WELDING & CUTTING

Course Description:

This course attempts to discuss the two most common types of welding and cutting (gas and arc), the danger that are involved in working with them and the safety measure that can be undertaken to minimize and prevent the occurrence of their associated hazards. The course goes on to study fire prevention techniques and the danger of preservative coatings when welding or cutting.

Topics Covered:

- Regulation Fire Code CAL/OSHA
- Transporting, Moving and Storing Compressed Gas Cylinders
- Placing Cylinders
- Treatment of Cylinders
- Use of Fuel Gas
- Fuel Gas and Oxygen Manifolds
- Hose
- Torches
- Regulators and Gauges Oil and Grease Hazards
- Welding Cables and Connectors
- Fire Prevention
- Ventilation and Protection
- Inert-Gas Metal-Arc Welding
- Welding, Cutting and Heating Preservative Coatings

Regulatory Citation: CAL/OSHA Title 8 Sec. 3203 4799 4848 1537
Hazard Identification
Questions & answers
Quiz
STAIRWAYS & LADDER SAFETY

Course Description:

This course gives you a basic understanding of OSHA standards and its role in the prevention and elimination of work-related injuries and fatalities due to stairways and ladders at workplaces.

Topics Covered:

- Regulation CAL/OSHA
- Stairways
- Stair-rails and Handrails
- About Ladders
- Types of Ladders
- Ladder Ratings
- Hazard Identification
- Training
- Hazard Identification

Regulatory Citation: CAL/OSHA Title 8 Sec. 3203
Questions & answers
Quiz
MATERIALS HANDLING

Course Description:

This course introduces the hazards that are involved in the handling and storage of materials. Different methods of handling and storage are discussed, the hazards they pose to workers and the methods by which these hazards can be reduced or eliminated from the workplace.

- Regulation CAL/OSHA
- Types of potential hazards
- Planning a job
- Personal protective equipment
- Other ergonomic considerations
- Hand trucks, carts and pallet trucks
- Mechanical lifting devices
- Proper lifting and moving techniques
- Hazard Identification

Regulatory Citation: CAL/OSHA Title 8 Sec. 3203
Questions & answers
Quiz
FIRE PROTECTION

Course Description:

This course has been designed to deliver firsthand information about fires and fire protection measures. After completing this course, you will be able to identify different types of fires and how safety measures can be taken to avoid a disastrous situation. We will also discuss the different types of fire extinguishers in use and discover how careful planning and precautionary measures can be taken to save lives and property.

Topics Covered:

Regulation Fire Code CAL/OSHA

- Fires
- Fire Extinguishers
- Safety and Alarm Devices
- Rescue and Evacuation
- Ignition Hazards
- Temporary Buildings
- Open Yard Storage
- Indoor Storage
- Emergency Planning
- Portable Firefighting Equipment
- Fixed Firefighting Equipment
- Hazard Identification

Regulatory Citation: CAL/OSHA Title 8 Sec. 3203 6151 3221 6175 3411

Questions & answers
Quiz
FALL PROTECTION

Course Description:

This course gives you a basic understanding about CAL/OSHA’s role in prevention and elimination of work-related illnesses and injuries. The OSHA standard identifies areas or activities where fall protection is needed.

It clarifies what an employer must do to provide fall protection for employees, such as identifying and evaluating fall hazards and providing training. Under the standard, employers are able to select fall protection measures compatible with the type of work being performed.

Topics Covered:

- Regulation CAL/OSHA
- Falls
- Types of Fall Protection - Active Systems
- Types of Fall Protection - Passive Systems
- Inspection of Equipment
- Fall Protection Safety Systems
- Falling Object Protection
- Fall Protection Plan
- Training
- Hazard Identification

Regulatory Citation: CAL/OSHA Title 8 Sec. 3203 3458 1671 3209 3210
Questions & answers
Quiz
PERSONAL PROTECTIVE EQUIPMENT

Course Description:

It is the employers’ responsibility to assess the workplace hazards, and if they are present or are likely to be present, and work practice controls alone are not sufficient, then the employer must provide personal protective equipment to the exposed employees. This course gives you a basic understanding about CAL/OSHA’s role in prevention and elimination of work-related casualties and fatalities, which can be protected through proper personal protective equipment (PPE).

Topics Covered:

- Introduction
- Regulation CAL/OSHA
- Controls
- Personal Protective Equipment (PPE) Program
- Training
- Head Protection
- Eye Protection
- Face Protection
- Hearing Protection
- Foot Protection
- Hand Protection
- Body Protection
- Hazard Identification

Regulatory Citation: CAL/OSHA Title 8 Sec. 3203 3380
Questions & answers
Quiz
WORKING ON SCAFFOLDS

Course Description:

This course attempts to provide a general overview of the safety measures that are required when working on a scaffold. The course begins with an introduction into the various types of scaffolds, and goes onto to outline the CAL/OSHA safety requirements and safety measure that can be taken to ensure that employees working on scaffolds are at little risk of injury or death.

Topics Covered:

- Introduction
- Regulation CAL/OSHA
- What is a Scaffold?
- Types of Scaffolds
- Suspension Scaffolds
- Supported Scaffolds
- How Do You Minimize Risks?
- Guardrails
- Personal Fall Arrest Systems
- Hazard Identification

Regulatory Citation: CAL/OSHA Title 8 Sec. 1637 1658
Questions & answers
Quiz
HAND & POWER TOOLS

Course Description:

This course gives you a basic understanding about CAL/OSHA’s role in prevention and elimination of work-related illnesses and injuries. Hand and power tools are a part of our everyday lives and help us to easily perform tasks that otherwise would be difficult or impossible. However, these simple tools can be hazardous, and have the potential for causing severe injuries when used or maintained improperly. Special attention toward hand and power tool safety is necessary in order to reduce or eliminate these hazards.

Topics Covered:

- Introduction
- Regulation CAL/OSHA
- General Requirements
- Hazards of Hand and Power Tools
- Types of tools
- General precautions
- Hazard Identification

Regulatory Citation: CAL/OSHA Title 8 Sec. 3203
Questions & answers
Quiz
CONFINED SPACES

Course Description:

This course encapsulates the safety regulation of the workers working in permit and non-permit required confined spaces. It instructs about the hazards that may occur during the work in confined spaces. This course focuses on the Confined Space Plan from the employer. This training meets and exceeds 29 CFR 1910.146 and 8CCR 5157.

Topics Covered:

- Introduction
- Regulation CAL/OSHA
- Characteristics of Confined Spaces
- Atmospheric Condition
- Prevention Program
- Duties of Employers and Employees
- Rescue & Emergency Services
- Testing Protocol
- Hazard Identification
- Monitors

Regulatory Citation: CAL/OSHA Title 8 Sec. 3203 5157 5158 3463
Questions & answers
Quiz
FIRE EXTINGUISHERS

Course Description:

The fire extinguishers program is designed to deal directly with the inherent fire hazards to properties and people. The training is designed to provide for the "greater safety" and take into account life safety practices: recognition of specific types of fire; the effects of proper and improper use of fire extinguishers.

Topics Covered:

- Introduction
- Regulation Fire Code CAL/OSHA
- Theory of combustion
- How to Attack a Fire
- PASS Technique (Pull, Aim, Squeeze, Sweep)
- Team Firefighting
- Effectiveness of Different Types of Extinguishers
- Realization of Discharge Times and Range
- Locating Extinguisher’s
- Maintenance
- Hazard Identification

Regulatory Citation: CAL/OSHA Title 8 Sec. 3203 6151
Questions & answers
Quiz
RESPIRATOR TRAINING FOR EMPLOYEE’S

Course Description:

The training course is presented in a comprehensive and understandable format with hands-on use of the specific make, model and brand of the respirator that each employee may be assigned.

Topics Covered:

The following are the minimum training requirements for employees who wear respirators:

- Introduction
- Regulation CAL/OSHA
- Elements of respiratory protection program
- Respirator selection
- Explanation of Exposures Encountered
- Requirements and documentation
- Medical surveillance and pre-screening
- Hands on Training
- Fit testing Requirements
- Maintenance
- Hazard Identification

Regulatory Citation: CAL/OSHA Title 8 Sec. 3203 5144
Questions & answers
Quiz

Special Note: Upon request these subjects can be tailored to the individual organizations needs
HAZARD COMMUNICATION EMPLOYEE’S

Course Description:

The course will provide the necessary information on hazardous chemical recognition with the use and understanding of labels, MSDS’s, and employee training. The course also stresses the importance of emergency procedures to follow when a hazardous material has been released into the environment. And the importance of responding to a hazardous material incident only to the level of training received.

Topics Covered:

- Introduction
- Regulation CAL/OSHA
- Hazard Determination
- Labeling
- In-House Label
- Health Hazards
- Material Safety Data Sheet
- Hazardous Chemicals Inventory
- Material Safety Data Sheets
- Personal Protection Equipment
- Emergency Procedures
- Hazard Identification
- Table top Exercise

Regulatory Citation: CAL/OSHA Title 8 Sec. 3203 5194 5166
Questions & answers
Quiz
LEAD AWARENESS

Course Description:

In compliance with the Occupational Safety and Health Administration (OSHA) 29 CFR 1926.62 regulations, this awareness-level Initial or refresher course is designed for personnel who are required to work around lead or lead-containing materials but who do not perform lead-based paint abatement work. The regulation applies to any work where personnel may be exposed to lead or lead-containing materials during the course of their work duties.

Topics Covered:

- Introduction
- Regulation Overview CAL/OSHA & DHS
- History of Lead and its Uses
- Health Effects
- Protective Equipment
- Methods For Controlling Lead Hazards
- Hazard Identification

Regulatory Citation: CAL/OSHA Title 8 Sec. 3203 5198 1531 1532
Questions & answers
Quiz
ASBESTOS AWARENESS

Course Description:

This class meets OSHA requirements for Class IV work. It is designed for persons who may come into contact with but do not disturb asbestos containing or presumed asbestos containing materials. It is required by OSHA for any worker who performs custodial or maintenance activities under the above conditions.

- The nature of asbestos
- The historical background of asbestos
- Asbestos materials in products and their use in buildings
- The health effects of asbestos
- Legislation concerning asbestos
- Working with asbestos methods of control
- Risk assessment for asbestos
- The management of asbestos in buildings

Regulatory Citation: CAL/OSHA Title 8 Sec. 3203 1529 5208
Questions & answers
Quiz
LOCKOUT TAGOUT / BLOCK-OUT

Course Description:

This course provides a awareness training for lockout and block-out, including the general requirements for lockout and block-out devices during equipment servicing and maintenance. It also discusses the purpose of lockout and block-out procedures and energy control programs, as well as the need for effective employee workplace training and communication.

Topics Covered:

- Introduction
- Regulation Overview CAL/OSHA
- Hazardous energy control procedures
- Hazards related to performing activities required for cleaning, repairing, servicing, setting-up and adjusting prime movers, machinery and equipment.
- The purpose and use of the energy control procedure.
- Restart or reenergize machines or equipment which are locked out or tagged out.

Regulatory Citation: CAL/OSHA Title 8 Sec. 3203 3314
Questions & answers
Quiz
ACCIDENT INVESTIGATION

Course Description:

This course focuses on several areas, including minimizing the negative impact of accidents on workers and the community, identifying the underlying causes of occupational injury and how to minimize or eliminate risk of recurrence, and compliance with occupational health and safety legislation relating to identification and investigation of hazards.

Topics Covered:

- Introduction
- Regulation Overview CAL/OSHA
- Principles of accident prevention
- Benefits of accident prevention
- Accident reporting and scope of investigation
- Accident investigation techniques
- Stages of Accident Investigation
- Practical exercises and case study.

Regulatory Citation: CAL/OSHA Title 8 Sec. 3203
Questions & answers
Quiz
ELECTRICAL SAFETY AWARENESS

Course Description:

This course is basic awareness for electrical safety for individuals with little or limited training or familiarity with electrical hazards and is designed for any worker who may use extension cords, electric tools, etc.

Topics Covered:

- Introduction
- Regulation Overview CAL/OSHA
- Hazards of Electrical work
- How one might become exposed to electrical hazards
- Where one can find electrical hazards in the workplace
- Adverse health effects
- How to protect yourselves from electrical hazards
- Supervisors’ responsibilities
- Workers’ responsibilities
- How to respond in an emergency
- How to report problems

Regulatory Citation: CAL/OSHA Title 8 Sec. 3203
Questions & answers
Quiz
Course Description:

This training course is designed to provide a basic understanding of blood-borne pathogens, common modes of transmission, methods of prevention, and other pertinent information. Through this course, students will be able to meet the requirements of CAL/OSHA's Blood-borne Pathogen Standard.

Topics Covered:

- Introduction
- Regulation Overview CAL/OSHA
- Introduction to blood-borne pathogens
- Blood-borne diseases
- Exposure control plans
- Personal protective equipment and housekeeping
- HIV and HBV research laboratories and production facilities
- Hepatitis B vaccinations
- Post-exposure evaluation and follow-up
- Hazard communication
- Information and training requirements
- Recordkeeping Objectives

Regulatory Citation: CAL/OSHA Title 8 Sec. 3203 5193
Questions & answers
Quiz
ERGONOMICS FOR OFFICE WORKERS

Course Description:

This course is designed for employees who want to learn about stress and strain due to the physical office environment.

Topics Covered:

- Introduction
- Regulation Overview CAL/OSHA
- Cumulative trauma disorder (ctd),
- Work station set,
- Workplace injury and discomfort,
- Choosing and adjusting office equipment,
- Reducing risk of injury,
- Potential types of injury

Regulatory Citation: CAL/OSHA Title 8 Sec. 3203 5110
Questions & answers
Quiz
OSHA 10 HOUR CONSTRUCTION

Course Description:

This course is designed for construction workers, foremen, job supervisors, and anyone involved in the construction industry. Upon successful completion of the course, participants will receive an OSHA Construction Safety and Health 10-Hour Course Completion Card from the Department of Labor.

Topics Covered:

- Introduction
- Introduction to OSHA - the act, standards, inspections, penalties and citations and the general duty clause
- OSHA recordkeeping
- General safety and health provisions
- Health and environmental (hazard communication is the emphasis)
- Personal protective equipment
- Fall protection and prevention
- Electrical
- Excavation
- Hand and power tools

Questions & answers
OSHA 10 HOUR GENERAL INDUSTRY

Course Description:

This course is ideal for supervisors with safety and health responsibilities, and for employee safety and health awareness. Students will be introduced to OSHA policies, procedures and standards, as well as general industry safety and health principles covered in OSHA Act Part 1910. Upon successful completion of the course, participants will receive an OSHA General Industry Safety and Health 10-Hour Course Completion Card from the Department of Labor.

Topics Covered:

- Introduction
- Introduction to OSHA: General Duty Clause, inspections, citations, and penalties
- Walking / working surfaces
- Fire protection, means of egress, and emergency action planning
- Hazardous materials
- Electrical safety and electrical safety-related work practices
- Machine safeguarding
- Hearing conservation and introduction to occupational health
- Personal protective equipment
- Control of hazardous energy (LO/TO)
- Safety and health management guidelines

Questions & answers
Quiz
OSHA 30 HOUR CONSTRUCTION

Course Description:

This course covers the thirty (30) hours of training required by OSHA that apply toward the 30-hour Construction Industry Course Completion Card. The course is comprised of 25 sections, each either one or two hours in length, and covers topics pertaining to regulations covered by Standard 29 CFR 1926. The successful completion of this course will help meet the Construction Industry Standards established by OSHA.

Topics Covered:

- Introduction
- Introduction to OSHA standards
- General duty clause
- Recordkeeping
- Competent person
- OSHA citations policy
- Electrical
- Fall protection
- Hazard communications
- Fire protection and prevention
- Material handling, storage, use and disposal
- Tools – hand and power
- Welding and cutting
- Scaffolding
- Cranes
- Motor vehicles and mechanized equipment
- Excavations
- Concrete and masonry
- Steel erection

Questions & answers
Quiz
OSHA 30 HOUR GENERAL INDUSTRY

Course Description:

The OSHA 30 Hour General Industry Outreach Training Course is a comprehensive safety program designed for anyone involved in general industry. Specifically devised for safety directors, foremen, and field supervisors, the program provides complete information on OSHA compliance issues. Upon successful completion of the course, participants will receive an OSHA General Industry Safety and Health 30-hour Course Completion Card from the Department of Labor.

Topics Covered:

- Introduction to the safety movement
- Determining rights and responsibilities
- The General Duty Clause
- The 4 elements of an effective safety program
- Inspection priorities, citations, and penalties
- How to prepare and develop an action plan for an OSHA inspection
- Introduction to the OSHA General Industry Standards
- Walking working surfaces
- Egress and emergency action plans
- Fire protection and prevention
- Identification and control of hazardous energy
- 4 key elements of the Lockout/Tagout Standard
- Electrical Safety Standards
- Introduction to Industrial Hygiene
- An overview of the most common types of health hazards
- The Hazard Communication Standard
- Outside contractors: What are your responsibilities?
- Blood-borne pathogens
- The Top 10 blood-borne pathogens violations
- What is all the fuss about ergonomics?
- The Definition of Confined Spaces
- Flammable and Combustible Liquids
- Workplace violence: OSHA’s role in identification and prevention
- Personal Protective Equipment
- How to conduct a hazard assessment
- Machine Guarding
- Material Handling and Storage
- OSHA training and education requirements
- Medical Services and First Aid
- Safety and health programs (Foundation for Voluntary Protection Program)
- The advantages for your company of being a VPP work site
- The elements of an effective safety program
- Overview of behavioral safety
- Achieving – and maintaining – safety excellence
- Recordkeeping and Reporting
- Creating an audit-proof recordkeeping system
- Mock OSHA inspection

Questions & answers
Quiz
HAZARD RECOGNITION & ASSESSMENTS

Course Description:

This training course is designed to provide an understanding of how to recognize and assess hazards in the workplace. It focuses on the importance of examining records, tasks and process analysis, laws regarding hazards, and ways to assess workplace hazards.

Scope and application
Workplace safety inspections as a part of the safety and health program
Topics Covered:

- Introduction
- Introduction to OSHA standards
- Information requirements
- Identifying and recording potential and actual hazards
- Ensuring that existing hazard controls are functioning
- Types of inspections
- The 100 most frequently cited CAL/OSHA construction standards by physical hazards
- Inspecting specific types of work areas
- Safety inspection forms
- Inspections exercise

Regulatory Citation: CAL/OSHA Title 8 Sec. 3203
Questions & answers
Quiz
WAREHOUSE SAFETY

Course Description:

Warehousing involves the movement and storage of products, equipment and materials. The warehouse can be a very dangerous place to work with over 8,000 accidents and nearly 100 fatalities reported every year. Although much emphasis has recently been placed on safety training for lift truck drivers, the safety of both pedestrians and the warehouse staff who share their workspace with mobile lift trucks is often overlooked. Pedestrian and warehouse staff may have little or no knowledge of lift truck operations, or of the many other warehouse operations that might be carried out simultaneously. Training in warehouse safety is therefore essential if lift truck drivers, pedestrians, and warehouse staff are to work together to reduce the risks associated with this notoriously dangerous workspace.

The aim of this training, therefore, is to outline procedures for working with warehouse equipment, to examine lift truck procedures and explore methods for ensuring pedestrian safety. It covers a comprehensive range of topics.

Topics Covered:

- Introduction
- Regulation overview CAL/OSHA
- Risk assessment
  - Hand truck operations and procedures
  - Pallet truck operations and procedures
- Hazardous materials
- Material handling and storage
- Manual handling
- Powered industrial lift truck operations and procedures
- Spillages
- Signage

Regulatory Citation: CAL/OSHA Title 8 Sec. 3203

Questions & answers

Quiz
PESTICIDE TRAINING

Course Description:

This training course is designed to provide and stress the importance of safety procedures for workers who handle pesticides. Handle means to mix, load, or apply pesticides; repair or clean equipment that was used for pesticides work; safety procedures for interring work sites where pesticides containers are stored.

Topics Covered:

- Laws and Regulations
- Safe Handling Procedures & Drift
- Triple Rinsing
- Storage
- Personal Hygiene
- Label & MSDS
- Personal Protective Equipment
- Respiratory Equipment
- Engineering Controls
- First Aid and Decontamination Procedures
- Emergency Procedures
- Emergency Medical Information
- Immediate Symptoms and Long-term Health Effects
- Medical Supervision
- Heat Stress
- Employee Rights

Regulatory Citation: CAL/OSHA Title 8 Sec. 3203 5194
Questions & answers
Quiz
HAZARDOUS MATERIALS AWSARNESS/OPERATIONAL/ HAZWOPER

Course Description:

This course is designed for personnel who have the potential to come across spills of hazardous materials in the course of their job. This class meets both 29 CFR 1910.120 and 8CCR 5196 These course are site specific from Water production to solid waste these courses are required annually Chlorine Safety training, Hypochlorite handling courses

Topics Covered:

- Identification of Hazardous Materials
- Classifications of Hazardous Materials
- General Safety
- Isolation
- Proper notifications
- Proper documentation
- PPE
- Medical Surveillance
- Utilization of spill equipment
- Monitors and testing equipment
- State and Federal regulations

These courses meet and exceed 8CCR 5196 and CFR 1910.120
Heat Illness

Course Description:

The goal of this program is to ensure that all who attend understand the regulations and the urgency of training their crew and other supervisory personnel about heat stress. Primary objectives are aimed at assisting attendees in understanding and developing recognition skills to help assist in the evaluation and control of occupational heat stress. The program will encompass the four elements of heat stress programs: provision and encouragement of drinking plenty of water, ready access to shade, full and complete training, and written procedures spelling out the essentials.

Regulatory Citation: CAL/OSHA Title 8 Sec. 3203 3395
Questions & answers
Quiz
Traffic Control & Flagging

Traffic Control & Flagging program incorporates the California Manual on Uniform Traffic Control Devices dated January 21, 2010 and covers warning sign placement, proper fundamentals of flagging moving traffic and signaling directions used by flaggers.

Regulatory Citation: CAL/OSHA Title 8 Sec. 3203 1599.
Questions & answers
Quiz
Excavation/ Trenching/ Shoring

This one-day course covers Cal-OSHA statistics, excavation standards, use of protective systems, soil analysis, timber and aluminum hydraulic shoring, tabulated data engineering, and competent person requirements

Regulatory Citation: CAL/OSHA Title 8 Sec. 3203 1541
Questions & answers
Quiz
Forklift Operator Training

This course will teach participants how to properly operate a forklift training. This course is designed to increase participants’ knowledge and skills through classroom instruction and hands-on exercises. Participants will be issued a certificate upon successful completion of course.

Regulatory Citation: CAL/OSHA Title 8 Sec. 3203 3657 3664 3668
Questions & answers
Quiz