

## Powered Industrial Truck Operator Safety Course

Continuing Education Credits: 0.15

This course is designed for personnel who will work with powered industrial trucks (PIT) (i.e. forklift) used to carry, push, pull, lift, stack, or tier materials. It will better familiarize the worker with the potential health and safety concerns associated with powered industrial trucks. The content in this course is designed to comply with the intent of the applicable regulatory requirements. Learner objectives for this course are to: specify the purpose of the Powered Industrial Truck standard (OSHA 29 CFR 1910.178), define the operator training requirements for powered industrial trucks, distinguish several types of powered industrial trucks, recognize some general engineering principles associated with powered industrial truck safety, distinguish potential occupational health and safety concerns associated with the use and maintenance of powered industrial trucks, describe safe loading and unloading methods, identify general inspection and maintenance procedures.

|                    |                         |                |                                   |   |
|--------------------|-------------------------|----------------|-----------------------------------|---|
| <b>Class# 5024</b> | <b>Dates: 11/7/2017</b> | <b>Tuesday</b> |                                   | Fees: Under 62: \$75.00    Over 62: \$55.17 |
|                    |                         |                | Rhineland - Birchwoods Center 103 | 8:00 AM - 2:00 PM                           |
| <b>Class# 5025</b> | <b>Dates: 9/5/2017</b>  | <b>Tuesday</b> |                                   | Fees: Under 62: \$75.00    Over 62: \$55.17 |
|                    |                         |                | Rhineland - Birchwoods Center 103 | 8:00 AM - 2:00 PM                           |
| <b>Class# 5026</b> | <b>Dates: 10/3/2017</b> | <b>Tuesday</b> |                                   | Fees: Under 62: \$75.00    Over 62: \$55.17 |
|                    |                         |                | Rhineland - Birchwoods Center 103 | 8:00 AM - 2:00 PM                           |

## OSHA 10 Hour General Industry

Continuing Education Credits: 0.25

Workers are provided with general awareness about recognizing and preventing hazards commonly found in the workplace. OSHA recommends this training as an orientation to occupational safety and health. Learn how nine major provisions of the Occupational Safety and Health Act (OSHA) can be implemented in the workplace. Topics include common violations; inspections, citations and penalties; walking and working surfaces; means of egress and fire protection; hazardous materials; material handling; electrical safety; and machine guarding. This course is taught by an OSHA-authorized instructor. Participants who successfully complete the course will receive an OSHA course completion card. Workers can receive additional training on hazards specific to their job. 10 hours of mandatory and optional topics will be covered.

|                    |                                       |               |                                   |   |
|--------------------|---------------------------------------|---------------|-----------------------------------|---|
| <b>Class# 5028</b> | <b>Dates: 10/23/2017 - 10/24/2017</b> | <b>Monday</b> |                                   | Fees: Under 62: \$200.00    Over 62: \$166.95 |
|                    | Meets 10/23/2017                      |               | Rhineland - Birchwoods Center 103 | 8:00 AM - 4:00 PM                             |
|                    | Meets 10/24/2017                      |               | Rhineland - Birchwoods Center 103 | 8:00 AM - 12:00 PM                            |

## OSHA 10 Hour Construction Industry

Continuing Education Credits: 0.25

Workers are provided with general awareness about recognizing and preventing hazards commonly found in the workplace. OSHA recommends this training as an orientation to occupational safety and health. This course covers construction safety, health principles and OSHA policies, procedures and construction industry standards. Special emphasis is placed on the most hazardous areas using OSHA standards as a guide. This course is taught by an OSHA authorized instructor. Participants who successfully complete the course will receive a card from OSHA certifying completion of the course. Workers can receive additional training on hazards specific to their job. 10 hours of mandatory and optional topics will be covered.

|                    |                                     |               |                                   |   |
|--------------------|-------------------------------------|---------------|-----------------------------------|---|
| <b>Class# 5030</b> | <b>Dates: 12/4/2017 - 12/5/2017</b> | <b>Monday</b> |                                   | Fees: Under 62: \$200.00    Over 62: \$166.95 |
|                    | Meets 12/4/2017                     |               | Rhineland - Birchwoods Center 103 | 8:00 AM - 4:00 PM                             |
|                    | Meets 12/5/2017                     |               | Rhineland - Birchwoods Center 103 | 8:00 AM - 12:00 PM                            |

## OSHA 30 Hour Construction Industry

Continuing Education Credits: 0.75

This course is for supervisors and those desiring more extensive safety and health training in construction safety, health principles and OSHA 1926 policies, procedures and other construction industry standards. This course is taught by an OSHA authorized instructor. Participants who successfully complete the course will receive a card from OSHA certifying completion of the course. Workers can receive additional training on hazards specific to their job. 30 hours of mandatory and optional topics will be covered.

|                    |                                     |  |                                   |   |
|--------------------|-------------------------------------|--|-----------------------------------|---|
| <b>Class# 5029</b> | <b>Dates: 12/4/2017 - 12/7/2017</b> |  |                                   | Fees: Under 62: \$500.00    Over 62: \$400.85 |
|                    |                                     |  | Rhineland - Birchwoods Center 103 | 8:00 AM - 4:00 PM                             |

**OSHA 30 Hour General Industry**

Continuing Education Credits: 0.75

This course is for supervisors and those desiring more extensive safety and health training in industry safety, health principles and OSHA 1910 policies, procedures and other general industry standards. This course is taught by an OSHA authorized instructor. Participants who successfully complete the course will receive a card from OSHA certifying completion of the course. Workers can receive additional training on hazards specific to their job. 30 hours of mandatory and optional topics will be covered.

**Class# 5027    Dates: 10/23/2017 - 10/26/2017**

Fees: Under 62: \$500.00    Over 62: \$400.85

Rhineland - Birchwoods Center 103

8:00 AM - 4:00 PM

**NFPA 70 E Electrical Safety Awareness Training for Electrical Workers (4hr)**

Continuing Education Credits: 0.1

The NFPA 70E Electrical Safety Awareness Training for Electrical Workers (4 hour Course) discusses the electrical safety standard developed by the National Fire Protection Association in response to a request by OSHA for a standard that addresses safe work practices intended to protect electrical workers from electrical hazards. This course provides a solid foundation for compliance considerations by employers who realize the importance of NFPA 70E in their workplaces.

Objectives For 3- and 4-hour session; Learn how the NFPA 70E standards apply to your current job, learn about 3 most recognized hazards of electricity, learn how an arc is created, learn about shock and the 3 physiological effects of shock, learn about arc flash including dangers of and temperature and causes, learn about arc blast and dangers included, review NFPA 70E Energized Approach Boundaries Table, learn how to read an arc flash hazard label, understand definitions of each part of arc flash hazard label, understand what an arc flash boundary is and who it protects, review NFPA 70E Article 110 .6, E, 2 on Maintenance and Construction, discuss and review LOTO and its application, learn how to recognize a hazardous situation using the risk assessment procedure, discuss a potentially dangerous situation and how to mitigate the risk using the "Hierarchy of Methods", review NFPA 70 Article 120 on Establishing Electrically safe work conditions, discuss energized electrical work, learn OSHA definition of "Qualified Person", discuss and examine electrical PPE including arc suits, glasses, helmets, HV gloves, test HV gloves with air tester, learn proper care of PPE, learn how to keep yourself safe, learn how to attend to a person who has received a shock

**Class# 5175    Dates: 10/18/2017    Wednesday**

Fees: Under 62: \$75.00    Over 62: \$61.78

Rhineland - Birchwoods Center 105

5:00 PM - 9:00 PM

**Class# 5176    Dates: 10/19/2017    Thursday**

Fees: Under 62: \$75.00    Over 62: \$61.78

Rhineland - Birchwoods Center 105

8:00 AM - 12:00 PM