developing an effective emergency action plan and evacuation plan for small businesses. In addition, this course incorporates the threat of terrorism (intentional releases of hazardous materials, use of explosive devices, or acts of arson) into evacuation planning and preparedness.

- Why have a plan
- Overview of emergency action plans
- Integrating plan concepts
- Design and maintenance of exit routes
- Terrorism introduction
- Prioritization of risks; risk assessment
- Methods of risk management
- OSHA’s emergency planning matrices

Minimum contact hours: 4

<table>
<thead>
<tr>
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<th>Duration</th>
<th>CEUs</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>7110</td>
<td>Safe Bolting: Principles and Practices</td>
<td>1 day</td>
<td>0.7</td>
<td>$225</td>
</tr>
</tbody>
</table>

This course provides awareness of safety issues involved in bolting applications so that the participant, upon completing the course, will possess the knowledge and skills to recognize when there is danger present in a bolting application, stop, and inform his/her supervisor. Familiarity with the safe operation and handling of high-powered bolting tools is essential to personal and workplace safety. Topics include pressure vessels and piping, machinery or mechanical joints, and structural connections. The course is a facilitated, interactive training session focusing on class discussion, group participation, and practical activities.

Minimum contact hours: 7
Course Offerings

7115, 7120, 7200, 7205, 7210, 7225

7115  Lockout/Tagout
1 day  |  CEUs: 0.8  |  $225

This one-day course is designed to inform employers and employees of best practices in the Control of Hazardous Energy/ Lockout Safety. The goal of the course is to help participants determine their companies’ lockout/tagout compliance issues based on OSHA’s 1910.147: Control of Hazardous Energy (lockout/ tagout). Topics include the understanding and application of definitions relating to OSHA’s Control of Hazardous Energy Standard, types of hazardous energy, energy isolation options, written program requirements, and training guidelines.

Minimum contact hours: 7.5

7120  Introduction to Combustible Dust Hazards
2 day  |  CEUs: 0.8  |  $425

This two-day course is designed to provide private businesses within general industry an opportunity to enhance their awareness of the hazards posed by combustible dust. The target audience is members of private industry, including owners and managers, supervisors, maintenance and engineering staff, and other employees. Union officials and representatives may also benefit from attendance.

The course is divided into three modules:
1. Combustible Dust Explosions as a National Problem
2. Recognized Control and Mitigation Methods for Combustible Dust
3. Control of Electrical Installation Standards for Combustible Dust Areas

Minimum contact hours: 13

7200  Bloodborne Pathogens Exposure Control for Healthcare Facilities
1 day  |  CEUs: 0.8  |  $225

The purpose of this course is to develop a Bloodborne Pathogens Exposure Plan for healthcare facilities using a step-by-step approach. Featured topics include an introduction to bloodborne pathogens standard, the exposure control plan, exposure determination, methods of control, vaccinations and evaluations, training and information, and record keeping.

Minimum contact hours: 7

7205  Health Hazard Awareness
1 day  |  CEUs: 0.8  |  $225

“Another great course with a very knowledgeable instructor, excellent presenter!”

This course provides an introduction to common health hazards that are encountered in the workplace. These health hazards will include exposure to asbestos, silica, and lead.

The course will feature these topics:
- Identification of hazard
- Sources of exposure
- Health hazard information
- Evaluation of exposure
- Engineering and work practice controls

Minimum contact hours: 6

7210  Pandemic Influenza Preparedness
1 day  |  CEUs: 0.8  |  $225

This one-day course is designed to provide businesses and organizations performing general industry activities with the knowledge, skills and abilities to effectively plan for a local or regional influenza epidemic or a pandemic caused by an influenza virus. The target audience is private business leaders and members of their management team who may be integral to preparedness planning, including but not limited to finance, security, safety, and human resources.

The course is divided into four modules:
1. Impact of Pandemic Influenza
2. Key Elements of a Preparedness Plan
3. Strategies to Support Continuity of Business Operations
4. Resources to Support Pandemic Influenza Preparedness

Minimum contact hours: 5.5

7225  Transitioning to Safer Chemicals
1 day  |  CEUs: 0.8  |  $225

This course covers a proactive approach to reducing the use of hazardous chemicals in the workplace by transitioning to safer alternatives using OSHA’s seven-step substitution planning process. The course features workshops and hands-on activities with the use of online chemical databases and tools. The target audience is purchasing staff, maintenance supervisors, facility managers, workers who utilize hazardous chemicals, and occupational safety and health professionals who provide technical assistance on the control of chemical hazards. Upon course completion, participants will have the ability to recognize and evaluate hazardous chemicals in their workplace, assess safer alternatives, and implement those alternatives.

Minimum contact hours: 7.5
Course Offerings

7300 Understanding OSHA’s Permit-Required Confined-Space Standards
1 day | CEUs: 0.8 | $225

The primary objective of this course is to increase the participant’s knowledge of OSHA’s permit-required confined-space (permit space) standard, 29 CFR 1910.146. Areas of instruction include scope and definitions, general requirements, permit space programs, rescue, and training. Completion of this course does not fulfill the training requirements contained in 29 CFR 1910.146, nor does it certify the student as a “competent person.” The target audience is the small employer or a representative (e.g., line supervisor or manager) designated with the responsibility to develop a permit space program.

Minimum contact hours: 7

7400 Noise Hazards in the Construction Industry
1 day | CEUs: 0.8 | $225

This course covers the evaluation and reduction of noise hazards in the construction industry. Course topics include OSHA Construction Noise Standards, properties of sound, noise-induced hearing loss, noise exposure control, selection and use of hearing protection, conducting sound level surveys, and worker training. Classroom demonstrations of noise instrumentation and hearing protection devices are featured. The target audience is the construction employer or representative designated with the responsibility to develop a construction noise program. Upon course completion students will understand the properties of sound and its relationship to noise-induced hearing loss, hearing protection usage, how to conduct sound level surveys, and the requirements for training workers.

Minimum contact hours: 5.5

7405 Fall Hazard Awareness for the Construction Industry
1 day | CEUs: 0.8 | $225

This one-day course provides information on identifying, evaluating, and preventing exposures to fall hazards at construction sites. The goal of the course is to provide small business owners, trainers, foremen, and employees with information on recognizing potential fall hazards at their work sites and suggest ways to avoid, minimize, control, and prevent these hazards whenever possible. The course focuses on falls to a lower level rather than falls resulting from slips and trips. Topics include identifying fall hazards, analyzing fall hazards, and preventing fall hazards, as well as OSHA resources that address fall hazards.

Minimum contact hours: 5

7410 Managing Excavation Hazards
1 day | CEUs: 0.8 | $225

Designed as a training course to inform employers and employees of the best practices in trenching and excavation safety, students will learn about the role and responsibility of the employer to assign a competent person to the excavation site and provide that person with the knowledge of key excavation hazards. Topics include:

- The understanding and application of definitions related to OSHA’s Excavation Standard
- Excavation hazards and control measures
- Soil analysis techniques
- Protective system requirements
- Emergency response

Minimum contact hours: 6.5

7415 OSHA Construction Industry Requirements: Awareness of Major Hazards and Prevention Strategies
2 days | CEUs: 0.8 | $425

This course provides federal employees with pertinent information regarding OSHA requirements and guidelines applicable to construction industry activities and operations. The goal of the course is to help participants gain an awareness level necessary to be able to describe major construction hazards and prevention strategies. Topics include the recognition of major safety and health hazards in the construction industry, prevention strategies that include safety and health management systems, OSHA requirements and guidelines, and resources available. The course is set up as a facilitated, interactive training session focusing on class discussion and group activities. It is a two-day course, consisting of 12 hours of instruction.

Minimum contact hours: 12
## Course Offerings

### 7500, 7505, 7845, 10-HOUR SAFETY CLASSES

<table>
<thead>
<tr>
<th>Course Offerings</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>7500</strong> Introduction to Safety and Health Management</td>
<td>“Very informative course content. Joe was very knowledgeable about subject area. Ability to use real-world examples helpful.” 1 day</td>
</tr>
<tr>
<td><strong>7505</strong> Introduction to Incident (Accident) Investigation</td>
<td>2 days</td>
</tr>
<tr>
<td><strong>7845</strong> Recordkeeping Rule Seminar</td>
<td>“Jarred is very knowledgeable on this subject matter.” 1 day</td>
</tr>
<tr>
<td><strong>OSHA 10-Hour General Industry Safety and Health Course</strong></td>
<td>2 days</td>
</tr>
<tr>
<td><strong>OSHA 10-Hour Construction Safety and Health Course</strong></td>
<td>2 days</td>
</tr>
</tbody>
</table>

This course is intended to provide a variety of awareness training on general industry safety and health topics. The course is presented to employees and therefore places an emphasis on the identification of common hazards in the industrial setting as well as avoidance, control, and prevention. **Upon successful completion of this course, participants will receive an OSHA General Industry Safety and Health 10-hour card.**

This course is intended to provide a variety of awareness training on construction safety and health topics. The course is presented to employees and therefore places an emphasis on identifying common hazards in the construction industry as well as avoidance, control, and prevention—not simply OSHA standards. **Upon successful completion of this course, participants will receive an OSHA Construction Safety and Health 10-hour card.**

### Online Training

For a complete listing of titles, visit [rit.edu/osha](http://rit.edu/osha) and click on the online safety courses link.
RIT OSHA Education Center Instructors

Justin Gallo, CHST, STSC
As the safety director and senior project manager at one of Long Island’s largest and most respected electrical contracting firms, Justin is both diligent in his responsibilities in safety compliance and committed to upholding the standards of the industry. In his current role of nearly 14 years as safety director, Justin has continued to actively and aggressively develop and expand his own ongoing safety education. Justin is extremely well versed in the methods, standards, and protocols involved in creating safety training policies, procedures, manuals, and courses that both engage and resonate with students, are highly effective in the field, and are compliant with all required standards. Justin’s education consists of dual degrees in both construction electricity and business management. In addition, he has 24 years’ experience in the electrical contracting industry as an electrician, foreman, estimator, project manager, and safety director. Justin is currently working on completing his master’s degree in safety and health.

Anthony Giovinazzo
Anthony is a Loss Control Consultant for Oryx Insurance Brokerage, Inc., and is based in Pittsford, N.Y. He has worked in construction health and safety since 1981. Anthony graduated from Fanshawe College in London, Canada, as an Emergency Medical Care Attendant (EMCA) and shortly thereafter found a calling in accident prevention. He quickly developed a career in safety by taking courses in Safety Management, Leadership, and Safety Engineering. Following seven years in oil and gas construction, he became the corporate safety director for an international general contractor based in Canada with operation in six countries, including the U.S. After 10 years in that capacity, Anthony transferred to the U.S. and began working in the insurance loss control field, where he continues today with Oryx. He uses his construction safety background to assist the insured clients of Oryx Insurance through site visits and training in an attempt to reduce and eliminate injuries in the workplace.

Dale Jerge, RPIH, REP, OHST, CSM
Dale Jerge is a registered professional industrial hygienist with over 25 years’ experience in occupational safety and health and loss control. He has worked with manufacturers, municipalities, health care, educational institutions, and the insurance industry providing consulting and training in a variety of health and safety topics. He has taught OSHA courses for over 16 years and was recognized as ASSE Safety Professional of the Year. Dale’s personal business, Industrial Hygiene & Occupational Health, specializes in conducting IH surveys, environmental compliance audits, general safety and health hazard identification, and program development for environmental, safety, and health compliance. Dale also holds a master’s degree in law and a master’s degree in social and preventative medicine-epidemiology.

Doug Miller
Doug Miller has been involved in safety and health for over 15 years in various industries, including construction, maritime, and general industry. He currently serves as President of Occupational Safety Consultants, Inc. For the past nine years, Doug has taught for the Region II OSHA Education Centers and currently serves as course chairperson for eight different courses, including the OSHA 500 and OSHA 501, Construction and General Industry Train-the-Trainer programs. During his career he has worked as an iron worker, auditor, project manager, and trainer, identifying or addressing health and safety compliance issues, developing written safety and health programs and site-specific procedures, as well as the development and delivery of industry-specific training programs for both the public and private sector.
Jean-Pierre “Pete” Moreau

“Pete” Moreau is an experienced safety professional, having over 40 years of industrial, academic, and research experience. Pete specializes in general construction safety, hazardous materials and hazardous waste operations, confined space, fall protection, and electrical safety. Pete has extensive experience in managing remediation at hazardous waste sites and providing safety services for a regional electric and gas utility. Pete received his BS and MS degrees from the SUNY College Environmental Science at Syracuse University. Further, Pete devotes a significant amount of time to emergency services, as both a New York state certified EMT and a safety officer with the Civil Air Patrol, U.S. Air Force Auxiliary.

Jarred O’Dell, CSP, CUSP

Jarred O’Dell is the full-time safety director for Syracuse Utilities, Inc. and an instructor at the Region II OSHA Education Center at RIT. He teaches Flagging, First Aid, and CPR/AED for the National Safety Council. He began his career in the safety field as a volunteer firefighter, completing over 600 hours of courses from the New York State Fire Academy Outreach Program and FEMA’s Emergency Management Institute. Jarred has obtained RIT’s Safety Professional Certificate and Construction Safety and Health Specialist Certificate, and is an OSHA Outreach Trainer in Construction. Outside work, Jarred spends his time as President of the Central New York Chapter of the American Society of Safety Engineers (ASSE). He has also been invited to serve as a consensus panel member for the review process of various ISEA/ANSI standards. In addition, Jarred is working on his master’s degree in Safety Sciences at the Indiana University of Pennsylvania, where he was recently accepted into the Ph.D. Safety Sciences program, beginning in Summer 2017.

Bob Stevens

Bob Stevens began his training career with the Region 2 OSHA Training Institute in 1998. Having a background in construction as well as general industry is a great benefit for real-life situations. Bob works on site with both general contractors and subcontractors, performs site inspections, writes and reviews company and site-specific Safety and Health programs, and has helped companies through OSHA inspections. In his 12 years of training experience, Bob has remained one of the most sought-after instructors with his cutting-edge style and techniques that keep his class participants involved and excited to learn. Bob has completed the Construction Safety and Health Specialist Training Certificate (CSHST) and can train in a wide variety of topics.

Susan Zampella, MS

Susan Zampella has two decades’ experience in various capacities of the environmental health and safety field and brings valuable insight to the training environment. During her career spanning manufacturing, consulting, construction, and educational settings, she has worked as an EHS manager at an OSHA VPP STAR facility, conducted numerous health and safety inspections, compliance audits, industrial hygiene sampling, risk assessments, and environmental audits, and has developed, implemented, and modified health and safety procedures and training programs. Sue’s education consists of a BS in industrial hygiene from Clarkson University and an MS in EHS management from Rochester Institute of Technology. A lifelong love of learning reveals itself in her dedication to teaching all ages in various organizations. Susan believes that people understand best through multiple learning methods, and can help you make safe and informed decisions for yourself and your colleagues.
Course Registration Form

Name
Title
Organization
Organization Address
City State Zip / Postal Code
Telephone Fax
Email Address

Privacy
RIT will keep private any information that you provide to us. This information is stored and used to respond to your requests, alert you to future education and training opportunities, and update you on our programs and services. We do not share or sell any of the information you provide.

Course Information

500 Trainer Course in Occupational Safety and Health Standards for Construction:
- Prerequisites verification form and
- a copy of OSHA 510 certificate.

501 Trainer Course in Occupational Safety and Health Standards for General Industry:
- Prerequisites verification form and
- a copy of OSHA 511 certificate.

502 Update for Construction Outreach Trainers:
- A copy of your current trainer card must accompany this form.

503 Update for General Industry Outreach Trainers:
- A copy of your current trainer card must accompany this form.

Course Title Date Cost
Course Title Date Cost

Four Ways to Register!

BY MAIL with check or P.O. copy:
Rochester Institute of Technology
OSHA Education Center
31 Lomb Memorial Drive
Rochester, NY 14623-5603

BY PHONE with credit card:
866-385-7470 ext. 2919

BY FAX with P.O. copy:
585-475-6292

ONLINE with credit card:
www.rit.edu/osha

Registration and cost
Course registrations will be confirmed upon receipt of payment and registration form. Program fees are listed at the beginning of each program description and include course materials. CFRs can be purchased separately.

Payment Information

Purchase order # Billing Address

Cancellation Policy
We will refund your full program fee if you cancel 10 or more working days before a program begins. If you cancel fewer than 10 working days before, we will refund the cost of the program minus a $150 registration fee. No refunds will be issued to students who do not pass the knowledge test and/or performance test. There are no refunds for non-attendance. However, you are welcome to send someone in your place if you cannot attend (provided they meet all applicable OSHA prerequisites). If a program is canceled, RIT will notify registered participants 10 days prior to the scheduled date of the program. RIT is not responsible for airline ticket cancellation or fees.
General Information

Customized courses
For your convenience, RIT can customize any of the courses in this catalog for delivery to a group of your employees. Programs can be delivered either at RIT or at your location (providing suitable facilities are available). For more information about custom training programs, contact Donna Winter at 585-475-2919.

Donna Winter
Program Coordinator
RIT OSHA Education Center

To Register
Phone: 866-385-7470 ext. 2919
Fax: 585-475-6292
Email: donna.winter@rit.edu

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Find us on Facebook at facebook.com/OSHAatRIT
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RIT may publish photographs of program participants for promotional use.

RIT does not discriminate. RIT supports and values diversity within its workforce and provides equal opportunity to all qualified individuals regardless of race, color, creed, age, marital status, sex, gender, religion, sexual orientation, gender identity, gender expression, national origin, veteran status, or disability.
About RIT

Founded in 1829, Rochester Institute of Technology is widely recognized as being at the forefront of career education. U.S. News & World Report has recognized RIT as one of the nation’s leading comprehensive universities, and the National Science Foundation has recognized it as one of the country's leading producers of scientists and engineers. The university has built this reputation through a commitment to working with government and industry to develop relevant and career-focused programs of study. Since most RIT academic programs are developed in tandem with industry, many of them are unique and cutting-edge, often being either the first of their kind or the only programs of their type in the country.