



TRAINING CATALOG

Chabot - Las Positas Community College District
Office of Economic Development and Contract Education



CALIFORNIA | NEVADA | ARIZONA | HAWAII | GUAM

osha4you.com | 866.936.OSHA (6742)

Table of Contents

General Information	1
Course Delivery Options	2
On-Site Training	3
Locations	4
Professional Certificate Programs.....	6
OSHA Outreach Training Program	11
Prerequisites, Registration, and Fees	12
Cancellation, Attendance, and Grades	13
Continuing Education Units	14
Course Descriptions.....	15
CLPCCD Year to Career	30
Office of Economic Development and Contract Education.....	31
Course Index.....	32

*For up-to-date class schedules
visit our website at www.osha4you.com
or call (866) 936-6742*

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.

Multi-Student Discount

We are happy to offer discounts when you send four or more students to the same class.

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: 5860 Owens Drive, 3rd Floor
Pleasanton CA 94588

Phone: 866.936.6742

Fax: 925.460.0133

Email: otc@clpccd.org

Website: www.osha4you.com



Board of Trustees

Ms. Genevieve Randolph, Board President • Mr. Edralin J. "Ed" Maduli, Past President
Ms. Linda Granger, Board Secretary • Dr. Hal G. Gin • Ms. Maria L. Heredia • Dr. Luis Reynoso • 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.

Course Delivery Options

The OSHA Training Institute Education Center at Chabot-Las Positas Community College District offers safety courses in a variety of formats, including:

In-Person Courses

We are proud to offer traditional in-person*, classroom training at our campuses and host sites. Availability and class sizes will vary according to restrictions/requirements at each location. Remember, we can also bring these courses to you, at the location of your choosing.

Virtual Instructor-Led Training (Live Online)

Our virtual instructor-led training (VILT) courses are conducted online in a live-video delivery format. Attendance and active participation at all class sessions is required.

In addition, you will need the following:

- An internet connection: broadband wired or wireless (3G or 4G/LTE)
- Personal computer, laptop, or iPad tablet (recommended). iPhone will work but is not recommended for extended periods of time.
- Speakers and a microphone: built-in, USB plug-in, or wireless Bluetooth. Classes with proctored exams require the use of a laptop or desktop computer with a camera.
- A standard webcam or HD webcam: built-in or USB plug-in

“I learned a lot from this experience. Thank you!”

Hybrid Courses

Hybrid courses are a combination of virtual instructor-led training (VILT) and in-person* training. Students will be required to arrive at the determined classroom/facility location to participate in the in-person portion of the class to successfully complete the class.

Additional benefits:

- Less time and money traveling to class
- In-person time is spent efficiently
- Includes various learning styles
- Combined learning experience

Online Awareness Training

We offer traditional online training through AdvanceOnline Solutions. Topics include the OSHA 10-hour Construction and General Industry, and the 30-hour OSHA Construction classes as well multiple workplace safety awareness, driver safety and transportation hazardous materials awareness topics. Courses are web-based so you can log in from almost anywhere and learn at your own pace, when it's convenient for you.

**Please note that as applicable, strict COVID-19 safety and health protocols must be followed when attending any in-person class. Anyone not willing to follow these rules will be immediately asked to leave the premises.*

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

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

Question About On-site Training?

866.936.OSHA (6742)
otc@clpccd.org

We bring our courses to you



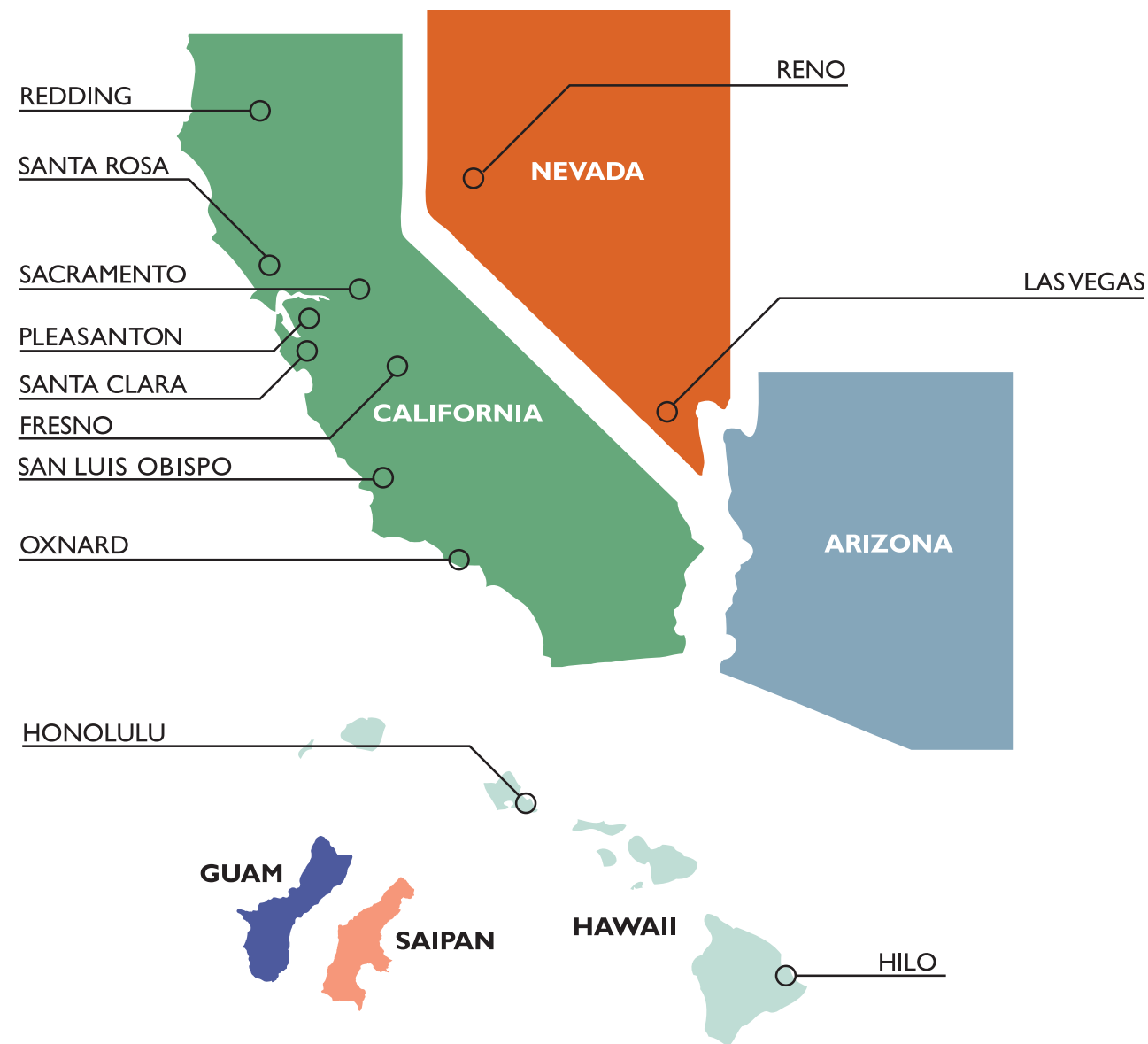
Locations

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!

Contact us for information on CUSTOMIZED ON-SITE TRAINING



Northern California

OSHA Training Institute Education Center Home Office

5860 Owens Drive, 3rd Floor
Pleasanton, CA 94588
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 welcome you to our training facilities and host sites throughout the region!

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 Foundations Certificate

This entry-level certificate program is designed to provide knowledge of safety fundamentals to those looking to advance their understanding

and awareness of workplace safety, or to increase employment opportunities in construction or general industries.

The 30-hour Occupational Safety and Health Administration's (OSHA) Outreach Training Program safety course provides a variety of safety subjects and in-depth, industry-specific training and is intended for supervisors and workers with some safety and health responsibility. The 30-hour course is the foundation of this program.

Program Outcomes

- Learn workplace hazard recognition, avoidance, control, and prevention
- Understand emergency action and fire prevention plans
- Learn the requirements of an effective workplace accident/incident investigation
- Understand the OSHA requirements for recordkeeping, posting and reporting of workplace illnesses and injuries
- Receive a 30-hour OSHA Outreach card upon successful completion

Who Should Participate

Individuals seeking to enhance employment opportunities in which an understanding of workplace safety and health responsibilities is required or recommended.

Required Courses (4)

Construction Track

- OSHA 30-Hour for the Construction Industry
- OSHA 7105 - Evacuation and Emergency Planning
- OSHA 7505 - Introduction to Incident (Accident) Investigation
- OSHA 7845 - Recordkeeping Rule Seminar

General Industry Track

- OSHA 30-Hour for General Industry
- OSHA 7105 - Evacuation and Emergency Planning
- OSHA 7505 - Introduction to Incident (Accident) Investigation
- OSHA 7845 - Recordkeeping Rule Seminar



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

- 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
- Develop 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
- 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 Outreach 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
- Develop 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
- 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

OSHA® Safety & Health Fundamentals Certificate Program

The Safety & Health Fundamentals Certificate Program 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

Required Courses (3)

Construction Track

- OSHA 510: OSHA Standards for Construction
- OSHA 7500: Introduction to Safety and Health Management
- OSHA 7505: Introduction to Incident (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

Outreach Training Program

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 of maritime industry safety experience

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
- HAZWOPER, 40-Hour
- OSHA 5600 – Disaster Site Worker Trainer Course
- Three years of safety training experience

Outreach Training Aids now available for purchase!

- 10-hour & 30-hour Student Workbooks
 - Intro to OSHA Students Handout
- Contact us for more information.

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. If renewed before expiration date, Trainers just need to take the "update" course. Trainers who do not renew before their expiration date will be required to take both standards and full trainer course.

Prerequisites, Registration, & Fees

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: 925.460.0133
- Mail: OSHA Training Institute Education Center at Chabot-Las Positas Community College District
5860 Owens Drive, 3rd Floor
Pleasanton, CA 94588

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). All fees are subject to change.



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.

Cancellation, Attendance, & Grades

Cancellations, Credits and Refunds

Requests for 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. Request for cancellations or reschedules received less than 7 days prior to the first day of class will not receive refund or credit for rescheduling, except under extenuating circumstances.

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 refund or credit for rescheduling and will not receive a certificate of completion for the course.

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.

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 complete the course.



“Thank you for the great training. I feel much more confident.”

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.

“The entire class was full of valuable and relevant info.”

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
5860 Owens Drive, 3rd Floor
Pleasanton, CA 94588

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

Become 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 11

**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 pre-plans, 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**OSHA Construction Industry Requirements (Major Hazards and Prevention)**

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 2055**Cranes in Construction**

This course covers the best practices in crane and derrick operation using the OSHA Cranes and Derricks in Construction Rule as a guide. Course topics include hazards associated with crane assembly and disassembly, types of cranes, lifting concepts, rigging and wire rope, signaling, employee qualifications and training, and maintenance, repair, and inspection requirements. Students will participate in workshops to reinforce concepts of safe crane operation. Upon course completion students will have the ability to identify the types of cranes and their components and attachments, determine safe operating conditions, and recognize common violations of OSHA Standards.

Prerequisites: None
Days: 3
Fee: \$695

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.

Days: 4
Fee: \$795

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. Attendees receive the 2018 UGLY's Electrical Safety book.

Prerequisites: None

Days: 1

Fee: \$350

OSHA 3095

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

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

3 Ways to Register

Online: www.osha4you.com

Phone: 866.936.OSHA (6742)

Mail: 5860 Owens Drive
3rd Floor
Pleasanton, CA 94588

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

Fundamentals of an Injury & Illness Prevention Program (IIPP)

The Injury and Illness Prevention Program (IIPP) is a basic written program that should provide the fundamentals of every workplace safety plan. Title 8 of the California Code of Regulations (T8CCR) section 3203 requires every employer to develop and implement an effective IIPP, but most don't know where to start or how to manage their program. This course is designed to discuss the requirement for employers to develop and implement an IIPP and guide participants in developing strategies for managing, reviewing, and updating the program going forward. Topics include what makes an IIPP effective and the 8 required elements of an IIPP. Course includes group discussions, case studies and other learning methods.

Prerequisites: None

Days: 1

Fee: \$275

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

HAZWOPER First Responder Awareness Level

First responders at the awareness level are individuals who are likely to witness or discover a hazardous substance release and who have been trained to initiate an emergency response sequence by notifying the proper authorities of the release. This course is designed to provide students with an understanding of what hazardous substances are, the potential outcomes associated with an emergency created when hazardous substances are present, and the ability to recognize the presence of hazardous substances in an emergency. At the conclusion of this course, students will have a basic understanding of hazardous materials, how to identify them, and what to do if they are the first responder to an incident involving the release of a hazardous substance.

Prerequisites: None

Days: .5 (half-day)

Fee: \$195

HAZWOPER First Responder Operations Level

First responders at the operations level are individuals who respond to releases or potential releases of hazardous substances as part of the initial response to the site for the purpose of protecting nearby persons, property, or the environment from the effects of the release without trying to stop it. This course is designed to provide students with knowledge of basic hazard and risk assessment techniques, how to select and use proper PPE, an understanding of basic hazardous materials terms, and how to implement basic decontamination procedures. At the conclusion of this course, students will have a basic understanding of how to perform control, containment and/or confinement operations within the capabilities of the resources and PPE available with their unit.

Prerequisites: None
Days: 1
Fee: \$275

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.

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

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 7120

Introduction to Combustible Dust Hazards

This course covers the hazards posed by combustible dust within general industry. Course topics include recognizing the hazards and risks associated with combustible dust, control of electrical installation hazards, and developing controls and strategies to prevent or mitigate combustible dust fires and explosions. Upon course completion the student will have the ability to utilize strategies that assure employee safety while using or producing materials that generate combustible dust and the ability to use OSHA Standards, National Fire Protection Association (NFPA) Standards, and other applicable consensus standards that impact industries which generate combustible dust.

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

OSHA 7100

Introduction to Machinery and Machine Safeguarding

The main focus of this awareness level 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 Businesses

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

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

“Another great class led by an excellent instructor!”

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 (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

OSHA 7400**Occupational Noise Exposure Standards**

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**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: Contact us for details

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

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

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

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 15 & 16.

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.

Prerequisites: None
Days: 4
Fee: \$775

OSHA 5410**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 Illness Preparedness**

This course covers recognition of hazards and risks associated with a pandemic illness event and development of strategies to assist a business, community, or family with realistic preparation for a pandemic event. Course topics include potential impact of a pandemic illness event on a business and community, critical elements of a preparedness plan, and realistic strategies for supporting continuity of operations. This course offers information on strategies that can be used to control the spread of the illness, minimization of exposure to employees and family, and resources available from OSHA and other government agencies. The intended audience is the business leader and members of their management team who may be integral to preparedness planning. 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.

Prerequisites: None
Days: 1
Fee: \$275

Respirable Crystalline Silica Competent Person Level Course

This course is designed to provide the employer-designated Competent Person the understanding, knowledge, and ability necessary to fulfill their responsibilities under the Crystalline Silica standard and the tools and resources to create and manage their own program. OSHA defines a "Competent Person" for purposes of the 29 CFR 1926.1153 construction standards as an individual who is capable of identifying existing and foreseeable respirable crystalline silica hazards in the workplace and who has authorization to take prompt corrective measures to eliminate or minimize them. Topics include crystalline silica characteristics, application, and health effects; exposure control measures (engineering, work practices and PPE); industrial hygiene principles/practices; and means and methods of employee awareness training.

Prerequisites: None
Days: 3
Fee: \$695

OSHA 2225**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

OSHA 7110**Safe Bolting: Principles and Practices**

This course covers awareness of safety issues involved in bolting applications. Course topics include safe operation and handling of high-powered bolting tools, pressure vessels and piping, machinery or mechanical joints, and structural connections. The course provides interactive group activities and demonstrations of safe bolting applications. The target audience is first line mechanical operators including millwrights, pipefitters, and those who work with mechanical joints as part of their daily work. Upon course completion the student will have the ability to understand the basic technology of bolted joints, safety principles associated with tool selection and operation, workplace conditions, and bolting methods and procedures.

Prerequisites: None

Days: 1

Fee: \$275

“The instructors instill integrity as well as professionalism.”

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 30-hour 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)

Days: 4

Fee: \$795

Don't Wait to Renew!

Outreach Trainers must renew every 4 years. Limited renewal classes are available. See pages 16, 22, 28 and 29 for course details.

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

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

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

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

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

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



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 instructor is truly knowledgeable and inspired me to push myself harder."

Year to Career (Y2C)

Year to Career is for you if these are your goals right now:

- Embarking on your first career, where college and technical skills can increase your advantage.
- Looking to excel with your present employer, either in your current role or through promotion.
- Transitioning to a new field, where certification of specific skills, training, and knowledge is critical.

Visit <http://districtazure.clpccd.org/y2c2020/> for general information.

The First Step Towards the Next Step in Your Career

Take your next step with a Year to Career (Y2C) program designed to help you earn college credentials and degrees in the span of one year!!

- Business & Management
- Information and Communication Technology
- Education & Public Safety
- Occupational Safety & Health
- Health
- Professional Services

There are a number of affordable certificate programs to support your career interests, whether you are a career seeker, career changer, or pursuing career advancement. Choose a program of interest, make contact with Chabot College and/or Las Positas College to gather more information, and enroll!

<http://districtazure.clpccd.org/y2c2020/>

Year to Career

Take your next step with a Year to Career (Y2C) program designed to help you earn college credentials in the span of one year!

Apply Today!
clpccd.org/Y2C2020

CHABOT LAS POSITAS
COMMUNITY COLLEGE DISTRICT

Office of Economic Development and Contract Education at Chabot-Las Positas Community College District

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 workforcetraining4you.com or call 925-416-5137.

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 apprenticeship4you.com or email apprenticeship@clpccd.org.

Child Welfare Training Program

Ensuring competent and responsive care for foster children and youth

The Child Welfare Training Program is a partnership with numerous county child welfare agencies and 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 925-416-5131.

Tri-Valley Career Center (TVCC)

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 925-416-5100, or visit www.careeronestop.org to find a similar local career center.



Course Index

Bloodborne Pathogens Exposure Control for Healthcare Facilities OSHA 7200	15
Cal/OSHA 30-Hour Outreach Training for Construction	15
Cal/OSHA 30-Hour Outreach Training for General Industry	15
Cal/OSHA Standards for General Industry OSHA 5119	15
Cal/OSHA Standards for the Construction Industry OSHA 5109	16
Cal/OSHA Update for Construction Industry Outreach Trainers OSHA 5029	16
Cal/OSHA Update for General Industry Outreach Trainers OSHA 5039	16
Collateral Duty Course for Other Federal Agencies OSHA 6005	16
Confined Space Rescue Operations	17
OSHA Construction Industry Requirements (Major Hazards and Prevention) OSHA 7415	17
Cranes in Construction OSHA 2055	17
Disaster Site Worker Trainer Course OSHA 5600	17
Electrical Safety for Qualified Workers (NFPA 70E)	18
Electrical Standards OSHA 3095	18
Evacuation and Emergency Planning OSHA 7105	18
Excavation, Trenching and Soil Mechanics OSHA 3015	18
Fall Hazard Awareness for the Construction Industry OSHA 7405	18
Fall Protection OSHA 3115	19
Fundamentals of an Injury & Illness Prevention Program (IIPP)	19
Hazardous Materials OSHA 2015	19
Hazards Recognition and Standards for On-Shore Oil and Gas Exploration and Production OSHA 5810	19
HAZWOPER First Responder Awareness Level	19
HAZWOPER First Responder Operations Level	20
HAZWOPER, 40-Hour	20
HAZWOPER Refresher, 8-Hour	20
Heath Hazard Awareness OSHA 7205	20
Introduction to Combustible Dust Hazards OSHA 7120	20
Introduction to Incident (Accident) Investigation OSHA 7505	21
Introduction to Machinery and Machine Safeguarding OSHA 7100	21
Introduction to OSHA for Small Businesses OSHA 7510	21
Introduction to Safety and Health Management OSHA 7500	21
Lockout/Tagout - Controlling Hazardous Energy to Prevent Workplace Injury OSHA 7115	21
Machinery and Machine Guarding Standards OSHA 2045	22
Managing Excavation Hazards OSHA 7410	22
Maritime Industry Trainer Update Course OSHA 5402	22
Noise Hazards in the Construction Industry OSHA 7400	22
Occupational Safety and Health Course for Other Federal Agencies OSHA 6015	22
OSHA Guide to Industrial Hygiene OSHA 521	23
OSHA 30-Hour Outreach Training for Construction	23
OSHA 30-Hour Outreach Training for General Industry	23

Course Index continued next page

Course Index (continued)

OSHA Standards for General Industry OSHA 511	23
OSHA Standards for the Construction Industry OSHA 510	24
OSHA Standards for the Maritime Industry OSHA 5410	24
OSHA Training Guidelines for Safe Patient Handling OSHA 7000	24
Pandemic Illness Preparedness OSHA 7210	24
Permit Required Confined Space Entry OSHA 2264	24
Principles of Ergonomics OSHA 2255	25
Principles of Scaffolding OSHA 3085	25
Public Warehousing and Storage OSHA 7005	25
Recordkeeping Rule Seminar OSHA 7845	25
Respirable Crystalline Silica Competent Person Level Course	25
Respiratory Protection OSHA 2225	26
Safe Bolting: Principles and Practices OSHA 7110	26
Safety Inspection Techniques	26
Silica in Construction, Maritime and General Industries OTC 7215	26
Trainer Course in OSHA Standards for General Industry OSHA 501	26
Trainer Course in OSHA Standards for the Construction Industry OSHA 500	27
Trainer Course in OSHA Standards for the Maritime Industry OSHA 5400	27
Trainer Course in Permit-Required Confined Space Entry	28
Training Techniques for the Safety Professional	28
Transitioning to Safer Chemicals OSHA 7225	28
Understanding OSHA's Permit-Required Confined Space Standard OSHA 7300	28
Update for Construction Industry Outreach Trainers OSHA 502	28
Update for Disaster Site Worker Trainer Course OSHA 5602	29
Update for General Industry Outreach Trainers OSHA 503	29



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
OSHA 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@clpcd.org • (866) 936-OSHA (6742)

OSHA Training Institute Education Center

Chabot-Las Positas Community College District
Office of Economic Development and Contract Education
5860 Owens Drive, 3rd Floor
Pleasanton CA 94588

Offering a variety of course delivery options!

- In-person, at our convenient training locations
- Virtual Instructor-Led Instruction (Live Online)
- Online Awareness Training
- On-site, at Your Facility!

