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## Fall Protection:

- Purpose and scope
- Definitions
- Fall protection systems
- Warning line & controlled access zones
- Fall protection plan
- Education & training
- Inspection and maintenance of equipment
- Rescue plan & training

This class is specifically designed for roofers and the applications used. For this class, each workmen will need to bring in a harness and anchor system that is being used to include ropes and retractable lanyards.

Upon completion, each workmen will be issued a certification card of completion.

## Heat Illness Prevention Training:

- Heat illness prevention procedures
- Environmental and personal risk factors
- Water consumption
- Acclimatization
- Shade
- Heat illness types, signs and symptoms
- First aid for heat illness
- Heat illness reporting requirements
- Responding to symptoms of heat illness
- How to fill out a water replenishment form

Written test will be given at the end of this class to ensure students have full understanding of topics covered.

## OSHA 10Hr Class:

Training course teaches recognition, avoidance, abatement and prevention of safety and health hazards in the workplace.

Topics covered:

- Introduction to OSHA and the OSH Act
- General safety and health provisions
- Health Hazards: Hazard Communication
- Health Hazards: Hazardous Materials
  
- Cranes and Rigging
- Focus Four: Electrical Safety
- Struck-By and Caught in Between
- Fall Protection
- Personal Protective Equipment
- Hand and Power Tools
- Scaffolds
- Stairways and Ladders

## OSHA 30HR Class:

The OSHA 30-hour Construction Industry Training course is a comprehensive safety program designed for anyone involved in the construction industry. Specifically devised for safety directors, foremen, and field supervisors; the program provides complete information on OSHA compliance issues.

### Topics Covered:

- Introduction to OSHA and the OSH Act
- Recordkeeping
- Basic Safety Orientation
- General Safety and Health Provisions
- Health Hazards: Hazard Communication
- Health Hazards: Hazardous Materials
- Process Safety Management: (PSM)
- Personal Protective Equipment
- Fire Protection
- Materials Handling and Storage
- Hand and Power Tools
- Welding and Cutting
- Focus Four - Electrical Safety
- Focus Four - Struck-By and Caught in Between Hazards
- Focus Four - Fall Protection
- Cranes and Rigging
- Motor Vehicles
- Excavations
- Concrete and Masonry Construction
- Stairways and Ladders
- Confined Spaces
- Lead Safety in the Workplace
- Use of Explosives in the Workplace
- Scaffolds

## First aid/CPR:

Skills covered in this course include first aid; choking relief in adults, children, and infants; and what to do for sudden cardiac arrest in adults, children, and infants.

This course is designed to prepare the student to provide first aid, CPR, and use an automated external defibrillator (AED) in a safe, timely, and effective manner.

- Perform CPR for Adults, Children and Infants
- Recognizing choking hazards and how to respond
- Using an automated external defibrillator (AED)
- Basic first aid response
- Blood Borne Pathogens prevention

Each student will receive a certification card upon completion of this course that will be valid for 2 years.

## Sexual Harassment: Employees

Suitable for all employees and managers, this course introduces your staff to sexual harassment prevention law, how to identify and stop sexual harassment in the workplace, and outlines employee personal liability under the law.

- How to avoid discrimination: Age, Gender, Genetics and Pregnancy
- Non-Verbal Sexual harassment
- How to Identify and Report a harassment claim
- Emerging forms of sexual harassment (texts, emails, etc.)

## Sexual Harassment: Supervisors (California)

California State Law AB 1825 requires California organizations with more than 5 employees provide two hours of sexual harassment training once every two years.

- Defines and provides examples of sexual harassment
- Explains the legally protected categories
- Details who the law covers, including third parties
- Covers the right way to report, and how to handle confidentiality
- Provides specifics on retaliation and whistleblower protection

## Ladder Safety:

This course will provide students knowledge in the following:

- Evaluate the regulatory standards that govern the use of ladders in the workplace.
- Identify general and design requirements specific to ladder construction, use, and maintenance.
- Describe the hazards and injuries associated with ladder use and the major causes for ladder-related injuries.
- Select the appropriate ladder for your specific job tasks.
- Set up and properly use a ladder.
- Inspect a ladder for signs of wear or damage and assure the ladder is properly maintained.

## Nail Gun:

This course will discuss ways to protect oneself from nail gun injuries. The course will cover types of training you will need to operate a nail gun on a worksite safely.

- Nail gun hazards
- Likelihood of injuries
- Nail gun triggers
- Personal protective equipment needed
- Establishing work procedures
- Air pressure musculoskeletal disorders
- Noise hazards

## Circular/Power Saw:

This course will discuss ways to protect oneself from power saw injuries. The course will cover types of training you will need to operate a power saw on a worksite safely.

- Power saw hazards
- Likelihood of injuries
- Personal protective equipment needed
- Establishing work procedures
- Noise hazards
- Inspection and care

## Respiratory Protection:

This course will introduce the students to OSHA requirements and effective respiratory program management.

- Identifying and Evaluating Respiratory Hazards
- The Hierarchy of Controls
- Assigned Protection Factor and Maximum Use Concentration
- Dust Masks
- Respirator Care
- Maintenance, storage, and cleaning
- Respiratory protection program
- Medical evaluations
- Fit testing
- Identification of filters, cartridges, and canisters
- Inspection
- Meets all training requirements

## Silica Awareness:

This course discusses provisions of OSHA's crystalline silica rule with special emphasis on effective control measures to eliminate or reduce exposure to safe levels.

- Ability to recognize visible and respirable dust
- Create an exposure control plan
- Silicosis and symptoms of exposure
- What the Permissible exposure limits are
- Silica dust control strategies
- Wet and dry control methods
- Respiratory protection
- Medical surveillance
- Recordkeeping
- Housekeeping

## Equipment Certification Training: Forklift, Boom Lift, and Scissor Lift

Students must operate equipment safely to receive certificate and wallet card.

Forklift certification is good for 3 years.

Written test will be given along with a written evaluation form of proper operations

- Introduction to equipment
- Types of equipment and their hazards
- Common accident causes
- Basic safety principles for operating each equipment
- Using safety equipment
- Loading, balancing, lifting, and carrying loads
- Parking equipment
- Inspection and maintenance of equipment
- Refueling and recharging
- Fall protection

### Hot Work:

Develop the awareness and understanding you need to avoid accidents, injuries, and tragedies on worksites where hot work occurs.

- Identify relevant standards, regulations, and ordinances that are applicable to hot work
- Describe the various types of hot work
- Identify common fuel sources and ignition sources
- Describe the three-step approach to hot work safety
- Define and identify hot work and hot work hazards
- Describe hot work evaluation requirements
- Describe hot work safety team roles and responsibilities
- Describe hot work permit requirements
- Read and understand a hot work permit.