

OSHA | TECHNICAL RESCUE | EMS

Training for all levels in every industry at any location



Authorized
OSHA[®]
Outreach Trainer

APEX RESCUE GROUP

TRAINING SERVICES

"Real World Training That Performs Under Pressure."

Presented By:
Charles L. Davis III



ApexRescueGroup.com

TRAINING

CLARITY

Clear, concise, to the point—removing unnecessary details and emphasizing essential knowledge needed to operate safely.

COMPETENCE

Practical, credible, and engaging—ensuring the content is effectively retained and fully applicable in real-world environments.

COMPLIANCE

Aligned with industry standards, ensuring organizations meet regulatory requirements and maintain a safety-focused operation.

COURSES

CONFINED SPACE

FALL PROTECTION

FIRE EXTINGUISHERS

TECHNICAL RESCUE

HAZWOPER

LOTO

MEWP (JLG)

FLAGGER

CPR/AED

STOP THE BLEED

OSHA 10/30 HOUR

WATER SAFETY

CHAINSAW SAFETY

HAZCOMM

EMERGENCY PLANS

TRAIN THE TRAINER

TCH/CEU's Available

“Real training for real workers—no nonsense, no shortcuts”



WATER OPERATOR CONTINUING EDUCATION

Massachusetts Drinking Water

Confined Space Entry- 8 TCH
Workplace Fall Protection- 8 TCH
Mobile Elevated Work Platforms- 8 TCH

Massachusetts Wastewater

Confined Space Entry- 8 TCH
Workplace Fall Protection- 8 TCH
Mobile Elevated Work Platforms- 8 TCH



Contact Us Now!



508-245-6878



info@ApexRescueGroup.com



APEX RESCUE
GROUP

OSHA AUTHORIZED OUTREACH TRAINING

*Construction &
General Industry*

10 & 30 Hour Courses Available

WWW.APEXRESCUEGROUP.COM





APEX RESCUE GROUP
Safety | Training | Rescue

OSHA OUTREACH

Construction

10-Hour



Although OSHA does not require 10 or 30-hour Outreach Training, these courses are commonly required by state agencies and project owners.

Entry Level & General Employees

This course is intended for entry-level workers and general construction personnel who are exposed to potential jobsite hazards. This includes laborers, tradespeople, equipment operators, and other frontline workers who need a foundational understanding of OSHA construction safety standards, hazard recognition, and basic prevention measures.



REQUIRED TOPICS

Total Training: 6 Hours

- ✓ Intro to OSHA
- ✓ Focus Four Hazards
- ✓ Health Hazards
- ✓ Personal Protective Equip.



ELECTIVES

Total Training: 2 Hours

- ✓ Stairways & Ladders
- ✓ Excavations
- ✓ Hand & Power Tools
- ✓ Scaffolds
- ✓ Cranes, Derricks & Hoists
- ✓ Contact For More Subjects



OPTIONAL

Total Training: 2 Hours

- ✓ Any other construction industry hazards or policies and/or expand on the mandatory or elective topics.
- ✓ Minimum length of any topic is 30 minutes.
- ✓ Customers Choice

Training must be delivered in a minimum of 10 instructional hours and may not exceed seven and a half hours of training in any single day. The course must be completed within six months of the start date.



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APEX RESCUE GROUP
Safety | Training | Rescue

OSHA OUTREACH

General Industry

10-Hour



Although OSHA does not require 10 or 30-hour Outreach Training, these courses are commonly required by state agencies and project owners.

Entry Level & General Employees

This course is intended for entry-level workers and general industry personnel who are exposed to potential workplace hazards. This includes production employees, maintenance staff, operators, and other frontline workers who need a foundational understanding of OSHA general industry safety standards, hazard recognition, and basic prevention measures.



REQUIRED TOPICS

Total Training: 6 Hours

- ✓ Intro to OSHA
- ✓ Electrical
- ✓ Hazard Communication
- ✓ Personal Protective Equip.
- ✓ Emergency Action Plans
- ✓ Walking Working Surfaces



ELECTIVES

Total Training: 2 Hours

- ✓ Hazardous Materials
- ✓ Fall Protection
- ✓ Machine Guarding
- ✓ Ergonomics
- ✓ LOTO
- ✓ Contact For More Subjects



OPTIONAL

Total Training: 2 Hours

- ✓ Any other general industry hazards or policies and/or expand on the mandatory or elective topics.
- ✓ Minimum length of any topic is 30 minutes.
- ✓ Customers Choice

Training must be delivered in a minimum of 10 instructional hours and may not exceed seven and a half hours of training in any single day. The course must be completed within six months of the start date.



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APEX RESCUE GROUP
Safety | Training | Rescue

OSHA OUTREACH

Construction

30-Hour



Although OSHA does not require 10 or 30-hour Outreach Training, these courses are commonly required by state agencies and project owners.

Safety Leaders & Work Supervisors

This course is designed to provide work supervisors, and safety leaders with in-depth knowledge of OSHA construction standards, hazard recognition, and proactive risk control strategies. Emphasis is placed on the identification, prevention, and mitigation of common construction hazards



REQUIRED TOPICS

Total Training: 14 Hours

- ✓ Intro to OSHA
- ✓ Focus Four Hazards
- ✓ Health Hazards
- ✓ Personal Protective Equip.
- ✓ Managing Safety & Health
- ✓ Stairways & Ladders



ELECTIVES

Total Training: 12 Hours

- ✓ Confined Space
- ✓ Excavations
- ✓ Fire Protection
- ✓ Scaffolds
- ✓ Welding & Cutting
- ✓ Contact For More Subjects



OPTIONAL

Total Training: 4 Hours

- ✓ Any other construction industry hazards or policies and/or expand on the mandatory or elective topics.
- ✓ Minimum length of any topic is 30 minutes.
- ✓ Customers Choice

Training must be delivered in a minimum of 30 instructional hours and may not exceed seven and a half hours of training in any single day. The course must be completed within six months of the start date.



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APEX RESCUE GROUP
Safety | Training | Rescue

OSHA OUTREACH

General Industry

30-Hour



Although OSHA does not require 10 or 30-hour Outreach Training, these courses are commonly required by state agencies and project owners.

Safety Leaders & Work Supervisors

This course is designed to provide supervisors, managers, and safety leaders with in-depth knowledge of OSHA general industry standards, hazard recognition, and proactive risk control strategies. Emphasis is placed on the identification, prevention, and mitigation of common workplace hazards found across general industry operations.



REQUIRED TOPICS

Total Training: 12 Hours

- ✓ Intro to OSHA
- ✓ Managing Safety & Health
- ✓ Electrical
- ✓ Material Handling
- ✓ Hazard Communication
- ✓ Personal Protective Equip.
- ✓ Emergency Action Plans
- ✓ Walking Working Surfaces



ELECTIVES

Total Training: 10 Hours

- ✓ Confined Space
- ✓ Hazardous Materials
- ✓ Machine Guarding
- ✓ Fall Protection
- ✓ Welding & Cutting
- ✓ Contact For More Subjects



OPTIONAL

Total Training: 8 Hours

- ✓ Any other general industry hazards or policies and/or expand on the mandatory or elective topics.
- ✓ Minimum length of any topic is 30 minutes.
- ✓ Customers Choice

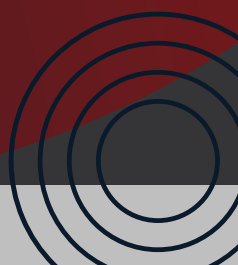
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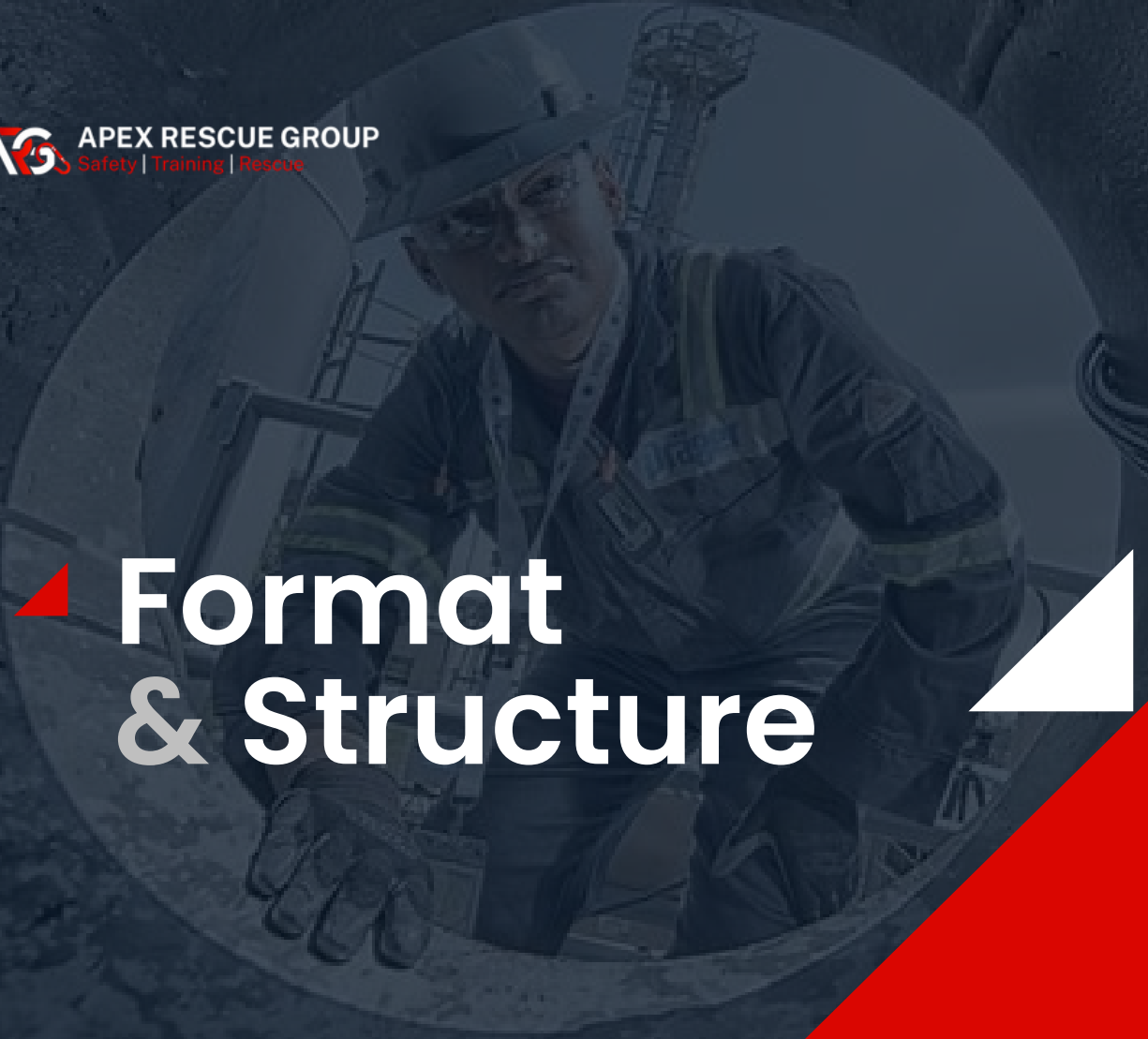


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PERMIT REQUIRED CONFINED SPACES





Format & Structure

Course Structure

- ▲ **Format: In-Person**
- ▲ **Type: Classroom Based**
- ▲ **Duration: 6-8 Hours**
- ▲ **Size: 12-25 Students**

Location

Apex Rescue Group can host classes at one of our training facilities or conduct the training at your place of business.

Audience

This course is designed for employees who are required to enter confined spaces or serve as attendants during entry operations. It provides practical, role-specific instruction in a professional, engaging learning environment, ensuring participants understand their responsibilities and can perform them safely and effectively at the worksite.

▲ Course Description

This one-day course covers the fundamental principles of confined space safety and clearly defines the roles and responsibilities of both attendants and entrants. Instruction is delivered using a variety of effective learning methods, including challenge questions, workbook exercises, case studies, and practical applications. The course is designed for personnel who are required to enter confined spaces or serve as attendants during confined space operations, and it provides an engaging, professional learning environment that supports comprehension, retention, and real-world application.

Safety & Compliance

▲ Justification

Confined spaces present significant hazards, requiring careful planning, hazard recognition, and strict adherence to safety procedures before any entry or work activities take place. Understanding how to identify, evaluate, and control these hazards is essential for protecting workers who enter confined spaces or monitor operations from outside the space.

1910.146

Permit-Required
Confined Spaces

**1926
Subpart AA**

Confined Spaces
in Construction

NFPA 350

Guide for Safe
Confined Space
Entry and Work

+100

**Confined Space
Deaths**

*Estimated per
year according to
U.S Bureau of
Labor and
Statistics*



Course CONTENT

- CS Identification
- Hazard Categories
- Hazard Assessment
- Regulations
- Roles & Responsibilities
- Attendant Duties
- Entrant Duties
- Supervisor Duties
- Hazard Controls
- Testing Atmospheres
- Venting
- PPE Requirements
- Harness Fitting
- Suspension Trauma
- Emergency Response
- Permitting
- Entry Protocols
- Safe Practices
- Medical Emergencies
- Local FD & 911
- Statistics

Learning OBJECTIVES

1. Identify and distinguish between Permit and Non-Permit Spaces.
2. Recognize PRCS hazards including: Atmospheric, Physical, and Engulfment.
3. Demonstrate the roles and responsibilities of Entrants, Attendants, and Supervisors
4. Apply safe entry procedures including: Permit Review, Pre-Entry Checks, Atmospheric Monitoring and Emergency Response Actions.

Curriculum BREAKDOWN

Powerpoint Presentation	5 Hours
Documentation Module	30 Mins
Practice Entries	1 Hour
Exam and Review	30 Mins

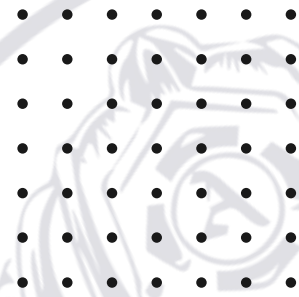
Times may vary depending upon class size and student engagement. Practice entries are dependent upon available training area.

Comprehension REQUIREMENTS

Written Exam	20 Questions
Passing Score	80%
Written Permit	Completed

TRAINING SCHEDULE

Confined Space Entry (8 Hour)



0800 Welcome & Orientation

Sign In, Packet Overview

0805 Presentation Begins

Apex Introduction | What is OSHA? | Confined Space- Definition, Identification, Assessment | Permits | Impact Videos

1000 Morning Break

1015 Presentation Continues

Roles & Responsibilities | Hazards | Present vs. Potential Atmospheric Monitoring | Ventilation |

1200 Lunch Break

1230 Presentation Continues

Harnesses | Suspension Trauma | Timely Rescue | Entry Operations Real World Confined Space Problems

1330 Afternoon Break

1345 Exam and Review

Students take exam | Students Fill Out Permits (Use practice space if available) | Exam Review

1400 Practical / Hands-On

Handle Atmospheric Monitors | Harness Fitting | Review & Demonstrate Clients Gear | Perform Practice Entries if Possible

1500 Completion of Class



FALL PROTECTION

Fall hazards in the workplace and their necessary protections

TRAINING SUMMARY

Format: In-Person | **Type:** Classroom | **Duration:** 8 Hours | **Size:** 12-25 Students

Standards Covered

OSHA 1910 Subpart D | OSHA 1910.140 | 1926 Subpart M

▼ Description

This course provides participants with a practical understanding of fall hazards and how to control them in the workplace. It covers OSHA requirements, hazard recognition, and the proper selection, use, and inspection of fall protection systems. Participants learn safe work practices for working at heights, enabling them to reduce fall risks, maintain compliance, and prevent serious injuries or fatalities.

▼ Audience

This training is intended for employees who work at heights or are exposed to fall hazards as part of their job duties. This includes construction workers, maintenance personnel, utility workers, equipment operators, and supervisors responsible for overseeing elevated work activities. The training is also appropriate for safety managers and competent persons tasked with identifying fall hazards, selecting proper protective systems, and ensuring compliance with OSHA requirements.

▼ Location

Apex Rescue Group can host classes at one of our training facilities or conduct the training at your place of business.

Topics & Objectives

- OSHA fall protection standards and regulatory requirements
- Types of fall hazards and hazard recognition
- The hierarchy of fall protection controls
- Roles and responsibilities of employers, employees, and competent persons
- Fall protection systems (guardrails, safety nets, personal fall arrest systems)
- Proper selection of fall protection equipment
- Inspection, use, care, and maintenance of fall protection equipment
- Anchorage points and load requirements
- Fall protection planning and work-at-height procedures
- Fall incident response, rescue considerations, and emergency procedures

Identify & Assess

01

Identify common fall hazards and assess fall risks associated with work at heights.

Equipment Selection

02

Select appropriate fall protection systems based on job tasks, work environments, and hazard conditions.

Equipment Selection

03

Properly inspect, don, use, and maintain fall protection equipment in accordance with manufacturer and regulatory requirements.

Safe Procedures

04

Apply safe work practices and basic fall protection planning techniques to prevent falls and respond appropriately to fall-related incidents.

TRAINING SCHEDULE

Fall Protection (8 Hour)

0800 **Welcome & Orientation**

Sign In, Packet Overview

0805 **Presentation Begins**

Apex Introduction | What is OSHA? | Fall Protection vs. Fall Prevention | What is PFAS? | Impact Videos | Hazards

1000 **Morning Break**

1015 **Presentation Continues**

Hierarchy of Controls | Protection Systems | Statistics | Impacts of Falls (Force) | Lanyard Types | Connectors

1200 **Lunch Break**

1230 **Presentation Continues**

ABC's of PFAS | Harnesses | Suspension Trauma | Timely Rescue | Height Requirements

1330 **Afternoon Break**

1345 **Exam and Review**

Students take exam | Exam Review | Harness Inspections

1400 **Practical / Hands-On**

Handle Equipment (Lanyards, HHL, VLL, Connectors) | Harness Fitting Review & Demonstrate Clients Gear | Perform Practice Entries if Possible

1500 **Completion of Class**



**TRENCHING &
EXCAVATION
SAFETY**

Competent Person Training
OSHA 1926 Subpart P

www.ApexRescueGroup.com

**BUILDING
SAFER
CREWS
FROM
THE
GROUND
DOWN**

TRAINING SUMMARY

Format: In-Person | **Type:** Classroom | **Duration:** 8 Hours | **Size:** 12-25 Students

Standards Covered

OSHA 1926 Subpart P | ANSI A10.12-2022

Description

This course provides participants with a practical understanding of trenching and excavation hazards and how to control them in the workplace. It covers OSHA requirements, hazard recognition, soil classification, and the proper use of protective systems and safe entry procedures. Participants learn safe work practices for trenching and excavation operations, enabling them to reduce cave-in risks, maintain compliance, and prevent serious injuries or fatalities.

Audience

This training is intended for employees who perform or support trenching and excavation work as part of their job duties. This includes laborers, equipment operators, utility workers, public works personnel, contractors, and supervisors responsible for overseeing excavation activities. The training is also appropriate for safety managers and competent persons tasked with identifying excavation hazards, evaluating soil conditions, selecting protective systems, and ensuring compliance with OSHA requirements.

Location

Apex Rescue Group can host classes at one of our training facilities or conduct the training at your place of business.

Topics & Objectives



- OSHA trenching & excavation safety requirements
- Common excavation hazards
- Cave-in causes & prevention
- Soil conditions & trench stability
- Protective systems: sloping, shoring & shielding
- Competent person responsibilities & inspections
- Safe access & egress requirements
- Underground utilities, heavy equipment & struck-by hazards
- Emergency procedures & response to changing conditions
- Surface loads, adjacent structures & vibration hazards

Recognize

01

Common hazards such as: underground utility exposures, water accumulation, cave-ins, hazardous atmospheres and falling loads.

Identify

02

Key OSHA requirements related to safe work practices, access and egress, inspections, and employee protection.

Distinguish

03

Between soil types and protective systems in order to support safer decisions regarding sloping, shoring, shielding, and trench boxes

Perform

04

The duties of the competent person by conducting inspections, identifying hazards, and evaluating changing site conditions.

Apply

05

Safe excavation practices that reduce risk, improve compliance, and prevent serious injuries or fatalities during operations.

COURSE OUTLINE

0800 – 0900

Intro to Trenching & Excavation Safety

- Course overview and training objectives
- Definitions: trench vs. excavation
- Overview of why excavation hazards are high-risk

0900 – 1000

Hazard Recognition & Common Causes of Injury

- Cave-in hazards and contributing factors
- Falling loads, falling objects, and spoil pile hazards
- Mobile equipment and struck-by hazards

1000 – 1100

Soil Conditions & Protective Systems

- Basic soil classification concepts
- How soil conditions affect stability
- Overview of protective systems
- Sloping, shoring, and shielding fundamentals
- Selection and limitations of protective methods

1100 – 1200

Competent Person Responsibilities

- Role of the competent person
- Daily inspection requirements
- Inspections and hazard-increasing events

1300 – 1400

Access, Egress & Jobsite Protection Measures

- Safe entry and exit requirements
- Barricades, warning systems, perimeter protection
- Protection from equipment near excavations

1400 – 1500

Hazardous Atmospheres, Water & Utilities

- Hazardous atmosphere awareness
- Water intrusion, seepage, and rain-related hazards
- Underground installations and utility-related risks

1500 – 1600

Safe Work Practices & Employee Actions

- Stop-work and hazard escalation procedures
- Worker responsibilities in and around excavations
- Preventable mistakes and common OSHA issues

1600 – 1630

Course Review, Knowledge Check & Discussion

- Review of key excavation hazards and controls
- Participant questions and instructor discussion
- Knowledge check / course assessment

Curriculum BREAKDOWN

Presentation	6 Hours
Dig Safe Resources	1 Hour
Hazard Workshop	1 Hour

Performance ASSESSMENT

Written Exam	20 Questions
Passing Score	80%
Hazard Workshop	Completed



APEX RESCUE
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CHAINSAW

Operations & Safety



Reduce risk, boost performance, and protect your workforce with expert-led chainsaw training by **Certified Arborists**. Engineered for real hazards, real conditions, and real results.

- ✓ Control Common Hazards
- ✓ Safely Start, Handle & Cut
- ✓ Maintenance & Operations
- ✓ Assessment & Planning



CONTACT



☎ 508-245-6878

✉ Training@

🌐 ApexRescueGroup.com



STOP THE BLEED TREATING THE TRAUMA



Anyone can save a life with the proper training. "Treating The Trauma" prepares you with skills that go beyond the basics to help you handle life-threatening traumatic injuries in the workplace. Incorporating the Department of Defense's "Stop The Bleed" campaign, we take lessons learned on the modern battlefield and combine them with the highly effective patient stabilization techniques, utilized by First Responders throughout the U.S

COURSE CONTENT

Patient Assessment
Wound Packing
Tourniquet Application
Chest Seal Placement
Patient Packaging
Spinal Immobilization
Burn Treatment
Splinting
Adult CPR/ AED
Rescuer Function

Instructors Licensed Paramedics & EMT's Combat Veterans Professional Firefighters AHA & STB Certified Trainers

Delivery

Practical applications using fellow students & lifelike simulators

Audience

**ANY workplace, ANY employee
Highly Suggested for
Workplace Emergency Response Teams**

Duration

4-6 hours

Additional Information

**American Heart Association CPR
Certification included!**

**ARG Custom Trauma Kits available for
purchase!**

WWW.APEXRESCUEGROUP.COM

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Training rescuers to
stay calm, stay supplied & stay capable
when air runs out & the space turns unforgiving.



S **ELF**
C **ONTAINED**
B **REATHING**
A **PPARATUS**

Competent Rescuer

TRAINING SUMMARY

Format: In-Person | Type: Classroom | Duration: 6-8 Hours | Size: 12-25 Students

Description

This 6–8 hour Rescuer SCBA User training course is designed to prepare confined space rescue personnel to safely and effectively operate while using self-contained breathing apparatus in hazardous, oxygen-deficient, or unknown atmospheres. The course focuses on practical SCBA use during rescue operations, including equipment inspection, donning and doffing, air management, emergency procedures, communications, movement in restricted spaces, and maintaining operational effectiveness under stress. Students will participate in hands-on drills that reinforce confidence, discipline, and control while working in limited-visibility, high-risk, and physically demanding rescue environments. The goal of this training is to ensure rescuers can operate safely, conserve air, support team objectives, and respond appropriately when conditions deteriorate inside a confined space.

Audience

This course is essential for emergency responders, firefighters, rescue personnel, industrial workers, and anyone working in hazardous or toxic environments.

Quantitative Fit Testing (QNFT)

Apex Rescue provides Quantitative Fit Testing as part of this training. All members be tested must be clean shaven in accordance with 1910.134(g)(1)(i)(A)



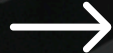
TRAINING TOPICS

- SCBA components, limitations & operational capabilities
- Pre-use inspection, function checks & readiness procedures
- Proper donning, doffing & buddy-check procedures
- Air management, work-rate control & emergency reserve awareness
- Use of SCBA in confined space rescue environments
- Movement through restricted openings, tight spaces & low-visibility conditions
- Communication methods while operating on air
- Emergency procedures for low-air, entanglement, disorientation & equipment issues
- Team-based entry, backup & rescue support operations
- Practical stations & scenario-based confidence drills



OBJECTIVES

- Understand the purpose, capabilities, and limitations of SCBA use during confined space rescue operations.
- Identify major SCBA components and explain their function during rescue operations.
- Perform pre-use inspections, function checks, and readiness verification prior to deployment.
- Demonstrate proper SCBA donning, doffing, mask seal checks, and buddy-check procedures.
- Apply effective air management practices, including work-rate control, air monitoring, and emergency reserve awareness.
- Demonstrate safe movement while operating on air in restricted, low-visibility, and physically demanding environments.
- Maintain effective communication with team members while wearing SCBA.
- Recognize and respond to SCBA-related emergencies, including low-air alarms, entanglement, disorientation, and equipment malfunctions.
- Operate as part of an entry, backup, or support team during SCBA-based rescue evolutions.
- Demonstrate improved confidence, discipline, and control while performing practical rescuer tasks under realistic training conditions.



TRAINING SCHEDULE

0800: Course Introduction & SCBA Fundamentals

- Course overview, safety expectations, SCBA use in confined space rescue, atmospheric hazards, equipment limitations, operational discipline, rescuer accountability, and training objectives.

0900: SCBA Components, Inspection & Readiness Checks

- Review of SCBA components, cylinder pressures, harness assembly, regulator, facepiece, alarm systems, air supply indicators, pre-use inspection, function checks, and equipment readiness procedures.

1000 Morning Break (15 minutes)

1015: Practical Skill Station: Donning, Doffing & Buddy Checks

- Hands-on practice with proper donning and doffing, facepiece seal checks, regulator connection, air activation, emergency doffing considerations, and team-based buddy checks.

1115: Practical Skill Station: Low-Profile & Restricted Movement

- Hands-on movement through tight spaces, reduced-profile SCBA techniques, crawling, body positioning, hose/strap management, obstacle negotiation, and movement in restricted or low-visibility environments.

1215 Lunch (45 minutes)

1300: Air Management, Work-Rate Control & Team Coordination

- Air consumption awareness, low-air alarm recognition, emergency reserve considerations, breathing discipline, team communication, accountability, air-status reporting, and coordinated entry, backup, and support operations.

1400: Practical Skill Station: Low-Air & SCBA Emergencies

- Recognition and response to low-air alarms, controlled exit procedures, emergency air conservation, communication during low-air events, entanglement/disorientation response, and basic equipment issue management.

1500: Afternoon Break (15 minutes)

1515: Integrated Skills Evolution, Review & Evaluation

- Scenario-based team evolution combining SCBA donning, air management, restricted movement, low-profile maneuvers, low-air procedures, communication, and rescue team coordination, followed by performance feedback and course review.

1615: Respirator Fit Testing

- Completion of respirator fit testing, facepiece seal verification, user limitations review, documentation, and final instructor feedback to confirm each student's readiness to safely operate in SCBA-based rescue environments.



TO SCHEDULE TRAINING
CONTACT



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