

SC OSHA Outreach and Education Training Classes

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Training Classes

Free Workplace Safety and Health Training Programs:

Accident Investigation

Scope: This program covers the basic elements of conducting a proper accident investigation used to determine root causes of incidents. It covers evidence gathering, interviewing techniques, mapping and documenting the scene, measurements, and photography.

Length of program: 2 hours

Asbestos

Scope: This program covers the OSHA Asbestos Standards in detail and includes information on the industrial use of asbestos, measures for employee protection, and the removal and disposal of asbestos containing materials.

Length of program: 1-2 hours

Back Safety and Proper Lifting

Scope: This program provides a discussion of the hazards and recommended solutions for lifting heavy or awkward loads, proper lifting techniques, alternative methods, contributing factors and back injury risks associated with lifting.

Length of program: 1 hour

Bloodborne Pathogens

Scope: This program covers the OSHA Bloodborne Pathogens Standard and highlights the elements required in an exposure control plan.

Length of program: 1-2 hours

Confined Space – General Industry

Scope: This program covers the hazards faced by employees entering confined spaces during work assignments. Topics include: employee training in oxygen deficiency, conditions involving immediate danger to life and health, personal protective equipment, and safety procedures. This program is designed to give employees the ability to recognize hazardous conditions in confined spaces at their workplace.

Length of program: 2 hours

Confined Space – Construction Industry

Scope: This program covers the hazards faced by employees entering confined spaces during work assignments. Topics include: employee training in oxygen deficiency, conditions involving immediate danger to life and health, personal protective equipment, and safety procedures. This program is designed to give employees the ability to recognize hazardous conditions in confined spaces at their workplace.

Length of program: 2-3 hours

Control of Hazardous Energy Sources – Lockout Tagout

Lockout/Tagout Scope: This program covers the requirements of the OSHA standard on lockout and tagout procedures. It includes hazards of unintended start-up of machines, release of stored energy and how a lockout/tagout program can help eliminate such hazards.

Length of program: 1 1/2 to 2 hour

Electrical Requirements for Construction

Scope: This program is designed to cover the general requirements for electrical work on a construction site. It includes hazard recognition, ground fault protection (GFCI), grounding, and bonding of portable and/or cord and plug-connected tools and equipment.

Length of program: 1-2 hours

Electrical Safety & Work Practices – General Industry

Scope: This program covers the requirements of the various OSHA electrical standards for general industry. This includes: qualified and unqualified persons working on or near electrical conductors and equipment, installation requirements, safe work practices and personal protective equipment.

Length of program: 2-3 hours

Emergency Action Plans

Scope: This program covers the requirements of an Emergency Action Plan. This presentation includes a discussion of the identification of risks, development and implementation of a program, training, procedures for evacuating, sheltering in place, accountability, rescue, and medical duties required.

Length of program 1 – 1.5 hours

Ethylene Oxide

Scope: This program covers the 1910.1047 standard. Topics include: employee exposure monitoring, regulated areas, methods of compliance, respiratory protection, and protective equipment, medical surveillance, and communication of the hazards.

Length of program: 1.5 - 2 hours

Excavation and Trenching

Scope: This program provides basic hazard recognition, excavation and trenching requirements, protective systems, sloping of trenches, and safe use of equipment around excavations and trenches. It discusses competent person's requirements and general employee training requirements.

Length of program: 2 -3 hours

Exits – Means of Egress

Scope: This program covers the requirements of OSHA's standard on exits. It will cover such areas as means of egress, locked and blocked exits, size of exits, location of exits, and acceptable practices.

Length of program: 1 hour

Fall Protection – General Industry and Construction

Scope: This program covers general fall hazards commonly found on job sites. It discusses general requirements of the OSHA regulation, fundamental ways to provide protection from the various hazards, personal fall arrest system requirements and their inspections, guardrails and safety nets. It also covers the requirements for fall protection and fall restraint systems while operating an aerial lift and/or scissor lift. Training requirements and documentation are also covered.

Length of program: 2 – 3 hours

Fire Extinguishers

Scope: This program covers the OSHA standard requirements for fire extinguishers. It covers: training requirements, placement, types of extinguishers, mandatory versus voluntary requirements for the presence and use of extinguishers, monthly and periodic inspection requirements.

Length of program: 1 hour

Formaldehyde

Scope: This program is designed to inform employers/employees of the requirements of OSHA's formaldehyde standard. Information on PELs, health hazards, personal protective equipment, and medical surveillance are addressed in this program.

Length of program: 1 hour

Hand and Finger Safety

Scope: This program discusses the hazards associated with improper guarding on machinery. It also covers the importance of proper personal protective equipment, methods of guarding, and maintenance of guards.

Length of program: 1 hour

Hazard Communication Standard (HAZCOM/GHS)

Scope: This program covers employer's and employee's responsibilities as they relate to OSHA's Hazard Communication Standard and its alignment with the Globally Harmonized System of Classification and Labeling of Chemicals (GHS). Hazardous chemical inventory, safety data sheets, hazard assessments, labeling, and employee training requirements are discussed.

Length of program: 1 – 1.5 hours

Hazard Recognition for Maintenance Personnel

Scope: This program covers frequently overlooked hazards that affect maintenance personnel of all trades and helps them to better identify existing and potential hazards in the workplace. It also discusses the differences between maintenance and construction activities to help ensure that the proper OSHA regulations are being applied.

Length of program: 1- 2 hours

Hazard Recognition for Construction Sites

Scope: This program covers the most frequently cited standards by OSHA enforcement in the construction industry. It will allow employers and employees to better identify hazards associated with their type of work and learn how to eliminate those hazards before work begins on that site.

Length of program: 2 - 3 hours

Health Hazards Awareness

Scope: This program is an overview of various health hazards commonly found in the workplace. Topics include: chemical exposure, air contaminants, noise, radiation, respirators, and personal protective equipment.

Length of program: 2 hours

Hearing Conservation

Scope: This program stresses the importance of the occupational noise standard and includes information on the effects occupational noise has on hearing, the purpose of hearing protection, the advantages and disadvantages of hearing protectors, the use and care of hearing protectors, the purpose of audiometric testing and training requirements.

Length of program: 1- 1.5 hours

Heat Stress

Scope: This program covers the risks and hazards associated with working in hot environments. It covers how to recognize signs and symptoms of heat exhaustion and heat stroke. Discussion will also include work - rest cycles and proper hydration.

Length of program: 1 hour

Industrial Truck Safety Training – Forklifts

Scope: This program covers OSHA's forklift standard for general industry and construction. Topics such as training, inspections, maintenance requirements, and documentation requirements are discussed. This is not a operator authorization class.

Length of program: 1-2 hours

Job Hazard Analysis

Scope: This program covers the requirements of performing a Job Hazard Analysis (JHA/JSA). The presentation includes the mandatory requirements for conducting a personal protective equipment hazard assessment, methods of identification of hazards, and the relationship between the worker, the task, the tools, and the work environment, as well as the importance of identifying and eliminating or reducing the risks of hazards.

Length of program: 1-1.5 hours

Lab Safety

Scope: This program covers laboratory safety in general. The presentation includes: discussion of personal protective equipment, chemical exposure, ventilation, eyewash and shower facilities, and storage of chemicals.

Length of program: 1-2 hours

Ladder Safety – General Industry and Construction

Scope: This program covers the inspection, maintenance, and proper use of portable and fixed ladders. Information on wooden, metal, and fiberglass ladders is provided.

Length of program

Lead Standard

Scope: This program covers the OSHA Lead Standard and Appendices A and B. The presentation devotes particular attention to the monitoring, medical surveillance, personal hygiene, personal protective equipment, and medical records procedures.

Length of program: 1-2 hours

Logging

Scope: This program covers the requirements of the OSHA Logging Standard. Topics will include: hazard recognition, safe use and operation of equipment most commonly found on a logging site, personal protective equipment, and other OSHA requirements for the logging industry.

Length of program: 2 hours

Machine Guarding

Scope: This program covers the general requirements of OSHA's regulation on general machine guarding. Engineering controls; such as: barrier guards, presence sensing devices, restraint systems, and enclosures are covered.

Length of program: 1- 2 hours

Material Handling

Scope: This program covers safe use and inspection of material handling equipment such as slings, hoists, industrial trucks and cranes. Proper lifting techniques and proper storage of materials are discussed.

Length of program: 1 hour

Methylene Chloride

Scope: This program discusses the requirements of the OSHA Methylene Chloride Standard. Topics such as safe work practices, safe storage practices, and proper selection and use of personal protective equipment are covered.

Length of course: 1 1/2 hours

Multi-employer Worksite Safety

Scope: This program covers who is responsible for compliance with OSHA rules when more than one employer is working at a site. It covers the employer/employee relationship, safety during the bidding process, training, and accountability for contractors on a general industry or construction site. The elements of an effective contractor safety program are discussed.

Length of program: 2 hours

Office Safety

Scope: This program is designed to assist employees in recognizing the potential hazards in an office and how to develop safe work practices to minimize injuries and illnesses.

Length of program: 1 hour

Organizational Safety Culture

Scope: This course is designed for managers and safety committee members to reinforce the benefits of an effective safety and health system in the workplace. It defines what culture is, how to assess the culture and determine if it's meeting the targeted goals or is worthy of change. Basic business principles such as; but not limited to: gap analysis, management of change, and program assessments are discussed.

Length of program: 2 hours

OSHA Inspection Process

Scope: This program is designed to inform employers and employees of what to expect during and after an OSHA inspection. It will cover the selection process, opening conference, walk-through inspection, closing conference, penalties and protest procedures.

Length of program: 1- 1.5 hours

OSHA Injury & Illness Recordkeeping

Scope: This program is to help the employer better understand the OSHA recordkeeping requirements. This presentation will explain when an injury or illness is recordable and answer questions you may have about recordkeeping, what to report to OSHA, and how to fill out required forms.

Length of program: 2 - 3 hours

Personal Protective Equipment

Scope: This program assists employers and employees in determining the type of personal protective equipment to use on the job site, the proper care and use of the equipment, how to motivate employees to wear the required equipment, and how to conduct a hazard assessment. It also will explain personal protective equipment training requirements and documentation requirements.

Length of program: 2 hours

Power Distribution and Generation

Scope: This program is designed for electrical utilities, cooperatives, and contractual line crews. It covers OSHA requirements for construction of electrical transmission, distribution lines, and equipment. Safe work practices, tools, and protective equipment are also discussed.

Length of program: 2 hours

Powered and Portable Hand Tools

Scope: This program is designed to encourage inspection and preventive maintenance procedures for powered and portable hand tools to ensure safe operation. Safe work practices and OSHA requirements for guarding and grounding are also discussed.

Length of program: 1 hour

Process Safety Management

Scope: This program is designed to provide the employer with an overview of the process safety management of highly hazardous chemicals standard. A discussion of changes, updates, and current information is provided.

Length of program: 2 hours

Respiratory Protection

Scope: This program examines the use, selection, limitations, maintenance, care, and storage of air purifying respirators and air supplied respirators, medical evaluations, fit testing, and training requirements.

Length of program: 2 hours

SC Palmetto Star Program - Voluntary Protection Plan

Scope: This program offers information on the qualifications, requirements, benefits, and guidelines necessary to become a participant in South Carolina's Palmetto Star Voluntary Protection Program.

Length of class: 2 hours

Scaffolding – General Industry & Construction

Scope: This program promotes the recognition and prevention of hazards associated with erection, use, maintenance, and dismantling of different types of scaffolding used in general industry and construction. This program can be tailored to the types of scaffolding used at your site.

Length of course: 1-2 hours

Silica – Construction & General Industry

Scope: This program covers the general requirements for assessing your workplace for silica hazards and implementing engineering controls to eliminate or reduce exposures to silica. It covers the topics of when you need a written exposure control plan and the elements there of. It also covers medical examination and respiratory protection requirements.

Length of program: 2-3 hours

SMART (Safety Management Accident Reduction Training)

Scope: This program is designed so managers and supervisors and other personnel will consider the benefits of implementing a comprehensive safety and health program for their workplace. Contents of the program include evaluating costs (direct and indirect), and the advantages of developing a program designed to reduce work-related accidents while increasing profits and productivity. The basic elements for implementing a safety and management program for worksites are examined and discussed.

Length of course: 2 hours

Steel Erection

This program covers the general requirements for the OSHA steel erection regulation in the construction industry. It covers the various fall protection requirements that are specific to the steel erection process. It also covers the requirements for site prep prior to the erection process.

Length of program: 1-2 hours

Storage of Flammable and Combustible Liquids

Scope: This program is designed to assist employers and employees in recognizing the hazards involved with flammable and combustible liquids. OSHA requirements for proper storage (inside, outside, underground, and incidental) are discussed. Safe work practices related to flammable and combustible liquids are discussed.

Length of course: 2 hours

Tuberculosis

Scope: Many people think tuberculosis is an illness of the past, but the disease remains a major health threat. This program will provide a discussion of OSHA's approach to protecting workers including the application, exposure control plans, methods of compliance, respiratory protection, and recordkeeping requirements. The causes and control measures of drug-resistant tuberculosis are also covered.

Length of course: 1 1/2 hours

Violence in the Workplace

Scope: This program discusses violence and violent acts which are occurring in the workplace at an alarming rate. In this program, employer recognition, increasing employee awareness, and proactive measures employers can take to minimize the risks of violence in the workplace are addressed. Suggested policies are also discussed.

Length of course: 2 hours

Walking and Working Surfaces

Scope: This program covers safety practices for housekeeping, guarding stairs, floor openings, proper installations of handrails, stair railings, and guard railings, and slipping and tripping hazards.

Length of program: 1- 2 hours

Woodworking Machinery Safety

Scope: This program includes the discussion of proper guarding, personal protective equipment, and safe work practices of woodworking machinery. Frequently cited OSHA standards in the woodworking industry are also covered.

Length of program: 1 hour