OSHA® Training Institute
Education Centers
Mid-America OSHA Education Center

COURSE CATALOG

General Industry

Construction

Health Care

Working with you to fulfill all your safety education needs.

www.midamericaosha.org
WHO WE ARE

The Mid-America OSHA Education Center is a cooperative effort of OSHA, USDOL, and the Ohio Valley Construction Education Foundation. Serving people from all areas of the United States, our organization has sustained our commitment to providing the most current and innovative educational programs in safety and health standards. While many organizations offer safety training programs, Mid-America OSHA Education Center is one of only twenty-seven centers in the U.S. formally authorized by OSHA to deliver the OSHA courses listed here. Accept no substitute training providers, go direct to the source. We provide opportunities for all construction, industrial, government and institutional personnel to participate in OSHA authorized courses. Contract courses are also available. We can bring our training to your location directly.

OHIO VALLEY CONSTRUCTION EDUCATION FOUNDATION

The Ohio Valley Construction Education Foundation has long been known as a regional leader in providing hands-on practical safety training for the construction industry. Mid-America OSHA is proud to be the safety services and training arm of OVCEF.

Mid America OSHA
Registration Information

Call  1-866-444-4412
Go online www.midamericaosha.org
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Pricing, Dates, and Locations can be found at
www.midamericaosha.org

Cancellation Policy
Refer to our website for course fees. All registrations should be processed via our website and paid for with a credit card at the time of registration. Payment is due at time of registration. All changes on cancellations MUST be received in writing 3 business days prior to start date and are subject to a $50 processing fee. No refunds will be given 3 business days prior to start date. See website for full cancellation policy. Travel expenses are not refundable.
General Industry

Do you handle materials? Do you move products? Do you manufacture or assemble anything? Do you work with or around machines with moving parts? Are you a line worker, foreman, superintendent, manager or executive?

If you answered yes to any of these questions, there is an OSHA safety course for you. Participation in these courses may save a life. It could be yours.

Participation in these courses will save your company money by reducing accidents. Participation in these courses may reduce your cost of insurance.

Arc Flash Compliance Training NFPA70E

_Time:_ 1 day

**Who should attend:**

*Electrical and Mechanical contractors*

*Manufacturing and Maintenance Personnel*

*Anyone working with Motorized equipment*

A hazardous arc can occur in any electrical device in which the energy is high enough to sustain an arc. Arc flash hazards can result from many factors including: dropped tools, accidental contact with electrical systems, build up of conductive dust, corrosion, and improper work procedures. Every year, more than 2,000 workers are treated in burn centers with severe arc flash injuries. This course is designed to inform you of the dangers of arc flashes, understand today’s standards (NFPA 70E), performing live work, and selecting the appropriate PPE/Safety procedures as outlined in NFPA 70E. Testing and a certification card will be issued. All certifications will be documented.

_Credit Awarded:_ .7 CEU

**OSHA 10-hour General Industry Outreach Training**

_Time:_ 2 days

This course is intended to provide entry level general industry workers broad awareness on recognizing and preventing hazards on a general industry site. The training covers a variety of safety and health topics which a worker may encounter. OSHA recommends this training as an orientation to occupational safety and health. Workers must receive additional training on hazards specific to their job. Upon successful completion, student will receive an OSHA 10-hour card. Credit Awarded: 1 CEU

**OSHA 30-hour General Industry Outreach Training**

_Time:_ 4 days

This course is intended to provide a variety of training to workers with some safety responsibility. Workers must receive additional training on hazards specific to their job. Training will emphasize hazard identification, avoidance, control and prevention, does not include OSHA standards. OSHA 30-hour general industry cards will be issued to students upon completion of course. Credit Awarded: 3 CEUs

**40-hour HAZWOPER**

_Time:_ 5 days

40-Hour HAZWOPER OSHA Training Course provides initial classroom training mandated by OSHA 29 CFR1910.120(e). Workers attending this instructor-led seminar will cover 18 different OSHA suggested topics including Health and Safety Procedures, PPE used during work operations at hazardous material sites, Medical Monitoring and many others. Workers that are involved in construction, Hazardous Waste Operations, Hazardous Materials Handling, Hazmat Operations, First Responder, Emergency Response, Firemen, Site Safety Officer, Site
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Supervisor, EHS, OSHA Training, RCRA or EPA Training may all need to take the 40-Hour HAZWOPER OSHA Training Course. Instructors emphasize a practical approach to worksite health and safety, as such, attendees learn to recognize site hazards and take appropriate steps to prevent illness or injuries while on the jobsite. The 40-Hour HAZWOPER OSHA Training Course initial training is for site workers who have responsibilities to remediate (clean-up) hazardous materials at controlled and uncontrolled hazardous sites with hazards or work activities that present some potential for exposure to health and safety hazards. The major emphasis of the 40-Hour class is to provide participants with the ability to evaluate site conditions, recognize situations which may or may not be within their abilities, and to evaluate conditions where assistance is required. Credit Awarded: 4 CEU

8-hour HAZWOPER – Refresher

*Time:* 1 day

*Prerequisite: 1. 40-Hr. OSHA HAZWOPER*

OSHA 8-Hour HAZWOPER Training is designed for hazardous waste operations and emergency response workers who must satisfy their annual 8-hour refresher training course requirement. This training will show you how to comply with hazard management and hazardous waste regulations as required by OSHA and other federal safety agencies. Credit Awarded: .8 CEU

OSHA 501 - Trainer Course in Occupational Safety & Health Standards for General Industry

This course is designed for individuals interested in teaching the 10 and 30-hour general industry safety and health Outreach training program to their employees and other interested groups. Using the OSHA General Industry Standards as a guide, special emphasis is placed on those topics required in the 10- and 30-hour programs as well as those which are most hazardous. Students are briefed on effective instructional approaches and use of visual aids and handouts. This course allows the student to become a trainer in the OSHA Outreach Training Program, to conduct both 10- and 30-hour General Industry Outreach classes, and to issue cards to participants after verifying course completion. Students who wish to participate as authorized trainers in the OSHA Outreach Training Program must prepare a presentation on an assigned OSHA General Industry Outreach Training Program topic individually or as part of a group and successfully pass a written exam at the end of the course.

Credit Awarded: 2.6 CEU

Prerequisites: Students must successfully complete the OSHA #511 Occupational Safety and Health Standards for General Industry and have five (5) years of safety and health work experience in general industry. A 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 work related experience. Students should obtain guidance on whether they meet this requirement from the OSHA Training Institute Education Center where they intend to receive the training. Authorized OSHA General Industry Outreach Training Program trainers are required to attend OSHA #503 Update for General Industry Outreach Trainers at least once every four (4) years to maintain their trainer status.

OSHA 503 - Update for General Industry Outreach Trainers

This course is designed for Outreach Training Program trainers who have completed course #501 Trainer Course in Occupational Safety and Health Standards for General Industry and who are authorized trainers in the OSHA Outreach Training Program. The course provides an update on OSHA General Industry Standards, policies, and regulations. Upon course completion students will have the ability to demonstrate continued professional development in their field by applying effective adult learning principles and interactive training techniques to clearly identify, define, and explain general industry hazards and acceptable corrective measures as they continue to teach the 10- and 30-hour General Industry Outreach Training Program classes.

Credit Awarded: 1.8 CEU

Prerequisites: OSHA #501 Trainer Course in OSHA Standards for General Industry. Authorized Outreach Training Program trainers are required to attend this course once every four (4) years to maintain their trainer status. Prior to registration, students must provide a copy of their current Outreach trainer card or an official transcript showing successful completion of the OSHA #501 Trainer Course in OSHA Standards for General Industry from their respective OSHA Training Institute Education Center, for verification of trainer status.

OSHA 511 - Occupational Safety & Health Standards for General Industry

*Time: 4 days*

*Prerequisite course for the OSHA 501*

This course covers OSHA Standards, policies, and
GENERAL INDUSTRY

procedures in general industry. Topics include scope and application of the OSHA General Industry Standards, general industry principles and special emphasis on those areas in general industry which are most hazardous. Upon course completion students will have the ability to define general industry terms found in the OSHA General Industry Standards, identify hazards which occur in general industry, locate and determine appropriate OSHA General Industry Standards, policies, and procedures, and describe the use of OSHA General Industry Standards and regulations to supplement an ongoing safety and health program.

Credit Awarded: 2.6 CEU

OSHA 521 - OSHA Guide to Industrial Hygiene

Time: 4 days

This course covers industrial hygiene practices and related OSHA regulations and procedures. Course topics include recognition, evaluation, and control of chemical, physical, biological and ergonomic hazards, Permissible Exposure Limits (PEL), OSHA health standards, respiratory protection, engineering controls, OSHA sampling protocols and strategies, and workplace health program elements. The course features workshops in health hazard recognition, OSHA health standards and use of sampling equipment. Upon course completion students will have the ability to recognize basic industrial hygiene principles and practices, identify characteristics of common air contaminants, locate PELs, perform basic industrial hygiene calculations, and determine methods for hazard control and abatement.

Credit Awarded: 2.6 CEU

OSHA 2045 - Machinery and Machine Guarding Standards

Time: 4 days

This course covers the various types of common machinery, machine safe guards, and related OSHA regulations and procedures. Guidance is provided on the hazards associated with various types of machinery and the determination of proper machine safe guards. Course topics include machinery processes, mechanical motions, points of operation, control of hazardous energy sources (lockout/tagout), guarding of portable powered tools, and common OSHA machine guarding violations. Program highlights include the ability to recognize hazards and provide options for control and hazard abatement through machine safeguarding inspection workshops. Upon course completion students will have the ability to describe common machine hazards and sources of energy, identify resources for assisting with machine guarding issues, and determine methods of control and hazard abatement, and selection of appropriate machine safe guards.

Credit Awarded: 2.6 CEU

OSHA 2225 - Respiratory Protection

Time: 4 days

This course covers the requirements for the establishment, maintenance, and monitoring of a respiratory protection program. Course topics include terminology, OSHA Respiratory Protection Standards, NIOSH certification, respiratory protection programs, and medical evaluation requirements. Program highlights include workshops on respirator selection, qualitative and quantitative fit testing, and the use of respiratory protection and support equipment. Upon course completion students will have the ability to identify and describe the elements of a respiratory protection program, the proper selection, use, and inspection of respiratory protection, protection factors, and evaluate compliance with OSHA Standards.

Credit Awarded: 2.6 CEU

OSHA 2255 - Principles of Ergonomics

Time: 3 days

This course covers the use of ergonomic principles to recognize, evaluate and control workplace conditions that cause or contribute to musculoskeletal and nerve disorders. Course topics include work physiology, anthropometry, musculoskeletal disorders, use of video display terminals and risk factors such as: vibration, temperature, and repetition, material handling, and lifting and transfers in health care. Course emphasis is on industrial case studies covering analysis and design of work stations and equipment workshops in manual lifting and coverage of current OSHA compliance policies and guidelines. Upon successful completion of this course, students will have the ability to recognize work-related musculoskeletal and nerve disorders,
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assess employer’s ergonomic programs, and conduct ergonomic evaluations. Credit Awarded: 1.8 CEUs

OSHA 2264 - Permit-Required Confined Space Entry

*Time: 3 days*

This course covers the safety and health hazards associated with permit-required confined space entry. Course topics include recognition of confined space hazards, identification of permit and non-permit required confined spaces, use of instrumentation to evaluate atmospheric hazards, ventilation techniques, development and implementation of a confined space program, proper signage, and training requirements. Upon course completion students will have the ability to identify permit and non-permit required confined spaces, reference the OSHA Permit-Required Confined Spaces Standard, conduct atmospheric testing, and implement a permit-required confined space program.

Credit Awarded: 2 CEU

OSHA 3095 - Electrical Standards

*Time: 4 days*

This course covers OSHA Electrical Standards and the hazards associated with electrical installations and equipment. Course 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 Standards, policies, and procedures and applicable portions of the National Electrical Code (NEC). Students will participate in workshops on the safe and correct use of electrical testing equipment. Upon course completion students will have the ability to understand the severity of electrical current on the human body, recognize and evaluate actual and potential electrical hazards and reference the applicable OSHA Standard, determine hazard abatement measures, and understand the proper use of electrical testing equipment.

Credit Awarded: 2.6 CEU

OSHA 3115 - Fall Protection

*Time: 3 days*

This course covers the OSHA Fall Protection standard in construction and an overview of fall protection methods. Course topics include principles of fall protection, components and limitations of fall arrest systems, and OSHA standards and policies regarding fall protection. Students will participate in workshops demonstrating the inspection and usage of fall protection equipment, residential construction fall protection, training requirements, and developing a fall protection program.

Credit Awarded: 1.8 CEUs

OSHA 5810 – Hazards Recognition and Standards for On-Shore Oil and Gas Exploration and Production

*Time: 4 days*

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 on-shore exploration and production oil and gas industry including, but not limited to construction, drilling, completion, well servicing, production, product gathering and processing, and product transmission. This course is intended for employees and employers engaged in all phases of on-shore oil and gas exploration and production.

Credit Awarded: 3 CEU

OSHA 7005 - Public & Industrial Warehousing and Storage

*Time: 1 day*

This course covers the hazards and injuries likely to occur in public warehousing and storage operations, including encounters with powered industrial trucks, material handling, lifting and ergonomics, hazard communication, walking and working surfaces, and life safety including fire protection and evacuation. This course is intended for warehouse workers, supervisors, and employers responsible for developing safe work practices and procedures in a warehouse setting. Upon course completion students will have the ability to recognize the potential for injuries from forklifts, material handling and lifting, exposure to hazardous substances, slips, trips, and falls and methods to control and abate these hazards.

Credit Awarded: .7 CEU

OSHA 7100 - Introduction to Machinery and Machine Safeguarding

*Time: 4 hours*

This course covers the process to identify, select and properly safeguard machinery to protect employees and others in the work area and deliver appropriate training in safe work practices. Course topics include types of machinery requiring guarding, point of operation, emergency eyewash/shower requirements, hazard communication, OSHA Machinery and Machine Guarding Standards violations, and corrective actions. Upon course completion students will have the ability to...
explain hazardous actions and motions of various types of machinery, identify methods of safeguarding, and match identified safeguards with the applicable OSHA Machinery and Machine Guarding Standards to reduce and eliminate the potential for accidents and injuries.

Credit Awarded: .4 CEU

**OSHA 7105 - Evacuation and Emergency Planning**

*Time: 4 hours*

This course covers OSHA requirements for emergency action and fire protection plans. Course topics include purpose and requirements of emergency action and fire prevention plans, elements of emergency evacuation plans, and features of design and maintenance of emergency exit routes. Students will participate in workshops pertaining to the development of emergency action plans. Upon course completion students will have the ability to list the elements of an emergency action plan and emergency evacuation floor plans, recognize violations of OSHA exit route requirements, determine whether their organization requires an emergency action plan, and develop and implement workplace emergency action and fire protection plans. Minimum student contact hours: 4

Credit Awarded: .4 CEU

**OSHA 7115 - Lockout/Tagout - Controlling Hazardous Energy to Prevent Workspace Injury**

*Time: 1 day*

This course covers 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 machinery and equipment. Course topics include types of hazardous energy, detecting hazardous conditions, implementing control measures as they relate to the control of hazardous energy, developing and implementing energy control programs including written isolation procedures, training of authorized and affected employees, and periodic inspection of energy control procedures using the OSHA Control of Hazardous Energy Standard. Upon course completion the student will have the ability to explain the importance of energy control programs, procedures, training, audits and methods of controlling hazardous energy.

Credit Awarded: .75 CEU

**OSHA 7120 - Introduction to Combustible Dust Hazards**

*Time: 2 days*

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.

Credit Awarded: 1.3 CEU

**OSHA 7125 - Seminar on Combustible Dust Hazards**

*Time: 1 day*

This course covers the hazards posed by combustible dust within general industry. The 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. The seminar format is a shortened version of the OSHA #7120 Introduction to Combustible Dust Hazards and omits discussions on National Fire Protection Association (NFPA) Standards, combustible dust definitions, and workshops. Upon course completion the student will have the ability to utilize strategies that assure employee safety in those industries that use or produce materials that generate combustible dust.

Credit Awarded: 2.6 CEU

**OSHA 7205 - Health Hazard Awareness**

*Time: 1 day*

This course covers common health hazards that are encountered in the workplace. These health hazards include exposure to chemicals, asbestos, silica and lead. Course topics include identification and evaluation of health hazards and their sources of exposure, health hazard information, and engineering and work practice controls. Students participate in workshops on evaluation and abatement of workplace health hazards. Upon course completion students will have the ability to understand common health hazards in the workplace and methods for controlling and abatement of these hazards. Minimum student contact hours: 6

Credit Awarded: .6 CEU

**OSHA 7210 - Pandemic Influenza Preparedness**

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

Credit Awarded: .55 CEU

**OSHA 7300 - Understanding OSHA’s Permit-Required Confined Space Standard**

*Time: 1 day*

This course covers the requirements of the OSHA Permit-Required Confined Space Standard. Course topics include safety and health hazards associated with confined space entry, and the evaluation, prevention, and abatement of these hazards. The course covers OSHA requirements; it does not feature workshops (instrumentation, control methods and testing) which are included in the OSHA #2264 Permit-Required Confined Space Entry. This course is designed for small employers or a designated representative (line supervisor or manager) with the responsibility to develop a permit-required confined space program. Upon course completion students will have a basic understanding of confined space hazards, evaluating and abatement of the hazards, and determining when a confined space shall be classified as a permit-required confined space.

Credit Awarded: .7 CEU

**OSHA 7505 - Introduction to Accident Investigation**

*Time: 1 day*

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.

Credit Awarded: 2.6 CEU

**OSHA 7510 - Introduction to OSHA for Small Business**

*Time: 1/2 day*

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.

Credit Awarded: .35 CEU

**OSHA 7600 - Disaster Site Worker**

*Time: 2 days*

**Prerequisites:** OSHA 10 or OSHA 30

This course emphasizes awareness of the safety and health hazards that may be encountered at natural or man-made disaster sites, the importance of personal protective equipment, decontamination, and incident command organization. Upon completion, participants will receive a 16hr Disaster Site Worker card.

Credit Awarded: 2.8 CEU

**OSHA 7845 - Recordkeeping Rule Seminar**

*Time: 4 hours*

This course covers OSHA requirements for maintaining and posting records of occupational injuries and illnesses, and reporting specific cases to OSHA. Upon course completion students will have the ability to identify OSHA requirements for recordkeeping, posting and reporting and to complete OSHA Form 300 Log of Work-Related Injuries and Illnesses, OSHA Form 300A Summary of Work-Related Injuries and Illnesses, and OSHA Form 301 Injury and Illness Incident Report.

Credit Awarded: .4 CEU
Construction

Hazards are everywhere on construction sites and they are not all controlled by your employees. A single construction accident can be the difference between a profit and a loss. Minor and Major accidents CAN and should be prevented. Companies with proven safety records win more work and enjoy higher profit margins. Performing construction projects safely is not an option. Every member of the construction industry should participate in some level of OSHA training.

Arc Flash Compliance Training

*Time: 1 day*

**Who should attend:**
- Electrical and Mechanical contractors
- Manufacturing and Maintenance Personnel
- Anyone working with Motorized equipment

A hazardous arc can occur in any electrical device in which the energy is high enough to sustain an arc. Arc flash hazards can result from many factors including: dropped tools, accidental contact with electrical systems, build up of conductive dust, corrosion, and improper work procedures. Every year, more than 2,000 workers are treated in burn centers with severe arc flash injuries. The flash is immediate, but the results can cause severe injuries that last months, years - even a lifetime. In some cases, they may cause death. This course is designed to inform you of the dangers of arc flashes, understand today’s standards (NFPA 70E), performing live work, and selecting the appropriate PPE/Safety procedures as outlined in NFPA 70E. Testing and a certification card will be issued. All certifications will be documented.

OSHA 10-hour Construction

*Time: 2 days*

This course is intended to provide entry level construction workers general awareness on recognizing and preventing hazards on a construction site. The training covers a variety of construction safety and health topics which a worker may encounter at a construction site. OSHA recommends this training as an orientation to occupational safety and health. Workers must receive additional training on hazards specific to their job. Upon successful completion, students will receive an OSHA 10-hr card.

Credit Awarded: 1 CEU

OSHA 30 hour

*Time: 4 days*

This course is intended to provide a variety of training to workers with some safety responsibility. Workers must receive additional training on hazards specific to their job. Training will emphasize hazard identification, avoidance, control and prevention, does not include OSHA standards. OSHA 30-hour construction cards will be issued upon completion of the class.

Credit Awarded: 3 CEU

OSHA #500 - Trainer Course in Occupational Safety and Health Standards for the Construction Industry

This course is designed for individuals interested in teaching the 10- and 30-hour construction safety and health Outreach Training Program to their employees and other interested groups. Using OSHA Construction Standards as a guide, special emphasis is placed on those topics required in the 10- and 30-hour programs as well as those which are most hazardous. Students are briefed on effective instructional approaches and use of visual aids and handouts. This course allows the student to become a trainer in the OSHA Outreach Training Program, to conduct both 10- and 30-hour Construction Outreach classes, and to issue cards to participants after verifying course completion. Students who wish to participate as authorized Outreach trainers in the OSHA Outreach Training Program must prepare a presentation on an assigned OSHA Construction Outreach Training Program topic individually or as part of a group and successfully pass a written exam at the end of the course.

Credit Awarded: 2.6 CEU

**Prerequisites:** Students must successfully complete the OSHA #510 Occupational Safety and Health Standards for Construction and have five (5) years of safety and health work experience in the construction industry. A 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 work related experience. Students should obtain guidance on whether they meet this requirement from the OSHA Training Institute Education Center where they intend to receive the training. Authorized OSHA Outreach Training Program trainers are required to attend OSHA #502 Update for Construction Industry Outreach Trainers at least once every four (4) years to maintain their trainer status.
OSHA #502 - Update for Construction Industry Outreach Trainers

**Time:** 3 days

This course is designed for Outreach Training Program trainers who have completed OSHA #500 Trainer Course in Occupational Safety and Health Standards for the Construction Industry and are authorized trainers in the OSHA Outreach Training Program. The course provides an update on OSHA Construction Standards, policies, and regulations. Upon course completion students will have the ability to 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 as they continue to teach the 10- and 30-hour Construction Outreach Training Program classes.

Credit Awarded: 1.8 CEU

**Prerequisites:** OSHA #500 Trainers Course in OSHA Standards for the Construction Industry. Authorized Outreach Training Program trainers are required to attend this course once every four years (4) to maintain their trainer status. Prior to registration, students must provide a copy of their current Outreach Training Program trainer card or an official transcript showing successful completion of the OSHA #500 Trainer Course in OSHA Standards for Construction from their respective OSHA Training Institute Education Center, for verification of trainer status.

OSHA 510 - OSHA Standards for Construction

**Time:** 4 days

Prerequisite: None

This course covers OSHA Standards, policies, and procedures in the construction industry. Topics include scope and application of the OSHA Construction Standards, construction safety and health principles, and special emphasis on those areas in construction which are most hazardous. Upon course completion students will have the ability to define construction terms found in the OSHA Construction Standards, identify hazards which occur in the construction industry, locate and determine appropriate OSHA Construction Standards, policies, and procedures, and describe the use of the OSHA Construction Standards and regulations to supplement an ongoing safety and health program.

Credit Awarded: 1.6 CEU

OSHA 521 - OSHA Guide to Industrial Hygiene

**Time:** 4 days

This course covers industrial hygiene practices and related OSHA regulations and procedures. Course topics include recognition, evaluation, and control of chemical, physical, biological and ergonomic hazards, Permissible Exposure Limits (PEL), OSHA health standards, respiratory protection, engineering controls, OSHA sampling protocols and strategies, and workplace health program elements. The course features workshops in health hazard recognition, OSHA health standards and use of sampling equipment. Upon course completion students will have the ability to recognize basic industrial hygiene principles and practices, identify characteristics of common air contaminants, locate PELs, perform basic industrial hygiene calculations, and determine methods for hazard control and abatement.

Credit Awarded: 2.6 CEU

OSHA 2015 - Hazardous Materials

**Time:** 4 days

This course covers OSHA General Industry Standards and other consensus and proprietary standards that relate to the use of hazardous materials. Course topics include flammable and combustible liquids, compressed gases, LP-gases, and cryogenic liquids. Related processes such as spraying and dipping, and use of electrical equipment in hazardous locations are also discussed. Upon course completion students will have the ability to assess compliance with OSHA hazardous materials standards, determine hazardous (classified) locations, and proper moving, storing, and handling of hazardous materials.

Credit Awarded: 2.6 CEU

OSHA #2055 - Cranes in Construction

This course covers the requirements for operation of cranes in the construction industry using the OSHA construction Cranes and Derricks Standard 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.

Credit Awarded: 2.3 CEU
CONSTRUCTION

OSHA 2225 - Respiratory Protection

Time: 4 days

This course covers the requirements for the establishment, maintenance, and monitoring of a respiratory protection program. Course topics include terminology, OSHA Respiratory Protection Standards, NIOSH certification, respiratory protection programs, and medical evaluation requirements. Program highlights include workshops on respirator selection, qualitative and quantitative fit testing, and the use of respiratory protection and support equipment. Upon course completion students will have the ability to identify and describe the elements of a respiratory protection program, the proper selection, use, and inspection of respiratory protection, protection factors, and evaluate compliance with OSHA Standards.

Credit Awarded: 2.6 CEU

OSHA 2264 - Permit-Required Confined Space Entry

Time: 3 days

This course covers the safety and health hazards associated with permit-required confined space entry. Course topics include recognition of confined space hazards, identification of permit and non-permit required confined spaces, use of instrumentation to evaluate atmospheric hazards, ventilation techniques, development and implementation of a confined space program, proper signage, and training requirements. This course features workshops on permit entry classification, instrumentation, and program development. Upon course completion students will have the ability to identify permit and non-permit required confined spaces, reference the OSHA Permit-Required Confined Spaces Standard, conduct atmospheric testing, and implement a permit-required confined space program.

Credit Awarded: 2.6 CEU

OSHA #3015 - Excavation, Trenching and Soil Mechanics (formerly OSHA #3010)

This course covers the OSHA Excavation Standard and safety and health aspects of excavation and trenching. Course topics include practical soil mechanics and its relationship to the stability of shored and unshored slopes and walls of excavations, introduction of various types of shoring (wood timbers and hydraulic), soil classification, and use of protective systems. Testing methods are demonstrated and students participate in workshops in the use of instruments such as penetrometers, torvane shears, and engineering rods. Upon course completion students will have the ability to assess their employer's compliance with the OSHA Excavation Standard, utilize soil testing methods to classify soil types, determine protective systems for excavation operations, and training requirements.

Credit Awarded: 2.0 CEU

OSHA 3095 - Electrical Standards

Time: 4 days

This course covers OSHA Electrical Standards and the hazards associated with electrical installations and equipment. Course 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 Standards, policies, and procedures and applicable portions of the National Electrical Code (NEC). Students will participate in workshops on the safe and correct use of electrical testing equipment. Upon course completion students will have the ability to understand the severity of electrical current on the human body, recognize and evaluate actual and potential electrical hazards and reference the applicable OSHA Standard, determine hazard abatement measures, and understand the proper use of electrical testing equipment.

Credit Awarded: 2.6 CEU

OSHA #3115 - Fall Protection (formerly OSHA #3110 Fall Arrest Systems)

Time: 3 days

This course covers the OSHA Fall Protection Standard for construction and an overview of fall protection methods. Course topics include principles of fall protection, components and limitations of fall arrest systems, and OSHA Standards and policies regarding fall protection. Students will participate in workshops demonstrating the inspection and use of fall protection equipment, residential construction fall protection, training requirements, and developing a fall protection program. Upon course completion students will have the ability to assess compliance with the OSHA Fall Protection Standard, evaluate installed passive systems and fall arrest systems, and develop and implement fall protection plans.

Credit Awarded: 1.8 CEU
OSHA #5600 – Disaster Site Worker Trainer Course

Time: 4 days

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. Lesson plans and training materials for the OSHA #7600 Disaster Site Worker Course are provided. Students who wish to participate as authorized Disaster Site Worker trainers must prepare a presentation on an assigned disaster site worker topic individually or as part of a group. Successful completion of this course authorized 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.

Credit Awarded: 2.4 CEU
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 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. A copy of their Outreach Training Program trainer card for construction or general industry or an official transcript from their respective OSHA Training Institute Education Center showing successful completion of the OSHA #500 or OSHA #501 course, and a copy of their 40-hour HAZWOPER course completion certificate are required prior to the start of class to verify trainer status.

OSHA #5602 – Update for Disaster Site Worker Trainer Course

Time: 1 day

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.

Credit Awarded: .75 CEU
Prerequisites: OSHA #5600 Disaster Site Worker Trainer Course. Authorized Outreach Training Program trainers are required to attend this course once every four (4) years to maintain their trainer status. Prior to registration, students must provide a copy of their current Outreach Training Program trainer card or an official transcript from their respective OSHA Training Institute Education Center showing successful completion of the OSHA #5600 Disaster Site Worker Training Course for verification of Outreach Training Program trainer status.

OSHA 5810 – Hazards Recognition and Standards for On-Shore Oil and Gas Exploration and Production

Time: 4 day

This course covers OSHA Construction and General Industry Standards relating to the oil and gas industry. This course provides 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 on-shore exploration and production oil and gas industry including, but not limited to construction, drilling, completion, well servicing, production, product gathering and processing, and product transmission. This course is intended for employees and employers engaged in all phases of on-shore oil and gas exploration and production. Upon course completion students will be able to determine hazards associated with the oil and gas industry, control and hazard abatement, and use of the OSHA standards, policies, and procedures as they relate to the gas and oil industry.

Credit Awarded: 3 CEU

OSHA 7105 - Evacuation and Emergency Planning

Time: 1 day

This course covers OSHA requirements for emergency action and fire protection plans. Course topics include purpose and requirements of emergency action and fire prevention plans, elements of emergency evacuation plans, and features of design and maintenance of emergency exit routes. Students will participate in workshops pertaining to the development of emergency action plans. Upon course completion students will have the ability to list the elements of an emergency action plan and emergency evacuation floor plans, recognize violations of OSHA exit route requirements, determine whether their organization requires an emergency action plan, and develop and implement workplace emergency action and fire protection plans.

Credit Awarded: .4 CEU

Visit our website at www.midamericaosha.org To register go to www.midamericaosha.org
CONSTRUCTION

OSHA 7115 - Lockout/Tagout

*Time: 1 day*

This course covers 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 machinery and equipment. Course topics include types of hazardous energy, detecting hazardous conditions, implementing control measures as they relate to the control of hazardous energy, developing and implementing energy control programs including written isolation procedures, training of authorized and affected employees, and periodic inspection of energy control procedures using the OSHA Control of Hazardous Energy Standard. Upon course completion the student will have the ability to explain the importance of energy control programs, procedures, training, audits and methods of controlling hazardous energy.

Credit Awarded: .75 CEU

OSHA 7205 - Health Hazard Awareness

*Time: 1 day*

This course covers common health hazards that are encountered in the workplace. These health hazards include exposure to chemicals, asbestos, silica and lead. Course topics include identification and evaluation of health hazards and their sources of exposure, health hazard information, and engineering and work practice controls. Students participate in workshops on evaluation and abatement of workplace health hazards. Upon course completion students will have the ability to understand common health hazards in the workplace and methods for controlling and abatement of these hazards.

Credit Awarded: .6 CEU

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

*Time: 1 day*

This course covers the requirements of the OSHA Permit-Required Confined Space Standard. Course topics include safety and health hazards associated with confined space entry, and the evaluation, prevention, and abatement of these hazards. The course covers OSHA requirements; it does not feature workshops (instrumentation, control methods and testing) which are included in the OSHA #2264 Permit-Required Confined Space Entry. This course is designed for small employers or a designated representative (line supervisor or manager) with the responsibility to develop a permit-required confined space program. Upon course completion students will have a basic understanding of confined space hazards, evaluating and abatement of the hazards, and determining when a confined space shall be classified as a permit-required confined space.

Credit Awarded: .7 CEU

OSHA 7400 - Trainer Course in Construction Noise

*Time: 1 day*

This course covers the evaluation and reduction of noise hazards in the construction industry. Course topics include OSHA Construction Noise Standards, properties of sound, noise-induced hearing loss, noise exposure control, selection and use of hearing protection, conducting sound level surveys, and worker training. Classroom demonstrations of noise instrumentation and hearing protection devices are featured. The target audience is the construction employer or representative designated with the responsibility to develop a construction noise program. Upon course completion students will understand the properties of sound and its relationship to noise-induced hearing loss, hearing protection usage, how to conduct sound level surveys and the requirements for training workers.

Credit Awarded: .55 CEU

OSHA 7405 - Fall Hazard Awareness for the Construction Industry

*Time: 1 day*

This course covers the identification, evaluation, prevention and control of fall hazards in the construction industry. The course focuses on falls to a lower level rather than falls to the same level resulting from slips and falls. Course topics include identifying, analyzing, and preventing fall hazards utilizing OSHA Fall Protection Standards. At the conclusion of the course, students will have an awareness level of identifying fall hazards and methods to control and abate the hazards.

Credit Awarded: .5 CEU

OSHA 7410 - Managing Excavation Hazards

*Time: 1 day*

This course covers the identification, evaluation, prevention and control of fall hazards in the construction industry. The course focuses on falls to a lower level rather than falls to the same level resulting from slips and falls. Course topics include identifying, analyzing, and preventing fall hazards utilizing OSHA Fall Protection Standards. At the conclusion of the course, students will have an awareness level of identifying fall hazards and methods to control and abate the hazards. Minimum student contact hours: 6.5

Credit Awarded: .65 CEU

Visit our website at www.midamericaosha.org
CONSTRUCTION

OSHA 7500 - Introduction to Safety and Health Management

Time: 1 day

This course covers the effective implementation of a company's safety and health management system. The course addresses the four core elements of an effective safety and health management system and those central issues that are critical to each element's proper management. This course is an interactive training session focusing on class discussion and workshops. Upon course completion students will have the ability to evaluate, develop, and implement an effective safety and health management system for their company.

Credit Awarded: .55 CEU

OSHA 7505 - Introduction to Accident Investigation

Time: 2 days

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.

Credit Awarded: .75 CEU

OSHA 7510 - Introduction to OSHA for Small Businesses

Time: 1/2 day

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.

Credit Awarded: .35 CEU

OSHA 7600 - Disaster Site Worker

Time: 2 days

Prerequisites: OSHA 10 or OSHA 30

This course emphasizes awareness of the safety and health hazards that may be encountered at natural or man-made disaster sites, the importance of personal protective equipment, decontamination, and incident command organization. Upon completion, participants will receive a 16hr Disaster Site Worker card.

Credit Awarded: 2.8 CEU

OSHA 7845 - Recordkeeping Rule Seminar

Time: 1 day

This course covers OSHA requirements for maintaining and posting records of occupational injuries and illnesses, and reporting specific cases to OSHA. Upon course completion students will have the ability to identify OSHA requirements for recordkeeping, posting and reporting and to complete OSHA Form 300 Log of Work-Related Injuries and Illnesses, OSHA Form 300A Summary of Work-Related Injuries and Illnesses, and OSHA Form 301 Injury and Illness Incident Report.

Credit Awarded: .4 CEU

EPA Lead-Based Paint Renovation, Repair and Painting Training Course

The Lead Based Paint Renovation, Repair and Painting Program (RRP) is a federal regulatory program affecting contractors, property managers and others that disturb painted surfaces. It applies to houses, apartments and child occupied facilities such as schools and day care centers in the U.S. built before 1978. The new rule includes resident education requirements such as training, certification and work practice requirements. The rule applies to both interior and exterior painting renovation projects. This course is designed to meet the requirements of this new rule. It is recommended that at least one person be certified per company. The class is being taught by an EPA-approved trainer. Space is limited.
OSHA® Training Institute
Education Centers
Mid-America OSHA Education Center

Health Care Industry Courses
Health Care

Hazards are everywhere in health care facilities. Patient treatment centers and Hospitals can be entire towns, factories with power plants, independent electrical grids and generation, surgical centers, chemical laboratories, filled with blood and other body fluids. Do employees in these spaces know how to act and react to the hazards they face or could run into at work? Every member of the health care industry should participate in some level of OSHA training.

MA 0025 Bloodborne Pathogen Training

_Time: 1/2 day_

What are the proper procedures for working in environments where you might come into contact with human blood? What are the rules/regulations/recommendations for policy? This 3-hour course emphasizes the OSHA requirements for the employee who may come in contact with human blood and other potentially infectious materials. Information will include universal precautions, personal protective equipment, labels and signs, housekeeping and waste disposal requirements, transmission routes, and recognition of exposure situations. Credit Awarded.

OSHA #511 - Occupational Safety and Health Standards for General Industry

_Time: 4 days_

This course covers OSHA Standards, policies, and procedures in general industry. Topics include scope and application of the OSHA General Industry Standards, general industry principles and special emphasis on those areas in general industry which are most hazardous. Upon course completion students will have the ability to define general industry terms found in the OSHA General Industry Standards, identify hazards which occur in general industry, locate and determine appropriate OSHA General Industry Standards, policies, and procedures, and describe the use of OSHA General Industry Standards and regulations to supplement an ongoing safety and health program. Credit Awarded: 2.6 CEU

OSHA 521 - OSHA Guide to Industrial Hygiene

_Time: 4 days_

This course covers industrial hygiene practices and related OSHA regulations and procedures. Course topics include recognition, evaluation, and control of chemical, physical, biological and ergonomic hazards, Permissible Exposure Limits (PEL), OSHA health standards, respiratory protection, engineering controls, OSHA sampling protocols and strategies, and workplace health program elements. The course features workshops in health hazard recognition, OSHA health standards and use of sampling equipment. Upon course completion students will have the ability to recognize basic industrial hygiene principles and practices, identify characteristics of common air contaminants, locate PELs, perform basic industrial hygiene calculations, and determine methods for hazard control and abatement. Credit Awarded: 2.6 CEU

OSHA 2225 - Respiratory Protection

_Time: 4 days_

This course covers the requirements for the establishment, maintenance, and monitoring of a respiratory protection program. Course topics include terminology, OSHA Respiratory Protection Standards, NIOSH certification, respiratory protection programs, and medical evaluation requirements. Program highlights include workshops on respirator selection, qualitative and quantitative fit testing, and the use of respiratory protection and support equipment. Upon course completion students will have the ability to identify and describe the elements of a respiratory protection program, the proper selection, use, and inspection of respiratory protection, protection factors, and evaluate compliance with OSHA Standards. Credit Awarded: 2.6 CEU
OSHA 2255 - Principles of Ergonomics

Time: 3 days

This course covers the use of ergonomic principles to recognize, evaluate, and control workplace conditions that cause or contribute to musculoskeletal and nerve disorders. Course 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 patient transfers in health care. Course emphasis is on industrial case studies covering analysis and design of work stations and equipment workshops in manual lifting, and coverage of current OSHA compliance policies and guidelines. Upon course completion students will have the ability to recognize work-related musculoskeletal and nerve disorders, assess employer’s ergonomic programs, and conduct ergonomic evaluations.

Credit Awarded: 1.8 CEU

OSHA 7105 - Evacuation and Emergency Planning

Time: 1 day

This course covers OSHA requirements for emergency action and fire protection plans. Course topics include purpose and requirements of emergency action and fire prevention plans, elements of emergency evacuation plans, and features of design and maintenance of emergency exit routes. Students will participate in workshops pertaining to the development of emergency action plans. Upon course completion students will have the ability to list the elements of an emergency action plan and emergency evacuation floor plans, recognize violations of OSHA exit route requirements, determine whether their organization requires an emergency action plan, and develop and implement workplace emergency action and fire protection plans.

Credit Awarded: 2.6 CEU’s

OSHA 7200 - Bloodborne Pathogens Exposure Control for Healthcare Facilities

Time: 1 day

This course covers the development and implementation of Exposure Control Plans (ECP) for healthcare facilities. Course topics include understanding the OSHA Bloodborne Pathogens Standard, determining potential exposure and methods of control, developing an ECP, vaccinations, exposure incidents, training, and record keeping. The target audience is the program administrator, manager, or other personnel designated with the responsibility of developing a Bloodborne Pathogens ECP for a healthcare facility. Course highlights include students developing a template for their facility’s ECP. Upon course completion students will have the ability to take a step-by-step approach in developing an ECP for their healthcare facility while utilizing the OSHA Bloodborne Pathogens Standard as a reference.

Credit Awarded: .7 CEU’s

OSHA 7205 - Health Hazard Awareness

Time: 1 day

This course covers common health hazards that are encountered in the workplace. These health hazards include exposure to chemicals, asbestos, silica and lead. Course topics include identification and evaluation of health hazards and their sources of exposure, health hazard information, and engineering and work practice controls. Students participate in workshops on evaluation and abatement of workplace health hazards. Upon course completion students will have the ability to understand common health hazards in the workplace and methods for controlling and abatement of these hazards.

Credit Awarded: .6 CEU

OSHA #7210 - Pandemic Influenza Preparedness

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

Credit Awarded: .55 CEU
OSHA 7500 - Introduction to Safety and Health Management

Time: 1 day

Using interactive assignments and thought-provoking group projects, students of this one day workshop come away with a strong understanding of the benefits in implementing a safety and health management system in the workplace.

Credit Awarded: .55 CEU

OSHA 7505 - Introduction to Accident Investigation

Time: 2 days

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.

Credit Awarded: .75 CEU's

OSHA 7510 - Introduction to OSHA for Small Business

Time: 1/2 day

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.

Credit Awarded: .35 CEU's

OSHA 7845 - Recordkeeping Rule Seminar

Time: 1 day

This course covers OSHA requirements for maintaining and posting records of occupational injuries and illnesses, and reporting specific cases to OSHA. Upon course completion students will have the ability to identify OSHA requirements for recordkeeping, posting and reporting and to complete OSHA Form 300 Log of Work-Related Injuries and Illnesses, OSHA Form 300A Summary of Work-Related Injuries and Illnesses, and OSHA Form 301 Injury and Illness Incident Report.

Credit Awarded: .4 CEU's
Government Agencies/
Federal Workers
Goverment Agencies
Federal Workers
Trainers

Are you an experienced safety professional interested in conducting your OHSA training courses? Are you a certified trainer needing to re-certify? Mid-America OSHA has the courses you are looking for.

OSHA 2255 - Principles of Ergonomics

Time: 3 days

This course covers the use of ergonomic principles to recognize, evaluate, and control workplace conditions that cause or contribute to musculoskeletal and nerve disorders. Course 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 patient transfers in health care. Course emphasis is on industrial case studies covering analysis and design of work stations and equipment workshops in manual lifting, and coverage of current OSHA compliance policies and guidelines. Upon course completion students will have the ability to recognize work-related musculoskeletal and nerve disorders, assess employer’s ergonomic programs, and conduct ergonomic evaluations. Minimum student contact hours: 18
Credit Awarded: 1.8 CEU

OSHA #3095 - Electrical Standards

This course covers OSHA Electrical Standards and the hazards associated with electrical installations and equipment. Course 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 Standards, policies, and procedures and applicable portions of the National Electrical Code (NEC). Students will participate in workshops on the safe and correct use of electrical testing equipment. Upon course completion students will have the ability to understand the severity of electrical current on the human body, recognize and evaluate actual and potential electrical hazards and reference the applicable OSHA Standard, determine hazard abatement measures, and understand the proper use of electrical testing equipment.
Credit Awarded: 2.6 CEU

OSHA 5600 - Disaster Site Worker Trainer Course

Time: 4 days

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. Lesson plans and training materials for the OSHA #7600 Disaster Site Worker Course are provided. Students who wish to participate as authorized Disaster Site Worker trainers must prepare a presentation on an assigned disaster site worker topic individually or as part of a group. Successful completion of this course authorized 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.
Credit Awarded: 2.4 CEU
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 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. A copy of their Outreach Training Program trainer card for construction or general industry or an official transcript from their respective OSHA Training Institute Education Center showing successful completion of the OSHA #500 or OSHA #501 course, and a copy of their 40-hour HAZWOPER course completion certificate are required prior to the start of class to verify trainer status.

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.

Credit Awarded: .75 CEU

Prerequisites: OSHA #5600 Disaster Site Worker Trainer Course. Authorized Outreach Training Program trainers are required to attend this course once every four (4) years to maintain their trainer status. Prior to registration, students must provide a copy of their current Outreach Training Program trainer card or an official transcript from their respective OSHA Training Institute Education Center showing successful completion of the OSHA #5600 Disaster Site Worker Training Course for verification of Outreach Training Program trainer status.

OSHA #6000 - Collateral Duty Course for Other Federal Agencies

Time: 4 days

This course covers the OSH Act, Executive Order 12196, and the OSHA General Industry Standards. This course is intended for federal agency collateral duty safety and health personnel. With use of the OSHA General Industry Standards, special emphasis is placed on areas in general industry which are most hazardous. Upon course completion students will have the ability to define general industry terms, identify hazards that occur in general industry, determine appropriate standards and regulations for federal agencies, locate OSHA General Industry Standards, policies, and procedures, and describe the use of the OSHA General Industry Standards and regulations to effectively assist agency safety and health officers with inspection and abatement efforts.

Credit Awarded: 2.3 CEU’s

OSHA #6010 - Occupational Safety and Health Course

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 1910 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 the 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 safety and health hazards, and control and hazard abatement.

Credit Awarded: 5.3 CEU

OSHA 7600 - Disaster Site Worker

Time: 2 days

Prerequisites: OSHA 10 or OSHA 30

This course emphasizes awareness of the safety and health hazards that may be encountered at natural or man-made disaster sites, the importance of personal protective equipment, decontamination, and incident command organization. Upon completion, participants will receive a 16hr Disaster Site Worker card.

Credit Awarded: 2.8 CEU
ONLINE SAFETY TRAINING

Why online training is good for your safety culture:

Online training shows that ownership is sensitive to employees’ work/life balance because trainees do not have to spend nights and weekends training. Training can be done on rain/snow/thunderstorm days, workers’ comp. reassignment days, or when workers have down time (there is no commitment to work around trainers schedule).

Online training enables workers to take training from any location where they have an internet connection, at home or at the office. This again saves employee time and employer money by eliminating drive time to training locations, which can be over three hours round-trip in many areas.

Online training allows all employees access to timely safety training, regardless of location, reading ability, and language.

Online training frees up time for safety professionals to add more value to the organization (advanced safety planning, site evaluations, hands-on toolbox talks...) rather than parroting basic safety information over and over again.

Online training allows management to keep jobs on schedule and more profitable because you are not required to pull employees from active job sites to get training in. More profitable and timely job completions mean more job security for workers.

ONLINE SAFETY TRAINING

AWARENESS COURSES
Audience: All Employees
Length: 10-30 Minutes

Classes
Airline Respirator Warning
Bloodborne Pathogens
Confined Spaces - Awareness Training
Crystalline Silica Exposure
Defensive Driver Awareness
Diversity in the Workplace
Electrical Safety Awareness
Emergency Action Planning Awareness
Employer and Employee Responsibilities
Ergonomics Awareness
Fall Protection Awareness
Fire Prevention Awareness
Gas Monitoring and Calibration
General Housekeeping
Hazard Communication Awareness
Introduction to Heavy Construction Safety and Health
Jobsite Safety Orientation
Ladder Safety Awareness
Personal Protective Equipment (PPE)
Power Tool Awareness
Scaffold Safety Awareness
Trenching and Excavation Awareness
Working Around Mobile Equipment
Working Safely With Electricity

SAFETY & HEALTH FUNDAMENTALS
Audience: Specialized Workers & Supervisory Personnel
Length: 30 Minutes - 4 Hours

Classes
100% Fall Protection
Accident Prevention Heavy Construction
Alcohol & Substance Abuse
Asbestos Hazards
Bloodborne Pathogens
Cal Confined Space for Construction
Concrete and Masonry
Confined Space
Construction Zone Fitness
Control of Hazardous Energies (COHE)
Crane Safety Basics
Defensive Driving
Defensive Driving Techniques
Demolition Hazards
Dust Disturbance and Mitigation
Electrical Hazard Recognition/Control
Electrical Hazards
Emergency Action/Response
Emergency Response
Ergonomics
Fall Protection
Fall Protection Equipment
Fire Prevention
Forklift Hazards
Ground Fault Protection in Construction
ONLINE SAFETY TRAINING

Hazardous Communication Standard
Hazardous Waste
Heat Stress
Heavy Construction - Tier 1
Heavy Construction - Tier 2A
Heavy Construction - Tier 2B
Helicopter Lift Safety
How to Read a Material Safety Data Sheet (MSDS)
Laser Hazards
Lead Hazards
Materials Handling
Mold - OSHA’s Position
Molds
Motorized Mobile Platforms
New and Hot Topics at OSHA 2005
New and Hot Topics at OSHA 2006
Noise and Hearing Protection
Office Safety
OSHA – An Introduction
Other Construction Health Hazards
Personal Protective Equipment, Common
Personal Protective Equipment, Special
Power Tool Use and Guarding
Respiratory Protection
Rigging
Safety and Health During Disaster Recovery
Scaffold Erection Guidelines
Scaffold User Guidelines
Signs Signals and Barricades
Silica Hazards
Soils Analysis & Classification
Spray Coating Operations
Stairways and Ladders
Subpart C – Construction General Safety
Subpart D – Construction Health Hazards
Subpart D – Occupational Health
Subpart O - Motor Vehicles, Mechanized Equipment
Subpart R – Steel Erection
Sun and Other Outdoor Hazards
Trenching and Excavation, Principal Applications
Trenching & Excavations- Practical Applications
Welding/Hot Work
Workzone Traffic Control

CERTIFICATE OR OSHA AUTHORIZED COURSES
Audience: All Employees
Length: 1.5 - 30 Hours

Classes
Cal/OSHA 10-Hour Construction Safety
Cal/OSHA 8x8
Forklift Operator Certification
HAZWOPER 8-Hour Refresher 2008
HAZWOPER 8-Hour Refresher 2007
HAZWOPER 8-Hour Supervisor
OSHA 10-Hour Construction Safety
OSHA 10-hour General Industry
OSHA 30-Hour Construction Safety
OSHA 10-Hour Road Construction Safety Course

MOLD IN CONSTRUCTION SERIES
Audience: Contractors, All Employees
Length: 30 Minutes - 3.5 Hours

Classes
Managing Mold Issues for Bldg Construction Mgmt
Managing Mold Issues for Fixed Site Facilities
Mold Awareness for Facility Operators
Mold “Contract and Bid Instructions”
Mold “Design and Materials”
Mold for All Other Trades
Mold for General Contractors
Mold In Construction
Mold “Information and Training”
Mold “Inspection in Construction”
Mold “Maintenance Procedures”
Mold Remediation and Restoration
Mold “Response Actions”
Mold Training for Contractors

DEPARTMENT OF TRANSPORTATION COURSES
Audience: Drivers and Supervisors
Length: 25 - 90 Minutes

Classes
DOT Drug and Alcohol Training for Supervisors
Driver PreTrip/Post Trip Vehicle Inspection
Drug Testing for Commercial Drivers
Hazmat Bill of Lading
Hazmat Transportation Enhanced Security

GENERAL INDUSTRY COURSES
Audience: All Employees
Length: 20 - 180 Minutes

Classes
Accident Investigation
Alcohol & Substance Abuse for Supervisors
Back Injury Prevention and Lifting
Bloodborne Pathogens
Cal/OSHA Heat Stress
Cal/OSHA Heat Stress Emergency Standard
Compressed Gas Cylinder Safety Awareness
Electrical Safety and LOTO
Exit Routes, EAP/Fire Prevention Plans
Flammable and Combustible Liquids

MANAGEMENT COURSES
Audience: Management and Supervisory
Length: 30 minutes - 4 Hours

Classes
Competent Person, Excavations
Competent Person, Fall Protection
Conducting Tailgate Meetings
Construction Spanish for Supervisors
Contractor’s Safety & Health Program
Health & Safety Leadership
OSHA 300 Reporting and Record Keeping
OSHA Compliance Basics
Suspicious Mail, Anthrax and Other Concerns
The Competent Person
ONLINE SAFETY TRAINING

Hazard Communication  
Hexavalent Chromium  
Introduction to OSHA  
Ladder Safety Training  
Machine Guarding  
Material Handling and Storage, General Industry  
Noise and Hearing Conservation  
Personal Protective Equipment  
Sexual Harassment for California Employees  
Sexual Harassment for California Managers  
Sexual Harassment for Non California Employees  
Sexual Harassment for Non California Managers  
Walking and Working Surfaces  

SPANISH COURSES

**Audience: All Spanish Speaking Employees**  
**Length: 15 – 60 Minutes/Course**

- Classes  
- Bloodborne Pathogens  
- Cal Roofers Fall Protection  
- Cal Roofers HAZCOM/Prop 65  
- Concrete and Masonry  
- Confined Space Awareness  
- Confined Space Entry  
- Control of Hazardous Energies (COHE)  
- Crane Safety Basics  
- Diversity in the Workplace  
- Electrical Hazard Awareness  
- Electrical Safety  
- Emergency Action Planning  
- Employer and Employee Responsibilities  
- Ergonomics  
- Excavations  
- Fall Protection  
- Fall Protection  
- Fire Prevention  
- Fire Prevention  
- Ground Fault Protection  
- Hand and Power Tools  
- Hazard Communication  
- HAZCOM  
- Heat Stress  
- Housekeeping  
- Jobsite Safety Orientation  
- Ladder Safety  
- Material Handling  
- OSHA: An Introduction  
- Personal Protective Equipment  
- PPE  
- Power Tool Awareness  
- Rigging  
- Scaffold Erection Guidelines  
- Scaffold Safety Awareness  
- Scaffold User Guidelines  
- Stairways and Ladders  
- Trenching and Excavation Awareness  
- Welding/Hot Work  
- Working Around Mobile Equipment  

CAL/OSHA SPECIFIC COURSES

**Audience: All Employees working in CA**  
**Length: 15 – 75 Minutes**

- Classes  
- Cal Concrete and Masonry  
- Cal Crane Safety Basics  
- Cal Electrical Hazard Recognition/Control  
- Cal Electrical Hazards  
- Cal Fall Protection  
- Cal Fire Prevention  
- Cal Ground Fault Protection  
- Cal Hand and Power Tools  
- Cal HAZCOM  
- Cal Materials Handling  
- Cal/OSHA for Construction  
- Cal/OSHA Heat Stress  
- Cal/OSHA Heat Stress Emergency Standard  
- Cal/OSHA: An Introduction  
- Cal PPE  
- Cal Practical Trenching  
- Cal Roofers Fall Protection  
- Cal Roofers HAZCOM/Prop 65  
- Cal Scaffold Erection  
- Cal Scaffold Use  
- Cal Stairs and Ladders  
- Cal Trenching and Excavation  
- California Confined Spaces for Construction  
- California Fall Protection Awareness  
- California Fire Prevention Awareness  
- California IIPP  
- California Personal Protective Equipment Awareness  
- California Scaffold Safety Awareness  

CANADIAN SPECIFIC COURSES

**Audience: All Employees working in Canada**  
**Length: 15 – 60 Minutes**

- Classes  
- Canada - General Housekeeping  
- Canada - Personal Protective Equipment  
- Canada - Driving Safety  
- Canada - Ergonomics  
- Canada - Fire Prevention  
- Canada - Office Safety  

HUMAN RESOURCE COURSES

**Audience: All Employees**  
**Length: 1 – 3 Hours**

- Classes  
- Sexual Harassment for California Employees  
- Sexual Harassment for California Managers  
- Sexual Harassment for Non California Employees  
- Sexual Harassment for Non California Managers  

Visit our website at www.midamericaosha.org  
To register go to www.midamericaosha.org
SAFETY PROFESSIONAL CERTIFICATE PROGRAM

Mid-America OSHA Education Center is pleased to present the Safety Professional Certificate Program (SPCP).

Individuals completing this program will be recognized by their peers as having achieved a superior safety education. This program is designed for personnel, and their supervisors, who are responsible for safety and health audits in construction and general industry environments.

As a Safety Professional Certificate holder, you will...

- Continue your professional development in a growing and changing field!
- Increase your awareness of changing Federal Regulations!
- Be recognized and respected as a Mid-America Safety and Health Professional!
- Enhance your chance for advancement by demonstrating your proficiency and commitment as a Safety Professional!

Individuals can concentrate in either the Construction, General Industry or Health Care Industry Safety with no time limit to take the courses.

Becoming a Mid-America Safety and Health Professional benefits all parties involved -- you, your employer, your co-workers, the Safety and Health Industry, and the public!

Applications can be found inside, as well as online at www.midamericaosha.org.

Safety Professional Certificate Program

Are you ready to distinguish yourself in the industry?

Are you an elite safety professional?

Do you have what it takes to earn the SPCP?

As a SPCP, you will...

Enhance your chance for advancement by demonstrating your proficiency and commitment as a Safety Professional!

Becoming a SPCP benefits all parties involved -- you, your employer, your co-workers, the Safety and Health Industry, and the public!
Application for SPCP - Construction Industry

Name: _____________________________ SSN: _____________________________

Organization: ___________________________________________________________________________________________________

Email: _________________________________________________________________________________________________________

Mailing Address: __________________________________________________________________________________________________

City: _____________________________ State: ___________________ Zip: _____________________

Phone: ___________________________ Fax: _________________________________

Check box in front of completed courses.

**Required Courses (total of 5 ¼ units required):**

<table>
<thead>
<tr>
<th>Completed?</th>
<th># Units</th>
<th>Course</th>
<th>Description</th>
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</thead>
<tbody>
<tr>
<td>Select one from this group.</td>
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</tr>
<tr>
<td>☐ 1</td>
<td>OSHA 510</td>
<td>OSHA Standards for Construction Industry ($800)</td>
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<tr>
<td>☐ 1</td>
<td>OSHA 521</td>
<td>Guide to Industrial Hygiene ($750)</td>
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<tr>
<td>☐ 1</td>
<td>OSHA 2015</td>
<td>Hazardous Materials ($750)</td>
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</table>

| Select one from this group. |
| ☐ 1 | OSHA 500 | Trainer Course for Construction ($800) |
| ☐ 1 | OSHA 521 | Guide to Industrial Hygiene ($750) |
| ☐ 1 | OSHA 2015 | Hazardous Materials ($750) |

☐ 1 | OSHA 3015 | Trenching & Excavating ($675) |
☐ 1 | OSHA 3095 | Electrical Standards ($750) |
☐ 1 | OSHA 3115 | Fall Protection ($675) |
☐ ¼ | MA 3210 | Scaffold Safety ($99) |

**Elective Courses (total of 2 units required)**

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<th>Course</th>
<th>Description</th>
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<tbody>
<tr>
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<tr>
<td>☐ 1</td>
<td>OSHA 2264</td>
<td>Permit Required Confined Space ($675)</td>
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<tr>
<td>☐ ¼</td>
<td>OSHA 7105</td>
<td>Evacuation &amp; Emergency Planning ($200)</td>
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<tr>
<td>☐ ¼</td>
<td>OSHA 7205</td>
<td>Health Hazard Awareness ($200)</td>
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<tr>
<td>☐ ¼</td>
<td>OSHA 7400</td>
<td>Trainer Course in Construction Noise ($200)</td>
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<tr>
<td>☐ ¼</td>
<td>OSHA 7500</td>
<td>Introduction to Safety &amp; Health Management ($200)</td>
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<tr>
<td>☐ ¼</td>
<td>OSHA 7505</td>
<td>Accident Investigation ($400)</td>
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<tr>
<td>☐ ¼</td>
<td>OSHA 7510</td>
<td>Introduction to OSHA for Small Businesses ($100)</td>
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</tr>
<tr>
<td>☐ ¼</td>
<td>OSHA 7845</td>
<td>OSHA Recordkeeping ($200)</td>
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</tr>
</tbody>
</table>

**Payment:**

There is a $130.00 one-time processing fee per application.

If paying by check, please make payable to “Mid-America OSHA Education Center” and mail to 33 Greenwood Lane, Springboro, OH 45066.

If paying by credit card, please fax this application to (937) 704-9394 and then call 1.866.444.4412 to speak to a representative to make your credit card payment.

*For course details and schedule, visit www.midamericaosha.org.*
Application for SPCP - General Industry

Name:__________________________________________________________  SSN:__________________________________________

Organization:____________________________________________________

Email: _________________________________________________________________________________________________________

Mailing Address:____________________________________________________

City: ___________________________________________________ State: _____________________  Zip: _____________________

Phone:__________________________________________________________  Fax: _________________________________

Check box in front of completed courses.

Required Courses (total of 5 ¼ units required):

Completed?….. # Units……….Course ……………….Description

☐……1………… OSHA 511………. OSHA Standards for General Industry ($800)
☐……1………… OSHA 3115………. Fall Protection ($675)
☐……1………… OSHA 2015………. Hazardous Materials ($750)
☐……1………… OSHA 501………. Trainer Course for General Industry ($800)
☐……1………… OSHA 3115………. Fall Protection ($675)
☐……1………… OSHA 2015………. Hazardous Materials ($750)
☐…………1………… OSHA 2045………. Machinery & Machine Guarding Standards ($750)
☐…………1………… OSHA 2264………. Permit Required Confined Space Entry ($675)
☐…………1………… OSHA 3095………. Electrical Standards ($750)
☐…………¼………… OSHA 7005………. Public Warehousing & Storage ($200)

Elective Courses (total of 2 units required)

Completed?….. # Units……….Course ……………….Description

☐…………1………… OSHA 521………. OSHA Guide to Industrial Hygiene ($750)
☐…………1………… OSHA 2250………. Principles of Ergonomics Applied to Work-related Musculoskeletal & Nerve Disorders ($675)
☐…………¼………… OSHA 7105………. Evacuation & Emergency Planning ($200)
☐…………¼………… OSHA 7200………. Bloodborne Pathogens, Exposure Control for Health Care Facilities ($200)
☐…………¼………… OSHA 7205………. Health Hazard Awareness ($200)
☐…………¼………… OSHA 7500………. Introduction to Safety & Health Management ($200)
☐…………¼………… OSHA 7505………. Accident Investigation ($400)
☐…………¼………… OSHA 7510………. Introduction to OSHA for Small Businesses ($100)
☐…………¼………… OSHA 7845………. OSHA Recordkeeping ($200)

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<tbody>
<tr>
<td>❑</td>
<td>1 unit</td>
<td>OSHA 511</td>
<td>OSHA Standards for General Industry ($800)</td>
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<td>OSHA 2225</td>
<td>Respiratory Protection ($750)</td>
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<td>OSHA 2250</td>
<td>Principles of Ergonomics ($675)</td>
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<td>1/4 unit</td>
<td>OSHA 7105</td>
<td>Evacuation &amp; Emergency Planning ($200)</td>
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<tr>
<td>❑</td>
<td>1/4 unit</td>
<td>OSHA 7200</td>
<td>Bloodborne Pathogens, Exposure Control for Health Care Facilities ($200)</td>
</tr>
<tr>
<td>❑</td>
<td>1/4 unit</td>
<td>OSHA 7205</td>
<td>Health Hazard Awareness ($200)</td>
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<td>1/4 unit</td>
<td>OSHA 7210</td>
<td>Pandemic Influenza ($200)</td>
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<td>1/4 unit</td>
<td>OSHA 7500</td>
<td>Introduction to Safety and Health Management ($200)</td>
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<tr>
<td>❑</td>
<td>1/4 unit</td>
<td>OSHA 7505</td>
<td>Accident Investigation ($400)</td>
</tr>
<tr>
<td>❑</td>
<td>1/4 unit</td>
<td>OSHA 7845</td>
<td>OSHA Recordkeeping ($200)</td>
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<tr>
<td>❑</td>
<td>1/4 unit</td>
<td>MA 7220</td>
<td>Hazardous Materials for First Receivers ($200)</td>
</tr>
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</table>

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For course details and schedule, visit www.midamericaosha.org.
OSHA CHALLENGE

Do you have an excellent safety program, but desire to improve and make it superb? Would you like to receive recognition for your efforts? If you said yes, then your next step is to acquire Voluntary Protection Program (VPP) Star status. This can be obtained through your participation in the OSHA Challenge Program.

The OSHA Challenge program is intended to guide employers in a three-phase approach toward improving their safety and health management systems. It is hoped by OSHA that participants will ultimately pursue the level of VPP status. To qualify for VPP status, construction firms must provide “exemplary worker protection by establishing effective safety and health management systems.”

The Ohio Valley Construction Education Foundation (OVCEF) is one of the few organizations in the country to serve as administrator to the OSHA Challenge. Participants in the Challenge program have access to compliance assistance and outreach, letters and certificates of recognition from OSHA, listing on OSHA’s website, and priority scheduling for OSHA onsite evaluations.

If you are interested in being a VPP Star Site, the Challenge program is the stepping stone to your success. Please contact OVCEF at 1.800.686.6440. We encourage you to step up to the challenge and begin your climb to VPP Star status. Your employees, and those who work with you, will thank you.

www.midamericaosha.org
1-866-444-4412 • info@midamericaosha.org