R·I·T
Safety & Health Training Center
2017-2018 Schedule of Courses

Rochester Institute of Technology
An Authorized OSHA® Training Institute Education Center

www.rit.edu/osha 1-866-385-7470 ext. 2919
Dear Colleagues,

I am honored to say that Rochester Institute of Technology has served as an OSHA Training Institute Education Center since 2003. We have trained 7,653 students, authorized 1,290 outreach trainers and processed 157,237 outreach training course completion cards. We’ve delivered training in 34 cities throughout Region 2, and run approximately 100 courses annually. I know you have a choice in safety training providers, and I extend my thanks and appreciation for your support. I extend this gratitude to our talented and dedicated instructors and staff as well. I am genuinely grateful to work with each of you.

This year marks the 25th anniversary of the OSHA Training Institute Education Center program, and a team is hard at work on several ways to recognize this milestone. We’ll also continue to support the National Fall Stand Down, and the Safe + Sound campaign. We have a brand new course this year: 3085 Principles of Scaffolding. Watch for impending modifications to the outreach program. We’ll share all this information with you in our classes, through our newsletter and social media.

Of course you can still count on us to maintain our commitment to providing a learning experience of the highest quality. All our courses are taught by outstanding instructors who have been carefully selected for their professional credentials, ability to effectively teach adults, and real-world experience as health and safety professionals. Our goal is make each program you attend the very best learning experience possible.

In addition, RIT has long been acknowledged as one of the nation’s leading providers of high-quality, accredited programs. For information on the programs below, visit www.rit.edu/cast/cetems/.

- Environmental Sustainability, Health and Safety (BS)
- Environmental Health and Safety Management (MS)
- Construction Management (MS)
*pending NYS Education Department approval

If you have any questions, 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

### Save this calendar! Make planning your organization’s yearly safety training easy.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Frequency</th>
</tr>
</thead>
</table>
| 500         | **Trainer Course in Occupational Safety and Health Standards for the Construction Industry** | November 7 – 10, 2017  
               |                                                  | January 9 – 12, 2018  
               |                                                  | March 6 – 9, 2018 in Syracuse  
               |                                                  | May 15 – 18, 2018  
               |                                                  | June 26 – 29, 2018 in Syracuse  
               |                                                  | September 18 – 21, 2018 |
| 501         | **Trainer Course in Occupational Safety and Health Standards for General Industry** | October 10 – 13, 2017 in Syracuse  
               |                                                  | December 5 – 8, 2017  
               |                                                  | January 30 – February 2, 2018  
               |                                                  | April 10 – 13, 2018  
               |                                                  | June 12 – 15, 2018  
               |                                                  | August 14 – 17, 2018 |
| 502         | **Update Course for Construction Outreach Trainers** | October 31 – November 2, 2017 in Syracuse  
               |                                                  | January 23 – 25, 2018  
               |                                                  | March 20 – 22, 2018  
               |                                                  | July 10 – 12, 2018  
               |                                                  | September 5 – 7, 2018 |
| 503         | **Update Course for General Industry Outreach Trainers** | December 12 – 14, 2017  
               |                                                  | February 13 – 15, 2018  
               |                                                  | April 17 – 19, 2018  
               |                                                  | June 26 – 28, 2018  
               |                                                  | August 21 – 23, 2018 |
| 510         | **Occupational Safety and Health Standards for Construction** | October 3 – 6, 2017  
               |                                                  | November 28 – December 1, 2017 in Syracuse  
               |                                                  | January 30 – February 2, 2018  
               |                                                  | April 10 – 13, 2018  
               |                                                  | May 8 – 11, 2018 in Albany  
               |                                                  | June 5 – 8, 2018  
               |                                                  | August 7 – 10, 2018 |
| 511         | **Occupational Safety and Health Standards for General Industry** | October 31 – November 3, 2017  
               |                                                  | January 9 – 12, 2018  
               |                                                  | February 27 – March 2, 2018  
               |                                                  | March 20 – 23, 2018 in Syracuse  
               |                                                  | May 1 – 4, 2018  
               |                                                  | July 10 – 13, 2018  
               |                                                  | August 7 – 10, 2018 in Syracuse  
               |                                                  | September 11 – 14, 2018 |
| 521         | **OSHA Guide to Industrial Hygiene** | November 7 – 10, 2017  
               |                                                  | January 23 – 26, 2018 in Syracuse  
               |                                                  | February 27 – March 2, 2018  
               |                                                  | June 19 – 22, 2018 |
| 2015        | **Hazardous Materials** | December 5 – 8, 2017 |
| 2045        | **Machinery and Machine Guarding** | January 16 – 19, 2018  
               |                                                  | June 12 – 15, 2018 |
| 2055        | **Cranes in Construction** | September 11 – 13, 2018 |
| 2225        | **Respiratory Protection** | November 28 – December 1, 2017  
               |                                                  | June 5 – 8, 2018 |
| 2255        | **Principles of Ergonomics** | October 25 – 27, 2017  
               |                                                  | March 7 – 9, 2018  
               |                                                  | August 14 – 16, 2018 in Syracuse |
| 2264        | **Permit-Required Confined Space Entry** | October 10 – 12, 2017  
               |                                                  | February 7 – 9, 2018 in Syracuse  
               |                                                  | May 8 – 10, 2018 |
| 3015        | **Excavation, Trenching and Soil Mechanics** | October 31 – November 2, 2017  
               |                                                  | December 12 – 14, 2017  
               |                                                  | April 10 – 12, 2018 in Albany  
               |                                                  | May 22 – 24, 2018 in Syracuse |
| 3085        | **Principles of Scaffolding** | January 9 – 11, 2018  
               |                                                  | March 13 – 15, 2018  
               |                                                  | May 1 – 3, 2018 |
| 3095        | **Electrical Standards** | May 22 – 25, 2018  
               |                                                  | September 25 – 28, 2018 in Long Island, NY |
| 3115        | **Fall Protection** | October 17 – 19, 2017 in Syracuse  
               |                                                  | December 12 – 14, 2017 in Albany  
               |                                                  | February 6 – 8, 2018  
               |                                                  | April 24 – 26, 2018 |
| 5410        | **Standards for the Maritime Industry** | April 16 – 20, 2018 in Albany |
| 5600        | **Disaster Site Worker Trainer Course** | January 16 – 19, 2018 |
| 5602        | **Update for Disaster Site Worker Trainer Course** | December 13, 2017 |
| 7000        | **OSHA Training Guidelines for Safe Patient Handling** | January 18, 2018 |
| 7005        | **Public Warehousing and Storage** | October 19, 2017  
               |                                                  | February 8, 2018 |
| 7105        | **Introduction to Evacuation and Emergency Planning** | November 13, 2017  
               |                                                  | March 22, 2018 in Albany  
               |                                                  | July 19, 2018 |
| 7115        | **Lockout/Tagout** | October 18, 2017  
               |                                                  | February 15, 2018 in Syracuse  
               |                                                  | April 25, 2018 |
| 7200        | **Bloodborne Pathogens Exposure Control for Healthcare Facilities** | January 16, 2018 |
| 7205        | **Health Hazard Awareness** | October 20, 2017 in Albany  
               |                                                  | November 19, 2017  
               |                                                  | March 6, 2018  
               |                                                  | July 17, 2018 |
| 7225        | **Transferring to Safer Chemicals** | March 13, 2018 |
| 7300        | **Understanding OSHA’s Permit-Required Confined Space Standard** | February 7, 2018 |
| 7400        | **Noise Hazards in the Construction Industry** | February 6, 2018 |
| 7405        | **Fall Hazard Awareness for the Construction Industry** | February 6, 2018 in Syracuse |
| 7500        | **Introduction to Safety and Health Management** | October 13, 2017 in Albany  
               |                                                  | February 20, 2018  
               |                                                  | April 24, 2018 in Syracuse  
               |                                                  | June 19, 2018  
               |                                                  | September 18, 2018 |
| 7505        | **Introduction to Incident (Accident) Investigation** | February 21 – 22, 2018  
               |                                                  | April 25 – 26, 2018 in Syracuse  
               |                                                  | June 20 – 21, 2018  
               |                                                  | September 19 – 20, 2018 |
| 7845        | **Recordkeeping Rule Seminar** | October 24, 2017  
               |                                                  | November 16, 2017 in Albany  
               |                                                  | January 17, 2018  
               |                                                  | April 24, 2018  
               |                                                  | June 14, 2018 in Syracuse  
               |                                                  | July 18, 2018 |

## OSHA Training Guidelines for Safe Patient Handling

- **January 18, 2018**

## Public Warehousing and Storage

- **October 19, 2017**
- **February 8, 2018**

## Introduction to Evacuation and Emergency Planning

- **November 13, 2017**
- **March 22, 2018 in Albany**
- **July 19, 2018**
Certificate Programs

The RIT OSHA Training Institute 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 a one-time application fee of $25 for each certificate.

Construction Safety and Health Specialist Certificate

<table>
<thead>
<tr>
<th>4 CORE COURSES (REQUIRED)</th>
<th>plus CHOOSE 3 ELECTIVES</th>
</tr>
</thead>
<tbody>
<tr>
<td>510 OSH Standards for Construction</td>
<td>521 OSHA Guide to Industrial Hygiene</td>
</tr>
<tr>
<td>or 500 Trainer Course in OSH Standards for Construction</td>
<td>2225 Respiratory Protection</td>
</tr>
<tr>
<td>or 502 Update Course for Construction Outreach Trainers</td>
<td>2264 Permit-Required Confined Space Entry</td>
</tr>
<tr>
<td>and 3015 Excavation, Trenching, &amp; Soil Mechanics</td>
<td>3085 Principles of Scaffolding</td>
</tr>
<tr>
<td>3095 Electrical Standards</td>
<td>5600 Disaster Site Train-the-Trainer</td>
</tr>
<tr>
<td>3115 Fall Protection</td>
<td>7115 Lockout/Tagout</td>
</tr>
<tr>
<td>7105 Health Hazard Awareness</td>
<td>7400 Noise Hazards in the Construction Industry</td>
</tr>
<tr>
<td>7405 Fall Hazard Awareness for the Construction Industry</td>
<td>7410 Managing Excavation Hazards</td>
</tr>
<tr>
<td>7500 Introduction to Safety and Health Management</td>
<td>7505 Introduction to Incident (Accident) Investigation</td>
</tr>
<tr>
<td>7600 Disaster Site Worker</td>
<td>7845 Recordkeeping Rule Seminar</td>
</tr>
</tbody>
</table>

General Industry Safety and Health Specialist Certificate

<table>
<thead>
<tr>
<th>3 CORE COURSES (REQUIRED)</th>
<th>plus CHOOSE 3 ELECTIVES</th>
</tr>
</thead>
<tbody>
<tr>
<td>511 OSH Standards for General Industry</td>
<td>2015 Hazardous Materials</td>
</tr>
<tr>
<td>or 501 Trainer Course in OSH Standards for General Industry</td>
<td>2225 Respiratory Protection</td>
</tr>
<tr>
<td>or 503 Update Course for General Industry Outreach Trainers</td>
<td>2255 Principles of Ergonomics</td>
</tr>
<tr>
<td>and 521 OSHA Guide to Industrial Hygiene</td>
<td>2264 Permit-Required Confined Space Entry</td>
</tr>
<tr>
<td>2045 Machinery and Machine Guarding Standards</td>
<td>3095 Electrical Standards</td>
</tr>
<tr>
<td>7005 Public Warehousing and Storage</td>
<td>7115 Lockout/Tagout</td>
</tr>
<tr>
<td>7105 Health Hazard Awareness</td>
<td>7300 Introduction to OSHA’s Permit-Required Confined-Space Standard</td>
</tr>
<tr>
<td>7500 Introduction to Safety and Health Management</td>
<td>7505 Introduction to Incident (Accident) Investigation</td>
</tr>
<tr>
<td>7845 Recordkeeping Rule Seminar</td>
<td></td>
</tr>
</tbody>
</table>

Safety Professional Certificate

<table>
<thead>
<tr>
<th>2 CORE COURSES (REQUIRED)</th>
<th>plus CHOOSE 3 ELECTIVES</th>
</tr>
</thead>
<tbody>
<tr>
<td>510 OSH Standards for Construction</td>
<td>2015 Hazardous Materials</td>
</tr>
<tr>
<td>or 511 OSH Standards for General Industry</td>
<td>2225 Respiratory Protection</td>
</tr>
<tr>
<td>and 521 OSHA Guide to Industrial Hygiene</td>
<td>2255 Principles of Ergonomics</td>
</tr>
<tr>
<td>3015 Excavation, Trenching and Soil Mechanics</td>
<td>3095 Electrical Standards</td>
</tr>
<tr>
<td>3115 Fall Protection</td>
<td>7115 Lockout/Tagout</td>
</tr>
<tr>
<td>7105 Introduction to Evacuation and Emergency Planning</td>
<td>7205 Health Hazard Awareness</td>
</tr>
<tr>
<td>7400 Noise Hazards in the Construction Industry</td>
<td>7500 Introduction to Safety and Health Management</td>
</tr>
<tr>
<td>7505 Introduction to Incident (Accident) Investigation</td>
<td>7845 Recordkeeping Rule Seminar</td>
</tr>
</tbody>
</table>
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 Training Institute 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:

<table>
<thead>
<tr>
<th>Course</th>
<th>Completion Date</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>510 or 500 or 502</td>
<td>(required)</td>
<td></td>
</tr>
<tr>
<td>3015</td>
<td>(required)</td>
<td></td>
</tr>
<tr>
<td>3095</td>
<td>(required)</td>
<td></td>
</tr>
<tr>
<td>3115</td>
<td>(required)</td>
<td></td>
</tr>
<tr>
<td>521</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2225</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2264</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3085</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5600</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7115</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7205</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7400</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7405</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7410</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7500</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7505</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7600</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7845</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

4 required courses plus 3 electives

<table>
<thead>
<tr>
<th>Course</th>
<th>Completion Date</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>511 or 501 or 503</td>
<td>(required)</td>
<td></td>
</tr>
<tr>
<td>521</td>
<td>(required)</td>
<td></td>
</tr>
<tr>
<td>2015</td>
<td>(required)</td>
<td></td>
</tr>
<tr>
<td>2225</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2255</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2264</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3095</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7005</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7115</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7205</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7300</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7500</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7505</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7845</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

3 required courses plus 3 electives

<table>
<thead>
<tr>
<th>Course</th>
<th>Completion Date</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>510 or 511</td>
<td>(required)</td>
<td></td>
</tr>
<tr>
<td>521</td>
<td>(required)</td>
<td></td>
</tr>
<tr>
<td>2015</td>
<td>(required)</td>
<td></td>
</tr>
<tr>
<td>2225</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2255</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2264</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3095</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3115</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7105</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7115</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7205</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7400</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7500</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7505</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7845</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2 required courses plus 3 electives

<table>
<thead>
<tr>
<th>Course</th>
<th>Completion Date</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>510 or 511</td>
<td>(required)</td>
<td></td>
</tr>
<tr>
<td>521</td>
<td>(required)</td>
<td></td>
</tr>
<tr>
<td>2015</td>
<td>(required)</td>
<td></td>
</tr>
<tr>
<td>2225</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2255</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3015</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3095</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3115</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7105</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7115</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7205</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7400</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7500</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7505</td>
<td></td>
<td></td>
</tr>
<tr>
<td>7845</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* Please indicate the courses you have already completed, including training date and location. For classes taken at another OSHA Training Institute Education Center, you must include a copy of your certificate. Please note: Only two (2) courses from another OSHA Training Institute Education Center may be transferred.

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

Things to do in any season
From fine dining to sporting events, 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, and lakes that provide opportunities for you to enjoy the outdoors. And if you like to tee it up, you will find an unbeatable selection of golf courses in the area, including Oak Hill, one of the nation’s 10 best courses.

Enjoy great art and music
Rochester’s cultural resources include the Memorial Art Gallery, Rochester Philharmonic Orchestra, Geva Theatre, Rochester Museum and Science Center, Strong Museum of Play, and George Eastman House. Rochester is known as the “Festival City,” with activities almost every weekend starting with our May Lilac Festival and ending with the Image Out Festival in October. Within those months we have the International Jazz Festival, Park Ave Festival, and Fringe Fest.

Get out to the game
If you like to watch sports, you can find a game going on somewhere nearby. Rochester is home to professional teams in baseball (Rochester Red Wings), ice hockey (Rochester Americans), soccer (Rochester Rhinos), indoor lacrosse (Rochester Knighthawks), outdoor lacrosse (Rochester Rattlers), and basketball (Rochester RazorSharks). You can also enjoy during the summer the special treat of the Buffalo Bills training camp at St. John Fisher College.

Explore Finger Lakes wine country
New York state boasts some of the best wines in the United States, and nearly half of those New York wineries are within the Finger Lakes area. Self-guided winery tours are popular, with wine trails available on Seneca Lake, Canandaigua Lake, Keuka Lake, Cayuga Lake, and Lake Ontario. Whether you are a casual diner or a sophisticated wine connoisseur, the New York Wine and Culinary Center in Canandaigua promises to provide an enjoyable experience for all.

100 years of women’s suffrage in New York state
New York state was one of the first states to pass legislation giving women the right to vote. Rochester was home to Susan B. Anthony, women’s rights activist and a leading force in the passage of the 19th Amendment to the U.S. Constitution, which gave women the right to vote. You can visit her home and learn more about women’s suffrage or you can visit the Women’s Rights National Historic Park in Seneca Falls.

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 are sure to find a restaurant or pub to your liking. Be sure to brag about your experiences to your colleagues back home.

Beyond Rochester
In our effort to fully serve OSHA Region II, we are offering some of the courses outside the greater Rochester area. If you plan to attend any 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
Course Offerings

500  
Trainer Course in Occupational Safety and Health Standards for the Construction Industry

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

4 days  |  CEUs:  2.6  |  $850

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.

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.

501  
Trainer Course in Occupational Safety and Health Standards for General Industry

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

4 days  |  CEUs:  2.6  |  $850

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 Outreach 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 #500 Trainer Course in Occupational Safety and Health Standards for the Construction Industry, 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 Outreach 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: 18

Prerequisites: OSHA #500 Trainer Course in Occupational Safety and Health 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 Occupational Safety and Health Standards for the Construction Industry from their respective OSHA Training Institute Education Center, for verification of 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  |  $750

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 Trainer Course in Occupational Safety and Health 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 Occupational Safety and Health Standards for the Construction Industry from their respective OSHA Training Institute Education Center, for verification of trainer status.
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 Occupational Safety and Health 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 Occupational Safety and Health Standards for General Industry from their respective OSHA Training Institute Education Center, for verification of trainer status.

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 that are most hazardous. Upon course completion students will have the ability to define construction terms found in the OSHA Construction Standards; identify hazards that 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

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 that 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 that 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
Course Offerings

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  |  $850

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

---

2045  
**Machinery and Machine Guarding Standards**

4 days  |  CEUs: 2.6  |  $850

This course covers the various types of common machinery, machine safeguards, and related OSHA regulations and procedures. Guidance is provided on the hazards associated with various types of machinery and the determination of proper machine safeguards. 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 safeguards.

Minimum student contact hours: 26

---

2225  
**Respiratory Protection**

4 days  |  CEUs: 2.6  |  $850

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

---

2055  
**Principles of Ergonomics**

3 days  |  CEUs: 1.8  |  $750

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
## Course Offerings

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

- **3 days**  
- **CEUs: 2.0**  
- **$750**

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-Space Standard, conduct atmospheric testing, and implement a permit-required confined-space program.

Minimum student contact hours: 20

### 3085
**Principles of Scaffolding**

- **3 days**  
- **CEUs: 2.2**  
- **$750**

This course covers the requirements for construction and the safe construction and use of scaffolding using the OSHA construction scaffold standard as a guide. Course topics include hazards associated with scaffold design, assembly, disassembly, and use; types of scaffolds; determining scaffold capacity; employee qualifications and training; and maintenance, repair, and inspection requirements. Students will participate in workshops to reinforce concepts of safe scaffolding. Upon course completion students will have the ability to identify the types of scaffolds and their components; determine safe assembly, use, and disassembly; and recognize common violations of OSHA standards.

Minimum student contact hours: 22

### 3095
**Electrical Standards**

- **4 days**  
- **CEUs: 2.6**  
- **$850**

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

### 3115
**Fall Protection**

- **3 days**  
- **CEUs: 1.8**  
- **$750**

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

### 5410
**Occupational Safety and Health Standards for the Maritime Industry**

- **5 days**  
- **CEUs: 3.5**  
- **$950**

This course covers OSHA policies, procedures, and standards for the maritime industry. Using the OSHA Maritime Standards as a guide, special emphasis is placed on those areas in the maritime industry that are most hazardous. Upon course completion students will define maritime terms found in the OSHA Maritime Standards; identify hazards in the maritime industry and determine appropriate controls and abatement; locate OSHA Maritime Standards, policies, and procedures; and describe the use of the OSHA Maritime Standards and regulations to supplement an ongoing safety and health program.

Minimum student contact hours: 35
This course prepares experienced Outreach Training Program trainers to present OSHA #7600 Disaster Site Worker Course, intended for second responders (those arriving hours or days after the event). Course topics include the National Response Framework; the Incident Command System; disaster work zone safety; respiratory protection; communication issues; applying elements of successful adult training programs, and knowledge, skills, and attitudes to awareness training about safety and health standards at natural and human-made disaster sites. Students are provided the opportunity to practice knowledge and skills through discussion, planned exercises, demonstrations, and presentations. Lesson plans and training materials for the OSHA #7600 Disaster Site Worker Course are provided. Students who wish to participate as authorized Disaster Site Worker trainers must prepare a presentation on an assigned disaster site worker topic individually or as part of a group. Successful completion of this course authorizes students to become trainers in the Disaster Site Worker Outreach Training Program, to conduct the OSHA #7600 Disaster Site Worker Course, and to issue cards to participants after verifying course completion.

Minimum student contact hours: 24

Prerequisites: OSHA #500 Trainer Course in OSHA Standards for the Construction Industry or OSHA #501 Trainer Course in OSHA Standards for General Industry, three (3) years’ safety training experience, and completion of the 40-hour HAZWOPER training. Outreach Training Program trainers are required to attend OSHA #5600 Disaster Site Worker Trainer Course at least every four (4) years to maintain their Outreach Training Program trainer authorization. A copy of their Outreach Training Program trainer card for construction or general industry or an official transcript from their respective OSHA Training Institute Education Center showing successful completion of the OSHA #500 or OSHA #501 course, and a copy of their 40-hour HAZWOPER course completion certificate, are required prior to the start of class to verify trainer status.

Course Offerings

5600 Disaster Site Worker Trainer Course

“This was a very informative course. We were able to rehash the events of 9/11 and discuss, in detail, the lessons learned. Four of the six people were actually at Ground Zero and the knowledge was great.”

4 days | CEUs: 2.4 | $850

This course is intended to update the authorized Disaster Site Worker trainer with new technical and regulatory information related to disaster response and the role of OSHA in coordinating occupational safety and health in the National Response Framework. Participants will have the opportunity to share “lessons learned” from teaching OSHA #7600 Disaster Site Worker Course.

Minimum student contact hours: 7.5

Prerequisites: OSHA #5600 Disaster Site Worker Trainer Course. 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 Training Program trainer card or an official transcript from their respective OSHA Training Institute Education Center showing successful completion of the OSHA #5600 Disaster Site Worker Trainer Course for verification of Outreach Training Program trainer status.

5810 Hazards Recognition and Standards for On-Shore Oil and Gas Exploration and Production

4 days | CEUs: 3.0 | $850

This course covers OSHA Construction and General Industry Standards relating to the oil and gas industry. This course provides information for employees and employers to protect themselves by developing the knowledge and skills to anticipate, recognize, evaluate, and control hazards common to the on-shore oil and gas exploration and production industry. This includes work sites associated with the on-shore exploration and production oil and gas industry including, but not limited to, construction, drilling, completion, well servicing, production, product gathering and processing, and product transmission. This course is intended for employees and employers engaged in all phases of on-shore oil and gas exploration and production. Upon course completion students will be able to determine hazards associated with the oil and gas industry, control and hazard abatement, and use of the OSHA standards, policies, and procedures as they relate to the gas and oil industry.

Minimum student contact hours: 30
## Course Offerings

### 6005
**Collateral Duty Course for Other Federal Agencies**
- **Duration:** 4 days
- **CEUs:** 2.3
- **Cost:** $850

This course covers the OSH Act, Executive Order 12196, and the OSHA General Industry Standards. This course is intended for federal agency collateral duty safety and health personnel. With use of the OSHA General Industry Standards, special emphasis is placed on areas in general industry that are most hazardous. Upon course completion students will have the ability to define general industry terms; identify hazards that occur in general industry; determine appropriate standards and regulations for federal agencies; locate OSHA General Industry Standards, policies, and procedures; and describe the use of the OSHA General Industry Standards and regulations to effectively assist agency safety and health officers with inspection and abatement efforts.

Minimum student contact hours: 23

### 7000
**OSHA’s Training Guidelines for Safe Patient Handling**
- **Duration:** 1 day
- **CEUs:** 0.8
- **Cost:** $250

This course covers OSHA ergonomic guidelines for safe patient handling and methods to protect workers in all health care settings. Using OSHA’s Ergonomics Guidelines for Nursing Homes as a basis for any health care facility, this course focuses on analyzing and identifying ergonomic hazards and practical solutions to address these issues. Course topics include developing an ergonomic work process, risk factors in patient handling and transfers, identifying work processes with the potential for musculoskeletal injuries and illnesses, protocol for resident and patient assessment, and implementing solutions including work practices and engineering controls. Upon course completion students will have the ability to apply “OSHA’s Ergonomics Guidelines for Nursing Homes” in their health care facility; understand the benefits of implementing an ergonomics process; and identify, analyze, and develop solutions for ergonomic problem jobs in health care.

Minimum student contact hours: 7.5

### 7005
**Public Warehousing and Storage**
- **Duration:** 1 day
- **CEUs:** 0.8
- **Cost:** $250

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

### 7100
**Introduction to Machinery and Machine Safeguarding**
- **Duration:** 1 day
- **CEUs:** 0.8
- **Cost:** $250

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
Course Offerings

7105
Introduction to Evacuation and Emergency Planning

1 day | CEUs: 0.8 | $250

This course covers OSHA requirements for emergency action and fire protection plans. Course topics include purpose and requirements of emergency action and fire prevention plans, elements of emergency evacuation plans, and features of design and maintenance of emergency exit routes. Students will participate in workshops pertaining to the development of emergency action plans. Upon course completion students will have the ability to list the elements of an emergency action plan and emergency evacuation floor plans, recognize violations of OSHA exit route requirements, determine whether their organization requires an emergency action plan, and develop and implement workplace emergency action and fire protection plans.

Minimum student contact hours: 4

7115
Lockout/Tagout

1 day | CEUs: 0.8 | $250

This course covers the role and responsibility of the employer to develop and implement an energy control program, or lockout/tagout (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

7200
Bloodborne Pathogens Exposure Control for Healthcare Facilities

1 day | CEUs: 0.8 | $250

This course covers the development and implementation of Exposure Control Plans (ECP) for health care facilities. Course topics include understanding the OSHA Bloodborne Pathogens Standard, determining potential exposure and methods of control, developing an ECP, vaccinations, exposure incidents, training, and record keeping. The target audience is the program administrator, manager, or other personnel designated with the responsibility of developing a Bloodborne Pathogens ECP for a health care facility. Course highlights include students developing a template for their facility’s ECP. Upon course completion students will have the ability to take a step-by-step approach in developing an ECP for their health care facility while utilizing the OSHA Bloodborne Pathogens Standard as a reference.

Minimum student contact hours: 7

7205
Health Hazard Awareness

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

1 day | CEUs: 0.8 | $250

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
Course Offerings

**7225**
Transitioning to Safer Chemicals

1 day | CEUs: 0.8 | $250

This course covers a proactive approach to reducing the use of hazardous chemicals in the workplace by transitioning to safer alternatives. Course topics include identification, evaluation, assessment, and implementation of safer chemical alternatives. In particular, participants will use OSHA's seven-step substitution planning process. The course features workshops and hands-on activities with the use of various online chemical databases and tools. The target audience is purchasing staff, maintenance supervisors, facility managers, and workers who utilize hazardous chemicals at their worksites, along with 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 student contact hours: 7.5

**7300**
Understanding OSHA’s Permit Required Confined Space Standard

1 day | CEUs: 0.8 | $250

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) that 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

**7400**
Noise Hazards in the Construction Industry

1 day | CEUs: 0.8 | $250

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 student contact hours: 5.5

**7405**
Fall Hazard Awareness for the Construction Industry

1 day | CEUs: 0.8 | $250

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
# Course Offerings

## 7410, 7500, 7505, 7845, 10-HOUR SAFETY CLASSES

### 7410  
**Managing Excavation Hazards**

| 1 day | CEUs: 0.8 | $250 |

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

### 7500  
**Introduction to Safety and Health Management**

| 1 day | CEUs: 0.8 | $250 |

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

### 7505  
**Introduction to Incident (Accident) Investigation**

| 2 days | CEUs: 0.8 | $450 |

This course covers an introduction to basic incident investigation procedures and describes analysis techniques. Course topics include reasons for conducting incident investigations, employer responsibilities related to workplace incident investigations, and a four-step incident investigation procedure. The target audience is the employer, manager, employee or employee representative who is involved in conducting incident and/or near-miss investigations. Upon course completion students will have the basic skills necessary to conduct an effective incident investigation at the workplace.

Minimum student contact hours: 7.5

### 7845  
**Recordkeeping Rule Seminar**

| 1 day | CEUs: 0.8 | $250 |

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

### OSHA 10-Hour General Industry Safety and Health Course

| 2 days | $250 |

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 student completion card.

### OSHA 10-Hour Construction Safety and Health Course

| 2 days | $250 |

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 student completion card.

### Online Training

For a complete listing of titles, visit rit.edu/osha and click on the online safety courses link.
RIT OSHA Training Institute 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 Training Institute 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
is the full-time Safety Director for Syracuse Utilities, Inc. 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 earned RIT’s Safety Professional Certificate and Construction Safety and Health Certificate, and is an authorized OSHA Outreach Trainer in Construction. He is also an instructor for the National Safety Council teaching Flagging, First Aid, and CPR. Jarred is an officer and past president of the Central New York Chapter of the American Society of Safety Engineers (ASSE)—an organization that selected him as the Safety Professional of the Year (SPY) for 2016. He has also been invited to serve as a Consensus Panel Member for the review process of various ANSI standards. Jarred is currently working on his doctoral degree in Safety Sciences at Indiana University of Pennsylvania. Recently, Jarred was selected as one of the 2017 National Safety Council Rising Stars in Safety.

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

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Date</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>500</td>
<td>Trainer Course in Occupational Safety and Health Standards for Construction:</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Prerequisites verification form and</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>a copy of OSHA 510 certificate.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>501</td>
<td>Trainer Course in Occupational Safety and Health Standards for General Industry:</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Prerequisites verification form and</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>a copy of OSHA 511 certificate.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>502</td>
<td>Update for Construction Outreach Trainers:</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>A copy of your current trainer card must accompany this form.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>503</td>
<td>Update for General Industry Outreach Trainers:</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>A copy of your current trainer card must accompany this form.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Four Ways to Register!

**BY MAIL** with check or P.O. copy:
Rochester Institute of Technology
OSHA Training Institute 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.
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 Training Institute
Education Center

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