



# WORKPLACE SAFETY

## TRAINING CATALOG



# 2020



SCAN HERE TO REGISTER

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Our Workplace Safety & Health Department offers a variety of courses and curriculum to provide training programs at our Northern and Southern California campuses.







# PROVIDING SOLUTIONS FOR YOUR WORKPLACE SAFETY & HEALTH

Creating a culture of awareness and responsibility for workplace safety to promote compliance and to protect your employees.

Organizations in the public and private sectors have similar concerns about finding the time and resources to manage an effective workplace safety program. The payback for investing in training will reduce losses, improve morale, increase productivity, boost financial performance and create a positive image for your organization.

We strive to bring you the most current updates within the safety industry and the most skilled, engaging instructors to keep your organization compliant and safe. Safety Center is a nonprofit organization that specializes in custom-fit,

hands-on training that takes the guesswork out of regulatory compliance and empowers employees to perform their jobs competently and safely. We receive many positive testimonials from customers who claim Safety Center's Workplace Safety & Health training has helped them to dramatically reduce injuries on and off the job.

All of our courses can be delivered at your site or facility targeting specific audiences, from top management to line employees. Our experienced technical staff will work with you to customize a training program that best fits your organization.

## WE ARE STRONG BELIEVERS OF

## PROVIDING INTERACTIVE HANDS-ON TRAINING TECHNIQUES



# WHO WE ARE

Safety Center is a 501(c)(3) nonprofit organization founded in 1934 whose mission is to reduce injuries and save lives by empowering our community to make positive life changing decisions. In addition to our Workplace Safety & Health programs we offer a variety of community programs, ranging from youth to seniors.

For more information visit [www.safetycenter.org](http://www.safetycenter.org).

## ► WHY WE DO IT

***No one should be injured or die as a result of an unsafe act!***

Safety Center is dedicated to empowering our entire community to make positive life-changing decisions. We believe that the message of safety needs to be given at all stages of life. At Safety Center, we start laying the foundation of safety by engaging children with age appropriate safety lessons in our miniature city – Safetyville USA. Our teen programs help reinforce safe decision making skills for the most vulnerable and peer influenced age group. Teens are often just learning to drive and experiencing the temptation of drugs and alcohol. Safety Center programs offer experiential safety education through the use of driving simulators and participatory learning through our teen defensive driving and alcohol and drug education programs. Seniors, too, have unique safety needs. Our Mature Driver program helps aging drivers learn how to compensate for reduced mobility and reflexes – keeping them safe on the road.





# OUR PROGRAMS

## ► CHILDREN'S SAFETY & HEALTH

Instilling safety values in children through Safetyville USA and its unique interactive safety and health education programs.

## ► TEEN SAFETY & HEALTH

Reinforcing safe decision making in teens with experiential safety education through the use of driving simulators, defensive and responsible driving education, and alcohol and drug education programs.

## ► MOTORCYCLE SAFETY

Building safe riding skills and strategies through the California Motorcyclist Safety Program (CMSP) basic and advanced rider courses.

## ► WORKPLACE SAFETY & HEALTH

Creating a culture of awareness and responsibility for workplace safety to promote compliance and to protect your employees.

## ► ALCOHOL & DRUG

Empowering positive behavior change in alcohol and drug program clients through court referred driving under the influence (DUI) and drug diversion programs.

## ► SENIOR SAFE DRIVING

Providing tools for adapting to the effects of aging through a DMV approved Mature Driver Course for developing defensive driving skills.

# ON-SITE CUSTOM TRAINING

## Custom Fit Training

As no two businesses are the same, Safety Center specializes in customized training to address your industry and site-specific needs, policies and procedures. Our courses are regularly updated to include the latest safety regulatory and legislative changes.

While many safety training companies today only offer online services, Safety Center strongly believes in providing hands-on and other interactive training techniques which play a critical role in helping your employees demonstrate safe work behaviors in all work environments and, importantly, empowers them to perform their jobs competently and safely.

Below is a partial list of topics that can be taught at your site.

### Mobile Equipment:

Aerial Lift  
Boom Lift  
Scissor Lift  
Bucket Truck  
Forklift  
Stock Picker  
Rough Terrain Forklift  
Narrow Aisle Reach Truck  
Motorized Pallet Jack  
Counterbalanced Forklift  
Loaders  
Skid Steer  
Backhoe  
Front-end  
Excavator  
Mobile Crane  
Boom Truck

### Regulatory Courses:

Accident Investigation for Supervisors  
Arc Flash NFPA 70E Training  
Asbestos & Lead Awareness  
Basic & Advanced Rigging  
Bloodborne Pathogens

Confined Space Training  
Ergonomics & Back Injury Prevention  
Excavation & Trenching  
Fall Protection  
Fire Extinguisher Training  
First Aid/CPR/AED (ECSI, Medic, AHA)  
Hazard Communication Awareness  
HAZWOPER  
Heat Illness  
Hearing Conservation  
High Voltage-Qualified Person Electrical Safety Training  
Injury & Illness Prevention Program  
Lockout/Blockout/Tagout  
Low Voltage-Qualified Person Electrical Safety Training  
Personal Protective Equipment  
Respiratory Protection & Fit Testing  
Signal Person Training  
Traffic Control & Flagging

### Other:

Asbestos O&M Training  
DOT Reasonable Suspicion Training  
Active Shooter Response  
Alcohol & Drug Awareness  
Cal/OSHA 8, 10 & 30  
Defensive Driving  
Fed OSHA 10 & 30  
Ladder Safety  
Rigging & Signal Person  
Slips, Trips & Falls  
Wilderness First Aid  
Workplace Violence Prevention

### OTHER SERVICES INCLUDE:

Fall Protection Equipment Inspection  
Safety Management Specialist Certificate  
Safety Audits/Site Inspections  
Safety Program Reviews and Audits  
Customized, Site Specific Safety Programs  
Help in Defending an OSHA Violation  
Respiratory Protection Program  
Administration

## SAFETY CONSULTING

To schedule an on-site training course or to discuss your consulting needs contact:

Northern California: 916.438.3354

Southern California: 909.625.9650

Simplify your workplace safety and health challenges with our value added safety consultation services. We truly believe that developing a safety and health program for a company is more than just complying with Cal/OSHA's safety training requirements. Your business deserves the personal insight, guidance and support that you can get in achieving a successful safety program.

Safety Center is proud to collaborate with top professional safety consultants. Our consulting team includes Certified Safety Professionals (CSPs), Certified Safety Management Specialists (CSMS), Industrial Hygienists, and real-world safety professionals that have 25-45 years' experience in the field of safety and health.

Safety Center's Workplace Safety & Health Consulting Services can support your business by utilizing our professional experience to provide expertise on a wide range of services:

Safety Audits/Site Inspections  
Safety Program Reviews  
Customized, Site-Specific Safety Manuals  
Problem-Solving Session Facilitation  
Safety Program Implementation and Maintenance

Workplace Violence Procedures  
Security Risk Management  
Behavioral Threat Assessment/Management  
Fall Protection Equipment Inspection  
Help in Defending a Cal/OSHA Violation

Respiratory Protection Program Administration  
Job Hazard Analysis  
...and more!

# REGISTER FOR ONE OF OUR OPEN ENROLLMENT COURSES

Our Workplace Safety Department offers a variety of courses and curriculum at our Northern and Southern California campuses.



## **PROFESSIONAL SAFETY INSTITUTE 8-12**

The Safety Management Specialist Program and the Construction Safety & Health Certificate Program will help you learn new success paradigms, problem-solving tools, and gain new knowledge to help reduce losses by implementing a well managed safety program.



## **REGULATORY & GENERAL SAFETY 13-17**

Our Workplace Safety & Health Department has developed regulatory compliance and other general safety curricula to offer a variety of training programs at our Northern and Southern California campuses.



## **MOBILE EQUIPMENT 18-21**

Safety Center offers Mobile Equipment Safety Operator courses, as well as a variety of IVES Mobile Equipment Trainer Certification programs. All programs meet applicable industry standards and government regulations.



## **OSHA & CAL/OSHA 22-33**

Safety Center offers OSHA compliance training as a host site for OSHA Training Institute Education Centers. We offer many courses to deliver occupational safety and health training to public and private sector workers, supervisors, and employers.

# SAFETY MANAGEMENT

## SAFETY MANAGEMENT SPECIALIST PROGRAM

An effective safety management program is a key component to any successful business and should be woven into the fabric of every organization. To help align business objectives and safety management, Safety Center developed the Safety Management Specialist Program.

The program is presented in a series of three certificate programs, each consisting of three one-day courses. All courses may be taken individually or as part of the Safety Management Specialist certificate program. After completing the nine one-day certificate courses, individuals are eligible to take the Certified Safety Management Specialist exam to earn the CSMS designation.

### SAFETY MANAGEMENT SPECIALIST PROGRAM

Learning how to establish a successful safety program is the essence of this program. You will learn insights that will revolutionize your approach to workplace safety, new problem-solving tools, and the knowledge to help reduce losses by implementing a well managed safety program. The courses are designed to fit each organization's style of management and culture and may be taken individually or as part of the certificate program. Students are strongly encouraged to take *Establishing a Successful Safety Program* or *Selling Safety* before taking any other course. Purchase the complete program and receive a discounted advance purchase price (savings of \$180).

**COMPLETE PROGRAM PACKAGE**  
\$2,919 / \$2,604 Member

**CORE SAFETY PROGRAM:**  
See Page 9

**TECHNICAL SAFETY PROGRAM:**  
See Page 10

**MANAGEMENT SAFETY PROGRAM:**  
See Page 11



The Certified Safety Management Specialist (CSMS) designation is achieved by those who have completed all nine one-day certificate courses within the Safety Management Specialist Program (Pages 10-12) and successfully passed the CSMS exam.

The exam is a means for individuals responsible for the safety and health of their organization to receive recognition and to validate knowledge, skills, and abilities in the management of successful safety programs.

### CERTIFIED SAFETY MANAGEMENT SPECIALIST EXAM

The CSMS exam is voluntary and can only be taken by those who have completed the nine one-day Safety Management Specialist certificate courses.

Note: Exam price includes study guide.

\*Re-exam fee for students who have not passed with a score of 90% or higher: \$149

**COURSE FEES:**  
\$649 Member / Non-member

**COURSE TIME:** 9:00 AM - 12:00 PM

**NORTHERN CALIFORNIA DATES:**  
By Appt.

**SOUTHERN CALIFORNIA DATES:**  
Nov 6, Dec 4



# SAFETY MANAGEMENT

## CORE SAFETY PROGRAM

In this program you will learn how to implement a successful safety program incorporating an effective IIPP with techniques on how to sell safety to everyone within your organization

Students completing all three courses in the Core Safety Program will receive a completion certificate.

### ESTABLISHING A SUCCESSFUL SAFETY PROGRAM

This course is the foundation of the Safety Management Specialist Program. Participants learn techniques for implementing successful workplace safety and health programs. You will be able to identify the information you will need to establish a safety program. Classes are interactive and you will have the opportunity to network with a wide variety of people. Course curriculum includes: getting a safety program off the ground; what needs to be initially identified; keeping it alive and energetic; how to use Title 8; complying with regulations; and obtaining buy-in from managers, supervisors and employees.

**COURSE FEES:**  
\$285 / \$250 Member

**COURSE TIME:** 8:00 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
Jan 14, Jul 14

**SOUTHERN CALIFORNIA DATES:**  
Aug 18

### IMPLEMENTING AN EFFECTIVE IIPP

This course was designed to assist you in achieving an effective Injury and Illness Prevention Program (IIPP) by addressing the eight core elements of the IIPP: Responsibility, Compliance, Communication, Hazard Recognition, Hazard Correction, Accident Investigation, Training, and Recordkeeping. An integral part of this program focuses on real-life scenarios and facilitated discussions on Hazard Recognition (Find) and Hazard Correction (Fix).

**COURSE FEES:**  
\$285 / \$250 Member

**COURSE TIME:** 8:00 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
Jan 15, Jul 15

**SOUTHERN CALIFORNIA DATES:**  
Aug 19

### SELLING SAFETY

This course is one of the most important classes within the Safety Management Specialist Program because participants learn techniques to improve their working relationships and become more effective in promoting the importance of workplace safety. Course curriculum includes: presenting ideas from the user's point of view; selling your ideas effectively to internal superiors, subordinates and peers; analyzing and responding to the needs and expectations of management and/or clients; steps to success in selling safety; steps to accelerate excellence in your organization; being positive in everyday interactions; and choosing the right attitude.

**COURSE FEES:**  
\$285 / \$250 Member

**COURSE TIME:** 8:00 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
Jan 16, Jul 16

**SOUTHERN CALIFORNIA DATES:**  
Aug 20

# SAFETY MANAGEMENT

## TECHNICAL SAFETY PROGRAM

In this program you will learn how to incorporate industrial hygiene expertise into your safety program, conduct safety inspections and investigate injuries and illnesses.

Students completing all three courses in the Technical Safety Program will receive a completion certificate.

### UNDERSTANDING INDUSTRIAL HYGIENE

This course has been designed to give the Safety Management Specialist an overview of the broad field of industrial hygiene. The subject matter can be quite technical, requiring in-depth study, detailed specialized measurements, and professional evaluations of complicated issues. The intent of this course is to simplify as much of this material as possible, permitting the participant to gather new knowledge and apply it to practical situations back on the job. Participants gain a practical understanding of the major stressors in the work environment and they learn how to use the information in developing an effective safety program.

**COURSE FEES:**  
\$285 / \$250 Member

**COURSE TIME:** 8:00 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
Feb 11, Aug 11

**SOUTHERN CALIFORNIA DATES:**  
Sept 22

### INSPECTING THE WORKPLACE

This course provides the essentials needed for participants to create an effective safety inspection program for their organizations and to have a greater understanding of what to look for during their inspections. Through exercises and group discussions, participants gain a greater understanding of the components of an effective safety inspection. Course curriculum includes: three major identification steps and clues to recognizing potential accidents; risk assessment and priority setting; frequently cited violations and standards; a format and a process for safety inspections; acceptable/unacceptable risk; and priorities for corrective action.

**COURSE FEES:**  
\$285 / \$250 Member

**COURSE TIME:** 8:00 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
Feb 12, Aug 12

**SOUTHERN CALIFORNIA DATES:**  
Sept 23

### INVESTIGATING ACCIDENTS

This course will provide participants with techniques to conduct accident and incident investigations, using practical methods to gather and analyze needed information. Participants will also be provided with the ability to determine causes and solutions objectively, and take corrective action to prevent recurrence. Course curriculum includes: examining the details; conducting a successful investigation using six basic questions; the condition and the environment; analyzing the data to discover the root cause; and solutions and priorities for corrective actions.

**COURSE FEES:**  
\$285 / \$250 Member

**COURSE TIME:** 8:00 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
Feb 13, Aug 13

**SOUTHERN CALIFORNIA DATES:**  
Sept 24

# SAFETY MANAGEMENT

## MANAGEMENT SAFETY PROGRAM

In this program you will learn how to comply with Cal/OSHA requirements for occupational injury and illness recordkeeping, to make safety performance matter at all levels in your organization, and acquire skills to solve safety problems.

Students completing all three courses in the Management Safety Program will receive a completion certificate.

### MANAGING OSHA RECORDKEEPING

Recordkeeping requirements are some of the most complicated issues within the arena of OSHA compliance. In this course, participants learn what they need to do and how they need to do it. Course curriculum includes: understanding differences between OSHA recordkeeping and workers' compensation documentation; learning how to maintain OSHA injury and illness records; and maintaining documentation for Injury and Illness Prevention Program (IIPP) requirements. This class takes the guesswork out of recordkeeping procedures and compliance with OSHA requirements.

**COURSE FEES:**  
\$305 / \$270 Member

**COURSE TIME:** 8:00 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
Mar 10, Sept 15

**SOUTHERN CALIFORNIA DATES:**  
Oct 27

### MAKING SAFETY PERFORMANCE MATTER

This course will provide participants with an understanding of what is involved in getting employees to perform their work in a safe manner. Participants learn principles to incorporate in their daily professional lives to improve safety performance and will review structural components of successful safety programs. Course curriculum includes: new principles of safety management; management and employee roles and responsibilities; the difference between line and staff management; helping others achieve success at work; and influencing managers and supervisors to enhance employee safety.

**COURSE FEES:**  
\$285 / \$250 Member

**COURSE TIME:** 8:00 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
Mar 11, Sept 16

**SOUTHERN CALIFORNIA DATES:**  
Oct 28

### SOLVING SAFETY PROBLEMS

This course will provide participants with a variety of techniques and activities they can use to solve real-life safety problems in their respective work situations. Course curriculum includes: successful problem-solving tools for solving safety problems in the workplace; organizational inventory-assessing critical success factors for safety; how to analyze and solve your safety problems (a system); using a safety committee and task force problem-solving template; job safety analysis (JSA); and quantitative and qualitative techniques for evaluating safety programs.

**COURSE FEES:**  
\$285 / \$250 Member

**COURSE TIME:** 8:00 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
Mar 12, Sept 17

**SOUTHERN CALIFORNIA DATES:**  
Oct 29



# SAFETY MANAGEMENT

## CONSTRUCTION SAFETY & HEALTH CERTIFICATE

New! Safety Center Incorporated introduces the Construction Safety & Health Certificate Program for workers in the construction industry this year. The purpose of this program is to give construction lead workers, foremen, supervisors and safety staff recognition for learning the essential areas of safety and health needed to help keep construction worksites injury free.

Through consultation with Cal/OSHA, this program was designed to include courses that work in all fields of construction. The program includes five core program courses and one elective course to help you tailor the program to your specific needs and role in construction safety. Only one elective will count toward certification. The program must be completed within 2 years and recertification is required every 3 years.

All classes must be taken through or approved by Safety Center to be eligible.

### CORE PROGRAM COURSES

- CAL/OSHA 10 FOR CONSTRUCTION ..... pg. 22
- CONFINED SPACE ENTRY AWARENESS ..... pg. 15
- EXCAVATION, COMPETENT PERSON ..... pg. 16
- FALL PROTECTION, COMPETENT PERSON, USER LEVEL - DAY 1 ..... pg. 16
- IMPLEMENTING AN EFFECTIVE IIPP..... pg. 9

### CHOOSE ONE ELECTIVE COURSE FROM THE FOLLOWING

- FALL PROTECTION & INSPECTION, COMPETENT PERSON - DAY 2 ..... pg. 17
- FIRST AID / CPR / AED ..... pg. 17
- SELLING SAFETY ..... pg. 9
- TRAFFIC CONTROL AND FLAGGING ..... pg. 17

# NEW COURSE FOR WORKER SAFETY

## WORKPLACE VIOLENCE AND ACTIVE SHOOTER TRAINING

Teach employees how to respond to situations that could lead to workplace violence. Preventing and identifying these threats is vital for the safety of themselves and peers. Also take the time to teach them company policy regarding these events. Active shooter training focuses on how to respond and teaches employees how to survive. Understand the Run, Hide, Fight concept and what conditions make each of the responses appropriate.

### Workplace Violence:

This portion will help employees make themselves aware of the potential for violence in the workplace and learn how to recognize early warning signs. Attendees will also learn how to prevent workplace violence threats and identify methods for de-escalation and how to respond once a situation becomes threatening.

### Active Shooter:

This section will cover a history of active shooting incidents and teach attendees the steps that will help them survive in the case of an active shooting incident. This includes understanding the intentions of an active shooter, understanding the actions to take if running, hiding, or fighting, and learning the response of law enforcement.

Together, this program is designed to provide a comprehensive overview on how to stay safe in high-stress and dangerous situations.

### WORKPLACE VIOLENCE & ACTIVE SHOOTER TRAINING

Learn how to respond to situations that could lead to workplace violence as well as how to identify and prevent these threats. Also learn how to respond and train employees on how to survive during the event of an active shooter.

**COURSE FEES:**  
\$125 / \$110 Member

**COURSE TIME:** 8:00AM - 12:00 PM

**NORTHERN CALIFORNIA DATES:**  
May 26

# REGULATORY COMPLIANCE INSTRUCTOR COURSES

## FIRST AID/CPR/AED INSTRUCTOR COURSE

This Instructor program equips students to be able to teach employees and volunteers proficiently. Students may also create a public training center and offer services to the community with the information gained in this class. Upon successful completion of the course, participants will be prepared to teach others the skills needed to save lives!

**COURSE FEES:**  
\$595 / \$535 Member

**COURSE TIME:** 8:00 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
Apr 21-23, Dec 8-10

**SOUTHERN CALIFORNIA DATES:**  
Available Upon Request

## TRAFFIC CONTROL & FLAGGING INSTRUCTOR COURSE

This Instructor program will teach attendees how to effectively train in-house employees the principles of traffic control & flagging. The program covers and assists organizations in complying with CSO 1598, CSO 1599, and the 2014 California Manual on Uniform Traffic Control Devices (Revision 3)s.

**COURSE FEES:**  
\$590 / \$535 Member

**COURSE TIME:** 8:00 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
Apr 7-8

**SOUTHERN CALIFORNIA DATES:**  
Available Upon Request





# REGULATORY COMPLIANCE AND GENERAL SAFETY

## CONFINED SPACE ENTRY AWARENESS

This one-day course covers confined space identification, permit required confined spaces, the hazards associated with these spaces and the regulations covering confined spaces. The program also examines equipment requirements and personnel requirements for developing compliant and safe confined space entry operations, as well as gas monitors and system ventilation. This is a basic awareness level course. *Participants **will not** be qualified to enter permit required confined spaces, perform rescues or act as an attendant.*

**COURSE FEES:**  
\$195 / \$165 Member

**COURSE TIME:** 8:00 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
Mar 24, Aug 11

## CONFINED SPACE ENTRY, THREE-DAY

This three-day course includes Confined Space Entry Awareness as Day 1. In addition, this course covers two days of intensive hands-on practicals of simulated entry and non-entry rescues. This includes using all equipment required for entry and non-entry rescues. At the end of this course, participants will be qualified to act as an attendant, entrant and entry supervisor. Participants will also fulfill all three positional requirements. Safety Center's Confined Space facilities were built specifically to meet all industry needs, including utility vault entry, manhole entry, vat entry and grain industry storage entry.

**COURSE FEES:**  
\$695 / \$650 Member

**COURSE TIME:** 8:00 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
Mar 24-26, Aug 11-13

## CONFINED SPACE RESCUE, 40 HR

This five-day program includes classroom instruction and field exercises to qualify participants for confined space entry and rescue operations. This course is focused heavily on field entry rescue scenarios in permit-required confined spaces. The student will be instructed on ventilation, air monitoring, self-contained breathing apparatus, supplied air respirators, pulleys, knots, hitches, harnesses and all equipment required for entry, non-entry rescue, and entry rescue. At the end of this course, participants will be qualified to act as an attendant, entrant, entry supervisor, and perform rescues. Participants will also fulfill all three positional requirements.

**COURSE FEES:**  
\$850 / \$790 Member

**COURSE TIME:** 8:00 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
Apr 20-24, Sept 21-25

## DEFENSIVE DRIVING COURSE (DDC-4)

This four-hour course covers the National Safety Council's Defensive Driving curriculum. It is not a course on how to drive, but how to drive defensively. The course instructs students on adjusting to driving circumstances and anticipating other drivers' actions. Students learn techniques such as covering brakes, correct following distances, delayed acceleration, safe passing, proper scanning techniques, and many more.

**COURSE FEES:**  
\$100 / \$90 Member

**COURSE TIME:** 8:00 AM - 12:00 PM

**NORTHERN CALIFORNIA DATES:**  
Apr 14, Aug 10

# REGULATORY COMPLIANCE AND GENERAL SAFETY

## EXCAVATION, COMPETENT PERSON

This one-day course covers Cal/OSHA statistics, excavation standards, use of protective systems, soil analysis, timber and aluminum hydraulic shoring, tabulated data engineering, and competent person requirements. Students are to bring all company required Personal Protective Equipment (PPE)-hardhat, gloves, steel-toed shoes, etc., to class.

**COURSE FEES:**  
\$195 / \$165 Member

**COURSE TIME:** 8:00 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
Feb 20, Apr 9, Jun 3, Aug 5, Oct 13

**SOUTHERN CALIFORNIA DATES:**  
Feb 19, Oct 1

## FALL PROTECTION, COMPETENT PERSON, USER LEVEL - DAY 1

Hands-on fall protection training that covers federal and state personal fall protection system requirements. Explore passive, active, and alternative fall protection systems and learn about the fundamentals of inspections prior to use, proper care, and use of equipment.

**All participants must bring lanyard and harness.**

This course **does not** qualify attendee to inspect equipment.

**COURSE FEES:**  
\$195 / \$165 Member

**COURSE TIME:** 8:00 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
Jan 21, Mar 3, May 5, Jul 28,  
Sept 29, Nov 3

**SOUTHERN CALIFORNIA DATES:**  
Mar 3, Sept 29

*"We recently had Competent Person Excavation Training at our facility. The training was conducted by Ron Lee of Safety Center, Inc. Ron did an outstanding job on both presenting the material and engaging our employees. I heard so many positives from the attendees! Ron has a terrific attitude and seemed to really connect with the class. We would absolutely use Ron again as an instructor!"*

- Brian Garabedian, Valero Wilmington Refinery



# REGULATORY COMPLIANCE AND GENERAL SAFETY

## FALL PROTECTION & INSPECTION, COMPETENT PERSON - DAY 2

An extensive, educational experience of fall hazards for workers in construction and general industry. The class includes a discussion and practical application for determining job hazard analyses, proper selection of the correct fall protection systems, and how to design and implement your fall protection plans. The competent person will also engage in hands-on exercises in conducting inspection of personal fall arrest system per ANSI Z359 protocol and for Cal/OSHA required bi-annual inspections.

**Prerequisite:** *Fall Protection, Competent Person, User Level completed after 1/01/15*

**COURSE FEES:**  
\$195 / \$165 Member

**COURSE TIME:** 8:00 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
Jan 22, Mar 4, May 6, Jul 29,  
Sept 30, Nov 4

**SOUTHERN CALIFORNIA DATES:**  
Mar 4, Sept 30

## FIRST AID / CPR / AED

This eight-hour course will teach participants how to recognize a life-threatening emergency and how to provide basic life support, as well as how to recognize the signs and symptoms of injuries and sudden illness, including airway obstruction, shock, burns, strains, strokes and seizures. Upon successful completion of this course, participants will receive nationally recognized First Aid, CPR, and AED course completion cards.

**COURSE FEES:**  
\$105 / \$95 Member

**COURSE TIME:** 8:00 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
Feb 18, May 4, Aug 27, Nov 10

**SOUTHERN CALIFORNIA DATES:**  
Feb 20, Jul 16

## TRAFFIC CONTROL & FLAGGING

This one-day Traffic Control & Flagging program incorporates the California Manual on Uniform Traffic Control Devices (CA MUTCD) 2014 and covers warning sign placement, proper fundamentals of flagging, moving traffic, and signaling directions used by flaggers. Upon completion of this course, trainees will receive a card stating that they have satisfactorily completed training on the CA MUTCD and meet the requirements of CSO 1599.

**COURSE FEES:**  
\$195 / \$165 Member

**COURSE TIME:** 8:00 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
Feb 19, Apr 7, Jun 2, Aug 4, Oct 22,  
Dec 1

**SOUTHERN CALIFORNIA DATES:**  
Feb 6, Oct 14

*"It was a pleasure to meet you and to enjoy your teaching style. I thought the class was very successful. I appreciated your pragmatic approach to applying regulatory guidelines and principles to real life scenarios. The dialog and participation during both classes showed me that our technicians were grasping the material and will be able to apply what they learned. Good stuff!"*

- Carol Galvin, Stanford University



# MOBILE EQUIPMENT



## ON-SITE EQUIPMENT CERTIFICATION

Did you know we will come to your location to certify operators on mobile equipment?

According to OSHA, almost 100,000 employees are injured in just forklift incidents annually. Of those injuries, up to 70% would have been prevented by proper training.

See Mobile Equipment section on page 6 for a list of certifications Safety Center offers on-site.

When was the last time you trained your employees? Let us help you stay in compliance and work safely.

**Call us at 800.825.7262 or e-mail [WorkplaceSafety@SafetyCenter.org](mailto:WorkplaceSafety@SafetyCenter.org) to request a quote.**

## SAFETY CENTER'S EQUIPMENT OPERATOR TRAINING

<b>FORKLIFT OPERATOR SAFETY TRAINING</b>	<b>COURSE FEES:</b> \$155
This one-day forklift training course is specific to the counterbalance forklift (ITA* Classes 1, 4, and 5) and will teach participants how to safely and properly operate a forklift. Based on the IVES theory training, this course is designed to provide participants with forklift knowledge and skills through classroom instruction and hands-on exercises. A Certificate of Completion will be provided to all participants who successfully demonstrate the minimum classroom knowledge, skill, and operation needed to operate a forklift.*	<b>COURSE TIME:</b> 8:00 AM - 5:00 PM  <b>NORTHERN CALIFORNIA DATES:</b> Feb 20, Apr 6, Jun 1, Aug 3, Oct 5, Dec 7
<b>LOADER BACKHOE SAFETY TRAINING</b>	<b>COURSE FEES:</b> \$200
The backhoe training course is intended to ensure every operator is able to safely operate their backhoe. We review regulations, safe practices, and general information of the backhoe and provide a hands-on evaluation of each attendee.	<b>COURSE TIME:</b> 8:00 AM - 5:00 PM  <b>NORTHERN CALIFORNIA DATES:</b> Available Upon Request

\*In order to be in compliance with Cal/OSHA 3668(b)(3), a student successfully completing any forklift operator training must follow through with additional requirements including being evaluated at their workplace on a site-specific and equipment-specific forklift before receiving Cal/OSHA approved forklift operator certification

# MOBILE EQUIPMENT



Safety Center partners with IVES Training Group to offer Train-the-Trainer certification programs at both our Northern and Southern California campuses. The trainer certification programs give instructors the knowledge, skills and tools to provide forklift operator training in-house. The IVES program ensures that your company's mobile equipment operator training programs meet all applicable industry standards and government regulations in certifying operators of forklifts, aerial lifts, loaders and excavators. Operator credentials are **not** issued in the IVES Train-the-Trainer programs.

## FORKLIFT TRAINER, COUNTERBALANCED (TWO-DAY EXPRESS)

**COURSE FEES:**  
\$1,095 / \$1,045 Member

This Train-the-Trainer program is specific to the counterbalanced forklift Industrial Truck Association Classes 1, 4 and 5 and will teach the trainee how to effectively train operators of this equipment and deliver an effective, fully compliant counterbalanced forklift operator certification program. Each trainee's knowledge and demonstrated skills in all aspects of the program are evaluated and graded. This program, its content and structure, meet or exceed all existing OSHA, ANSI/ITSDF and ISO 9000 regulations and standards. *(See website for course requirements.)*

**COURSE TIME:** 7:30 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
Feb 10-11, Mar 10-11, Apr 15-16,  
Jun 17-18, Aug 5-6, Oct 14-15,  
Nov 16-17, Dec 16-17

**SOUTHERN CALIFORNIA DATES:**  
May 11-12,

## PREMIUM FORKLIFT TRAINER CERTIFICATION (FOUR-DAY)

**COURSE FEES:**  
\$1,375 / \$1,325 Member

This four-day program encompasses counterbalanced forklift, narrow aisle forklift and powered pallet truck in a Train-the-Trainer course. Trainees receive in-depth instruction on powered industrial forklift trucks, as well as extensive instruction on how to effectively train forklift operators. Each trainee's knowledge and demonstrated skills in all aspects of the program are evaluated and graded prior to certification. Successful attendees will receive a certificate of completion and trainer wallet card. The course is 50% classroom theory and 50% practical hands-on training. *(See website for course requirements.)*

**COURSE TIME:** 8:00 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
Jan 13-16, Mar 23-26, May 11-14,  
Jul 13-16, Sept 21-24, Nov 2-5

**SOUTHERN CALIFORNIA DATES:**  
Mar 9-12, Aug 10-13

## PREMIUM COMBO TRAINER CERTIFICATION (FIVE-DAY)

**COURSE FEES:**  
\$2,145 / \$2,095 Member

This five-day Train-the-Trainer program is a comprehensive, cost effective method of ensuring that your operators receive training and evaluation that meet or exceed all applicable government regulations and referenced industry standards. Attendees will receive instruction on how to effectively train and evaluate operators of forklifts and aerial lifts. This program certifies instructors to train counterbalanced forklift, rough terrain telehandler forklift, boomlift and scissor lift operators. Successful attendees will receive a certificate of completion and trainer wallet card. *(See website for course requirements.)*

**COURSE TIME:** 8:00 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
Jan 27-31, Mar 30- Apr 3, Jun 8-12,  
Sept 14-18, Dec 7-11

**SOUTHERN CALIFORNIA DATES:**  
Feb 3-7, Jul 13-17, Nov 16-20

# MOBILE EQUIPMENT

## MOBILE ELEVATING WORK PLATFORM (MEWP) TRAINER CERTIFICATION

This three-day program will certify instructors who wish to qualify operators on boomlifts and scissor lifts. Trainees will receive in-depth instruction on Mobile Elevating Work Platform equipment, as well as extensive instruction on how to effectively train operators. This program is a comprehensive, cost effective method of ensuring that your operators receive training and evaluation that meet or exceed all applicable government regulations and referenced industry standards. Successful attendees will receive a certificate of completion and trainer wallet card. *(See website for course requirements.)*

**COURSE FEES:**  
\$1,375 / \$1,325 Member

**COURSE TIME:** 7:30 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
Feb 12-14, May 5-7, Jul 22-24,  
Oct 6-8, Dec 2-4

**SOUTHERN CALIFORNIA DATES:**  
May 15-17

## MOBILE ELEVATING WORK PLATFORM (MEWP) TRAINER UPGRADE

This one-day program is exclusively for IVES Certified Trainers who wish to upgrade their trainer credentials and gain the knowledge and skills required to qualify operators on boomlifts and scissor lifts. This program isn't make or model specific and covers concepts common to all types of Mobile Elevating Work Platforms. Trainees will gain technical knowledge of this equipment through classroom study and hands-on exercises with the equipment. Successful attendees will receive a certificate of completion and trainer wallet card. *(See website for course requirements.)*

**COURSE FEES:**  
\$875 / \$825 Member

**COURSE TIME:** 8:00 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
Mar 27, Nov 18

## EXCAVATOR TRAINER UPGRADE

This one-day program is exclusively for IVES Certified Trainers who wish to acquire the technical knowledge needed to train operators on mini/compact excavators. This program addresses light to medium duty units in the 2,500 – 50,000 lb GVW range. This program isn't make or model specific; our training covers concepts common to all types of excavators. All program attendees will gain technical knowledge of this equipment through classroom study and hands-on exercises. Successful attendees will receive a certificate of completion and trainer wallet card. *(See website for course requirements.)*

**COURSE FEES:**  
\$545 / \$495 Member

**COURSE TIME:** 8:00 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
Mar 9, May 1, Jul 10

## ROUGH TERRAIN FORKLIFT TRAINER UPGRADE

This one-day course is exclusively for IVES Certified Trainers of forklift operators who wish to acquire the technical knowledge needed to train operators of rough terrain variable reach forklifts (Industrial Truck Association Class 7). This program isn't make or model specific and covers concepts common to all types of forklifts. All program attendees will gain technical knowledge of this equipment through classroom study and hands-on exercises. Successful attendees will receive a certificate of completion and trainer wallet card. *(See website for course requirements.)*

**COURSE FEES:**  
\$545 / \$495 Member

**COURSE TIME:** 8:00 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
Mar 12, May 15, Oct 16



# MOBILE EQUIPMENT

## LOADER GROUP TRAINER CERTIFICATION (5-DAY)

This five-day course addresses front-end, backhoe and skid steer loaders in a comprehensive program. Trainees receive in-depth instruction on each type of loader, as well as extensive instruction on how to effectively train operators. This program isn't make or model specific and covers concepts common to all types of loaders. Each trainee's knowledge and demonstrated skills in all aspects of the program are evaluated and graded prior to certification. Successful attendees will receive a certificate of completion and trainer wallet card. *(See website for course requirements.)*

**COURSE FEES:**  
\$1,650 / \$1,600 Member

**COURSE TIME:** 8:00 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
Mar 2-6, Jun 1-5, Sept 28 - Oct 2

**SOUTHERN CALIFORNIA DATES:**  
Apr 20-24, Oct 5-9

## SKID STEER LOADER TRAINER (TWO-DAY EXPRESS)

This two-day program exclusively addresses skid steer loaders. Trainees receive in-depth instruction on the design and safe use of loaders, as well as instruction on how to effectively train and evaluate operators. This trainer program ensures that your operators receive training and evaluation that meet or exceed all applicable government regulations and referenced industry standards. This instructor course isn't make or model specific and covers concepts common to all types of loaders. Successful attendees will receive a certificate of completion and trainer wallet card. *(See website for course requirements.)*

**COURSE FEES:**  
\$1,095 / \$1,045 Member

**COURSE TIME:** 7:30 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
Apr 29-30, Jul 8-9

## IVES TRAINER RECERTIFICATION

This one-day refresher program is for trainers of all types of equipment operators including: forklift, aerial lift, loader, excavator and mobile crane. This recertification program addresses a wide scope of issues that trainers encounter during their specific training programs. Topics range from disruptive trainees, communication barriers and faulty equipment to regulatory compliance issues, training aids and evaluation procedures. Discussions are conducted in an interactive style with the program facilitator directing the discussion toward practical solutions. *(See website for course requirements.)*

**COURSE FEES:**  
\$295 / \$275 Member

**COURSE TIME:** 8:00 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
Jan 17, Mar 13, Apr 17, May 8, Jun 19,  
Jul 17, Aug 7, Sept 25, Oct 9, Nov 6,  
Dec 18

**SOUTHERN CALIFORNIA DATES:**  
Mar 13, Aug 14



# SAFETY CENTER'S CAL/OSHA TRAINING



SAFETY CENTER  
INCORPORATED®

## CAL/OSHA 8 FOR RESIDENTIAL CONSTRUCTION

This 1-day training program was developed by Safety Center in collaboration with Cal/OSHA to educate supervisors and foremen in the real-life application of the Injury and Illness Prevention Program (IIPP) pertaining to the residential construction industry. An integral part of this program is discussing jobsite Hazard Recognition (Find) and Hazard Correction (Fix).

**COURSE FEES:**  
\$195/ \$165 Member

**COURSE TIME:** 8:00 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
May 28

## CAL/OSHA 10 FOR GENERAL INDUSTRY

This two-day course covers safety and health hazard recognition and prevention for workers, forepersons, job supervisors and anyone who "wears the hat of safety" at their company. Training emphasizes hazard identification, avoidance, control and prevention. Attendees will receive a Cal/OSHA issued ten-hour certification card upon completion.

**COURSE FEES:**  
\$225 / \$200 Member

**COURSE TIME:** 8:00 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
Jun 10

**SOUTHERN CALIFORNIA DATES:**  
Jun 2-3

## CAL/OSHA 30 FOR CONSTRUCTION

The OSHA 30-hour Construction Industry Outreach Training course is a comprehensive safety program designed for anyone involved in the construction industry. Specifically devised for safety directors, forepersons, and field supervisors, the program provides complete information on OSHA compliance issues. Topics addressed include: Introduction to OSHA, Inspections, Citations & Penalties, OSHA Focus Four Hazards, Personal Protective Equipment, Health Hazards in Construction, Stairways, Ladders and more!

**COURSE FEES:**  
\$550

**COURSE TIME:** 8:00 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
Feb 25-28, Oct 27-30

**SOUTHERN CALIFORNIA DATES:**  
Jun 22-26

## CAL/OSHA 30 FOR GENERAL INDUSTRY

This course emphasizes Title 8 General Industry Standards and Compliance. The Cal/OSHA 30-hour General Industry Outreach Training was specifically devised for safety directors, forepersons, and field supervisors; the program provides complete information on OSHA compliance issues. Topics include: Injury and Illness Prevention Program (IIPP), multi-employer and dual employer, machinery and machine guarding, hazardous materials, confined space, industrial hygiene, lockout/tagout, ergonomics, electrical safety, heat illness prevention and many other safety topics. Upon successful completion of the course, participants will receive an Cal/OSHA 30-hour General Industry Outreach card.

**COURSE FEES:**  
\$650

**COURSE TIME:** 8:00 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
Jun 22-26, Dec 14-18

# OSHA TRAINER COURSES NORTHERN CALIFORNIA



Safety Center is a host site for the OSHA Training Institute Education Center at Chabot-Las Positas Community College District for the following courses (pages 21-24) at our Northern California campus in Sacramento. All courses are taught by OSHA Training Center instructors.

<b>OTC 403</b>	<b>PERMIT REQUIRED CONFINED SPACE ENTRY TRAINER</b>	<b>COURSE FEES:</b> \$495  <b>COURSE TIME:</b> 8:00 AM - 5:00 PM  <b>NORTHERN CALIFORNIA DATES:</b> Apr 16-17, Aug 24-25
<p>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.</p> <p>This Trainer Course in Permit-Required Confined Spaces is recommended for inspectors, auditors, safety and health professionals and those personnel responsible for writing, auditing or training employees with an active role in permit space entry.</p>		
<b>OSHA 500</b>	<b>TRAINER COURSE FOR THE CONSTRUCTION INDUSTRY</b>	<b>COURSE FEES:</b> \$795  <b>COURSE TIME:</b> 8:00 AM - 5:00 PM  <b>SOUTHERN CALIFORNIA DATES:</b> May 26-29
<p>This four-day course is designed for those who are interested in teaching the 10-hour and 30-hour Construction Safety and Health Outreach classes. 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, using OSHA standards as a guide. Participants learn effective instructional approaches and the successful use of visual aids and handouts. This course authorizes the student to become a trainer and issue cards to participants verifying course completion. <i>(See website for course requirements.)</i></p>		

*"Loved it, loved it, loved it. Extremely informative. Instructor was very indepth on material, answered questions thoroughly, and made sure all was well understood. "*

- Student from Hazwoper course

# OSHA TRAINER COURSES

## NORTHERN CALIFORNIA

<b>OSHA 501</b>	<b>TRAINER COURSE FOR GENERAL INDUSTRY</b>	<b>COURSE FEES:</b> \$795
<p>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.</p>		<b>COURSE TIME:</b> 8:00 AM - 5:00 PM  <b>NORTHERN CALIFORNIA DATES:</b> Aug 31- Sept 3
<b>OSHA 502</b>	<b>UPDATE FOR CONSTRUCTION INDUSTRY TRAINERS</b>	<b>COURSE FEES:</b> \$575
<p>A refresher course for those who have completed the OSHA-500 Construction Industry Outreach Trainer course and who are authorized construction trainers in the OSHA Outreach Training Program. It provides an update on such topics as OSHA construction standards, policies, and regulations. Students will demonstrate continued professional development in their field by applying effective adult learning principles and interactive training techniques to clearly identify, define, and explain construction industry hazards and acceptable corrective measures in accordance with 29 CFR 1926 OSHA construction standards and industry best practices as you continue to teach 10-hour and 30-hour OSHA Outreach courses.</p>		<b>COURSE TIME:</b> 8:00 AM - 5:00 PM  <b>NORTHERN CALIFORNIA DATES:</b> Feb 24-26
<b>OSHA 503</b>	<b>UPDATE FOR GENERAL INDUSTRY OUTREACH TRAINERS</b>	<b>COURSE FEES:</b> \$575
<p>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 in OSHA #503 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.</p>		<b>COURSE TIME:</b> 8:00 AM - 5:00 PM  <b>NORTHERN CALIFORNIA DATES:</b> Feb 18-20
<b>OSHA 5600</b>	<b>DISASTER SITE WORKER TRAINER</b>	<b>COURSE FEES:</b> \$795
<p>Prepares experienced trainers to present OSHA's 16-hour Disaster Site Worker Course. Trainers for this course will apply the elements of successful adult training programs, along with specific knowledge, skills, and attitudes to awareness training about safety and health standards at natural and man-made disaster sites. This course authorizes the student to conduct the 16-hour Disaster Site Worker Course and to issue cards to participants verifying course completion.</p>		<b>COURSE TIME:</b> 8:00 AM - 5:00 PM  <b>NORTHERN CALIFORNIA DATES:</b> Jun 22-25



# OSHA SAFETY STANDARDS

## NORTHERN CALIFORNIA

<b>OTC 202</b>	<b>HAZWOPER REFRESHER (8-HOUR)</b>	<b>COURSE FEES:</b> \$250
Eight-Hour HAZWOPER Training is designed for hazardous waste operations and emergency response workers who must satisfy their annual 8-hour refresher training course requirement.		<b>COURSE TIME:</b> 8:00 AM - 5:00 PM <b>NORTHERN CALIFORNIA DATES:</b> Sept 4
<b>OTC 204</b>	<b>HAZWOPER (40-HOUR)</b>	<b>COURSE FEES:</b> \$875
The 40-Hour HAZWOPER course is designed to promote awareness and 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.		<b>COURSE TIME:</b> 8:00 AM - 5:00 PM <b>NORTHERN CALIFORNIA DATES:</b> Jan 6-10, Oct 5-9
<b>OTC 306</b>	<b>ELECTRICAL SAFETY FOR QUALIFIED WORKERS (NFPA 70E)</b>	<b>COURSE FEES:</b> \$350
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.		<b>COURSE TIME:</b> 8:00 AM - 5:00 PM <b>NORTHERN CALIFORNIA DATES:</b> Jan 21, Jun 26, Oct 23
<b>OSHA 510</b>	<b>OSHA STANDARDS FOR THE CONSTRUCTION INDUSTRY</b>	<b>COURSE FEES:</b> \$775
This four-day course covers Federal OSHA policies, procedures and standards, as well as construction safety and health principles. Topics include scope and application of the Federal OSHA Construction Standards. Special emphasis is placed on those areas that are the most hazardous in the construction industry, using OSHA standards as a guide.		<b>COURSE TIME:</b> 8:00 AM - 5:00 PM <b>NORTHERN CALIFORNIA DATES:</b> Mar 17-20

# OSHA SAFETY STANDARDS

## NORTHERN CALIFORNIA

<b>OSHA 511</b>	<b>OSHA STANDARDS FOR GENERAL INDUSTRY</b>	<b>COURSE FEES:</b> \$775
<p>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.</p>		<p><b>COURSE TIME:</b> 8:00 AM - 5:00 PM</p> <p><b>NORTHERN CALIFORNIA DATES:</b> Jul 20-23</p>
<b>OSHA 2264</b>	<b>PERMIT REQUIRED CONFINED SPACE ENTRY</b>	<b>COURSE FEES:</b> \$695
<p>This course is designed to enable students 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.</p>		<p><b>COURSE TIME:</b> 8:00 AM - 5:00 PM</p> <p><b>NORTHERN CALIFORNIA DATES:</b> Apr 13-15, Aug 17-20</p>
<b>OSHA 3015</b>	<b>EXCAVATION, TRENCHING, AND SOIL MECHANICS</b>	<b>COURSE FEES:</b> \$695
<p>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.</p>		<p><b>COURSE TIME:</b> 8:00 AM - 5:00 PM</p> <p><b>NORTHERN CALIFORNIA DATES:</b> Apr 20-22, Oc 19-21</p>
<b>OSHA 3085</b>	<b>PRINCIPLES OF SCAFFOLDING</b>	<b>COURSE FEES:</b> \$695
<p>This course covers the requirements for construction and the safe construction and use of scaffolding using the OSHA Construction Scaffold Standard as a guide. Course topics include hazards associated with scaffold design, assembly, disassembly and use; types of scaffolds; determining scaffold capacity; employee qualifications and training; and maintenance, repair, and inspection requirements. Students will participate in workshops to reinforce concepts of safe scaffolding. Upon course completion students will have the ability to identify the types of scaffolds and their components, determine safe assembly, use, and disassembly, and recognize common violations of OSHA Standards.</p>		<p><b>COURSE TIME:</b> 8:00 AM - 5:00 PM</p> <p><b>NORTHERN CALIFORNIA DATES:</b> May 4-6</p>

# OSHA SAFETY STANDARDS NORTHERN CALIFORNIA

## OSHA 3115 FALL PROTECTION

This three-day course includes current OSHA requirements and state-of-the-art technology for fall protection. Topics 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 one-day field exercise demonstrating fall protection equipment. Topics include conventional systems, body holding devices, anchor points, harness, vertical/horizontal traveling systems.

**COURSE FEES:**  
\$695

**COURSE TIME:** 8:00 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
Apr 28-30, Oct 26-28

## OSHA 7105 INTRO TO 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.

**COURSE FEES:**  
\$275

**COURSE TIME:** 8:00 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
Jul 8

## 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.

**COURSE FEES:**  
\$275

**COURSE TIME:** 8:00 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
Oct 16



# CAL/OSHA SAFETY COURSES NORTHERN CALIFORNIA

## OSHA 5039 CAL/OSHA GENERAL INDUSTRY UPDATE

Participants in this one-day course will be able to understand recent changes to Cal/OSHA General Industry Standards and understand legal decisions affecting general industry businesses. Topics include review of Cal/OSHA's most recent strategic plan, a summary of the most recent changes within Cal/OSHA's Enforcement and Consultation units, updates to Cal/OSHA procedures that affect general industry businesses, an update on new and proposed Cal/OSHA Standards, navigation of the Cal/OSHA website and Cal/OSHA publications and resources.

**COURSE FEES:**  
\$275

**COURSE TIME:** 8:00 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
Feb 21

## OSHA 5119 CAL/OSHA STANDARDS FOR GENERAL INDUSTRY

Developed in partnership with CAL/OSHA, this 4-day course emphasizes Title 8 general industry standards and compliance. Topics include: Injury and Illness Prevention Program (IIPP), Multi-employer and dual employer, Machinery and machine guarding, Hazardous materials, Confined space, Industrial hygiene, Lock out/tag out, Ergonomics, Electrical safety, Heat Illness Prevention, and many other safety topics. The course also provides existing OSHA Outreach Trainers an endorsement authorizing them to teach 10- & 30-hr Cal/OSHA general industry outreach courses.

**COURSE FEES:**  
\$775

**COURSE TIME:** 8:00 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
Jun 8-11





# OSHA SOUTHERN CALIFORNIA

**UC San Diego** | **EXTENSION**  
**OCCUPATIONAL SAFETY AND HEALTH DEPARTMENT**



Safety Center is a host site for the OSHA Training Institute Education Center at University of California, San Diego for the following courses (pages 25-30) at our Southern California campus in Claremont. All courses are taught by OSHA Training Center instructors.

<p><b>SAFETY INSPECTION TECHNIQUES</b></p> <p>In this course, students will learn about the role and responsibility 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.</p>	<p><b>COURSE FEES:</b> \$695</p> <p><b>COURSE TIME:</b> 8:00 AM - 5:00 PM</p> <p><b>SOUTHERN CALIFORNIA DATES:</b> Jul 6-8</p>
<p><b>WORKERS' COMPENSATION FOR SAFETY PROFESSIONALS</b></p> <p>All employers are required by law to cover their workers for damages that result from work related injuries or illnesses, or to compensate surviving spouses or minor children when a worker is killed at work. Knowledge of the workers' compensation system should be understood by all safety professionals, and those that are relied upon by their employers to manage the system must be well aware of how to control the costs of the insurance premiums. This course will cover the fundamentals of the coverage requirements, options for obtaining the coverage, how premiums are calculated and how claims affect the cost and availability of continued coverage.</p>	<p><b>COURSE FEES:</b> \$200</p> <p><b>COURSE TIME:</b> 8:00 AM - 5:00 PM</p> <p><b>SOUTHERN CALIFORNIA DATES:</b> Jun 1</p>

*"Using the Safety Center in Claremont was an excellent option for obtaining my UC San Diego OSHA Outreach Instructor training. Claremont is centrally located for the Los Angeles and Riverside County areas, is a modern training facility, and the Safety Center staff is friendly and professional. I will continue to use the Safety Center in Claremont for my OSHA training whenever possible."*

- Duane Donnally, Field Operations Supervisor, Utility Line Management Services

# OSHA TRAINER COURSES

## SOUTHERN CALIFORNIA

<b>OSHA 500</b>	<b>TRAINER COURSE FOR THE CONSTRUCTION INDUSTRY</b>	<b>COURSE FEES:</b> \$765
<p>This four-day course is designed for those who are interested in teaching the 10-hour and 30-hour Construction Safety and Health Outreach classes. 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, using OSHA standards as a guide. Participants learn effective instructional approaches and the successful use of visual aids and handouts. This course authorizes the student to become a trainer and issue cards to participants verifying course completion. <i>(See website for course requirements.)</i></p>		<b>COURSE TIME:</b> 8:00 AM - 5:00 PM  <b>SOUTHERN CALIFORNIA DATES:</b> Mar 9-12, Nov 2-5
<b>OSHA 501</b>	<b>TRAINER COURSE FOR GENERAL INDUSTRY</b>	<b>COURSE FEES:</b> \$765
<p>This four-day course prepares participants for teaching the 10-hour and 30-hour General Industry Safety and Health Outreach classes for employees and other interested groups. This class requires a thorough knowledge of OSHA General Industry Standards (CFR 1910). Participants will learn to develop and deliver training with visual aids and handouts that use effective adult instructional approaches. Upon successful course completion, students become authorized OSHA Trainers in the 10-hour and 30-hour Outreach Program and they can issue cards to participants verifying course completion. <i>(See website for course requirements.)</i></p>		<b>COURSE TIME:</b> 8:00 AM - 5:00 PM  <b>SOUTHERN CALIFORNIA DATES:</b> May 18-21, Oct 19-22
<b>OSHA 502</b>	<b>UPDATE FOR CONSTRUCTION INDUSTRY OUTREACH TRAINER</b>	<b>COURSE FEES:</b> \$525
<p>This three-day refresher course is for those who have completed the OSHA 500 Trainer Course in Occupational Safety and Health Standards for Construction Industry and who are authorized trainers in the OSHA Outreach Training Program. It provides an update on OSHA Construction Standards, Policies and Regulations. <i>(See website for course requirements.)</i></p>		<b>COURSE TIME:</b> 8:00 AM - 5:00 PM  <b>SOUTHERN CALIFORNIA DATES:</b> Feb 24-26, Aug 3-5
<b>OSHA 503</b>	<b>UPDATE FOR GENERAL INDUSTRY OUTREACH TRAINER</b>	<b>COURSE FEES:</b> \$525
<p>This three-day refresher course is for those who have completed the OSHA 501 Trainer Course in Occupational Safety and Health Standards for General Industry and who are authorized trainers in the OSHA Outreach Training Program. It provides an update on OSHA General Industry Standards, Policies and Regulations. <i>(See website for course requirements.)</i></p>		<b>COURSE TIME:</b> 8:00 AM - 5:00 PM  <b>SOUTHERN CALIFORNIA DATES:</b> Mar 23-25, Sept 14-16

# OSHA SAFETY COURSES

## SOUTHERN CALIFORNIA

### OSHA 510 OSHA STANDARDS FOR THE CONSTRUCTION INDUSTRY

This four-day course covers Federal OSHA policies, procedures and standards, as well as construction safety and health principles. Topics include scope and application of the Federal OSHA Construction Standards. Special emphasis is placed on those areas that are the most hazardous in the construction industry, using OSHA standards as a guide.

**COURSE FEES:**  
\$765

**COURSE TIME:** 8:00 AM - 5:00 PM

**SOUTHERN CALIFORNIA DATES:**  
Jan 27-30, Oct 5-8

### OSHA 511 OSHA STANDARDS FOR GENERAL INDUSTRY

This four-day course covers Federal OSHA policies, procedures and standards, as well as general industry safety and health principles. Topics include scope and application of the Federal OSHA General Industry Standards. Special emphasis is placed on those areas that are the most hazardous in the non-construction industry, using OSHA Standards as a guide.

**COURSE FEES:**  
\$765

**COURSE TIME:** 8:00 AM - 5:00 PM

**SOUTHERN CALIFORNIA DATES:**  
Apr 6-9, Aug 31- Sept 3

### OSHA 3095 ELECTRICAL STANDARDS (LOW VOLTAGE - FEDERAL)

This four-day course covers 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.

**COURSE FEES:**  
\$765

**COURSE TIME:** 8:00 AM - 5:00 PM

**SOUTHERN CALIFORNIA DATES:**  
Jul 20-23

### 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.

**COURSE FEES:**  
\$250

**COURSE TIME:** 8:00 AM - 5:00 PM

**NORTHERN CALIFORNIA DATES:**  
Jan 31

# OSHA SAFETY COURSES SOUTHERN CALIFORNIA

## OSHA 7500 INTRO TO SAFETY & HEALTH MANAGEMENT

This introductory course addresses the four core elements of an effective safety and health program with strategies and 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 firm's safety and health program or system. The training is also suitable for employees and employee representatives responsible for improving safety and health in the workplace.

**COURSE FEES:**  
\$250

**COURSE TIME:** 8:00 AM - 5:00 PM

**SOUTHERN CALIFORNIA DATES:**  
Oct 23

## OSHA 7505 INTRO TO ACCIDENT INVESTIGATION

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

**COURSE FEES:**  
\$250

**COURSE TIME:** 8:00 AM - 5:00 PM

**SOUTHERN CALIFORNIA DATES:**  
Jul 9





# CAL/OSHA COURSES

## SOUTHERN CALIFORNIA

### OSHA 5029 CAL/OSHA CONSTRUCTION UPDATE

This one-day course updates the OSHA 5109 Cal/OSHA Standards for Construction and continues the student's authorization to teach both 10-hour and 30-hour Cal/OSHA Construction Outreach programs. Participants will be able to understand recent changes to Cal/OSHA Construction Industry Standards and understand legal decisions affecting construction companies. *(See website for course requirements.)*

**COURSE FEES:**  
\$295

**COURSE TIME:** 8:00 AM - 5:00 PM

**SOUTHERN CALIFORNIA DATES:**  
Feb 27, Aug 6

### OSHA 5039 CAL/OSHA GENERAL INDUSTRY UPDATE

This one-day course updates the OSHA 5119 Cal/OSHA Standards for General Industry and continues the student's authorization to teach both 10-hour and 30-hour Cal/OSHA General Industry Outreach programs. Participants will be able to understand recent changes to Cal/OSHA General Industry Standards and understand legal decisions affecting general industry businesses. *(See website for course requirements.)*

**COURSE FEES:**  
\$295

**COURSE TIME:** 8:00 AM - 5:00 PM

**SOUTHERN CALIFORNIA DATES:**  
Mar 26, Sept 17

### OSHA 5109 CAL/OSHA STANDARDS FOR THE CONSTRUCTION INDUSTRY

Developed in partnership with Cal/OSHA, this four-day course emphasizes Title 8 Construction Industry Standards and Compliance. Topics include: Injury and Illness Prevention Program (IIPP), fall protection, lockout/tagout, cranes, confined space, excavations, silica, hazard communication, scaffolding, electrical safety, and heat illness prevention. The course also provides existing OSHA Outreach Trainers an endorsement authorizing them to teach 10-hour and 30-hour Cal/OSHA Construction Outreach courses. *(See website for course requirements.)*

**COURSE FEES:**  
\$765

**COURSE TIME:** 8:00 AM - 5:00 PM

**SOUTHERN CALIFORNIA DATES:**  
Apr 20-23

### OSHA 5119 CAL/OSHA STANDARDS FOR GENERAL INDUSTRY

This new four-day course developed in partnership with Cal/OSHA, emphasizes Title 8 General Industry Standards and Compliance. Topics include IIPP, ergonomics, electrical and many others. The course also provides existing OSHA Trainers an endorsement authorizing them to teach 10-hour and 30-hour Cal/OSHA Outreach courses. Resources and Cal/OSHA training guidelines will be covered. *(See website for course requirements.)*

**COURSE FEES:**  
\$765

**COURSE TIME:** 8:00 AM - 5:00 PM

**SOUTHERN CALIFORNIA DATES:**  
Jun 15-18

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# SUPPORT OUR CHILDREN'S PROGRAMS



## ADOPT-A-CLASS

Elementary school-age children tour Safetyville USA with a tour guide, who leads them in pedestrian role playing. Along the route, they are exposed to hazards they learn to recognize and avoid. At Safetyville USA, children learn by example. When children understand dangerous situations, they learn to avoid them.

Sponsoring a class provides:

- Bus transportation to & from Safetyville USA
- A chance to participate in a vital safety learning experience



## SPONSOR A BUILDING

For an annual contribution your company can be among good neighbors who share a passion for children's safety. All "leases" are customizable to help meet your marketing and corporate philanthropy goals.

Sponsor Benefits Include:

- Corporate use of Safetyville USA for a meeting or employee event such as Safety Days or Company Picnics.
- Visibility to approximately 15,000 visitors each year and the opportunity to present a message and/or handout to touring children and adults.
- Link on Safetyville website.
- Much more!



## BE PART OF COMMUNITY EVENTS

Safetyville is host to several annual events that promote safety in the local community. These events are a great opportunity to reach families in the area and show the community that your business cares about safety!

For more information on how you can support Safety Center's children's programs, please visit:  
[www.safetycenter.org/safetyville-usa](http://www.safetycenter.org/safetyville-usa)



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