TRAINING CATALOG



Office of Economic Development and Contract Education



California · Nevada · Arizona · Hawaii · Guam osha4you.com • 866.936.0SHA (6742)

GENERAL INFORMATION

Table of Contents

General Information
Locations 2
Online Training 4
On-Site Training 4
Safety & Health Certificate Programs 5
OSHA Outreach Trainer Program 9
Prerequisites, Registration, and Fees 10
Cancellation, Tardiness, and Grades 11
Continued Education Units Information 12
Course Descriptions
Schedule by Course 28
Course Index

"The real life topics and the content were very applicable to my own career."

General Information

The OSHA Training Institute Education Center (OTIEC) at Chabot-Las Positas Community College District is authorized by the U.S. Department of Labor to deliver occupational safety and health training on behalf of OSHA, and has been conducting OSHA courses since 2008. We are headquartered in the San Francisco Bay Area and deliver OSHA's safety courses throughout California, Arizona, Hawaii, Nevada, Guam and at your facility.

Our instructors are industry safety professionals who bring the latest information, experience and techniques to our state-of-the-art classrooms and incorporate real world experiences into classroom instruction and hands-on learning exercises.

Industries Served

We offer courses in the following industries:

- Construction
- General Industry
- Healthcare
- Oil & Gas
- Maritime
- Disaster Site Worker

Military Veteran Discount

We offer all active and retired military a 10% discount on all training.

Financial Aid

Financial assistance may be available for those who qualify. Please note that there are different requirements and available resources. Start by contacting your local resource groups below for additional information:

Employment Development Department http://www.edd.ca.gov/

California Workforce Development Board https://cwdb.ca.gov/

America's Job Centers/Career One-Stop https://www.careeronestop.org/LocalHelp/ service-locator.aspx

Veterans Affairs https://www.benefits.va.gov/benefits/

Contact

Address: 7600 Dublin Boulevard, Suite 140

Dublin, CA 94568

Phone: (866) 936-6742
Fax: (925) 249-9367
Email: otc@clpccd.org
Website: www.osha4you.com



Board of Trustees

Mr. Edralin J. "Ed" Maduli, President • Dr. Marshall Mitzman, Past President • Ms. Genevieve Randolph Dr. Hal G. Gin. • Ms. Linda Granger • Ms. Maria L. Heredia • Mr. Tim Sbranti

The Chabot-Las Positas Board of Trustees governs the Chabot-Las Positas Community College District and is responsible for all policy decisions. The Board meets once a month.

866.936.OSHA (6742)

Locations

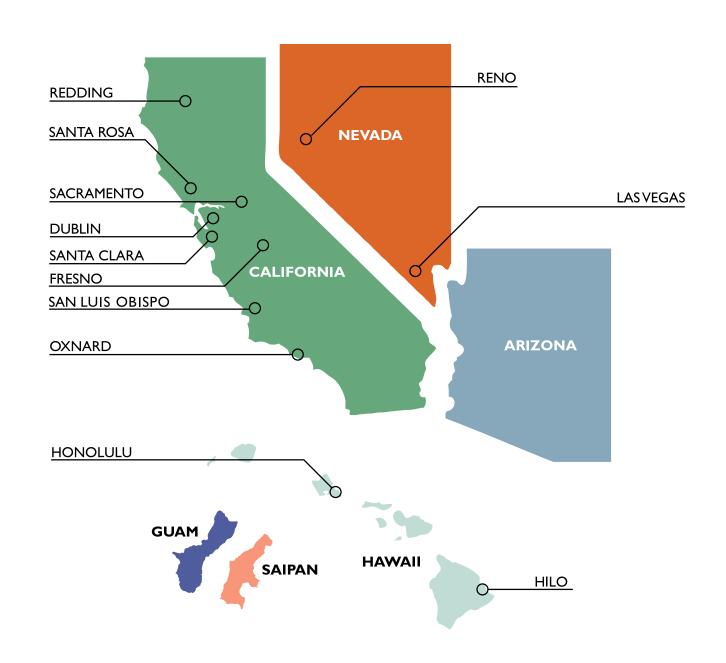
Multiple Locations

The OSHA Training Institute Education Center provides training at convenient locations near you and your organization. For additional information visit us online at www.osha4you.com/locations.

We Can Also Come to You!

LOCATIONS

Contact us for information on CUSTOMIZED ON-SITE TRAINING



Northern California

OSHA Training Institute Education Center Home Office

7600 Dublin Blvd., Suite 140 Dublin, CA 94568 www.osha4you.com

The Trade School

Shasta Builders Exchange 5800 Airport Road Redding, CA 96002

Safety Center, Inc.

3909 Bradshaw Road Sacramento, CA 95827

Sacramento Regional Builders Exchange

5370 Elvas Avenue Sacramento, CA 95819

Builders Exchange of Santa Clara County

400 Reed Street Santa Clara, CA 95050

North Coast Builders Exchange

1030 Apollo Way Santa Rosa, CA 95407

Central California

Central California Builders Exchange

1244 N. Mariposa Street Fresno CA 93703

SLO County Builders Exchange

153 Cross St., Suite 130 San Luis Obispo, CA 93401

Southern California

Ventura County Contractors Association

1830 Lockwood St., Suite 110 Oxnard, CA 93036

Nevada

Nevada OSHA

3360 West Sahara Avenue, Suite 175 Las Vegas, NV 89102

So. NV Teamsters 631 Training Facility

4490 Nexus Way, N Las Vegas, NV 89115

Regional Public Safety Training Center

5190 Spectrum Blvd. Reno, NV 89512

Hawaii

HAWAII (Hilo)

Hawaii Innovation Center 117 Keawe Street #105 Hilo, HI 96720

HAWAII (Honolulu)

Airport Conference Center 400 Rodgers Blvd. Honolulu, HI 96819 7th Floor Hawaiian Inter Island Terminal Building Honolulu International Airport

We Can Also Come To You!

On-site Training

Customizable Courses

All of our courses can be fully customized to accommodate your organization's specific requirements. We work collaboratively with you to provide a thorough assessment of your needs and tailor a curriculum that most closely matches your particular goals.

Additional Benefits

Our instructors can provide on-site training at your location according to your schedule. Benefits of offering our courses at your site include:

- Cost savings for groups
- No employee travel expenses
- Accommodate variable shifts and schedules
- Employees learn using their equipment at their worksite
- Expert instructors focused on your specific needs

Online Training NEW!

ON-SITE TRAINING

We are now offering an online option for the OSHA 10-Hour and 30-Hour Construction and OSHA 10-Hour General Industry classes for those who prefer the convenience of online training.

Courses are web-based so you can log in from almost anywhere and learn at your own pace, when it's convenient for you.

For more information and to register for classes, visit osha4you.com.

Question About On-site Training?

866.936.0SHA (6742) otc@clpccd.org

We bring our courses to you



Professional Certificate Programs

Certificate Programs

The OSHA Training Institute Education Center at Chabot-Las Positas Community College District offers three levels of Professional Safety certificates to take your career and your organization's safety program to the next level. These programs provide real-world information that can be immediately applied to the workplace, giving you knowledge in many safety and health subjects and allowing you to build upon your safety expertise.

Individuals who participate in professional certification pathways:

- Stay informed about changing regulations, guidance documents, and regulatory interpretations
- Learn to successfully communicate safety and health to employees and to executives
- Avoid costly citations by learning to stay compliant with OSHA regulations
- Demonstrate proficiency and the ambition to enhance their career
- Create a network of others who share similar insight and resolve
- Continue to develop professionally in a growing and changing field

IMPORTANT: As of November 1, 2017, all courses applied towards certificate program completion must have been taken within the previous 5 years (completion date must be within 5 years from the oldest class being applied to certificate completion). Please plan accordingly. Contact us if you have questions.



Safety Associate

The Safety Associate Certificate will provide attendees with a solid foundation for understanding OSHA regulatory standards and developing solutions to workplace

safety challenges. Participants in the Safety Associate Certificate can tailor their program to reflect their own areas of interest through a selection of required courses and electives.

Program Outcomes

- Understand the essential elements of an effective workplace safety program
- Learn the fundamentals of OSHA standards and how they affect your business
- Identification of potential hazards and their solutions
- Develop accident (incident) investigation skills

Who Should Participate

- Those looking to enter into a career in safety
- Individuals whose current occupations require them to have a solid understanding of safety and health principles
- Anyone concerned about or with the responsibility for, safety in the workplace

Required Courses (3)

Construction Track

- OSHA 510: OSHA Standards for the Construction Industry
- OSHA 7505: Introduction to Incident (Accident) Investigation
- OSHA 7845: Recordkeeping Rule Seminar

General Industry Track

- OSHA 511: OSHA Standards for General Industry
- OSHA 7505: Introduction to Incident (Accident) Investigation
- OSHA 7845: Recordkeeping Rule Seminar

Elective Courses (3)

 Choose three additional OSHA Training Institute Education Center courses. See elective course list at osha4you.com/professional-certificates



Specialist in Safety & Health

The Specialist in Safety and Health Certificate program is designed to expand and improve the practical skills of those responsible for

employee health and safety at their workplace. The courses examine critical workplace safety and health issues and provide training in the skills necessary for managing a proactive health and safety program. Participants in the Specialist in Safety and Health Certificate Program can select from an educational track with a concentration in either **Construction** or **General Industry** safety.

Program Outcomes

PROFESSIONAL CERTIFICATE PROGRAMS

- Demonstrate and understanding of OSHA standards, policies and procedures
- Identify common violations of OSHA standards and propose abatement actions
- Understand the essential elements of an effective safety program
- Identify potential hazards and assess their solutions
- Knowledge of accident/incident investigation procedures and analysis techniques

Who Should Participate

- Safety professionals with the desire to advance into mid-level health and safety positions
- Existing safety professionals with at least five (5) years' experience in the field who wish to increase their knowledge and skills in workplace safety

Required Courses (4)

Construction Track

- OSHA 510: OSHA Standards for the Construction Industry
- OSHA 500: Trainer Course in Occupational Safety & Health Standards for the Construction Industry OR OSHA 502: Update for Construction Industry Outreach Trainers
- OSHA 7505: Introduction to Incident (Accident) Investigation
- OSHA 7845: Recordkeeping Rule Seminar

General Industry Track

- OSHA 511: OSHA Standards for General Industry
- OSHA 501: Trainer Course in OSHA Standards for General Industry OR OSHA 503: Update for General Industry Outreach Trainers
- OSHA 7505: Introduction to Incident (Accident) Investigation
- OSHA 7845: Recordkeeping Rule Seminar

Elective Courses (4)

 Choose four additional OSHA Training Institute Education Center courses. See elective course list at osha4you.com/professional-certificates





Certified Safety & Health Official

The Certified Safety and Health Official (CSHO) certificate program provides a clear and defined path for existing safety professionals to

achieve their career goals by earning a professional certificate with a concentration in either Construction or General Industry safety. The program has a stronger emphasis on safety and health regulations, including liability, training requirements, loss control, program development and implementation.

The Construction Industry Track is designed for personnel who perform safety and health work on a daily basis in construction environments or have safety responsibilities over others at those locations, including inspections and audits.

The General Industry Track relates more to personnel who perform safety and health work at industrial facilities or have safety responsibilities over others at those facilities or locations, and whose work includes inspections and audits.

Program Outcomes

- Authorized to teach the OSHA 10- and 30-hour Out reach programs
- Have a high level of understanding of OSHA standards, policies and procedures
- Understand and evaluate the economic impact of implementing and maintaining safety programs
- Develop safety and health program including job hazard analysis (JHAs)
- Create a workplace safety culture that includes commitment, communication and training as a crucial investment
- Knowledge and skills needed to conduct accident/ incident investigations

Who Should Participate

- Safety professionals with the desire to advance into high-level health and safety positions
- Existing safety professionals with at least five (5) years' experience in the field who wish to increase their knowledge and skills in workplace safety

Required Courses (7)

Construction Track

- OSHA 510: OSHA Standards for the Construction Industry
- OSHA 500: Trainer Course in Occupational Safety & Health Standards for the Construction Industry OR OSHA 502: Update for Construction Industry Outreach Trainers
- OSHA 2264: Permit-Required Confined Space Entry
- OSHA 3015: Excavation, Trenching, & Soil Mechanics
- OSHA 3095: Electrical Standards
- OSHA 3115: Fall Protection
- OSHA 7505: Introduction to Incident (Accident) Investigation

General Industry Track

- OSHA 511: Occupational Safety & Health Standards for General Industry
- OSHA 501: Trainer Course in OSHA Standards for General Industry OR OSHA 503: Update for General Industry Outreach Trainers
- OSHA 2015: Hazardous Materials
- OSHA 2045: Machinery and Machine Guarding Standards
- OSHA 2264: Permit-Required Confined Space Entry
- OSHA 3095: Electrical Standards
- OSHA 7505: Introduction to Incident (Accident) Investigation

Elective Courses (3)

 Choose three additional OSHA Training Institute Education Center courses. See elective course list at osha4you.com/professional-certificates

CERTIFICATE PROGRAM:

PUBLIC SECTOR SAFETY & HEALTH FUNDAMENTALS

Public Sector Safety & Health Fundamentals Certificate Program

The certificate program in Public Sector Safety & Health Fundamentals supports OSHA's mission by training public sector employees in occupational safety and health to reduce incident rates for workers in state and local governments. Participants have the opportunity to earn certificates for Construction or General Industry training.

Participants can choose from a variety of topics, such as occupational safety and health standards for construction or general industry, safety and health management, accident investigation, fall hazard awareness, and recordkeeping. Although this program was primarily designed for public sector employees, it is available for anyone interested in furthering their knowledge of occupational safety and health.

"Very dynamic instruction with excellent group discussions."

How You Will Benefit

- Understand OSHA standards and how they affect public sector organizations
- Learn the fundamentals needed to deal with potential hazards
- Reduce injuries and health problems among your co-workers
- Understand the essential elements of an effective safety program
- Develop accident investigation skills
- Gain knowledge of changing regulations, guidance documents and regulatory interpretations
- Demonstrate competency when dealing with regulatory agencies

Participants in the Public Sector Safety & Health Fundamentals Certificate Program can customize their program to reflect their own areas of interest by pursuing the Construction or General Industry Public Sector Safety & Health Fundamentals Certificate and through a selection of core required courses and electives.

Required Courses (3)

Construction Track

- OSHA 510: OSHA Standards for Construction
- OSHA 7500: Introduction to Safety and Health Management
- OSHA 7505: Introduction to Accident Investigation

General Industry Track

- OSHA 511: OSHA Standards for General Industry
- OSHA 7500: Introduction to Safety and Health Management
- OSHA 7505: Introduction to Incident (Accident) Investigation

Elective Courses (4)

• Choose **four** additional OSHA Training Institute Education Center courses. See elective course list at osha4you.com/professional-certificates

Become An OSHA-Authorized Outreach Trainer

The Occupational Safety and Health Administration's (OSHA) Outreach Training Program was established to train workers in the basics of safety and health hazard recognition and prevention. OSHA authorizes trainers who complete the 4-day construction, maritime, general industry or disaster site worker train-the-trainer courses to conduct the 10-hour and 30-hour construction, maritime, or general industry, or the 7.5-hour and 15-hour disaster site worker safety and health hazard recognition and prevention courses.

Individuals who are interested in becoming an OSHA Outreach Trainer must complete the following requirements:

Construction Industry

- OSHA 510 OSHA Standards for the Construction Industry
- OSHA 500 Trainer Course in OSHA Standards for the Construction Industry
- Five years of construction safety experience

General Industry

- OSHA 511 OSHA Standards for General Industry
- OSHA 501 Trainer Course in OSHA Standards for General Industry
- Five years of general industry safety experience

Cal/OSHA (California) Endorsement

Requirements are the same as for Construction Industry or General Industry Outreach Trainers, with the additional requirement of:

- OSHA 5109 Cal/OSHA Standards for the Construction Industry: **OR**
- OSHA 5119 Cal/OSHA Standards for General Industry **AND**
- At least one year of Cal/OSHA safety experience

Maritime Industry

- OSHA 5410 OSHA Standards for the Maritime Industry
- OSHA 5400 Trainer Course in OSHA Standards for the Maritime Industry
- Five years maritime industry experience
- Two years additional safety experience or recognized safety credential

Disaster Site Worker

- OSHA 500 Trainer Course in OSHA Standards for the Construction Industry; **OR**
- OSHA 501 Trainer Course in OSHA Standards for General Industry
- OTC 204 HAZWOPER, 40-Hour
- OSHA 5600 Disaster Site Worker Trainer Course
- Three years of safety training experience

DON'T FORGET!

You must renew your OSHA trainer card every four years. As of January 1, 2019, the 90 day grace period for renewal no longer applies.

THE 5 STEPS:

Have 5 Years of **Industry** Safety **Experience**

Complete the OSHA **Standards** Course

for your Industry

Complete the Trainer Course Industry

Begin Teaching OSHA 10-Hour and 30-Hour

Outreach

Courses

Renew **Every 4** Years

OUTREACH TRAINING PROGRAM

osha4you.com 866.936.OSHA (6742) Classes are subject to change. Check website.

Prerequisites

Some courses have prerequisite requirements (i.e., courses that must be taken before enrolling in a class); others are open to anyone interested in the subject matter without prerequisites. All prerequisite information must be obtained by the OTIEC prior to the first day of class.

Registration

Course registration can be done online, or by email, phone or fax.

Online: www.osha4you.com
 Email: otc@clpccd.org
 Phone: 866.936.OSHA (6742)
 Fax: 925.249.9367

Mail: OSHA Training Institute
 Education Center at
 Chabot-Las Positas
 Community College District
 7600 Dublin Blvd, Suite 140

Dublin, CA 94568

Course Registration Fees

Fees vary by course and are all-inclusive (include tuition, books, equipment use, etc.), unless otherwise noted. Fees can be paid using a credit card, check, money-order or by using a purchase order. (check must clear prior to class start date).

VISA





Shipping Policy

The majority of correspondence will be submitted via email. On the occasion that information or materials are required to be shipped, standard shipping orders will typically arrive within 7 to 10 business days.

"Honestly, this class made a bigger impact than any of the others I have taken in the past."

Cancellation, Attendance, & Grades

Cancellations, Credits and Refunds

Attendee cancellations or reschedules must be submitted in writing a minimum of 7 days prior to the first day of class to be eligible for a refund or credit. Cancellations or reschedules less than 7 days prior will not be eligible.

Students who do not show up to class will forfeit the entire amount of the course and will not be refunded or credited.

Attendance

OSHA Training Institute Education Center (OTIEC) classes are held to OSHA standards, including the number of contact hours required per training. Late arrivals, early departures or no-shows for any of the course sessions will result in being dropped from the course without any fee refunds.

Course Grades and Policies

OTIEC classes are taught on a pass/no pass basis. Students are expected to attend all sessions in full, respect the instructor and other students, and participate in class discussions and exercises. Additionally, some courses require an examination, which students must pass to complete the course with a passing grade.

Students who do not meet the above requirements (for any reason) will receive a "no pass" for the course. Students receiving a "no pass" may re-take the course at their own expense to try to achieve a passing grade.

CANCELLATION, ATTENDANCE,

& GRADES

11



Continuing Education Units (CEUs)

Continuing Education Units (CEUs) for OSHA
Training Institute Education Center courses are
a nationally recognized unit of measurement
for post-secondary education, professional
development and career training. Through the use
of CEUs, some of these courses may be used toward
certification.

The acceptance of CEUs is determined by each specific organization or company. Please check with your organization or company prior to registering for one of our classes to ensure that the CEUs will be accepted.

American Board of Industrial Hygiene (ABIH) Certification Maintenance (CM) Points

Certification Maintenance Points are available to Certified Industrial Hygienists who complete courses and are awarded points under the ABIH maintenance of certification program. Visit the ABIH website for the most current information.

Training Locations in:

G EDUCATION UNITS

- Northern California
- Central California
- Southern California
- Nevada
- Hawaii

Board of Certified Safety Professionals (BCSP) Continuance of Certification (COC) Points

Continuation of Certification (COC) Points are available to certified safety professionals who complete courses in which at least half of the content is devoted to safety, health, or environmental topics. The number of COC points available from the BCSP can be calculated using the BCSP guidelines.

Requests for Records/ Transcripts Policy

We maintain a database of participants who have successfully completed courses and can forward that information as requested. As we are not the awarding body, we do not maintain records of ABIH CM points or BCSP continuance of certification points. Please contact those organizations directly for information about their CEU policies.

For a written request:

A written request from the student whose records/ transcripts are being sought must include the name of the student, course number(s), and dates of each course session for which a record is desired.

Mail request to:

OSHA Training Institute Education Center Chabot-Las Positas Community College District 7600 Dublin Blvd, Suite 140, Dublin, CA 94568

Apply Training to a Degree

Courses taken through the OSHA Training Institute Education Center at Chabot-Las Positas Community College District can be applied to your degree through Columbia Southern University. You may also qualify for a tuition discount. Call (800) 977-8449 ext. 1261 or email ernie.smith@columbiasouthern.edu for more information.

Course Descriptions (Listed alphabetically by title)

OSHA 7200

Bloodborne Pathogens Exposure Control for Healthcare Facilities

How to develop a bloodborne pathogens exposure plan for healthcare facilities using a step-by-step approach, including an introduction to the OSHA Bloodborne Pathogens Standard, the exposure control plan, exposure determination, methods of control, vaccinations and evaluations, training and information and record keeping.

Prerequisites: None

Days: 1 **Fee:** \$275

Cal/OSHA 30-Hour Outreach Training for Construction

Our 30-Hour Cal/OSHA course covers standards and requirements as they apply to the construction industry and teaches safety awareness which helps in recognizing and reducing the risks of job site hazards. This interactive training is intended as an orientation and covers safety and health hazards workers may face on construction work sites. This course puts emphasis on hazard identification, avoidance, control and prevention and is intended for supervisors or workers who have some safety responsibility. Attendees will receive a

Cal/OSHA 30-Hour Construction Outreach course completion card and certificate.

Prerequisites: None

Days: 4 **Fee**: \$775



Cal/OSHA 30-Hour Outreach Training for General Industry

Our 30-Hour Cal/OSHA course covers standards and requirements as they apply to general industry and teaches safety awareness which helps in recognizing and reducing the risks of work site hazards. This interactive training is intended as an orientation and covers safety and health hazards workers may face in the workplace. This course puts emphasis on hazard identification, avoidance, control and prevention and is intended for supervisors or workers who have some safety responsibility. Attendees will receive a Cal/OSHA 30-Hour General Industry Outreach course completion card and certificate.

Prerequisites: None

Days: 4 **Fee:** \$775

OSHA 5119

Cal/OSHA Standards for General Industry

This course is designed for personnel interested in learning more about Cal/OSHA general industry standards and policies. Course topics include Title 8 general industry standards and compliance, topics required in the 10- and 30- hour programs as well as those which are most hazardous in general industry, Injury and Illness Prevention Program and Cal/OSHA training guidelines.

Prerequisites for Outreach Trainers: Outreach Trainers seeking to achieve the Cal/OSHA general industry authorized trainer designation must have completed OSHA 501 Trainer Course in OSHA Standards for General Industry or OSHA 503 Update for General Industry Outreach Trainers.

Days: 4 **Fee:** \$775

OSHA 5109

Cal/OSHA Standards for the Construction Industry

This course is designed for personnel interested in learning about Cal/OSHA Title 8 Construction standards and policies. Course topics include Title 8 construction industry standards and compliance, topics required in the 10- and 30- hour programs as well as those that are the most hazardous in the construction industry, Injury and Illness Prevention Program and Cal/OSHA training guidelines.

Prerequisites for Outreach Trainers: Outreach Trainers seeking to achieve the Cal/OSHA construction authorized trainer designation must have completed OSHA 500 Trainer Course in OSHA Standards for Construction or OSHA 502 Update for Construction Industry Outreach Trainers.

Days: 4 **Fee:** \$775

OSHA 5029

Cal/OSHA Update for Construction Industry Outreach Trainers

This course updates the OSHA 5109 Cal/OSHA Standards for the Construction Industry course. Students will learn about the most significant changes within Cal/OSHA that affect the construction industry. Course topics include updates on the Cal/OSHA strategic plan, enforcement and consultation, procedural changes, new and proposed Cal/OSHA standards as they relate to the construction industry, navigation of the Cal/OSHA website, and availability of publications and resources. This course continues the student's authorization to teach both the 10- and 30-hour Cal/OSHA Construction Industry Outreach Program.

Prerequisites: None

Days: 1 **Fee:** \$275

OSHA 5039

Cal/OSHA Update for General Industry Outreach Trainers

This course updates the OSHA 5119 Cal/OSHA Standards for General Industry course. Students learn about the most significant changes with Cal/OSHA that affect general industry. Course topics include updates on the Cal/OSHA strategic plan, enforcement and consultation, procedural changes, new and proposed Cal/OSHA standards as they relate to general industry, navigation of the Cal/OSHA website, and availability of publications and resources.

Prerequisites: None

Days: 1 **Fee:** \$275

OSHA 6005

Collateral Duty Course for Other Federal Agencies

This course introduces federal agency collateral duty safety and health personnel to the OSH Act, Executive Order 12196, 29 CFR 1960 and 29 CFR 1910. The training enables participants to recognize basic safety and health hazards in the workplace and effectively assist agency safety and health officers with inspection and abatement efforts.

Prerequisites: None

Days: 4 **Fee:** \$775

Consider Becoming an Outreach Trainer

Three easy steps:

- 1. Five Years of Industry Experience
- 2. Complete the OSHA Standards Course for your industry
- 3. Complete the OSHA Trainer Course for your industry

Learn more on page 9

OTC 304

Confined Space Rescue Operations (40-hour)

This course teaches students how to conduct a variety of rescues in permit required confined spaces. Students will learn how to develop and update preplans, conduct practice rescues, inspect and maintain equipment, and coordinate with other emergency responders. This training will primarily consist of hands-on field training and is 40 hours in length for five (5) eight-hour days.

Prerequisites: Before attending this class, students need to have completed OSHA 2264 Permit Required Confined Space Entry and OSHA 3115 Fall Protection training. In addition, it is recommended that students have had previous training in first aid/CPR, respiratory protection and hazardous materials.

Days: 5 **Fee:** \$875

OSHA 7415

Construction Industry Hazards and Prevention Strategies

This course provides federal and public sector employees with pertinent information regarding OSHA requirements and guidelines applicable to construction industry activities and operations. Topics include recognition of major safety and health hazards in the construction industry, prevention strategies, safety and health management systems, OSHA requirements and guidelines, and resources available. The course is an interactive training session focusing on class discussion and workshops. Upon course completion students will have an awareness level of the major construction hazards and prevention strategies.

Prerequisites: None

Days: 2 **Fee:** \$495

OSHA 5600

Disaster Site Worker Trainer

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. 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.

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 the completion of the 40-hour HAZWOPER training. Outreach Training Program trainers are required to attend OSHA 5602 Update for Disaster Site Worker Trainer course at least every four (4) years to maintain their outreach training program trainer authorization.

COURSE DESCRIPTIONS (A-Z by Title)

15

Days: 4 **Fee:** \$795

OTC 306

Electrical Safety for Qualified Workers (NFPA 70E)

This course is designed for individuals who work on or near energized electrical systems and complies with the requirements of Cal OSHA (at or less than 600 volts) and NFPA 70E, Standard for Electrical Safety in the Workplace. Emphasis is placed on standards updates and on areas that are the most hazardous.

Prerequisites: None

Days: 1 **Fee:** \$350

Electrical Standards

A survey of OSHA's Electrical Standards and the hazards associated with electrical installations and equipment. 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 policies and procedures. Students will receive instruction on the safe and correct use of their electrical testing equipment.

Prerequisites: None

Days: 4 **Fee:** \$795

EM 385-1-1

EM 385-1-1 Construction Safety and Health Awareness Course for Contractors

This course covers safety as well as the procedures and requirements as set forth by the U.S. Army Corps of Engineers Safety Health Requirements Manual. Learn how to properly prepare a site-specific Accident Prevention Plan (APP), site safety health officer's qualifications and responsibilities, Activity Hazard Analysis (AHA) forms and their development, site personnel training, incident response and reporting procedures, jobsite auditing, and hazard communication. Contractors working at military bases and U.S. Army Corps of Engineers projects must comply with the requirements of USACE EM 385-1-1. This 40-hour course provides instruction about how contractors can comply with EM 385-1-1 standards. It is very interactive and includes many of tools to assist contractors with EM 385-1-1 compliance.

Prerequisites: None

Days: 5 **Fee:** \$750

Check our website for the latest courses and schedule! www.osha4you.com

OSHA 7105

Evacuation and Emergency Planning

Preparing for emergencies is a basic principle of workplace safety and health. Participants will learn reasons for emergency action plans and fire prevention plans and when they are required for a workplace; elements of a good evacuation plan and the OSHA requirements for plans; and features of design and maintenance of good exit routes.

Prerequisites: None

Days: 1 **Fee:** \$275

OSHA 3015

Excavation, Trenching and Soil Mechanics

Students learn about practical soil mechanics and the relationship to the stability of shored and unshored slopes and walls of excavations. Various types of shoring including hydraulic and wood timbers are covered. Testing methods are demonstrated and a field exercise is conducted, allowing students to use instruments such as penetrometers, torvane shears, and engineering rods.

Prerequisites: None

Days: 3 **Fee:** \$695

OSHA 7405

Fall Hazard Awareness for the Construction Industry

The focus of this course is to identify, evaluate, and prevent or control fall hazards at construction sites. The course focuses on falls to a lower level, not falls to the same level, resulting from slips and falls. The target audience is the small construction employer, business owner, or manager who would like to obtain information about fall hazards found in the workplace. The training is also suitable for employees and employee representatives. Topics include identifying, analyzing, and preventing fall hazards as well as OSHA resources.

Prerequisites: None

Days: 1 **Fee:** \$275

OSHA 3115

Fall Protection

An overview of state-of-the-art technology for fall protection and current OSHA requirements. Topics covered include the principles of fall protection, the components of fall arrest systems, the limitations of fall arrest equipment and OSHA policies regarding fall protection. Course features a field exercise demonstrating fall protection equipment.

Prerequisites: None

Days: 3 **Fee:** \$695

OSHA 2015

Hazardous Materials

Covers OSHA General Industry Standards for hazardous materials handling and integrates other national consensus standards that relate to hazardous materials, including flammable and combustible liquids, compressed gases, LP-gases, and cryogenic liquids. Related processes such as spraying and dipping are included.

Prerequisites: None

Days: 4 **Fee:** \$775

OSHA 5810

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

This course provides essential 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 oil and gas on-shore exploration and production industry, including, but not limited to, construction, drilling, completion, well servicing, production, product gathering and processing, and product transmission.

Prerequisites: None

Days: 4 **Fee:** \$775



OTC 204

HAZWOPER, 40-Hour (Hazardous Waste Operations and Emergency Response)

The 40-Hour HAZWOPER course is designed to ensure awareness and promote safety among employees who may be exposed to chemical hazards in their workplace. The objective is to ensure that employees operate in the safest possible manner in situations where contact with potentially hazardous materials is likely.

COURSE DESCRIPTIONS (A-Z by Title)

17

This class is designed to provide students with written and hands-on instruction in hazardous waste operations and emergency response (HAZWOPER) as it relates to chemical and physical exposures in industrial and field settings. This course satisfies the requirement for generalized employee training under OSHA (1910.120) and (1926).

Prerequisites: None

Days: 5 **Fee:** \$875

OTC 202

HAZWOPER Refresher, 8-Hour (Hazardous Waste Operations and Emergency Response)

8-Hour HAZWOPER Refresher is designed for hazardous waste operations and emergency response workers who must satisfy their annual 8-hour refresher training course requirement.

Prerequisites: None

Days: 1 **Fee:** \$275

OSHA 7205

Health Hazard Awareness

Introduction to common health hazards that are encountered in the workplace, including exposure to chemicals, asbestos, silica and lead, identification of hazards, sources of exposure, health hazard information, evaluation of exposure and engineering and work practice controls. The course is an awareness course for employers and employees.

Prerequisites: None

Days: 1 **Fee:** \$275

OSHA 7505

Introduction to Incident (Accident) Investigation

Introduction to Accident Investigation provides an introduction to basic accident investigation procedures and describes accident analysis techniques. The goal of the course is to help participants gain the basic skills necessary to conduct an effective accident investigation at their workplace. The target audience is the small employer, manager, employee or employee representative who, as part of a firm's safety and health system, would be involved in conducting accident and/or near-miss investigations.

Prerequisites: None

Days: 1 **Fee:** \$275

COURSE DESCRIPTIONS (A-Z by Title)

OSHA 7100

Introduction to Machinery and Machine Safeguarding

The main focus of this course is to increase the participant's knowledge and skill in proper machine safeguarding techniques, and to highlight the benefits of guarding various types of machinery. It is the employer's responsibility to identify and select the safeguard necessary to protect employees and others in the work area, as well as provide appropriate training in safe work practices. Knowing when and how to properly safeguard machinery can reduce or eliminate the potential for accidents and injuries.

Prerequisites: None **Days:** .5 (half-day)

Fee: \$195



OSHA 7510

Introduction to OSHA for Small Business

This course covers an introduction to the Occupational Safety and Health Administration (OSHA) and the OSH Act for owners and managers of small businesses. Course topics include an introduction to OSHA, OSHA Standards, the inspection process, implementing a safety and health program, worker training requirements and assistance available to small businesses. Upon course completion students will understand OSHA operations and procedures and how to work with OSHA to prevent or reduce injuries and illnesses in their workplace.

Prerequisites: None Days: .5 (half-day) Fee: \$195

OSHA 7500

Introduction to Safety and Health Management

This introductory course addresses the four core elements of an effective safety and health program with strategies & techniques that are critical to each element's proper management. The course is designed for the small employer, business owner or manager designated with the responsibility to develop and manage a safety and health program or system.

Prerequisites: None

Days: 1 **Fee:** \$275

OSHA 7115

Lockout/Tagout - Controlling Hazardous Energy to Prevent Workplace Injury

Focuses on the roles and responsibilities of the employer to develop and implement an energy control program, or lock-out/tag-out (LOTO), for the protection of workers while performing servicing and maintenance activities on machines and equipment. Students will learn how to detect hazardous conditions and implement control measures as they relate to the control of hazardous energy, written isolation procedures, training for authorized and affected employees, and periodic inspection of energy control procedures. Topics include the understanding and application of definitions relating to OSHA's Control of Hazardous Energy Standard, types of hazardous energy, energy isolation options and written program requirements.

Prerequisites: None

Days: 1 **Fee:** \$275

OSHA 2045

Machinery and Machine Guarding Standards

This class familiarizes the student with various types of common machinery and their related safety standards, and the control of hazardous energy sources

Cal/OSHA Courses

We specialize in providing Cal/OSHA courses specific to California Title 8 regulations.

Learn more about the Cal/OSHA Courses on pages 13-14.

(lockout/tagout). The course presents an approach to machinery inspection that enables participants to recognize hazards and to provide options to achieve abatement, including those for mechanical motions and actions created by points of operation and other machinery processes. Includes practice on identifying and mitigating machinery hazards.

Prerequisites: None

Days: 4 **Fee:** \$775

OSHA 7410

Managing Excavation Hazards

Introductory class on excavation requirements.

Topics include the understanding and application of definitions relating to OSHA's Excavation Standard (Subpart P), excavation hazards and control measures, soil analysis techniques, protective system requirements and emergency response.

Prerequisites: None

Days: 1 **Fee:** \$275

OSHA 5402

Maritime Industry Trainer Update Course

Students will learn to demonstrate continued professional development in their field by applying effective adult learning principles and interactive training techniques to clearly identify, define and explain maritime industry hazards and acceptable corrective measures in accordance with the 29 CFR 1915, 1917, 1918 and 1919 OSHA Maritime Standards as they continue to teach 10-hour and 30-hour OSHA outreach courses.

Note: Outreach Trainers are required to attend this course once every four (4) years to maintain their authorized trainer status. Prior to registration, students must provide a copy of their current trainer card for validation and complete a prerequisite form.

Prerequisites: OSHA 5400 Trainer Course for the Maritime Industry

Days: 3 **Fee:** \$695

Noise Hazards in the Construction Industry

This course covers OSHA's Hearing Conservation Program for construction workers. Includes hands-on experience with noise meters and dosimeters, as well as materials and guidance for training the workforce.

Prerequisites: None

Days: 1 **Fee:** \$275

OSHA 6015 (formerly 6010)

Occupational Safety and Health Course for Other Federal Agencies

This course covers the recognition, evaluation, and control of safety and health hazards for other federal agencies. Course topics include the OSH Act, Executive Order 12196, 29 CFR 1960 and 1920 General Industry Standards, understanding the Federal Safety and Health program regulations, identification of safety and health hazards, controlling hazards, hazard abatement, and construction focus four topics. This course is intended for federal employees responsible for occupational safety and health programs at their respective agencies. Upon course completion students will have the ability to apply OSHA General Industry Standards and regulations pertaining to federal agencies, identify and control safety and health hazards, and hazard abatement.

Prerequisites: None

Days: 10 Fee: TBD

OSHA 521

OSHA Guide to Industrial Hygiene

Industrial hygiene practices and related OSHA regulations and procedures. Topics include permissible exposure limits, OSHA health standards, respiratory protection, engineering controls, hazard communication, OSHA sampling procedures and strategy, workplace health program elements and other industrial hygiene topics. The course features hands-on practice in health hazard recognition and OSHA health standards requirements.

Prerequisites: None

Days: 4 **Fee:** \$775

OTC 107

OSHA 30-Hour Outreach Training for Construction

Our 30-Hour Outreach course covers specific OSHA standards and requirements as they apply to the construction industry and teaches safety awareness, which helps in recognizing and reducing the risks of job site hazards. This interactive training is intended for entry level workers as an orientation and covers safety and health hazards workers may face on construction work sites. Our course puts emphasis on hazard identification, avoidance, control and prevention. This training is intended for people who have some safety responsibility. Attendees will receive a 30-hour OSHA Construction Outreach card and a certificate of attendance. There is an \$8 processing fee for the OSHA card to be collected during the class.

Prerequisites: None

Days: 4 **Fee:** \$775

"My instructor gave me the confidence and knowledge that enabled me to do well [in class]."

OTC 110

OSHA 30-Hour Outreach Training for General Industry

Our 30-Hour Outreach course covers specific OSHA standards and requirements as they apply to general industry work sites and teaches safety awareness, which helps in recognizing and reducing the risks of hazards. This interactive training is intended for entry level workers as an orientation and covers safety and health hazards workers may face at general industry work sites. Our course puts emphasis on hazard identification, avoidance, control and prevention. This training is intended for people who have some safety responsibility. Attendees will receive a 30-hour OSHA General Industry Outreach card and a certificate of attendance. There is an \$8 processing fee for the OSHA card to be collected during the class.

Prerequisites: None

Days: 4 **Fee**: \$775

OSHA 511

OSHA Standards for General Industry

This course covers federal OSHA policies, procedures and standards, as well as general industry safety and health principles and is the prerequisite course to the OSHA 501 Trainer Course for General Industry. Topics include scope and application of the OSHA General Industry Standards. Special emphasis is placed on those areas that are the most hazardous in non-construction industries, using OSHA Standards as a guide. Learn to apply the appropriate federal OSHA Standard that applies to hazards in general industry.

Prerequisites: None

Days: 4 **Fee:** \$775

OSHA 510

OSHA Standards for the Construction Industry

This course covers federal OSHA policies, procedures, and standards, as well as construction safety and health principles and is the prerequisite to the OSHA 500 Outreach Trainer for the Construction Industry. Topics include scope and application of the OSHA Construction Standards. Special emphasis is placed on those areas that are the most hazardous, using OSHA Standards as a guide. Learn to apply the appropriate federal OSHA Standard that applies to hazards in the construction industry.

COURSE

DESCRIPTIONS (A-Z by Title)

21

Prerequisites: None

Days: 4 **Fee:** \$775

3 Ways to Register

Online: www.osha4you.com

Phone: 866.936.OSHA (6742)

Mail: 7600 Dublin Blvd. Suite 140

Dublin, CA 94568

OSHA Standards for the Maritime Industry

Participants in OSHA 5410 will learn the OSHA policies, procedures, and standards for the maritime industry as well as safety and health principles. Each section of the OSHA Maritime Standards will be covered. Special emphasis will be placed on those areas that are more hazardous, using OSHA Standards as a guide. OSHA 5410 is the prerequisite course to the OSHA 5400 Trainer Course for the Maritime Industry.

Prerequisites: None

Days: 5 **Fee:** \$875

OSHA 7000

OSHA Training Guidelines for Safe Patient Handling

This course will focus on analyzing and identifying hazardous ergonomic jobs in nursing homes and developing practical solutions. Featured topics include creating a protocol for resident assessment and implementing solutions, including work practices and engineering solutions.

Prerequisites: None

Days: 1 **Fee:** \$275

OSHA 7210

Pandemic Influenza and Workplace Preparedness

This course covers recognizing hazards and risks associated with a pandemic influenza event and developing strategies to assist a business, community, or family with realistic preparation for a pandemic event. Course topics include potential impact of a pandemic influenza event on a business and community, critical elements of a preparedness plan, and realistic strategies for supporting continuity of business. This course offers information on strategies that can be used to control the spread of the virus,



minimizing exposure to employees and families, and resources available from OSHA and other government agencies. Upon course completion, students will have the ability to prepare for a pandemic to assure business continuity and employee safety.

Prerequisites: None

Days: 1 **Fee:** \$275

OSHA 2264

Permit-Required Confined Space Entry

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

Students are advised to bring the following - hard hat, gloves, safety glasses, boots, work type clothes, hearing protection, and a personal water bottle.

Prerequisites: None

Days: 3 **Fee:** \$695

OSHA 2255

Principles of Ergonomics

Using ergonomic principles to recognize, evaluate, and control work place conditions that cause or contribute to musculoskeletal and nerve disorders. 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 transfers in health care. Course emphasis is on industrial case studies covering analysis and design of work stations and equipment, practice sessions in manual lifting and coverage of current OSHA compliance policies.

Prerequisites: None

Days: 3 **Fee:** \$695

OSHA 3085

Principles of Scaffolding

This course covers the requirements for 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.

Prerequisites: None

Days: 3 **Fee:** \$695

OSHA 7005

Public Warehousing and Storage

The course is designed for warehouse workers and will focus on many hazards and injuries that are likely to be encountered in warehouse operations. It has been shown that warehousing has become an increasingly hazardous area in which to work. OSHA has identified Public Storage and Warehousing as one of seven industries with a high lost time claims rate. Injuries may occur from forklifts; material handling and lifting; exposure to hazardous substances; and slips, trips and falls. The course will discuss: powered industrial trucks; material handling/lifting/ergonomics; hazard communication; walking and working surfaces; and exit routes and fire protection.

Prerequisites: None

Days: 1 **Fee:** \$275

OSHA 7845

Recordkeeping Rule Seminar

Identification of responsibilities for posting certain records, maintaining records of illnesses and injuries and reporting specific cases to OSHA. Participants who successfully complete this course will be able to identify OSHA requirements and complete OSHA's forms 300, 300A and 301.

COURSE DESCRIPTIONS (A-Z by Title)

23

Prerequisites: None

Days: 1 **Fee:** \$275



Respiratory Protection

This course covers requirements for establishing, maintaining and monitoring a respiratory protection program, including terminology, OSHA Standards, NIOSH certification and medical evaluation recommendations. Course highlights incorporate hands-on experience with respirator selection, qualitative fit testing, and the use of a large array of respiratory and support equipment for training.

Prerequisites: None

Days: 4 **Fee:** \$775

OTC 308

Safety Inspection Techniques

Safety and health inspections are shown to be essential parts of the hazard control process. This course will concentrate on how inspections are conducted and how the information is used to improve safety and health. You will learn the most commonly used safety inspection standards, tools and techniques and learn an organized approach to inspecting and auditing projects to insure OSHA compliance and injury prevention. Students will perform an inspection during a class field trip and will prepare a final inspection report. Students are required to bring appropriate Personal Protective Equipment (PPE) to the course, including hard hats, safety vests, safety glasses, work boots, etc.

Prerequisites: None

Days: 3 **Fee:** \$695



OSHA 7215

Silica in Construction, Maritime and General Industries

This course covers the development and implementation of controls and strategies to prevent or mitigate silica exposures in construction, maritime, and general industries. Course topics include describing the requirements of OSHA's Respirable Crystalline Silica standards and recognizing the hazards and risks, assessment options, and exposure control measures associated with silica exposure.

Prerequisites: None

Days: 1 **Fee:** \$275

OSHA 501

Trainer Course in OSHA Standards for General Industry

This course is designed for those who are interested in teaching the 10-hour and 30-hour general industry safety and health outreach classes to employees and other interested groups. Special emphasis is placed on those topics that are required in the 10-hour and 30-hour classes as well as on those that are the most hazardous in non-construction industries. Course participants learn effective instructional approaches and the successful use of visual aids and handouts. This course authorizes the student to become a trainer in the Outreach Program and to conduct both 10-hour and 30-hour general industry safety and health courses, and to issue cards to participants verifying course completion.

Prerequisites: OSHA 511 OSHA Standards for General Industry and five years of general industry safety experience. A college 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 experience.

Days: 4 **Fee:** \$795

OSHA 500

Trainer Course in OSHA Standards for the Construction Industry

This course is designed for those who are interested in teaching the 10-hour and 30-hour construction safety and health outreach classes to employees and other interested groups. Special emphasis is placed on those topics that are required in the 10-hour and 30-hour classes as well as on those that are the most hazardous in the construction industry. Course participants learn effective instructional approaches and the successful use of visual aids and handouts. This course authorizes the student to become a trainer in the Outreach Program and to conduct both 10-hour and 30-hour construction safety and health courses, and to issue cards to participants verifying course completion.

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

Days: 4 **Fee:** \$795

OSHA 5400

Trainer Course in OSHA Standards for the Maritime Industry

This course is designed for those who are interested in teaching the 10-hour and 30-hour maritime safety and health outreach classes to employees and other interested groups. Course participants learn effective instructional approaches and the successful use of visual aids and handouts. This course authorizes the student to become a trainer in the Maritime Outreach

Trainer Program and to conduct both 10- and 30hour maritime safety and health courses for shipyard employment, marine terminals, and longshoring, and to issue cards to participants verifying course completion.

Prerequisites: OSHA 5410 Occupational Safety and Health Standards for the Maritime Industry and two years maritime industry experience and **at least one of the following**:

- Two years of occupational safety and health experience (with a broad focus) in any industry
- A degree in occupational safety and health from an accredited college or university
- Certified Safety Professional (CSP) designation
- Certified Industrial Hygienist (CIH) designation
- Certified Marine Chemist (CMC) designation
- Certified Safety Health Manager (CSHM) designation
 OTC Certified Safety and Health Official (Level III)

COURSE DESCRIPTIONS (A-Z by Title)

25

Days: 4 **Fee:** \$795

OTC 403

Trainer Course in Permit-Required Confined Space Entry

This course is designed for those who are interested in teaching a permit required confined space awareness-level course to employees and other interested groups. Course participants learn application of standards, as well as effective instructional approaches and the successful use of visual aids and handouts.

Prerequisites: OSHA 2264 Permit Required Confined Space Entry

Days: 2 **Fee:** \$495

"The group interaction and discussion was the most valuable part of the course."

OTC 302

Training Techniques for the Safety Professional

This 2-day class is for both the new and the experienced trainer who wants to learn new teaching skills. It focuses on topics such as effective instruction and presentation techniques, curriculum design, adult learning theory, and coaching skills. Our goal is to provide the safety subject matter expert with additional tools that they can use to deliver training content to workers in a way that makes it fun to learn. Participants will have time to practice the skills being addressed. It is strongly recommended that attendees bring a laptop to class. If you are unable to do so, please contact us to make other arrangements.

Prerequisites: None

Days: 2 **Fee:** \$495

COURSE DESCRIPTIONS (A-Z by Title)

26

OSHA 7225

Transitioning to Safer Chemicals

This course covers a proactive approach to reducing the use of hazardous chemicals in the workplace by transitioning to safer 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.

Prerequisites: None

Days: 1 **Fee:** \$275

Don't Wait to Renew!

Outreach Trainers must renew every 4 years. Limited renewal classes are available. See pages 13-14 and 26-27 for course details.

OSHA 7300

Understanding OSHA's Permit-Required Confined Space Standard

An introduction to the requirements of OSHA's Permit Required Confined Space Standard, 29 CFR 1910.146. It is designed for small employers or a designated representative (line supervisor or manager) with the responsibility to develop a permit space program.

Prerequisites: None

Days: 1 **Fee:** \$275

OSHA 502

Update for Construction Industry Outreach Trainers

A refresher course for those who have completed the OSHA 500 Construction Industry Outreach Trainer course and who are authorized trainers in the OSHA Outreach Training Program. It provides an update on such topics as OSHA Construction Standards, policies, and regulations. Students in OSHA 502 must prepare a presentation on an assigned OSHA construction industry outreach topic individually or as part of a group, and successfully pass a written exam at the end of the course to renew certification.

Prerequisites: OSHA 500-Trainer Course for the Construction Industry

Days: 3 **Fee:** \$575

OSHA 5602

Update for Disaster Site Worker Trainer Course

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.

Prerequisites: OSHA 5600 Disaster Site Worker

Trainer Course **Days:** 1 **Fee:** \$275

OSHA 503

Update for General Industry Outreach Trainers

A refresher course for those who have completed OSHA 501 General Industry Outreach Trainer Course and who are authorized trainers in the OSHA Outreach Training Program. It provides an update on OSHA General Industry Standards and OSHA policies. Students must prepare a presentation on an assigned OSHA general industry outreach topic individually or as part of a group, and successfully pass a written exam at the end of the course to renew certification.

Prerequisites: OSHA 501-Trainer Course for General

Industry **Days:** 3 **Fee:** \$575

OTC 310

Workplace Violence Prevention and Survival

Workplace violence is a definitive, recognized hazard that must be addressed by all businesses. This 3-day high energy, interactive skills development class is designed to work with your organization's written policy in an effort to give your staff a tactical edge in preventing and surviving workplace violence. Using a common sense approach to safety, students will learn a wide variety of techniques and strategies they can use to make their workplace a safer environment creating a "survival attitude."

Prerequisites: None

Days: 3 **Fee:** \$695



OSHA Training Institute Education Center at Chabot-Las Positas Community College District students may qualify for tuition discounts and apply OSHA courses towards degree programs through Columbia Southern University.

Contact Ernie Smith
Outreach Representative
Columbia Southern University
(800) 977-8449 ext.1261
ernie.smith@columbiasouthern.edu
www.columbiasouthern.edu



"The instructors instill integrity as well as professionalism."

2020 Schedule by Course

Classes are added regularly. For the most up-to-date information please visit our website www.osha4you.com.

Bloodborne Pathogens Exposure Control for Healthcare Facilities - OSHA 7200

Start Date	End Date	Start Time	End Time	Site/Location
May 15, 2020	May 15, 2020	8:00 AM	5:00 PM	Dublin, CA
October 9, 2020	October 9, 2020	8:00 AM	5:00 PM	Dublin, CA

Cal/OSHA 30-Hour Outreach Training for General Industry - OTC 114

Start Date	End Date	Start Time	End Time	Site/Location
January 21, 2020	January 24, 2020	8:00 AM	5:00 PM	Dublin, CA
February 10, 2020	February 13, 2020	8:00 AM	5:00 PM	San Luis Obispo, CA
April 14, 2020	April 17, 2020	8:00 AM	5:00 PM	Sacramento, CA
June 15, 2020	June 18, 2020	8:00 AM	5:00 PM	Santa Rosa, CA
August 3, 2020	August 6, 2020	8:00 AM	5:00 PM	Dublin, CA
November 16, 2020	November 19, 2020	8:00 AM	5:00 PM	Santa Rosa, CA
December 14, 2020	December 17, 2020	8:00 AM	5:00 PM	Fresno, CA

Cal/OSHA Standards for General Industry - OSHA 5119

SCHEDULE BY COURSE

28

Start Date	End Date	Start Time	End Time	Site/Location
March 7, 2020	March 15, 2020	8:00 AM	5:00 PM	Dublin, CA
June 8, 2020	June 11, 2020	8:00 AM	5:00 PM	Sacramento,CA
September 1, 2020	September 4, 2020	8:00 AM	5:00 PM	Dublin, CA
November 3, 2020	November 6, 2020	8:00 AM	5:00 PM	Ventura/Oxnard, CA

Cal/OSHA Standards for the Construction Industry - OSHA 5109

Start Date	End Date	Start Time	End Time	Site/Location
February 3, 2020	February 6, 2020	8:00 AM	5:00 PM	Ventura/Oxnard, CA
March 28, 2020	April 5, 2020	8:00 AM	5:00 PM	Dublin, CA
April 27, 2020	April 30, 2020	8:00 AM	5:00 PM	Sacramento, CA
June 2, 2020	June 5, 2020	8:00 AM	5:00 PM	San Luis Obispo, CA
August 3, 2020	August 6, 2020	8:00 AM	5:00 PM	Dublin, CA
October 3, 2020	October 11, 2020	8:00 AM	5:00 PM	Sacramento, CA
November 17, 2020	November 20, 2020	8:00 AM	5:00 PM	Fresno, CA

Cal/OSHA Update for Construction Industry Outreach Trainers - OSHA 5029

Start Date	End Date Start Time	End Time Site/Location		
March 23, 2020	March 23, 2020	8:00 AM	5:00 PM	Dublin, CA
October 4, 2020	October 4, 2020	8:00 AM	5:00 PM	Dublin, CA
December 4, 2020	December 4, 202	20 8:00 AM	5:00 PM	Sacramento, CA

Cal/OSHA Update for General Industry Outreach Trainers - OSHA 5039

Start Date	End Date	Start Time	End Time	Site/Location
February 21, 2020	February 21, 2020	8:00 AM	5:00 PM	Sacramento, CA
July 10, 2020	July 10, 2020	8:00 AM	5:00 PM	Dublin, CA
November 2, 2020	November 2, 2020	8:00 AM	5:00 PM	Dublin, CA

Collateral Duty Course for Other Federal Agencies - OSHA 6005

Start Date	End Date	Start Time	End Time	Site/Location
March 30, 2020	April 2, 2020	8:00 AM	5:00 PM	Redding, CA
June 8, 2020	June 11, 2020	8:00 AM	5:00 PM	Dublin, CA

Disaster Site Worker Trainer - OSHA 5600

Start Date	End Date	Start Time	End Time	Site/Location
March 16, 2020	March 19, 2020	8:00 AM	5:00 PM	San Luis Obispo, CA
June 22, 2020	June 25, 2020	8:00 AM	5:00 PM	Sacramento, CA
October 13, 2020	October 16, 2020	8:00 AM	5:00 PM	Dublin, CA
November 3, 2020	November 6, 2020	8:00 AM	5:00 PM	Las Vegas, NV

Electrical Safety for Qualified Workers (NFPA 70E) - OTC 306

Start Date	End Date Start Time	End Time Site/Location		
January 21, 2020	January 21, 202	8:00 AM	5:00 PM	Sacramento, CA
April 28, 2020	April 28, 2020	8:00 AM	5:00 PM	Fresno, CA
June 26, 2020	June 26, 2020	8:00 AM	5:00 PM	Sacramento, CA
September 29, 202	September 29,	2020 8:00 AM	5:00 PM	Dublin, CA
October 23, 2020	October 23, 202	20 8:00AM	5:00PM	Sacramento, CA
December 3, 2020	December 3, 20	020 8:00AM	5:00PM	Dublin, CA

Electrical Standards - OSHA 3095

Start Date	End Date	Start Time	End Time	Site/Location	
January 13, 2020	January 16, 2020	8:00 AM	5:00 PM	San Luis Obispo, CA	
February 10, 2020	February 13, 2020	8:00 AM	5:00 PM	Las Vegas, NV	
February 18, 2020	February 21, 2020	8:00 AM	5:00 PM	Santa Clara, CA	
May 4, 2020	May 7, 2020	8:00 AM	5:00 PM	Dublin, CA	
August 1, 2020	August 9, 2020	8:00 AM	5:00 PM	Dublin, CA	
September 14, 2020	September 17, 2020	8:00 AM	5:00 PM	Sacramento, CA	
October 27, 2020	October 30, 2020	8:00 AM	5:00 PM	Fresno, CA	
November 3, 2020	November 6, 2020	8:00 AM	5:00 PM	Reno, NV	

Evacuation and Emergency Planning - OSHA 7105

Start Date	End Date	Start Time	End Time	Site/Location
April 20, 2020	April 20, 2020	8:00 AM	5:00 PM	Ventura/Oxnard, CA
July 8, 2020	July 8, 2020	8:00 AM	5:00 PM	Sacramento, CA
September 11, 2020	September 11, 2020	8:00 AM	5:00 PM	Dublin, CA

Excavation, Trenching and Soil Mechanics - OSHA 3015

Start Date	End Date	Start Time	End Time	Site/Location
February 11, 2020	February 13, 2020	8:00 AM	5:00 PM	Fresno CA
April 20, 2020	April 22, 2020	8:00 AM	5:00 PM	Sacramento, CA
May 18, 2020	May 20, 2020	8:00 AM	5:00 PM	Dublin, CA
June 15, 2020	June 17, 2020	8:00 AM	5:00 PM	Reno, NV
September 25, 2020	September 27, 2020	8:00 AM	5:00 PM	Dublin, CA
October 7, 2020	October 9, 2020	8:00 AM	5:00 PM	San Luis Obispo, CA
October 19, 2020	October 21, 2019	8:00 AM	5:00 PM	Sacramento, CA

Fall Hazard Awareness for the Construction Industry - OSHA 7405

Start Date	End Date	Start Time	End Time	Site/Location
May 8, 2020	May 8, 2020	8:00 AM	5:00 PM	Dublin, CA

Fall Protection - OSHA 3115

SCHEDULE BY COURSE

30

Start Date	End Date	Start Time	End Time	Site/Location
January 10, 2020	January 12, 2020	8:00 AM	5:00 PM	Dublin, CA
April 28, 2020	April 30, 2020	8:00 AM	5:00 PM	Sacramento, CA
May 4, 2020	May 6, 2020	8:00 AM	5:00 PM	Redding, CA
May 18, 2020	May 20, 2020	8:00 AM	5:00 PM	Santa Clara, CA
August 14, 2020	August 16, 2020	8:00 AM	5:00 PM	Dublin, CA
October 26, 2020	October 28, 2020	8:00 AM	5:00 PM	Sacramento, CA
December 1, 2020	December 3, 2020	8:00 AM	5:00 PM	Fresno, CA

Hazardous Materials - OSHA 2015

End Date	Start Time	End Time	Site/Location
March 6, 2020	8:00 AM	5:00 PM	Dublin, CA
July 16, 2020	8:00 AM	5:00 PM	San Luis Obispo, CA
September 17, 2020	8:00 AM	5:00 PM	Reno, NV
December 10, 2019	8:00 AM	5:00 PM	Sacramento, CA
	March 6, 2020 July 16, 2020 September 17, 2020	March 6, 2020 8:00 AM July 16, 2020 8:00 AM September 17, 2020 8:00 AM	March 6, 2020 8:00 AM 5:00 PM July 16, 2020 8:00 AM 5:00 PM September 17, 2020 8:00 AM 5:00 PM

HAZWOPER, 40-Hour - OTC 204

Start Date	End Date	Start Time	End Time	Site/Location
January 6, 2020	January 10, 2020	8:00 AM	5:00 PM	Sacramento, CA
June 1, 2020	June 5, 2020	8:00 AM	5:00 PM	Dublin, CA
October 5, 2020	October 9, 2020	8:00 AM	5:00 PM	Sacramento, CA
December 7, 2020	December 11, 2020	8:00 AM	5:00 PM	Dublin, CA

HAZWOPER Refresher, 8-Hour - OTC 202

Start Date	End Date	Start Time	End Time	Site/Location
March 17, 2020	March 17, 2020	8:00 AM	5:00 PM	Santa Rosa, CA
May 30, 2020	May 30, 2020	8:00 AM	5:00 PM	Dublin, CA
September 4, 2020	September 4, 2020	8:00 AM	5:00 PM	Sacramento, CA

Health Hazard Awareness - OSHA 7205

Start Date	End Date	Start Time	End Time	Site/Location
August 12, 2020	August 12, 2020	8:00 AM	5:00 PM	Dublin, CA

Introduction to Incident (Accident) Investigation - OSHA 7505

Start Date	End Date	Start Time	End Time	Site/Location
January 28, 2020	January 28, 2020	8:00 AM	5:00 PM	Dublin, CA
March 16, 2020	March 16, 2020	8:00 AM	5:00 PM	Ventura/Oxnard, CA
April 15, 2020	April 15, 2020	8:00 AM	5:00 PM	Dublin, CA
May 11, 2020	May 11, 2020	8:00 AM	5:00 PM	Fresno CA
May 21, 2020	May 21, 2020	8:00 AM	5:00 PM	Honolulu, HI
June 19, 2020	June 19, 2020	8:00 AM	5:00 PM	Las Vegas, NV
June 19, 2020	June 19, 2020	8:00 AM	5:00 PM	Santa Rosa, CA
August 4, 2020	August 4, 2020	8:00 AM	5:00 PM	Reno, NV
September 30, 2020	September 30, 2020	8:00 AM	5:00 PM	Dublin, CA
November 6, 2020	November 6, 2020	8:00 AM	5:00 PM	Dublin, CA
December 10, 2020	December 10, 2020	8:00AM	5:00PM	Las Vegas, NV

Introduction to OSHA for Small Business - OSHA 7510

Start Date	End Date	Start Time	End Time	Site/Location
August 11, 2020	August 11, 2020	8:00 AM	5:00 PM	Dublin, CA

Introduction to Safety and Health Management - OSHA 7500

Start Date	End Date Start Time	End Time Site/Location		
January 27, 2020	January 27, 20	20 8:00 AM	5:00 PM	San Luis Obispo, CA
May 29, 2020	May 29, 2020	8:00 AM	5:00 PM	Ventura/Oxnard, CA
July 7, 2020	July 7, 2020	8:00 AM	5:00 PM	Santa Rosa, CA

Lockout/Tagout - OSHA 7115

SCHEDULE BY COURSE

Start Date	End Date	Start Time	End Time	Site/Location
March 6, 2020	March 6, 2020	8:00 AM	5:00 PM	Sacramento, CA
April 17, 2020	April 17, 2020	8:00 AM	5:00 PM	Dublin, CA
September 18, 2020	September 18, 2020	8:00 AM	5:00 PM	Santa Rosa, CA
October 10, 2010	October 10, 2020	8:00 AM	5:00 PM	Dublin, CA
November 6, 2020	November 6, 2020	8:00 AM	5:00 PM	Sacramento, CA

Machinery and Machine Guarding Standards - OSHA 2045

Start Date	End Date	Start Time	End Time	Site/Location
March 28, 2020	April 5, 2020	8:00 AM	5:00 PM	Dublin, CA
July 20, 2020	July 23, 2020	8:00 AM	5:00 PM	Dublin, CA
October 13, 2020	October 16, 2020	8:00 AM	5:00 PM	Fresno, CA
December 14, 2020	December 17, 2020	8:00 AM	5:00 PM	Dublin, CA

Managing Excavation Hazards - OSHA 7410

Start Date	End Date	Start Time	End Time	Site/Location
April 24, 2020	April 24, 2020	8:00AM	5:00PM	Santa Clara, CA
June 15, 2020	June 15, 2020	8:00AM	5:00PM	Sacramento, CA
June 18, 2020	June 18, 2020	8:00 AM	5:00 PM	Honolulu, HI

OSHA Guide to Industrial Hygiene - OSHA 521

Start Date	End Date	Start Time	End Time	Site/Location
January 20, 2020	January 23, 2020	8:00 AM	5:00 PM	Sacramento, CA
April 7, 2020	April 10, 2020	8:00 AM	5:00 PM	San Luis Obispo, CA
May 11, 2020	May 14, 2020	8:00 AM	5:00 PM	Dublin, CA
September 12, 2020	September 20, 2020	8:00 AM	5:00 PM	Dublin, CA

OSHA Standards for General Industry - OSHA 511

Start Date	End Date	Start Time	End Time	Site/Location
January 13, 2020	January 16, 2020	8:00 AM	5:00 PM	Dublin, CA
January 27, 2020	January 30, 2020	8:00 AM	5:00 PM	Reno, NV
March 24, 2020	March 27, 2020	8:00 AM	5:00 PM	Las Vegas, NV
April 25, 2020	May 3, 2020	8:00 AM	5:00 PM	Dublin, CA
May 5, 2020	May 8, 2020	8:00 AM	5:00 PM	Ventura/Oxnard, CA
May 12, 2020	May 15, 2020	8:00 AM	5:00 PM	San Luis Obispo, CA
July 20, 2020	July 23, 2020	8:00 AM	5:00 PM	Sacramento, CA
July 27, 2020	July 30, 2020	8:00 AM	5:00 PM	Fresno, CA
August 10, 2020	August 13, 2020	8:00 AM	5:00 PM	Dublin, CA
October 19, 2020	October 22, 2020	8:00 AM	5:00 PM	Reno, NV
October 31, 2020	November 8, 2020	8:00 AM	5:00 PM	Dublin, CA
November 2, 2020	November 5, 2020	8:00 AM	5:00 PM	Las Vegas, NV
December 5, 2020	December 13, 2020	8:00 AM	5:00 PM	Sacramento, CA

OSHA Standards for the Construction Industry - OSHA 510

Start Date	End Date Start Time	End Time Site/Location		
January 11, 2020	January 19, 20	20 8:00 AM	5:00 PM	Sacramento, CA
January 21, 2020	January 24, 20	20 8:00 AM	5:00 PM	Reno, NV
January 27, 2020	January 30, 20	20 8:00 AM	5:00 PM	Redding, CA
February 3, 2020	February 6, 20	20 8:00 AM	5:00 PM	San Luis Obispo, CA
February 18, 202	February 21, 2	020 8:00 AM	5:00 PM	Dublin, CA
February 24, 202	February 27, 2	020 8:00 AM	5:00 PM	Fresno, CA
March 9, 2020	March 12, 202	0 8:00 AM	5:00 PM	Santa Rosa, CA
March 17, 2020	March 20, 202	0 8:00 AM	5:00 PM	Sacramento, CA
April 13, 2020	April 16, 2020	8:00 AM	5:00 PM	Santa Clara, CA
May 4, 2020	May 7, 2020	8:00 AM	5:00 PM	Dublin, CA
May 16, 2020	May 24, 2020	8:00 AM	5:00 PM	Dublin, CA
June 22, 2020	June 25, 2020	8:00 AM	5:00 PM	Reno, NV
July 21, 2020	July 24, 2020	8:00 AM	5:00 PM	Ventura/Oxnard, CA
August 8, 2020	August 16, 202	8:00 AM	5:00 PM	Sacramento, CA
August 18, 2020	August 21, 202	8:00 AM	5:00 PM	Fresno, CA
August 25, 2020	August 28, 202	8:00 AM	5:00 PM	Las Vegas, NV
September 8, 202	September 11,	2020 8:00 AM	5:00 PM	Dublin, CA
September 22, 20	September 25,	2020 8:00 AM	5:00 PM	San Luis Obispo, CA
October 19, 2020	October 22, 20	20 8:00 AM	5:00 PM	Sacramento, CA
October 31, 2020	November 8, 2	020 8:00 AM	5:00 PM	Dublin, CA
November 2, 202	November 5, 2	020 8:00 AM	5:00 PM	Santa Clara, CA
December 7, 202	0 December 10,	2020 8:00AM	5:00PM	Redding, CA

OSHA Standards for the Maritime Industry - OSHA 5410

Start Date	End Date	Start Time	End Time	Site/Location
March 9, 2020	March 13, 2020	8:00 AM	5:00 PM	Dublin, CA
August 17, 2020	August 21, 2020	8:00 AM	5:00 PM	Dublin, CA

Permit Required Confined Space Entry - OSHA 2264

Start Date	End Date	Start Time	End Time	Site/Location
January 27, 2020	January 29, 2020	8:00 AM	5:00 PM	Fresno, CA
January 31, 2020	February 2, 2020	8:00 AM	5:00 PM	Dublin, CA
April 13, 2020	April 15, 2020	8:00 AM	5:00 PM	Sacramento, CA
May 18, 2020	May 20, 2020	8:00 AM	5:00 PM	Reno, NV
August 18, 2020	August 20, 2020	8:00 AM	5:00 PM	Sacramento, CA

Permit Required Confined Space Standard - OSHA 7300

Start Date	End Date	Start Time	End Time	Site/Location
August 6, 2020	August 6, 2020	8:00 AM	5:00 PM	San Luis Obispo, CA

Principles of Ergonomics - OSHA 2255

SCHEDULE BY COURSE

34

Start Date	End Date	Start Time	End Time	Site/Location
February 21, 2020	February 23, 2020	8:00 AM	5:00 PM	Dublin, CA
August 24, 2020	August 26, 2020	8:00 AM	5:00 PM	Dublin, CA

Principles of Scaffolding - OSHA 3085

Start Date	End Date	Start Time	End Time	Site/Location
January 22, 2020	January 24, 2020	8:00 AM	5:00 PM	Sacramento, CA
October 16, 2020	October 18, 2020	8:00 AM	5:00 PM	Dublin, CA

Public Warehousing and Storage - OSHA 7005

Start Date	End Date	Start Time	End Time	Site/Location
June 4, 2020	June 4, 2020	8:00 AM	5:00 PM	Dublin, CA

Recordkeeping Rule Seminar - OSHA 7845

Start Date	End Date	Start Time	End Time	Site/Location
May 12, 2020	May 12, 2020	8:00 AM	5:00 PM	Fresno CA
June 15, 2020	June 15, 2020	8:00 AM	5:00 PM	Dublin, CA
September 18, 2020	September 18, 2020	8:00 AM	5:00 PM	Santa Clara, CA
October 23, 2020	October 23, 2020	8:00 AM	5:00 PM	Ventura/Oxnard, CA
November 14, 2020	November 14, 2020	8:00 AM	5:00 PM	Dublin, CA
December 16, 2020	December 16, 2020	8:00 AM	5:00 PM	Santa Rosa, CA

Respiratory Protection - OSHA 2225

Start Date	End Date	Start Time	End Time	Site/Location
February 10, 2020	February 13, 2020	8:00 AM	5:00 PM	Santa Rosa, CA
June 8, 2020	June 11, 2020	8:00 AM	5:00 PM	Dublin, CA
October 5, 2020	October 8, 2020	8:00 AM	5:00 PM	Dublin, CA

Safety Inspection Techniques - OTC 308

Start Date	End Date	Start Time	End Time	Site/Location
February 3, 2020	February 5, 2020	8:00 AM	5:00 PM	Sacramento, CA
April 21, 2020	April 23, 2020	8:00 AM	5:00 PM	Dublin, CA
July 27, 2020	July 29, 2020	8:00 AM	5:00 PM	Dublin, CA
November 18, 2020	November 20, 2020	8:00 AM	5:00 PM	Santa Clara, CA

Silica in Construction, Maritime and General Industries - OSHA 7215

Start Date	End Date	Start Time	End Time	Site/Location
January 27, 2020	January 27, 2020	8:00 AM	5:00 PM	Ventura/Oxnard, CA
April 9, 2020	April 9, 2020	8:00 AM	5:00 PM	Honolulu, HI
June 5, 2020	June 5, 2020	8:00 AM	5:00 PM	Fresno, CA
July 9, 2020	July 9, 2020	8:00 AM	5:00 PM	Dublin, CA
October 16, 2020	October 16, 2020	8:00 AM	5:00 PM	Sacramento, CA

Trainer Course in OSHA Standards for General Industry - OSHA 501

Start Date	End Date	Start Time	End Time	Site/Location
February 24, 2020	February 27, 2020	8:00 AM	5:00 PM	Dublin, CA
March 2, 2020	March 5, 2020	8:00 AM	5:00 PM	Reno, NV
April 27, 2020	April 30, 2020	8:00 AM	5:00 PM	Las Vegas, NV
June 6, 2020	June 14, 2020	8:00 AM	5:00 PM	Dublin, CA
July 6, 2020	July 9, 2020	8:00 AM	5:00 PM	San Luis Obispo, CA
August 17, 2020	August 20, 2020	8:00 AM	5:00 PM	Ventura/Oxnard, CA
August 24, 2020	August 27, 2020	8:00 AM	5:00 PM	Fresno, CA
August 31, 2020	September 3, 2020	8:00 AM	5:00 PM	Sacramento, CA
September 14, 2020	September 17, 2020	8:00 AM	5:00 PM	Dublin, CA
November 16, 2020	November 19, 2020	8:00 AM	5:00 PM	Las Vegas, NV
November 16, 2020	November 19, 2020	8:00 AM	5:00 PM	Reno, NV
December 5, 2020	December 13, 2020	8:00 AM	5:00 PM	Dublin, CA

Trainer Course in OSHA Standards for the Construction Industry - OSHA 500

SCHEDULE BY COURSE

36

Start Date	End Date	Start Time	End Time	Site/Location
January 14, 2020	January 17, 2020	8:00 AM	5:00 PM	Dublin, CA
February 15, 2020	February 23, 2020	8:00 AM	5:00 PM	Sacramento, CA
February 24, 2020	February 27, 2020	8:00 AM	5:00 PM	Reno, NV
March 3, 2020	March 6, 2020	8:00 AM	5:00 PM	San Luis Obispo, CA
March 16, 2020	March 19, 2020	8:00 AM	5:00 PM	Dublin, CA
March 24, 2020	March 27, 2020	8:00 AM	5:00 PM	Fresno, CA
May 26, 2020	May 29, 2020	8:00 AM	5:00 PM	Sacramento, CA
June 1, 2020	June 4, 2020	8:00 AM	5:00 PM	Dublin, CA
July 11, 2020	July 19, 2020	8:00 AM	5:00 PM	Dublin, CA
July 28, 2020	July 31, 2020	8:00 AM	5:00 PM	Reno, NV
September 15, 2020	September 18, 2020	8:00 AM	5:00 PM	Fresno, CA
September 19, 2020	September 27, 2020	8:00 AM	5:00 PM	Sacramento, CA
September 22, 2020	September 25, 2020	8:00 AM	5:00 PM	Las Vegas, NV
September 29, 2020	October 2, 2020	8:00 AM	5:00 PM	Ventura/Oxnard, CA
October 5, 2020	October 8, 2020	8:00 AM	5:00 PM	Dublin, CA
November 3, 2020	November 6, 2020	8:00 AM	5:00 PM	San Luis Obispo, CA
November 16, 2020	November 19, 2020	8:00 AM	5:00 PM	Sacramento, CA
December 5, 2020	December 13, 2020	8:00 AM	5:00 PM	Dublin, CA

Trainer Course in OSHA Standards for the Maritime Industry - OSHA 5400

Start Date	End Date	Start Time	End Time	Site/Location
April 6, 2020	April 9, 2020	8:00 AM	5:00 PM	Dublin, CA
September 21, 2020	September 24, 2020	8:00 AM	5:00 PM	Dublin, CA

Trainer Course in Permit Required Confined Space Entry - OTC 403

Start Date	End Date	Start Time	End Time	Site/Location
April 16, 2020	April 17, 2020	8:00 AM	5:00 PM	Sacramento, CA
August 24, 2020	August 25, 2020	8:00 AM	5:00 PM	Sacramento, CA

Training Techniques for the Safety Professional - OTC 302

Start Date	End Date	Start Time	End Time	Site/Location
June 13, 2020	June 14, 2020	8:00 AM	5:00 PM	Dublin, CA
August 13, 2020	August 14, 2020	8:00 AM	5:00 PM	Sacramento, CA
December 2, 2020	December 3, 2020	8:00 AM	5:00 PM	San Luis Obispo, CA

Transitioning to Safe Chemicals-OSHA 7225

Start Date	End Date	Start Time	End Time	Site/Location
December 21, 2020	December 22, 2020	8:00AM	5:00PM	Honolulu, HI

Understanding OSHA's Permit Required Confined Space Standard - OSHA 7300

Start Date	End Date	Start Time	End Time	Site/Location
April 6, 2020	April 6, 2020	8:00 AM	5:00 PM	Santa Rosa, CA



Update for Construction Industry Outreach Trainers - OSHA 502

Start Date	End Date	Start Time	End Time	Site/Location
January 15, 2020	January 17, 2020	8:00 AM	5:00 PM	Las Vegas, NV
January 22, 2020	January 24, 2020	8:00 AM	5:00 PM	Dublin, CA
February 12, 2020	February 14, 2020	8:00 AM	5:00 PM	Honolulu, HI
February 24, 2020	February 26, 2020	8:00 AM	5:00 PM	Sacramento, CA
March 20, 2020	March 22, 2020	8:00 AM	5:00 PM	Dublin, CA
May 26, 2020	May 28, 2020	8:00 AM	5:00 PM	Ventura/Oxnard, CA
July 20, 2020	July 22, 2020	8:00 AM	5:00 PM	Dublin, CA
October 1, 2020	October 3, 2020	8:00 AM	5:00 PM	Dublin, CA
December 1, 2020	December 3, 2020	8:00 AM	5:00 PM	Sacramento, CA

Update for General Industry Outreach Trainers - OSHA 503

Start Date	End Date	Start Time	End Time	Site/Location
February 18, 2020	February 20, 2020	8:00 AM	5:00 PM	Sacramento, CA
April 16, 2020	April 18, 2020	8:00 AM	5:00 PM	Dublin, CA
July 7, 2020	July 9, 2020	8:00 AM	5:00 PM	Dublin, CA
September 11, 2020	September 13, 2020	8:00 AM	5:00 PM	Sacramento, CA
October 26, 2020	October 28, 2020	8:00 AM	5:00 PM	Las Vegas, NV
October 26, 2020	October 28, 2020	8:00 AM	5:00 PM	Reno, NV
November 23, 2020	November 25, 2020	8:00 AM	5:00 PM	Honolulu, HI

Consider On-site Training

- Customize the courses to match your goals
- Eliminate staff travel expenses
- Accommodate variable shifts and schedules
- Boost the immediate transfer of training to the workplace

Course Index

Course Index continued next page

COURSE INDEX

39

Course Index (continued)

OSHA Standards for the Maritime Industry OSHA 5410
OSHA Training Guidelines for Safe Patient Handling OSHA 7000
Pandemic Influenza Preparedness OSHA 7210
Permit Required Confined Space Entry OSHA 2264
Principles of Ergonomics OSHA 2255
Principles of Scaffolding OSHA 308523
Public Warehousing and Storage OSHA 7005
Recordkeeping Rule Seminar OSHA 7845
Respiratory Protection OSHA 2225
Safety Inspection Techniques OTC 308
Silica in Construction, Maritime and General Industries OTC 7215
Trainer Course in OSHA Standards for General Industry OSHA 501
Trainer Course in OSHA Standards for the Construction Industry OSHA 500
Trainer Course in OSHA Standards for the Maritime Industry OSHA 5400
Trainer Course in Permit-Required Confined Space Entry OTC 403
Training Techniques for the Safety Professional OTC 302
Understanding OSHA's Permit-Required Confined Space Standard
Update for Construction Industry Outreach Trainers OSHA 502
Update for Disaster Site Worker Trainer Course OSHA 5602
Update for General Industry Outreach Trainers OSHA 503
Workplace Violence Prevention and Survival OTC 310



This is why we work safely.

What's your reason?

Authorized by OSHA to deliver safety and health training programs since 2008.

- Chabot Las Positas Community College District

 An Authorized

 Training Institute
 Education Center®
- OSHA Safety Standards
- Outreach Training Programs
- Cal/OSHA Standards
- Professional Certificates
- Continuing Education Units
- Customized On-Site Training

www.osha4you.com • otc@clpccd.org • (866) 936-OSHA (6742)

Office of Economic Development and Contract Education at Chabot-Las Positas Community College <u>District</u>

Employee Training and Development

We have been providing employee training and development to businesses and organizations throughout the region for over 25 years. Our approach is simple: find out what our potential client really needs by asking targeted questions, and then assess which subject matter expert best fits with both the client's needs and their organizational culture.

- Our trainings are customized for the client's specific requirements, not using off-the-shelf curriculum
- Our instructors are industry experts in their fields, offering actionable training based on real-world situations
- Our aim is to assist with up-skilling incumbent employees, giving them the tools they need to succeed at work

For information or a complimentary needs assessment, visit www.tdsolutions.org or call 925-249-9372.

Apprenticeship Programs

We provide Local Educational Agency (LEA) services to California apprenticeship programs. Apprenticeship programs provide "learn while you earn" training, combining paid on-the-job training and classroom instruction to support apprentices as they progress through their program. Additional benefits include:

- College Credit and Career Growth Apprentices can earn college credit for apprenticeship courses helping to provide a starting point for future college attendance and expand employment opportunities in their trade.
- Funding for Training Apprentice class attendance generates Related and Supplemental Instruction (RSI) funding that the Program Sponsor can reinvest into their training program.

For more information, visit www.tdsolutions.org or call 925-249-9372.

Child Welfare Training Program

Ensuring competent and responsive care for foster children and youth

The Child Welfare Training Program is a partnership with several county child welfare agencies and over a dozen non-profit child, youth and family serving agencies. Courses are designed to empower caregivers and providers, working with children and youth involved in the child welfare or probation systems, to provide competent and responsive care and services. All courses are offered free of charge for providers and caregivers working with this target population.

For more information, visit www.fostercaretraining.org or call 925-249-9369.

Tri-Valley Career Center (TVCC) Career Center

The Tri-Valley Career Center (TVCC) is part of a nationwide network for job centers offering resources and guidance to job seekers, employers and small business owners. Whether you are a job seeker anticipating the next step in your current career or branching out in a new direction- or a business owner or hiring manager looking for your next great team member- TVCC is your best first step in the right direction.

As a service of the Chabot-Las Positas Community College District in partnership with the Alameda County Workforce Development Board and other state, regional and local partners, TVCC exists to help strengthen our regional economy one new employee at a time.

To explore our services in more depth, visit www.trivalleycareercenter.org or contact our office at 925-560-9431, or visit www.careeronestop.org to find a similar local career center.



OSHA Training Institute Education Center

Chabot-Las Positas Community College District
Office of Economic Development and Contract Education
7600 Dublin Blvd., Suite 140, Dublin, CA 94568



twitter3

👩 Instagram

Chabot - Las Positas Community College District

Training Institute Education Center®

Find us on **f**

An Authorized

Linked in