



WANT TO LEARN SAFETY?

**WE WILL  
TEACH YOU  
SAFETY!**

**SERVING HOUSTON • DALLAS • SAN ANTONIO  
CORPUS CHRISTI • AUSTIN**

[www.capitalsafetysolutionsllc.com](http://www.capitalsafetysolutionsllc.com) 737-349-2923



# Capitol Safety Solutions LLC

## TABLE OF CONTENTS

<i>OSHA Top 10 citations</i> .....	1
<i>About Us</i> .....	2-3
<i>Scissor Lift Training</i> .....	4-5
<i>Confined Space Awareness</i> .....	6-7
<i>Power Industrial Lift Truck</i> .....	8-9
<i>GHS Globally Harmonized System Training</i> .....	10-11
<i>Fall Protection Training CFR 1926</i> .....	12-13
<i>OSHA 10-30</i> .....	14-16
<i>Scaffold Safety Training</i> .....	17-18
<i>Rough Terrian Forklift Training</i> .....	19-20
<i>Rigger 1 Training</i> .....	21-22
<i>CPR &amp; First Aid Training</i> .....	23
<i>Safety Staffing / Other Services</i> .....	24
<i>Training Enrollment Form</i> .....	25
<i>Credit Card Authorization form</i> .....	26
<i>Scan here to pay QR code</i> .....	27
<i>Closing /Notes</i> .....	28

# OSHA Top 10 Citation Violations

OSHA's Top 10 Violations for Fiscal Year 2025 consistently highlight Fall Protection, Hazard Communication, and Ladders as leading issues, with Fall Protection – General Requirements remaining number one for years, followed by Hazard Communication, Ladders, Lockout/Tagout, and Protection, showing persistent risks in construction and general industry. The list also includes Fall Protection Training, Scaffolding, Powered Industrial Trucks, Eye and Face Protection, and Machine Guarding, emphasizing ongoing challenges with working at heights, controlling hazardous energy, and ensuring proper PPE.

Here are the top violations for FY 2025, based on data released by OSHA and industry sources:

1. **Fall Protection – General Requirements:** (1926.501): 5,914 violations
2. **Hazard Communication:** (1910.1200): 2,546 violations
3. **Ladders:** (1926.1053): 2,405 violations
4. **Control of Hazardous Energy – Lockout/Tagout:** (1910.147): 2,177 violations
5. **Respiratory Protection:** (1910.134): 1,953 violations
6. **Fall Protection – Training Requirements:** (1926.503): 1,907 violations
7. **Scaffolding:** (1926.451): 1,905 violations
8. **Powered Industrial Trucks:** (1910.178): 1,826 violations
9. **Personal Protective and Lifesaving Equipment – Eye and Face Protection:** (1926.102): 1,665 violations
10. **Machine Guarding:** (1910.212): 1,239 violations

## Key Takeaways:

- **Fall Protection Dominates:**

The top spot has been held by fall protection for 15 consecutive years, highlighting risks in construction.



## *ABOUT US*

### **CAPITOL SAFETY SOLUTIONS LLC**

At Capitol Safety Solutions LLC, est. 2024 we understand the importance of maintaining a healthy workforce. Our comprehensive **Occupational Safety & Health Services** are designed to ensure that your employees are fit, safe, and healthy. We offer a range of services including pre-employment screenings, health assessments, and workplace wellness programs. By partnering with us, you can reduce absenteeism and improve overall productivity in your organization. Let us help you create a safer and healthier work environment.

### **MISSION**

At Capitol Safety Solutions, our mission is to provide unparalleled safety solutions that protect people, property, and the environment. Through innovative safety programs, rigorous training, and compliance consulting, we strive to reduce risk and create a culture of safety in every workplace. We are committed to empowering businesses with the knowledge and tools needed to meet and exceed industry safety standards, ensuring a safer workplace for the American Workers

### **OUR VISION**

Our vision is to be the provider of choice in the construction industry, known for providing effective and meaningful training to its students. In the future, we look to connect those employed in the construction sector with valuable training and certification courses that allow them to expand the opportunity for education and employment.

### **Objectives**

#### **1. Enhance Workplace Safety:**

To reduce workplace injuries and accidents by implementing effective safety

programs tailored to the unique needs of each client.

**2. Ensure Compliance with Safety Standards:**

To help businesses navigate and meet federal, state, and local safety regulations, ensuring they comply with OSHA and other safety requirements.

**3. Provide Comprehensive Training:**

To offer ongoing training and educational programs for employees at all levels, empowering them with the knowledge to identify hazards and respond appropriately.

**4. Deliver Customized Safety Solutions:**

To develop and implement tailored safety strategies for diverse industries, from construction to manufacturing, that address specific risks and operational challenges.

**5. Promote a Safety Culture:**

To foster a culture of safety within organizations, making safety a core value integrated into every part of the business.

**6. Continuous Improvement:**

To stay on top of industry trends, emerging risks, and best practices in safety, constantly evolving and improving our services to offer clients the most up-to-date safety solutions.

## What Capitol Safety Solutions LLC Does for Our Clients

**Capitol Safety Solutions LLC** is committed to partnering with our clients to build safer, more productive work environments through education, leadership, and hands-on support.

Our goal is not just compliance, but **empowerment** — ensuring workers, supervisors, and leadership understand safety, apply it in the field, and take ownership of it every day. We work closely with our clients to identify risks, strengthen safety culture, and provide practical training that translates directly to real-world jobsite conditions.

Capitol Safety Solutions LLC provides a **wide variety of safety training**

By combining experienced safety professionals with customized training programs, we help our clients reduce incidents, improve communication, and keep projects moving safely and efficiently.

Please reach out today for more information and let us help you keep your team safe. @ 737-349-2923 / [info@capitalsafetysolutionsllc.com](mailto:info@capitalsafetysolutionsllc.com)



# Aerial Lift & Scissor Lift Training

**Capitol Safety Solutions LLC** provides Scissor Lift and Aerial Lift Safety Training designed to ensure operators are trained, competent, and compliant before operating elevated work platforms.

This course addresses the hazards associated with scissor lifts and aerial lifts, including falls, tip-overs, struck-by hazards, and improper equipment use. Training emphasizes both safe operation and hazard recognition to help prevent incidents and protect workers on the jobsite.

## Course Topics Include:

- OSHA and ANSI lift safety requirements
- Operator responsibilities and qualifications
- Pre-use inspections and equipment limitations
- Safe operation, travel, and positioning
- Fall protection and PPE requirements
- Hazard recognition (overhead obstructions, ground conditions, weather)
- Emergency procedures and incident prevention

## Who Should Attend:

- Workers assigned to operate scissor lifts or aerial lifts
- Supervisors responsible for lift operations
- Safety professionals overseeing elevated work activities

## Training Outcome:

Upon completion, participants will have the knowledge needed to safely operate scissor lifts and aerial lifts, recognize jobsite hazards, and comply with applicable safety standards.

## **OSHA Scissor Lift Requirements**

Capitol Safety Solutions LLC provides scissor lift safety training aligned with **OSHA standards, manufacturer requirements, and ANSI A92 guidelines** to ensure operators work safely and compliantly at height.

OSHA does not have a single standard titled “Scissor Lift,” but scissor lifts are regulated under **OSHA’s General Industry and Construction standards** and referenced through **ANSI A92** standards, which OSHA enforces through the General Duty Clause.

***Capitol Safety Solutions LLC is committed to providing the most up-to-date and effective training when it comes to equipment training to enhance safety, ensure regulatory compliance, improve, efficiency and productivity , extend equipment lifespan ,prevent accidents, develop employees skills and prepare for emergencies, reduce insurance and liability cost build worker confidence , and promote a strong safety culture.***

Aerial Lift / Scissor Lift Combo
Pricing Per Person
\$199.00
Group Pricing 10 or more
\$175.00



Please reach out today for more information and let us help you keep your team safe. @ 737-349-2923 / [info@capitalsafetysolutionsllc.com](mailto:info@capitalsafetysolutionsllc.com)



## *Confined Space Awareness*

### Why Capitol Safety Solutions LLC Teaches Confined Space Awareness

**Capitol Safety Solutions LLC** teaches confined space awareness because confined spaces present some of the most serious and life-threatening hazards in construction and industrial environments. Many confined space incidents result in severe injuries or fatalities due to hazardous atmospheres, limited entry and exit, engulfment, or lack of awareness.

Our confined space awareness training helps workers, supervisors, and employers recognize confined spaces, understand the hazards involved, and know when special permits, monitoring, and rescue procedures are required. This training is essential to prevent unauthorized entry, improper work practices, and delayed emergency response.

### **Capitol Safety Solutions LLC provides confined space awareness training to:**

- Protect workers from fatal hazards such as oxygen deficiency and toxic atmospheres
- Ensure OSHA compliance and hazard recognition
- Improve communication and coordination between crews
- Reduce incidents caused by lack of training or misunderstanding of confined space risks

By educating workers before they enter or work around confined spaces, we help our clients prevent incidents, protect lives, and maintain safe, compliant jobsites.

### Difference Between Permit-Required vs. Non-Permit Confined Spaces

*OSHA-Referenced Guidance/ Permit-Required Confined Space:* A confined space is classified as **permit-required** when it contains **one or more hazards** that could cause serious injury or death.

**According to OSHA 29 CFR 1910.146(b),** a permit-required confined space includes any space that has:

- A hazardous atmosphere

- A material that could engulf an entrant
- An internal configuration that could trap or asphyxiate an entrant
- Any other recognized serious safety or health hazard

## OSHA Requirements for Permit-Required Confined Spaces include:

- Written entry permit – 29 CFR 1910.146(f)
- Atmospheric testing and monitoring – 29 CFR 1910.146(d)(5)
- Hazard elimination or control – 29 CFR 1910.146(d)
- Trained authorized entrants, attendants, and entry supervisors – 29 CFR 1910.146(g)
- Emergency rescue and retrieval procedures – 29 CFR 1910.146(d)(9)



## Non-Permit Confined Space

A confined space may be classified as **non-permit** if it **does not contain**, or has eliminated, all hazards capable of causing serious harm.

OSHA 29 CFR 1910.146(c)(7) allows reclassification of a permit space to non-permit if:

- All hazards are eliminated (not controlled)
- The space is safe for entry
- Documentation is maintained

## **Important OSHA Requirement:**

If a hazard develops or is introduced, the space **must immediately be reclassified as permit-required** and entry must stop.

## Most Recent Reliable Data

Based on **OSHA and BLS historical data**:

- U.S. averages 100–200 confined space fatalities per year
- Roughly 60% occur in permit-required confined spaces
- More than half of confined space deaths involve multiple fatalities, often rescuers who were not trained
- The top causes remain:
  - Oxygen-deficient atmospheres
  - Toxic gases (H<sub>2</sub>S, CO)
  - Engulfment
  - Lack of hazard recognition

OSHA has consistently identified confined spaces as **one of the deadliest work activities** when not properly controlled.

Please reach out today for more information and let us help you keep your team safe. @ 737-349-2923  
[info@capitolsafetysolutionsllc.com](mailto:info@capitolsafetysolutionsllc.com)

Pricing Per Person
\$149.00
Group Pricing 10 or more
\$119.00



## ***Power Industrial Forklift Truck Training***

---

**Capitol Safety Solutions LLC** provides Power Industrial Forklift Truck Training that meets **OSHA requirements (29 CFR 1910.178)** and emphasizes safe operation, hazard recognition, and compliance.

### **Training Materials Covered**

#### **1. OSHA & Regulatory Requirements**

- OSHA 29 CFR 1910.178 (Powered Industrial Trucks)
- Employer and operator responsibilities
- Certification and refresher training requirements

#### **2. Forklift Types & Equipment Awareness**

- Classifications of powered industrial trucks
- Equipment capabilities and limitations
- Nameplates, load charts, and data plate

#### **3. Pre-Operation Inspections**

- Daily/shift inspection requirements
- Forks, mast, tires, hydraulics, controls, and safety devices
- Tag-out and removal from service procedures

#### **4. Safe Operating Procedures**

- Starting, stopping, and maneuvering
- Traveling with and without loads
- Turning, braking, and maintaining stability
- Safe speeds and pedestrian awareness



## 5. Load Handling & Stability

- Load capacity and load center
- Proper lifting, stacking, and unstacking
- Tip-over prevention and stability triangle awareness

## 6. Workplace Hazards

- Dock edges and loading areas
- Ramps, inclines, and uneven surfaces
- Overhead obstructions and low clearances
- Visibility and blind spots

## 7. Fueling & Charging Safety

- Battery charging safety (electric forklifts)
- Propane, diesel, and gasoline fueling procedures
- Fire prevention and spill response

## 8. Pedestrian & Traffic Safety

- Right-of-way rules
- Use of horns, alarms, and mirrors

## 9. Incident Prevention & Emergency Procedures

- Tip-over response (what to do and what not to do)
- Parking and shutdown procedures
- Reporting unsafe conditions and incidents

**Training Outcome:** Upon successful completion, participants will understand how to safely operate powered industrial forklifts, recognize hazards, comply with OSHA requirements, and reduce the risk of incidents on the jobsite.

### Why Choose Capitol Safety Solutions LLC

Choosing C.S.S is committed to helping your organization get your Employees the proper training. We are flexible with your schedule Needs. You let us know what needs are, and C.S.S will make it happen. C.S.S is dedicated to promoting a safety culture and building successful partnership with clients.

Please reach out today for more information and let us help you keep your team safe. @  
737-349-2923 / [info@capitalsafetysolutionsllc.com](mailto:info@capitalsafetysolutionsllc.com)



Pricing Per Person  
\$135.00  
Group Pricing 10 or more  
\$120.00

## Globally Harmonized System

(GHS)



Standardized Chemical Labels and Safety Data Sheets

# GHS GLOBALLY HARMONIZED SYSTEM AWARENESS TRAINING

Capitol Safety Solutions LLC teaches the Globally Harmonized System (GHS) to ensure workers can recognize, understand, and respond to chemical hazards in the workplace in a consistent and standardized way. GHS training helps employees identify chemical hazards through labels, pictograms, signal words, and Safety Data Sheets (SDS), reducing the risk of exposure, injury, fire, and environmental incidents.

GHS training is required under **OSHA's Hazard Communication Standard (29 CFR 1910.1200)**, which mandates that employers train employees on chemical hazards and protective measures. OSHA requires that workers understand:

- Chemical labeling and pictograms (*29 CFR 1910.1200(f)*)
- Safety Data Sheets and their format (*29 CFR 1910.1200(g)*)
- Employee training and hazard communication (*29 CFR 1910.1200(h)*)

By teaching GHS, Capitol Safety Solutions LLC helps employers meet OSHA compliance requirements, improve hazard recognition, and ensure workers can safely handle, store, and respond to chemical hazards across all work environments. **Safety is the way to go.**

## Why Chemical Safety Matters

Each year, **over 190,000 U.S. workers are injured due to chemical exposures**. Many of these incidents are preventable with proper training, labeling, and hazard awareness. Chemical safety protects workers from burns, respiratory injuries, eye damage, fires, and long-term health effects.

## OSHA Requirements

Chemical safety training is required under:



- **OSHA Hazard Communication Standard – 29 CFR 1910.1200**
  - Labels (*1910.1200(f)*)
  - Safety Data Sheets (*1910.1200(g)*)
  - Employee training (*1910.1200(h)*)

One of the most significant recent chemical incidents in the United States occurred in East Palestine, Ohio in 2023, involving the release of vinyl chloride. However, serious chemical handling incidents continue to occur every year across the U.S., often due to improper handling, lack of training, or failure to follow hazard communication and chemical safety procedures.

*When it comes down to the safety of your organization when using chemicals there is never to much information. Capitol Safety Solutions LLC will train your team / Organization with the most up-to-date information on the GHS. So, let's not wait to get your organization on the right path to safety and building a safety culture.*

Please reach out today for more information and let us help you keep your team safe. @ 737-349-2923 / [info@capitalsafetysolutionsllc.com](mailto:info@capitalsafetysolutionsllc.com)

GHS Training  
Pricing Per Person  
\$99.00  
Group Pricing 10 or more  
\$85.00





Falls remain the leading cause of death in U.S. construction, with recent data showing around **420-423 fatal falls to a lower level annually**, accounting for roughly 40% of all construction fatalities, a tragic trend highlighted by [OSHA](#) and [Bureau of Labor Statistics](#) data for 2023 and surrounding years. These preventable deaths often occur from heights on roofs, ladders, and scaffolding, emphasizing the critical need for robust fall prevention.

#### OSHA Fall Protection Requirements

- **29 CFR 1926 Subpart M – Fall Protection**

## Fall Protection Awareness Training

- Requires fall protection at **6 feet or more** in construction
- **29 CFR 1926.501** – Duty to have fall protection
- **29 CFR 1926.503** – Fall protection training requirements
- **29 CFR 1926 Subpart X** – Stairways and Ladders
- **29 CFR 1926 Subpart L** – Scaffolds

#### What Is Fall Protection in the Construction Industry?

**Fall protection** in the construction industry refers to the systems, equipment, planning, and training used to prevent workers from falling from heights or to safely arrest a fall if one occurs. It is required when employees are exposed to fall hazards such as working on **roofs, ladders, scaffolding, elevated platforms, edges, or openings**.

#### Fall protection includes:

- **Guardrail systems**
- **Personal Fall Arrest Systems (PFAS)** (harnesses, lanyards, anchors)
- **Safety nets**
- **Covers for floor holes and openings**
- **Controlled access zones**

- Proper ladder and scaffold use

The goal of fall protection is to **eliminate or minimize fall hazards**, prevent serious injuries or fatalities, and ensure workers can perform their tasks safely at height.

## May 2022: Investigation of the November 8, 2021, Partial Collapse of Wood Roof Trusses during Construction of Dollar General Store, Orange City, Florida

Wood roof trusses collapsed during installation and fell onto the ground floor where a Dollar General store was under construction. The roof framing consisted of 66 wood piggyback base trusses spanning 70 feet. Two employees were injured after falling approximately 12 feet and a third employee cutting lumber inside the building, was fatally crushed by the falling trusses.



### **Most Recent Confirmed Data (Used for 2025 Training)**

FY 2023–FY 2024 (Latest Finalized Data)

- **6,000–7,000+ OSHA citations annually** related to fall protection in construction
- Fall Protection (29 CFR 1926.501) ranked **#1 OSHA violation nationwide**
- Construction accounts for the **majority** of these citations

### **Early FY 2025 Enforcement Trends**

- OSHA continues issuing **thousands of fall protection citations**
- No reduction trend observed
- Fall protection remains OSHA's **top construction enforcement priority**

*Capitol Safety Solutions LLC provides hands-on, OSHA-compliant fall protection training that helps organizations prevent falls, reduce citations, and protect their workforce—because most fall-related incidents are preventable with the right training.*

Please reach out today for more information and let us help you keep your team safe. @ 737-349-2923 [info@capitalsafetysolutionsllc.com](mailto:info@capitalsafetysolutionsllc.com)

Fall Protection Training \$ 85.00 per Person Group Pricing \$ 70.00 10 or more
---



## Understanding the Difference and Choosing the Right Course

### Introduction

OSHA 10 and OSHA 30 are two of the most widely recognized safety training programs in the construction industry. While both courses are designed to improve hazard awareness and promote safer worksites, they are intended for **different audiences** and serve **different levels of responsibility**. Understanding the differences between OSHA 10 and OSHA 30 helps organizations ensure the right workers receive the right level of training to reduce injuries, fatalities, and OSHA citations.

### OSHA 10 Construction Training

**Purpose:** OSHA 10 Construction is designed for **entry-level and frontline workers**. Its primary goal is to provide **basic hazard awareness** so workers can recognize unsafe conditions and understand their rights under OSHA.

#### Who OSHA 10 Is For

- Construction laborers
- Apprentices and trainees
- Skilled trade workers
- Equipment operators
- Temporary and new-hire workers
- Any employee exposed to construction hazards

OSHA 10 is commonly required by **general contractors, project owners, and municipalities** before workers are allowed on a jobsite.

Course Length - **10 hours total**

#### Key Topics Covered

- Introduction to OSHA and worker rights
- Fall protection basics
- Struck-by, caught-in/between, and electrical hazards
- Personal Protective Equipment (PPE)
- Hazard communication (GHS)

- Stairways and Ladders
- Basic Health Hazards

## Training Outcome

Workers who complete OSHA 10 gain a **foundational understanding of construction hazards** and how to work safely, helping reduce accidents caused by lack of awareness.

### OSHA 30 Construction Training

**Purpose:** OSHA 30 Construction is designed for **supervisors, foremen, safety leads, and management personnel**. It provides **in-depth training** focused on hazard recognition, prevention, and employer responsibilities.

### Who is OSHA 30 Is For

- Foremen and superintendents
- Project managers
- Safety professionals
- Site supervisors
- Crew leaders
- Competent and qualified persons

OSHA 30 is often required for **leadership roles** and on **large or high-risk construction projects**.

Course Length- **30 hours total**

### Key Topics Covered

- Advanced fall protection requirements
- OSHA standards (29 CFR 1926)
- Managing and controlling jobsite hazards
- Accident investigation and reporting
- Safety programs and enforcement
- Scaffolding and excavation safety
- Cranes, heavy equipment, and material handling
- Health hazards and exposure control
- Emergency action planning



Training Outcome: OSHA 30 prepares supervisors and managers to **identify hazards before incidents occur**, enforce safety rules, and maintain OSHA compliance across the jobsite

Topic	OSHA 10	OSHA 30
Intended Audience	Entry-level workers	Supervisors & management
Course Length	10 hours	30 hours
Focus	Hazard awareness	Hazard prevention & compliance
Level of Detail	Basic	In-depth
Leadership Training	Minimal	Extensive

Topic	OSHA 10	OSHA 30
Jobsite Responsibility	Individual Worker	Oversight of others

## Why Both Courses Are Important

OSHA 10 and OSHA 30 work **together** to create a safer jobsite. OSHA 10 ensures workers recognize hazards, while OSHA 30 ensures supervisors know how to **control, correct, and prevent** those hazards. When both training levels are implemented, organizations see:

- Fewer injuries and fatalities
- Reduced OSHA citations
- Improved productivity
- Stronger safety culture

## Why Choose Capitol Safety Solutions LLC

*Capitol Safety Solutions LLC delivers OSHA 10 and OSHA 30 training that is **practical, compliant, and jobsite focused**. Our training goes beyond theory by emphasizing real-world hazards, accountability, and prevention—helping organizations protect workers and meet compliance expectations*

Please reach out today for more information and let us help you keep your team safe. @ 737-349-2923 / [info@capitolsafetysolutionsllc.com](mailto:info@capitolsafetysolutionsllc.com)



OSHA 10 Outreach Program  
Pricing Per Person  
\$ 85.00

OSHA 30 Outreach Program  
Pricing Person  
\$ 169.00



Scaffolds are in the top five on OSHA violations. In a Bureau of Labor and Statistics (BLS) study, 72% of workers injured in scaffold accidents attributed the accident either to the planking or support giving way, or to the employee slipping or being struck by a falling object. Scaffolds are integral to the construction industry with approximately 65% of the workforce involved in work from scaffolds. When used properly, scaffolds can save significant time and money. Though they are convenient and necessary, there are four major hazards associated with worker injuries that everyone needs to be aware of proper scaffold safety.

**Scaffolding can be hazardous for workers, and there are several common hazards to be aware of:**

**Falls**

The most common and serious hazard, falls, can be caused by a lack of fall protection. OSHA requires fall protection for scaffolds that are 10 feet or higher above a lower level, such as a body harness, lanyard, and lifelines. Scaffolds that are more than 14 inches from the side of a building must also have a guardrail system with toe boards.

**Collapse**

Scaffolds can collapse due to instability, overloading, or damage. Heavy loads like bricks, pipes, or pumps can overload a scaffold, and parts like planks can crack or deteriorate over time.

**Being struck**

Workers can be struck by falling tools, debris, or work materials.

**Electrocution**

Scaffolds can be close to overhead power lines, which can lead to electrocution. Other causes of scaffolding accidents include:

- Unsafe design
- Improperly secured or stabilized scaffolds
- Malfunctioning brakes or pulleys
- Defective fall safety systems
- Poor construction
- Damaged or poor-quality materials
- Insufficient maintenance

- Lack of safety inspections

A major LNG scaffold collapse occurred at the [Port Arthur LNG site in Texas in April 2025](#), killing three construction workers and injuring two others, with findings pointing to an improperly secured bracket and potential safety lapses like unclipped harnesses as contributing factors, leading to revised safety protocols by contractor Bechtel, including stopping night shifts.



**It is an OSHA requirement that all employee that are using a scaffold must have the proper training on scaffold usage and scaffold safety.**

In fiscal year (FY) 2025, the Occupational Safety and Health Administration (OSHA) issued **1,905 citations** for scaffolding (standard 1926.451) violations in the USA. This placed scaffolding as the seventh most-frequently cited workplace safety standard for the year

*Here at Capitol Safety Solutions LLC, we got you covered. By choosing Capitol Safety Solutions LLC for scaffold training, you invest in top-tier safety education that promotes a safer, more efficient work environment. We pride ourselves in providing the most up to date scaffold training. We follow CFR 1926.450,451,452 and all other requirements that meet the OSHA ANSI standards. When taking this training this will help with productivity, save money on injuries and medical bills and keep your EMR down but most importantly send your employee home to their families safely. So don't wait, let's get you on the right path in keeping our family working safely.*

Please reach out today for more information and let us help you keep your team safe. @ 737-349-2923 / [info@capitolsafetysolutionsllc.com](mailto:info@capitolsafetysolutionsllc.com)

Scaffold Safety Training Pricing Per Person \$ 89.00 Group Pricing 10 or More \$ 75.00
--



### 1926.1427(a)

**General requirements for operators.** The employer must ensure that each operator is trained, certified/licensed, and evaluated in accordance with this section before operating any equipment covered under subpart CC

**Why is so important for workers to have equipment training. In 2022 (738) workers died from equipment accidents.** There are **75-100 worker fatalities occur annually in the U.S. from forklift accidents**, with pedestrians making up a significant portion (around 36%) and tip-overs being the most fatal type of incident (around 42%), often due to operators jumping out. Early 2025 data from [Herc-U-Lift](#) and [CertifyMe.net](#) confirm these figures, with one source noting about 87 deaths per year on average, and another citing 79 yearly deaths.

### Course Details:

This training program encompasses various learning elements: a classroom presentation, a written test, hands-on practice, and skills testing. The classroom segment concentrates on vital information essential for safely operating a Rough Terrain Forklift. Through hands-on practice, participants have the chance to refine their skills in a secure setting, guided by our expert instructors. Evaluation of operator skills aligns with industry standards, ensuring comprehensive proficiency.

- Basics of rough terrain forklifts
- Rules and regulations
- Types, main parts, and their functions
- Safety systems
- Pre-use inspection
- Safe operating procedures
- Limitations, hazards, and controls

In 2025, the OSHA standard for **Powered Industrial Trucks (1910.178)** received approximately **1,826 to 2,440 total citations**. However, official data does not break down this



total by specific equipment types, such as "rough terrain" forklifts, or by the specific cause of an accident (e.g., tip-over, collision).

## OSHA Citation Data Details

- **Total Citations:** The general standard for all powered industrial trucks, including all types of forklifts, received a total citation count of approximately 1,826 (according to preliminary data from August 2025) or 2,440 (according to later preliminary reports from November 2025). This consistently ranks it as one of OSHA's top 10 most frequently cited violations.

*Capitol Safety Solutions LLC provides forklift training to help organizations reduce incidents, protect workers, and maintain OSHA compliance. Our training focuses on real-world operating conditions, ensuring operators understand load stability, terrain hazards, pedestrian awareness, and equipment limitations.*

*By partnering with Capitol Safety Solutions LLC, your organization benefits from experienced safety professionals who deliver practical, site-specific instruction that improves operator confidence, minimizes costly equipment damage, and strengthens your overall safety culture—because safe operations keep projects productive and workers going home safely every day.*

Please reach out today for more information and let us help you keep your team safe. @ 737-349-2923 / [info@capitalsafetysolutionsllc.com](mailto:info@capitalsafetysolutionsllc.com)

Rough Terrian Forklift Training  
\$ 135.00 Per Person

Group Pricing 10 or more  
\$ 120.00





The most recent prominent fatal rigging error reported by [OSHA](#) involved a rigger's fatal 30-story fall in Fort Lauderdale in **April 2024**, due to a crane support cable failure and missing fall protection, leading to citations for failing to secure crane parts and ensure fall arrest equipment use.

Another recent case (**May 2024**) cited a shipyard for fatalities from failing to inspect rigging and maintain fall protection, including a November 2022 rigger death. OSHA investigations frequently uncover rigging issues, often related to corrosion, missing bolts, or lack of fall protection, resulting in serious citations for employers.

Riggers must be:

- Trained to understand and recognize the hazards associated with the assigned task.
- Qualified to do assigned work and comply with proper procedures.
- Aware of the surface conditions upon which a crane is operating.

The surface should be level within 1% grade and firm enough to support the crane and load. Examine where the load will be set. Remove unnecessary blocks, equipment or other materials that can injure workers if struck by the load.

- Familiar with the various and correct rigging techniques and rigging equipment (e.g., slings, shackles, hooks, hoist, blocks).
- Able to anticipate problems before they occur. Stop the job when any potentially unsafe conditions are present.
- Aware of the weight of the load and understand the rated capacities of the crane and any rigging gear (1915.111(b)).

Capitol Safety Solutions LLC offers the following topics in rigging operations class.

- Hazards associated with rigging operations.
- Role and responsibility of each rigger's assigned task.
- Establishing a goal for the day.

- Weight of material and equipment being hoisted. Identifying the various shapes on the surface of equipment being hoisted.
- Lifting limitations of gear and hoisting devices.
- Communication used by all personnel.
- Disconnecting techniques used to complete the task

While OSHA doesn't publish a single "rigging incidents per year" number, data shows **around 42 annual fatalities from crane-related accidents** (often involving rigging failures) and significant non-fatal incidents, with **improper rigging practices** and **human error** being primary causes, leading OSHA to enforce stricter regulations for qualified riggers and safe lifting.

- **Fatalities:** From 2011-2017, there were about 42 crane-related deaths annually, averaging around 42-44 per year, with rigging failures a contributing factor.
- **Struck-By Hazards:** Falling objects (due to rigging failure) and misplaced loads are major contributors to construction deaths, part of OSHA's "Fatal Four".
- **Human Error:** Up to 90% of crane accidents stem from human error, highlighting the need for proper training, which OSHA mandates.
- **Non-Fatal Incidents:** Hundreds of non-fatal crane incidents occur yearly, involving improper safety protocols and leading to significant damage and injuries



*Capitol Safety Solutions LLC to provide rigging and signalman training because improper rigging and poor communication are leading causes of crane incidents, dropped loads, and serious injuries on construction sites. Our training equips workers and signal persons with the knowledge to properly inspect rigging equipment, calculate load weights, select the correct rigging configurations, and use standardized hand and radio signals in accordance with OSHA and ANSI requirements. By partnering with Capitol Safety Solutions LLC, your organization reduces the risk of catastrophic failures, improves coordination between crane operators and ground personnel, strengthens regulatory compliance, and builds a safer, more confident workforce—ensuring every lift is planned, controlled, and executed safely.*

Please reach out today for more information and let us help you keep your team safe.  
@ 737-349-2923 / [info@capitalsafetysolutionsllc.com](mailto:info@capitalsafetysolutionsllc.com)

Pricing Per Person
\$ 179.00
Group Pricing 10 or More
\$ 159.00



# Benefits of Being CPR Certified

No one ever expects emergencies to occur as they go about their day, which is why it is important to learn CPR ahead of time. Cardiac arrest can happen at home, at school, at the gym, on an airplane, in the workplace or anywhere in the community. CPR is a critical skill that can help save a life when a person breathing or heart stops.

## Every Second Counts.

- You may be wondering, & quote; why learn CPR when I can just call 9-1-1?&quot; While you should always call 9-1-1 first in the event of an emergency, it still takes rescuers some time to arrive at the scene. For every minute without intervention, the chance of survival drops for a person experiencing sudden cardiac arrest. CPR can significantly improve someone's chance of surviving when bystanders take prompt action.

## Anyone Can Learn It.

- Another benefit of CPR is that this lifesaving training is for everyone. It only takes a few hours, and it can give you the skills and confidence to act in an emergency and help save a life. You find classes that are designed for the way you live and learn, with options available on weekdays and weekends in a variety of formats

*At Capitol Safety Solutions LLC, you can choose the class for your schedule – and the way you learn best. For those who want to become certified in CPR/AED. We will work with your schedule to assure that everyone has the CPR/First Aid training that is required to save a life. In-person: Designed for those who learn best in a traditional classroom setting, our in-person courses combine lectures with hands-on skills sessions. This way, you can not only learn what CPR is, but you will be able to practice your skills with a certified instructor. If the course is completed with a passing grade, you will receive a two-year certification. Don't wait any longer gives us a call and let's get you CPR/First Aid Certified.*

Please reach out today for more information and let us help you keep your team safe.  
@ 737-349-2923 / [info@capitalsafetysolutionsllc.com](mailto:info@capitalsafetysolutionsllc.com)

Pricing Per Person
\$ 85.00
Group Pricing 10 or More
\$ 70.00



# Temporary Safety Staffing

Capitol Safety Solutions LLC provides highly qualified, degreed, and credentialed Environmental Health & Safety (EHS) professionals dedicated to protecting your company's greatest asset—your people. We offer temporary, long-term, and permanent safety staffing solutions to support single locations or multi-site operations. Our experienced safety professionals integrate seamlessly into your project team to ensure compliance, productivity, and workforce protection.

## Industries & Project Experience

- OCIP / CCIP Projects
- Construction
- Oil & Gas
- Large Commercial Projects-Data Centers-Semiconductor Facilities

## **Additional Safety Services Offered**

Mobilizing a job site can be stressful when safety documentation delays work. Capitol Safety Solutions LLC helps eliminate that burden by managing critical safety documentation and compliance requirements—allowing you to focus on manpower, equipment, and operations.

Site-Specific Safety Plans • Fall Protection Plans • Job Hazard Analyses (JHAs) • Fall Rescue Plans-Heat Stress Plans-Confined Space Plans And many other safety plans required to start work

Please reach out today for more information and let us help you keep your team safe. @ 737-349-2923 / [info@capitalsafetysolutionsllc.com](mailto:info@capitalsafetysolutionsllc.com)





# CAPITAL SAFETY SOLUTIONS LLC

Course Taking \_\_\_\_\_

## Section 1 - Participant Information (Please Print)

DATE \_\_\_\_\_

NAME (LEGAL NAME ONLY) \_\_\_\_\_

COMPLETE ADDRESS (INCLUDE APT,FLR,OR STE#) \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_

ZIP \_\_\_\_\_

TELEPHONE \_\_\_\_\_

CELL \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ LAST 4 OF SSN \_\_\_\_\_

## SECTION 2- COMPANY INFORMATION (If registering through a company)

### PLEASE PRINT

COMPANY NAME \_\_\_\_\_

COMPANY CONTACT \_\_\_\_\_

COMPLETE COMPANY ADDRESS (include APT,STE #, or FLR) \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_

ZIP \_\_\_\_\_

TELEPHONE \_\_\_\_\_

FAX \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

### REGISTRATION

This form is to be filled in completely and sent via email. [villafuerte@capitalsafetysolutionsllc.com](mailto:villafuerte@capitalsafetysolutionsllc.com) Please make sure to write in the language and class date/s of the training you are registering for on the top of the form. Otherwise we can not properly process your request and the class may be closed for additional registrations by the time we are able to contact you to obtain this information. In order to reserve your space a non-refundable deposit payment of 50% of the total course fees is due at the time of the registration. If paying deposit by credit card please contact CSS @ 737-349-2923 to request a credit card authorization form. No charges can be applied to any credit card without CSS's receipt of this written authorization.

Course Fees	Cancellation Policy
Unless otherwise indicated, registration fee (s) include cost of all seminar materials. Discounted course fees available for group registrations for the same event. Paid in full prior to the class	Cancellation or rescheduleing requests will be accepted with no penalty up to 3 business days prior to the start of the event. When authorized by CSS, you may transfer registration fees of cancelled course or to another person of the same organization. Cancellation requests that occur with less than 3 days notice will be subject to forfeiture of deposit or full course fees. Class failure is automatic forfeiture of <b>ALL</b> course fees
<b>Payment Forms</b> VISA <input type="checkbox"/> Mastercard <input type="checkbox"/> Money Order <input type="checkbox"/>	For all questions on courses or registration process, please contact us at 737-349-2923

Please call in to make payment with card or use the card authorization form, May use QR Code to make payment



# CREDIT CARD AUTHORIZATION

NAME ON CARD \_\_\_\_\_

COMPANY NAME ON CREDIT CARD: \_\_\_\_\_

BILLING ADDRESS FOR CREDIT CARD: \_\_\_\_\_  
\_\_\_\_\_

PHONE: \_\_\_\_\_ . EMAIL: \_\_\_\_\_

CARD NUMBER: \_\_\_\_\_

EXPIRATION DATE: \_\_\_\_\_ SECURITY CODE: \_\_\_\_\_

CONTACT PERSON: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

I hereby authorize Capitol Safety Solutions to charge the above credit card for any training fees, deposits.

DEPOSIT

PAY FULL

REMAINING BALANCE

Signature \_\_\_\_\_

Capitol Safety Solutions LLC

Print Name \_\_\_\_\_

Safety Training

Position \_\_\_\_\_

Date \_\_\_\_\_



Scan to Pay

**\*Please include a copy of the credit card and Identification with this form\***

**\*\*By signing this form, you are authorizing Capitol Safety Solutions LLC to charge a one-time payment for the amount shown above on the card given above\*\*\*\***



---

*Please feel free to make a payment online using this QR code. If you have any questions, please feel free to contact us @  
Text / Call 737-349-2923  
via email @ [villafuerte@capitalsafetysolutionsllc.com](mailto:villafuerte@capitalsafetysolutionsllc.com)*

## Safety Training



Scan Here To Pay

Thank you for choosing Capitol Safety Solutions LLC for your training needs



NOTES: \_\_\_\_\_

Capitol Safety Solutions LLC has a proven track record of improving safety performance and reducing incident rates, Capitol Safety Solutions LLC leverages state-of-the-art training methods and provides ongoing support to foster a robust safety culture within the workplace. Our flexible scheduling, client-centered approach, and dedication to enhancing both safety and productivity makes us the number one choice for all your training needs.

Thank you for choosing Capitol Safety Solutions LLC. We look forward to gaining your business and helping you achieve the highest standards of safety and compliance. Please do not hesitate to pick up the phone with any questions you may have. You can reach us @ 737-349-2923 Call/Text or via email [villaferte@capitolsafetysolutionsllc.com](mailto:villaferte@capitolsafetysolutionsllc.com)