

Training Programs and Service Offerings

This outline is organized by training categories, modules, and associated content areas to support planning, delivery, and operational readiness.

Time and Rate Overview

- **General rate for all work quoted is \$175.00 an hour. All prices are negotiable but require approval and agreement in place prior to service and/or training contract being issued.**
- Our 2- and 4-hour courses are in a 4-hour window before or afternoon (or shift lunches) to maximize productivity
- 8/16/24/32/40-hour courses will be delivered in 8-hour increments unless arrangements are made otherwise; these arrangements will increase course costs.
- Work performed before 06:00 and after 18:00 is subject to additional premiums.
- Work performed on a continual basis and exceeding 10 hours on one visit is subject to additional premiums.

Travel

- Travel beyond 100 miles will be calculated through mapquest at GHS rate at the time of proposal and added to the overall cost.
- Travel beyond 200 miles will be air travel; airfare, rental car, lodging and per diem will apply for the night prior and through the day after training

Equipment

- Specific tools/equipment needed to complete training will be provided by the instructor unless otherwise specified/agreed upon and captured in the contract proposal .
- Adequate training spaces and A/V equipment should be on site unless otherwise specified and agreed upon and captured in the proposal and contract.

General Training Topics

Bloodborne Pathogens

Bloodborne Pathogen Training

- **Applicability:** Applies to workplaces where employees may be subject to blood or other potentially infectious materials.
- **Regulatory:** 29 CFR 1910.1030 (g)
- **Prerequisites:** None
- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation Materials / Certificate of Completion
- **Course Time (hrs):** 4
- **Attendees:** 12

Confined Space

Confined Space Entry - Awareness

- **Regulatory:** 29 CFR 1910.146 / 29 CFR 1926.1200
- **Prerequisites:** None
- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation Materials / Certificate of Completion
- **Course Time (hrs):** 2
- **Attendees:** 12

Atmospheric Monitoring and Detection Principles and Practice

- **Applicability:** This course will provide students with in-depth knowledge of the technology behind their detection and monitoring equipment allowing them to increase their capability to apply these tools in the field.
- **Regulatory:** 29 CFR 1910.146 / 29 CFR 1926.1200
- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation Materials / Certificate of Completion
- **Course Time (hrs):** 4
- **Attendees:** 12

Confined Space Entry - Entrant, Attendant and Supervisor

- **Applicability:** All personnel who serve as entrants, attendants or supervisors in a permit-required confined space entry. Students will be presented with necessary information and skills to perform the roles of entrant, attendant, and supervisor through classroom and practical sessions.
- **Regulatory:** 29 CFR 1910.146 / 29 CFR 1926.1200
- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation Materials / Wallet Card / Certificate of Completion
- **Course Time (hrs):** 8
- **Attendees:** 12

Confined Space Rescuer

- **Applicability:** Students will be presented with the necessary information and skills to perform the role of rescuer at confined space emergencies as part of a rescue team through classroom and practical sessions. Students must already have received an E/A/S course or equivalent. 16 Hours Lecture and Practical DEV
- **Regulatory:** 29 CFR 1910.146 / 29 CFR 1926.1200
- **Prerequisites:** Confined Space Entry - Entrant, Attendant and Supervisor
First Aid Training/CPR/AED
- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation Materials / Wallet Card / Certificate of Completion
- **Course Time (hrs):** 16
- **Attendees:** 12

Confined Space Authorized Entrant, Attendant and Supervisor + Rescuer

- **Applicability:** Combination of E/A/S and Rescuer curriculums, designed to be delivered as one complete course
- **Regulatory:** 29 CFR 1910.146 / 29 CFR 1926.1200
- **Prerequisites:** Confined Space Entry - Entrant, Attendant and Supervisor
First Aid Training/CPR/AED
- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation Materials / Wallet Card / Certificate of Completion
- **Course Time (hrs):** 24
- **Attendees:** 12

Confined Space Rescue Team Annual Refresher

- **Applicability:** Students will refresh basic skill sets related to confined space rescue and utilize their knowledge and skills to affect a simulated rescue scenario from a confined space. This course is designed to meet the annual refresher requirements of CFR 1910.146(k).
- **Regulatory:** 29 CFR 1910.146(k)
- **Prerequisites:** Confined Space Entry - Entrant, Attendant and Supervisor + Rescuer
First Aid Training/CPR/AED
- **Frequency:** Initial Assignment / Annual Refresher

Driving and Operating

Reasonable Suspicion

- **Applicability:** Participants will learn to recognize symptoms of drug and alcohol use and abuse so supervisors can identify circumstances and indicators that may create reasonable suspicion that an employee is using or is under the influence of drugs and/or alcohol, offer guidance on how to complete proper documentation, and provide tools necessary to support referral of an employee for testing.
- **Prerequisites:** None
- **Frequency:** Initial Assignment / Refresher every two (2) years

- **Training Materials:** Presentation materials / Certificate of completion
- **Course Time (hrs):** 4
- **Attendees:** 12

Driver Safety and Hazard Recognition

- **Prerequisites:** None
- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation Materials / Certificate of Completion
- **Course Time (hrs):** 4
- **Attendees:** 12

Heavy Equipment Operation

- **Prerequisites:** None
- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation Materials / Certificate of Completion
- **Course Time (hrs):** 4
- **Attendees:** 12

Energy Control - LOTO

Energy Control - Lockout/ Tagout Affected

- **Applicability:** Participants who may be affected by servicing and maintaining machines and equipment will understand the purpose and function of an energy control program.
- **Regulatory:** 29 CFR 1910.147
- **Prerequisites:** None
- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation Materials / Certificate of Completion
- **Course Time (hrs):** 2
- **Attendees:** 12

Energy Control - Lockout/ Tagout Authorized

- **Applicability:** Participants engaged in servicing and maintaining machines and equipment that might energize or start-up unexpectedly will understand the purpose and function of an energy control program and the possess the knowledge and skills required for the safe application, use, and removal of energy control devices are acquired by applicable employees.
- **Regulatory:** 29 CFR 1910.147
- **Prerequisites:** None
- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation Materials / Certificate of Completion
- **Course Time (hrs):** 4
- **Attendees:** 12

Electrical

Electrical Safety Awareness

- **Applicability:** Participants will enhance their knowledge of work occurring in close proximity to energized electrical parts basic.
- **Regulatory:** 29 CFR 1910.332
- **Prerequisites:** None
- **Frequency:** Initial Assignment / As Needed
- **Training Materials:** Presentation Materials / Certificate of Completion
- **Course Time (hrs):** 4
- **Attendees:** 12

ARC Flash – This training is available and will be tailored to the client’s specific needs.

Ergonomics

Ergonomics for Industrial Environments

- **Applicability:** Participants will learn how to recognize and reduce the stress on your body from your daily work environment will help greatly reduce the likelihood of developing an MSD. This course discusses MSD prevention techniques in industrial environments, including engineering and administrative controls as well as motion-based, physical, environmental, and psychological risk factors associated with MSDs.
- **Prerequisites:** None
- **Frequency:** Initial Assignment / As Needed
- **Training Materials:** Presentation Materials / Certificate of Completion
- **Course Time (hrs):** 2
- **Attendees:** 12

Ergonomics for Office Environments

- **Applicability:** Participants will learn how to recognize and reduce the stress on your body from your daily work environment will help greatly reduce the likelihood of developing an MSD. This course discusses MSD prevention techniques in office environments, examples of awkward postures and positions, proper lifting technique, workstation setup, work habits, and stretches.
- **Prerequisites:** None
- **Frequency:** Initial Assignment / As Needed
- **Training Materials:** Presentation Materials / Certificate of Completion
- **Course Time (hrs):** 2
- **Attendees:** 12

Fall Protection

Fall Protection Awareness

- **Applicability:** Participants will be instructed on various dangers of working at heights and how to protect themselves from falls in the workplace
- **Prerequisites:** None
- **Frequency:** Initial Assignment / As Needed

- **Training Materials:** Presentation Materials / Certificate of Completion
- **Course Time (hrs):** 4
- **Attendees:** 12

Fall Protection Authorized Person

- **Applicability:** Participants will understand the risk that fall hazards pose, how to identify them, and how to properly use fall protection equipment provided to them to mitigate the hazards.
- **Prerequisites:** None
- **Frequency:** Initial Assignment / As Needed
- **Training Materials:** Presentation Materials / Wallet Card / Certificate of Completion
- **Course Time (hrs):** 8
- **Attendees:** 12

Fall Protection Competent Person

- **Applicability:** Participants will understand the risks of fall hazards, how to identify them, and how to select the proper mitigation strategy and required protective equipment.
- **Prerequisites:** All participants must have previously completed the initial Fall Protection Authorized Person course within the previous three years.
- **Frequency:** As needed
- **Training Materials:** Presentation Materials / Wallet Card / Certificate of Completion
- **Course Time (hrs):** 16
- **Attendees:** 12

Fall Protection Competent Person Refresher

- **Applicability:** This course is designed to update and refresh the knowledge of previously certified fall protection competent people
- **Prerequisites:** All participants must have completed the initial Fall Protection Competent Person course within the previous three years.
- **Frequency:** Refresher every three (3) years
- **Training Materials:** Presentation Materials / Wallet Card / Certificate of Completion
- **Course Time (hrs):** 8
- **Attendees:** 12

Fall Protection Equipment Inspector

- **Applicability:** Inspector This course will prepare participants with the knowledge required to develop and manage an equipment maintenance and inspection program as well as conduct inspections and maintenance of the equipment.
- **Prerequisites:** All participants must have completed the initial Fall Protection Competent Person course within the previous three years
- **Frequency:** As needed / Refresher every three (3) years
- **Training Materials:** Presentation Materials / Wallet Card / Certificate of Completion
- **Course Time (hrs):** 4
- **Attendees:** 12

Walking-Working Surfaces (WWS) and Fall Protection

- **Applicability:** Participants learn to identify and control WWS hazards and determine where, when, and what Fall Protection is required to address existing and predictable fall hazards.
- **Regulatory:** Subpart D
- **Prerequisites:** None
- **Frequency:** Initial / As needed
- **Training Materials:** Presentation materials / Certificate of Completion
- **Course Time (hrs):** 4
- **Attendees:** 12

Walking-Working Surfaces (WWS) and Fall Protection Competent Person

- **Applicability:** Competent Person is one who is capable of identifying existing and predictable hazards in the surroundings or working conditions which are unsanitary, hazardous, or dangerous to employees, and who has authorization to take prompt corrective measures to eliminate them.
- **Regulatory:** Subpart D
- **Prerequisites:** All participants must have previously completed the initial Fall Protection Authorized Person course within the previous three years.
- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation Materials / Certificate of Completion
- **Course Time (hrs):** 16
- **Attendees:** 12

FA-CPR-AED

First Aid Training/CPR/AED Training

- **Applicability:** Participants will know how to identify and manage medical or traumatic incidents
- **Regulatory:** 29 CFR 1910.151
- **Prerequisites:** None
- **Frequency:** As needed / Annual Refresher
- **Training Materials:** Presentation Materials / Wallet Card / Certificate of Completion
- **Course Time (hrs):** 8
- **Attendees:** 12

Fire - Emergency Action

Fire Extinguisher Training

- **Applicability:** To familiarize participants with the general principles of a fire extinguisher training, OSHA training, extinguisher training extinguisher and the hazards associated with an incipient stage fire. Meets the requirements of 29 CFR 1910.157
- **Regulatory:** 29 CFR 1910.157 / 29 CFR 1926.150
- **Prerequisites:** None
- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation Materials / Certificate of Completion
- **Course Time (hrs):** 2
- **Attendees:** 12

Emergency Action and Fire Prevention Plan

- **Applicability:** Participants will know how to properly follow your location's Emergency Action Plan and/or Fire Prevention Plan. This course will always be customized based upon your location's Emergency Action Plan and/or Fire Prevention Plan.
- **Regulatory:** OSHA / NFPA
- **Prerequisites:** None
- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation Materials / Certificate of Completion
- **Course Time (hrs):** 2
- **Attendees:** 12

HAZCOM-GHS

Hazard Communication/ Globally Harmonized System

- **Applicability:** Participants cover SDS (formerly MSDS), the hazardosha, ghs, hazcom, hazcom training communication program, labels, and other forms of warning.
- **Regulatory:** 29 CFR 1910.1200
- **Prerequisites:** None
- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation Materials / Certificate of Completion
- **Course Time (hrs):** 2
- **Attendees:** 12

Hearing Conservation

Occupational Noise Exposure / Hearing Conservation

- **Applicability:** Participants will understand the purpose and function of an hearing protection program are understood by employees and that the knowledge and skills required for the safe application and use of noise reduction devices are acquired by applicable employees.
- **Regulatory:** 29 CFR 1910.95
- **Prerequisites:** None
- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation Materials / Certificate of Completion
- **Course Time (hrs):** 2
- **Attendees:** 12

Hot Work

Hot Work Awareness

- **Applicability:** basic guidelines and best work practices for performing hot work safely. Before welding, cutting, or brazing metal or performing any work that could generate enough heat or sparks to start a fire, everyone involved should be properly trained on the fundamentals of hot work safety.
- **Regulatory:** NFPA 51B and 29 CFR Subpart Q
- **Prerequisites:** None

- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation Materials / Certificate of Completion
- **Course Time (hrs):** 2
- **Attendees:** 12

Machine Guarding

Machine Guarding

- **Applicability:** Participants are introduced to the hazards created from machinery, how to identify hazards related to machinery and how machine guards work to protect individuals from these hazards.
- **Regulatory:** Subpart O
- **Prerequisites:** None
- **Frequency:** As needed
- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation Materials / Certificate of Completion
- **Attendees:** 2
- **Rate:** 12

Mobile Elevated Work Platforms

New Employee Safety Training

Personal Protective Equipment

Personal Protective Equipment

- **Applicability:** Participants whose jobs require that they wear protective equipment to protect them against hazards of processes, environment, chemical hazards, radiological hazards, or mechanical irritants.
- **Regulatory:** 29 CFR 1910.132
- **Prerequisites:** None
- **Frequency:** Determined by PPE, Hazard Assessments and/or any other circumstances.
- **Training Materials:** Presentation Materials / Certificate of Completion
- **Course Time (hrs):** 2
- **Attendees:** 12

Powered Industrial Equipment

Powered Industrial Equipment (Forklift) Operator

- **Applicability:** Participants engaged in the operation and maintenance of forklifts, tractors, platform lift trucks, motorized hand trucks, and other specialized powered industrial trucks will be trained in the safe operation of powered industrial trucks and in the performance of tasks
- **Regulatory:** 29 CFR 1910.178[l]

- **Frequency:** Initial / As needed / Refresher every three (3) years
- **Training Materials:** Presentation Materials / Wallet Card / Certificate of Completion
- **Course Time (hrs):** 4+
- **Attendees:** 12

Powered Industrial Equipment (Forklift) Operator Refresher Training

- **Regulatory:** 29 CFR 1910.178[l]
- **Prerequisites:** Powered Industrial Equipment (Forklift) Operator Initial
- **Frequency:** As needed / Refresher every three (3) years
- **Training Materials:** Presentation Materials / Wallet Card / Certificate of Completion
- **Course Time (hrs):** 4
- **Attendees:** 12

Respiratory Protection

Respiratory Protection

- **Applicability:** Participants will be able to understand the respiratory protection program and the potential hazards to the lungs resulting from chemical exposure, and show step-by-step procedures for proper selection, fitting, use, and storage of respirators.
- **Regulatory:** 29 CFR 1910.134
- **Prerequisites:** OSHA Respirator Medical Evaluation Questionnaire (Mandatory).
- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation Materials / Certificate of Completion
- **Course Time (hrs):** 2
- **Attendees:** 12

Qualitative Fit Testing

- **Regulatory:** 29 CFR 1910.134
- **Prerequisites:** OSHA Respirator Medical Evaluation Questionnaire (Mandatory).
- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation Materials / Certificate of Completion
- **Course Time (hrs):** 2
- **Attendees:** 12

Quantitative fit testing

- **Regulatory:** 29 CFR 1910.134
- **Prerequisites:** OSHA Respirator Medical Evaluation Questionnaire (Mandatory).
- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation Materials / Certificate of Completion
- **Course Time (hrs):** 2
- **Attendees:** 12

Silica Program

- **Applicability:** Participants will review respirable crystalline silica standards and hazards, and look at ways to help protect employees from the hazards associated with crystalline silica.
- **Regulatory:** 29 CFR 1910.134
- **Prerequisites:** None
- **Frequency:** Initial / As Needed
- **Training Materials:** Presentation Materials / Certificate of Completion
- **Course Time (hrs):** 4
- **Attendees:** 12

Rigging

Basic Rigging Techniques

- **Applicability:** Participants will understand some basic concepts in rigging and the OSHA regulations on chain, wire rope, synthetic slings & hardware and to identify capacities and how to spot when they are defective.
- **Regulatory:** 29 CFR 1926.142
- **Prerequisites:** None
- **Frequency:** Initial / As needed
- **Training Materials:** Presentation Materials / Wallet Card / Certificate of Completion
- **Course Time (hrs):** 4
- **Attendees:** 12

Qualified Rigging & Signalperson

- **Applicability:** Participants review basic fundamentals, laws, and principles that a Qualified Rigger and Signalperson must understand and demonstrate. A Qualified Rigger must be able to do the rigging work needed for the exact types of loads and lifts for a particular job with the equipment and rigging that will be used for that job.
- **Regulatory:** 29 CFR 1926.1419-1926.1422; 1926.1428
- **Prerequisites:** None
- **Frequency:** Initial / As needed
- **Training Materials:** Presentation Materials / Wallet Card / Certificate of Completion
- **Course Time (hrs):** 8
- **Attendees:** 12

Rigger Master Inspector

Scaffolding

Scaffold User Safety

- **Applicability:** Participants who work with scaffolds including anyone involved in the erection, disassembly, operation, repair, maintenance, or inspection.
- **Regulatory:** 29 CFR 1926.450
- **Prerequisites:** None

- **Frequency:** Initial / As needed
- **Training Materials:** Presentation Materials / Certificate of Completion
- **Course Time (hrs):** 2
- **Attendees:** 12

Traffic Safety

Flagger Control

- **Applicability:** Participants will become familiar with the procedures needed to safely control the flow of traffic around a construction site but emphasizes the vigilant and protective attitude flaggers should have as they protect the lives of motorists and workers.
- **Regulatory:** NTSB / DOT
- **Prerequisites:** None
- **Frequency:** Initial / As needed / Refresher every three (3) years
- **Training Materials:** Presentation Materials / Wallet Card / Certificate of Completion
- **Course Time (hrs):** 2
- **Attendees:** 12

Work Zone Safety

Course Title: Work Zone Safety

- **Applicability:** Participants will learn current traffic control standards issued and is oriented to field personnel. It includes workshop problems of typical construction activities. The course allows participants to understand the accident potential and legal liability associated with traffic control in work zones, the importance of complying with the Traffic Control Devices and trains participants to prepare simple traffic control plans for work zones based on applicable regulations.
- **Regulatory:** NTSB / DOT
- **Prerequisites:** None
- **Frequency:** Initial / As needed / Refresher every three (3) years
- **Training Materials:** Presentation Materials / Wallet Card / Certificate of Completion
- **Course Time (hrs):** 8
- **Attendees:** 12

Trenching and Excavation

Atmospheric Monitoring and Detection Principles and Practice

- **Applicability:** This course will provide students with in-depth knowledge of the technology behind their detection and monitoring equipment allowing them to increase their capability to apply these tools in the field.
- **Regulatory:** 29 CFR 1910.146 / 29 CFR 1926.1200
- **Prerequisites:** None
- **Frequency:** Initial / As needed
- **Training Materials:** Presentation Materials / Certificate of Completion
- **Course Time (hrs):** 4
- **Attendees:** 12

Trenching and Excavation

- **Applicability:** This course is intended enhance the knowledge of the participants whose job requires them to enter and exit from excavations and trenches that have the tendency to result in cave-ins, and what their expected duties and responsibilities are to themselves, their colleagues and any other individual.
- **Regulatory:** 29 CFR 1926. 650, 651 and 652
- **Prerequisites:** None
- **Frequency:** Initial / As needed
- **Training Materials:** Presentation Materials / Certificate of Completion
- **Course Time (hrs):** 8
- **Attendees:** 12

Competent Person Training

Recommended Courses for individuals you are considering for competent person designations.

Competent Person Review*

- **Training Materials:** Report
- **Attendees:** 1
- Consequently, we cannot deem an individual a Competent Person, but it can provide competency training that the employer can use to determine whether or not they would like to establish this attendee as a Competent Person. Elite/Guardian will request information pertaining to the specific topic and other relevant equipment used by the client prior to the training date in order to customize the hands-on portion of the training as Competent Persons must be knowledgeable in the inspection, use, and storage of their own equipment to ensure the personnel they oversee are able to properly inspect, use, and store their provided equipment. Upon course completion, the attendee will receive a course completion card. The employer will determine when retraining is necessary per OSHA.

Fall Protection Competent Person

- **Applicability:** Participants will understand the risks of fall hazards, how to identify them, and how to select the proper mitigation strategy and required protective equipment.
- **Regulatory:** Subpart D
- **Prerequisites:** All participants must have previously completed the initial Fall Protection Authorized Person course within the previous three years.
- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation materials / Wallet Card / Certificate of completion
- **Course Time (hrs):** 16
- **Attendees:** 12

Rigging Competent Person

- **Prerequisites:** All participants must have previously completed the initial Trenching and Excavation course within the previous three years.
- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation Materials / Certificate of Completion
- **Course Time (hrs):** 8
- **Attendees:** 12

Scaffolding Competent Person

- **Prerequisites:** All participants must have previously completed the initial Trenching and Excavation course within the previous three years.
- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation materials / Wallet Card / Certificate of completion
- **Course Time (hrs):** 8
- **Attendees:** 12

Trenching and Excavation Competent Person

- **Applicability:** This course is intended enhance the knowledge of the participants whose job requires them to enter and exit from excavations and trenches that have the tendency to result in cave-ins, and what their expected duties and responsibilities are to themselves, their colleagues and any other individual.
- **Regulatory:** 29 CFR 1926. 650, 651 and 652
- **Prerequisites:** All participants must have previously completed the initial Trenching and Excavation course within the previous three years.
- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation materials / Wallet Card / Certificate of completion
- **Course Time (hrs):** 8
- **Attendees:** 12

Atmospheric Monitoring and Detection Principles and Practice

- **Applicability:** This course will provide students with in-depth knowledge of the technology behind their detection and monitoring equipment allowing them to increase their capability to apply these tools in the field.
- **Regulatory:** 29 CFR 1910.146 / 29 CFR 1926.1200
- **Prerequisites:** None
- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation Materials / Certificate of Completion
- **Course Time (hrs):** 4
- **Attendees:** 12

First Aid Training/CPR/AED Training

- **Applicability:** Participants will know to identify and care for colleagues who suffer medical or traumatic incident.
- **Regulatory:** 29 CFR 1910.151
- **Prerequisites:** None
- **Frequency:** As needed / Annual Refresher
- **Training Materials:** Presentation Materials / Wallet Card / Certificate of Completion
- **Course Time (hrs):** 8
- **Attendees:** 12

Specialized Training

Asbestos

Atmospheric Monitoring and Detection Principles and Practice

- **Applicability:** This course will provide students with in-depth knowledge of the technology behind their detection and monitoring equipment allowing them to increase their capability to apply these tools in the field.
- **Regulatory:** 29 CFR 1910.146 / 29 CFR 1926.1200
- **Prerequisites:** None
- **Frequency:** Initial / As needed
- **Training Materials:** Presentation Materials / Certificate of Completion
- **Course Time (hrs):** 4
- **Attendees:** 12

Asbestos Awareness - Workers

- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation materials / Wallet Card / Certificate of completion
- **Course Time (hrs):** 2
- **Attendees:** 12

Asbestos Awareness - Managers and Safety Professionals

- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation materials / Wallet Card / Certificate of completion
- **Course Time (hrs):** 4
- **Attendees:** 12

Worker (O&M) - Initial

- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation materials / Wallet Card / Certificate of completion
- **Course Time (hrs):** 32
- **Attendees:** 12

Worker (O&M) - Refresher

- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation materials / Wallet Card / Certificate of completion
- **Course Time (hrs):** 8
- **Attendees:** 12

Asbestos Inspector - Initial

- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation materials / Wallet Card / Certificate of completion
- **Course Time (hrs):** 24

- **Attendees:** 12

Asbestos Inspector - Refresher

- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation materials / Wallet Card / Certificate of completion
- **Course Time (hrs):** 4
- **Attendees:** 12

Asbestos Abatement Contractor Supervisor - Initial

- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation materials / Wallet Card / Certificate of completion
- **Course Time (hrs):** 40
- **Attendees:** 12

Asbestos Abatement Contractors and Supervisors - Refresher

- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation materials / Wallet Card / Certificate of completion
- **Course Time (hrs):** 8
- **Attendees:** 12

Asbestos Competent Person Review*

- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation materials / Wallet Card / Certificate of completion / Report
- **Course Time (hrs):** 2
- **Attendees:** 12

DOT HAZMAT

8 Hour Hazardous Chemical Transportation (Formerly DOT HM-126F) INITIAL

- **Applicability:** Participants involved in transportation, shipping, receiving, packaging and handling of hazardous materials by means of over-the-road, railway, aircraft, or vessel will review general knowledge of all aspects of the training requirements for "Hazardous Materials Employees" under the amendment to the hazardous materials regulations
- **Regulatory:** 49 Subpart H 172.700-172.704
- **Prerequisites:** None
- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation Materials / Certificate of Completion
- **Course Time (hrs):** 8
- **Attendees:** 12

4 Hour Hazardous Chemical Transportation (Formerly DOT HM-126F) REFRESHER

- **Applicability:** Participants involved in the transportation, shipping, receiving, packaging and handling of hazardous materials by means of over-the-road, railway, aircraft, or vessel will

review general knowledge of all aspects of the training requirements for "Hazardous Materials Employees" under the amendment to the hazardous materials regulations

- **Regulatory:** 49 Subpart H 172.700-172.704
- **Prerequisites:** None
- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation Materials / Certificate of Completion
- **Course Time (hrs):** 4
- **Attendees:** 12

HAZWOPER

Atmospheric Monitoring and Detection Principles and Practice

- **Applicability:** This course will provide students with in-depth knowledge of the technology behind their detection and monitoring equipment allowing them to increase their capability to apply these tools in the field.
- **Regulatory:** 29 CFR 1910.146 / 29 CFR 1926.1200
- **Prerequisites:** None
- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation Materials / Certificate of Completion
- **Course Time (hrs):** 4
- **Attendees:** 12

Hazardous Waste Operations 24-Hour Hazardous Waste & Emergency Response [Operations Level]

- **Applicability:** Participants who respond to incidental spills in a defensive fashion for the purpose of containing a release from a safe distance without actually trying to stop the release. Meets the requirements of OSHA's 29 CFR 1910.120 (q).
- **Regulatory:** 29 CFR 1910.120(q)(6)(ii)
- **Prerequisites:** None
- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation materials / Wallet Card / Certificate of completion
- **Course Time (hrs):** 24
- **Attendees:** 12
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Hazardous Waste Operations 8-Hour Hazardous Waste & Emergency Response [Operations Level] REFRESHER

- REFRESHER
- **Applicability:** For all participants who have completed the 24-hour Hazardous Waste Operations (HAZWOPER) course.
- **Regulatory:** 29 CFR 1910.120(q)(6)(ii)
- **Prerequisites:** Hazardous Waste Operations 24-Hour Hazardous Waste & Emergency Response [Operations Level]
- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation materials / Wallet Card / Certificate of completion

- **Course Time (hrs):** 8
- **Attendees:** 12

Hazardous Waste Operations 40-Hour Hazardous Waste & Emergency Response [Technician Level]

- **Applicability:** For all participants (including managers and supervisors) who work at a designated hazardous waste site in which there exists a possibility of exposure to hazardous substances.
- **Regulatory:** 29 CFR 1910.120 (e)
- **Prerequisites:** None
- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation materials / Wallet Card / Certificate of completion
- **Course Time (hrs):** 24
- **Attendees:** 12

Hazardous Waste Operations 8-Hour Hazardous Waste & Emergency Response [Technician Level] REFRESHER

- **Applicability:** For all participants who have completed the 40-hour Hazardous Waste Operations (HAZWOPER) course.
- **Regulatory:** 29 CFR 1910.120 (e)
- **Prerequisites:** Hazardous Waste Operations 40-Hour Hazardous Waste & Emergency Response [Technician Level]
- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation materials / Wallet Card / Certificate of completion
- **Course Time (hrs):** 8
- **Attendees:** 12

40-hour Hazardous Waste Operations (HAZWOPER) Site Worker

- **Applicability:** Participants who regularly participate in activities conducted on hazardous waste sites, and are required to wear respiratory protection and personal protective equipment (PPE). The course also includes hands-on involvement by the students, e.g., the proper method of handling drums, cleanup of hazardous material spills, and decontamination of personnel and equipment.
- **Regulatory:** 29 CFR 1910.120 (e)
- **Prerequisites:** None
- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation materials / Wallet Card / Certificate of completion
- **Course Time (hrs):** 40
- **Attendees:** 12

8-Hour Hazardous Waste Operations (HAZWOPER) Site Worker course REFRESHER

- **Applicability:** For all participants who have completed the 40-hour Hazardous Waste Operations (HAZWOPER) Site Worker course.
- **Regulatory:** 29 CFR 1910.120 (e)

- **Prerequisites:** 40-Hour Hazardous Site Worker (HAZWOPER)
- **Frequency:** Initial Assignment / Annual Refresher
- **Training Materials:** Presentation materials / Wallet Card / Certificate of completion

Course Time (hrs): 8

Attendees: 12

Mine Safety - MSHA

NFPA 70E - ARC Flash

NFPA 70E "Arc Flash" Awareness

- **Applicability:** All participants who are responsible for the maintenance, installation, and troubleshooting of low and medium voltage electrical control and distribution equipment; including supervisors and safety managers of electrical maintenance employees, with a verifiable working understanding of electrical power distribution and control equipment should be able to identify electrical hazards, determine appropriate personal protective equipment required, identify safer alternatives to existing procedures, and know how to establish an electrically safe work environment.
- **Regulatory:** OSHA & NFPA 70E
- **Prerequisites:** None
- **Frequency:** Initial Assignment / Refresher every three (3) years
- **Training Materials:** Presentation materials / Wallet Card / Certificate of completion
- **Course Time (hrs):** 8
- **Attendees:** 12

OSHA 1910 GI 10-30

10-Hr. General Industry Outreach Training Program

- **Applicability:** This 10-hour [2 Day] program is intended to provide instruction on general industry safety and health topics to entry level participants. The program has several mandatory presentations along with a selection of optional topics to better customize training to the intended audience.
- **Regulatory:** 1910
- **Prerequisites:** None
- **Frequency:** There is no refresher course mandated by OSHA.
- **Training Materials:** Presentation materials / Wallet Card / Certificate of completion
- **Course Time (hrs):** 10
- **Attendees:** 12

30-Hour General Industry Outreach Training Program

- **Applicability:** This 30-hour [4 Day] program is intended to provide more indepth instruction on a variety of general industry safety and health topics. The program has several mandatory presentations along with a selection of optional topics to better customize training to the intended audience. This program is aimed at supervisory and management personnel.
- **Regulatory:** 1910

- **Prerequisites:** None
- **Frequency:** There is no refresher course mandated by OSHA
- **Training Materials:** Presentation materials / Wallet Card / Certificate of completion
- **Course Time (hrs):** 30
- **Attendees:** 12

OSHA 1926 CI 10-30

10-Hr. Construction Industry Outreach Training Program

- **Applicability:** This 10-hour [2 Day] program is intended to provide instruction on construction industry safety and health topics to entry level participants. The program has several mandatory presentations along with a selection of optional topics to better customize training to the intended audience.
- **Regulatory:** 1926
- **Prerequisites:** None
- **Frequency:** There is no refresher course mandated by OSHA
- **Training Materials:** Presentation materials / Wallet Card / Certificate of completion **Course Time (hrs):** 10
- **Attendees:** 12

30-Hour Construction Industry Outreach Training Program

- **Applicability:** This 30-hour [4 Day] program is intended to provide more indepth instruction on a variety of construction industry safety and health topics. The program has several mandatory presentations along with a selection of optional topics to better customize training to the intended audience. This program is aimed at supervisory and management personnel.
- **Regulatory:** 1926
- **Prerequisites:** None
- **Frequency:** There is no refresher course mandated by OSHA
- **Training Materials:** Presentation materials / Wallet Card / Certificate of completion **Course Time (hrs):** 30
- **Attendees:** 12

High-Angle Rescue

High Angle Rescue I: Evacuation from Elevated Locations

- **Applicability:** Participants will learn the basic skills to utilize engineered and improvised rescue equipment for getting sick and injured work to ground level from typical elevated work positions.
- **Frequency:** Initial / Annual Skills Refresher
- **Training Materials:** Presentation materials / Wallet Card / Certificate of completion
- **Course Time (hrs):** 16
- **Attendees:** 8

High Angle Rescue II: Rescue from Fall Protection

- **Course Title:** High Angle Rescue II: Rescue from Fall Protection

- **Applicability:** Participants will learn the intermediate level skills required to safely rescue workers who have fallen and are now suspended by personal fall arrest equipment.
- **Prerequisites:** High Angle Rescue I: Evacuation from Elevated Locations
- **Frequency:** Initial / Annual Skills Refresher
- **Training Materials:** Presentation materials / Wallet Card / Certificate of completion
- **Training Materials:** Presentation materials / Wallet Card / Certificate of completion **Course Time (hrs): 16**
- **Attendees:** 8

High Angle Rescue III: Tower Rescue

- **Applicability:** Participants will be able to perform rescue from locations such as cell and transmission-line towers as well as other structures with similar challenges. Students will learn techniques for safe access to victims on these structures and rigging tactics specific to those locations and personnel limitations.
- **Prerequisites:** High Angle Rescue II: Rescue from Fall Protection
- **Frequency:** Initial / Annual Skills Refresher
- **Training Materials:** Presentation materials / Wallet Card / Certificate of completion
- **Course Time (hrs): 24**
- **Attendees:** 8

High Angle Rescue: Special Projects

- **Applicability:** This custom-built curriculum is designed to train rescuers for emergency scenarios specific to special projects occurring at a work site. Each course will be developed with client stakeholders to specifically address the rescue scenarios that are expected as a result of elevated work related to the project.
- **Prerequisites:** High Angle Rescue III: Tower Rescue
- **Frequency:** Initial / Annual Skills Refresher
- **Training Materials:** Presentation materials / Wallet Card / Certificate of completion
- **Course Time (hrs): 8**
- **Attendees:** 8

High Angle Rescue Refresher

- **Applicability:** Participants will review basic skills and activities related to the level of training previously received. Each course will be developed with client stakeholders to specifically address the rescue scenarios that are expected as a result of elevated work related to the project.
- **Prerequisites:** Any High Angle Rescue Training listed above
- **Frequency:** Initial / Annual Skills Refresher
- **Training Materials:** Presentation materials / Wallet Card / Certificate of completion
- **Course Time (hrs): 16**
- **Attendees:** 8

General Services

Quality Control & Safety Inspections of Facilities

- **Onsite safety training of employees of airports and airlines, hotels, hospitals, schools, warehouses, office buildings, or any industrial or commercial firms:** Quality Control & Safety Inspections of Facilities

Assessments of Activity Phases at Job Sites

- **Onsite safety training of employees of airports and airlines, hotels, hospitals, schools, warehouses, office buildings, or any industrial or commercial firms:** Assessments of Activity Phases at Job Sites

Health & Safety Procedure Manual Preparation

- **Onsite safety training of employees of airports and airlines, hotels, hospitals, schools, warehouses, office buildings, or any industrial or commercial firms:** Health & Safety Procedure Manual Preparation

Safety Audits to Assure Compliance With OSHA

- **Onsite safety training of employees of airports and airlines, hotels, hospitals, schools, warehouses, office buildings, or any industrial or commercial firms:** Safety Audits to Assure Compliance With OSHA

On-Site Safety Officer & Air Monitoring Services

- **Onsite safety training of employees of airports and airlines, hotels, hospitals, schools, warehouses, office buildings, or any industrial or commercial firms:** On-Site Safety Officer & Air Monitoring Services

Loss Prevention and Site Safety Surveillance

- **Onsite safety training of employees of airports and airlines, hotels, hospitals, schools, warehouses, office buildings, or any industrial or commercial firms:** Loss Prevention and Site Safety Surveillance

Expert Witness for Work-Related Injuries

- **Onsite safety training of employees of airports and airlines, hotels, hospitals, schools, warehouses, office buildings, or any industrial or commercial firms:** Expert Witness for Work-Related Injuries

Control & Cleanup of Oil Spills in Waterways

- **Onsite safety training of employees of airports and airlines, hotels, hospitals, schools, warehouses, office buildings, or any industrial or commercial firms:** Control & Cleanup of Oil Spills in Waterways

Environmental Services & Motivational Lectures

- **Onsite safety training of employees of airports and airlines, hotels, hospitals, schools, warehouses, office buildings, or any industrial or commercial firms:** Environmental Services & Motivational Lectures

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Disaster Control & Preparation for Emergencies

- **Onsite safety training of employees of airports and airlines, hotels, hospitals, schools, warehouses, office buildings, or any industrial or commercial firms:** Disaster Control & Preparation for Emergencies

Employment Services for Employers & Workers

- **Onsite safety training of employees of airports and airlines, hotels, hospitals, schools, warehouses, office buildings, or any industrial or commercial firms:** Employment Services for Employers & Workers

Contract Negotiations/Labor Arbitration Services

- **Onsite safety training of employees of airports and airlines, hotels, hospitals, schools, warehouses, office buildings, or any industrial or commercial firms:** Contract Negotiations/Labor Arbitration Services

Other Training or Services of your choice

- **Onsite safety training of employees of airports and airlines, hotels, hospitals, schools, warehouses, office buildings, or any industrial or commercial firms:** Other Training or Services of your choice

Job Safety Analysis

- **Onsite safety training of employees of airports and airlines, hotels, hospitals, schools, warehouses, office buildings, or any industrial or commercial firms:** Job Safety Analysis