

# Occupational Safety and Health Course Catalog

(877) 508-7246

[uasafetyhealth.ccs.ua.edu](http://uasafetyhealth.ccs.ua.edu)

PROMOTING

## **SAFETY AND HEALTH**

THROUGH CUTTING-EDGE TRAINING



### **Earn your certificate in:**

- Construction Safety and Health
- General Industry Safety and Health
- Health and Safety Management (Online)
- Lead and Asbestos
- Qualified Electrical Worker

THE UNIVERSITY OF  
**ALABAMA**  
CONTINUING STUDIES

THE UNIVERSITY OF ALABAMA



# WHO WE ARE

The Training and Conference Activities section of the Division of Environmental and Industrial Programs (DEIP) in the College of Continuing Studies (CCS) at The University of Alabama (UA) has been conducting environmental, safety and health, and professional training since 1976. Between 2005 and 2008, we offered over 250 courses, trained more than 6,600 students, for a total of greater than 45,000 contact hours.

In 2008, The University of Alabama was designated as an OSHA Training Institute Education Center (UA OTI EC). Through our partnerships throughout the states of Alabama and Mississippi we offer employers and employees an array of courses. We are one of twenty-four centers in the U.S. who are formally authorized by OSHA to deliver OSHA courses.

The University of Alabama is also home to Safe State, the OSHA Consultation Program for the State of Alabama, and the first educational institution in the United States to be awarded such a program.

## OUR COMMITMENT –

The College of Continuing Studies, Division of Environmental and Industrial Programs is committed to the fields of Safety, Health and Environmental training and to the students attending our training classes. We believe that a fulfilling training experience starts with good customer service and comfortable training facilities. We pledge to provide premium quality training with qualified and experienced instructors and up-to-date training materials including real situation assessments. We will also provide customized training wherever possible to meet the needs of our business community.

## OUR MISSION –

*“To promote occupational safety and health by providing cutting-edge training.”*

## Benefits to You and Your Company –

- Stay current on OSHA and EPA standards
- Gain knowledge in the field of health and safety and environmental regulations
- Learn to assess hazards and potential violations
- Network with other professionals
- Keep you and your co-workers safe at work and at home
- Acquire Continuing Education Units (CEUs) in your field of work

## Who Should Attend –

Individuals and companies interested in risk management, preventing and reducing injuries and illnesses, and who want to be current on occupational safety and health standards and environmental regulations.

This includes, but is not limited to:

- Safety and health professionals
- Human resource managers
- Risk management professionals
- Engineers
- Industrial hygienists
- Health professionals
- Operation supervisors and managers
- Small business owners
- Any employee that is responsible for the health and safety of other employees

# GENERAL INFORMATION

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### Course Schedule –

You will be advised of the check-in time for the course of your choice when you have been confirmed in a course. In addition, your confirmation will provide starting and ending class times and other pertinent information.

### Registration Policy –

Everyone must pre-register to attend training courses. If a discount is given for a course, you must pay all fees by the deadline of the discount. A registration that is made by phone or fax must be accompanied by some form of payment before it can be confirmed. Merely phoning in a registration without some form of payment does not reserve the discounted fee. The typical timeframe to receive a discount is one week prior to the start of the course.

Registration fees include the training manual and materials, refreshments, certificates and IDs if necessary. Lunch is provided for some environmental training classes.

Registrations are accepted throughout the year. However, courses are filled on a first-come, first-serve basis. Register early to ensure your place in the course of your choice.

### Location –

All courses, unless noted otherwise, are held at the Paul W. Bryant Conference Center, 240 Paul W. Bryant Drive, on The University of Alabama campus in Tuscaloosa, Alabama. The Bryant Conference Center is a non-smoking facility.

### Cancellations/Refunds –

If you must cancel, a full refund may be granted up to five working days before the first day of class. After that date, an administrative fee equal to 25% of the registration fee (\$25 minimum) will be charged against your refund.

Refunds cannot be made after the program has begun; however, a substitute participant may be designated.

The University of Alabama reserves the right to cancel, postpone or combine class sections; to limit registration; or to change instructors. Participants will be notified one week prior to the first day of class should there be an insufficient number of registrants to hold a course.

### Cancellations and Refunds for Online Certificate Programs

If you must cancel, a full refund may be granted if you have not started a class. No refund will be granted if you have started the course.

### Training at Your Location –

We can tailor our courses for your needs! Each course will be designed for the company's individual situation. The fee for each course will be based on travel, size of class, course material, and instructor cost. All course fees will be pre-negotiated.

### Continuing Education Units –

Upon payment of a \$10 fee, participants can choose to receive a certificate which identifies the number of Continuing Education Units (CEUs) awarded in recognition of completion of a course.

### Certificate Policy –

Training certificates will be issued to each participant that meets all certificate requirements, such as completing the required number of courses, passing examinations, and meeting attendance requirements. Participants who meet only the attendance requirements will be issued a certificate of attendance. A fee of \$25 will be assessed to re-issue each certificate.

### Hotel Accommodations and Driving Directions –

Visit our website at [www.visiting.ua.edu](http://www.visiting.ua.edu) for hotel accommodations, area attractions and directions from your hometown.

# CERTIFICATE PROGRAMS

Complete a University of Alabama certificate program to show you are a dedicated safety and health professional and are willing to keep your education current in a dynamic and ever changing environment. Improve your job effectiveness by completing one or multiple certificates in the field of Occupational Safety and Health.

## GENERAL INDUSTRY SAFETY AND HEALTH CERTIFICATE

### Course 1 (choose one):

OTI 501 Trainer Course in OSHA Standards for General Industry, OR  
 OTI 503 Update for General Industry Outreach Trainers, OR  
 OTI 511 Occupational Safety & Health Standards for General Industry

### Course 2: OTI 521 OSHA Guide to Industrial Hygiene

### Course 3 (choose one):

OTI 2045 Machinery & Machine Guarding Standards, OR  
 OTI 2250 Principles of Ergonomics, OR  
 OTI 3095 Electrical Standards

**Courses 4, 5, and 6: 3 OTI, ENV, HSM, or QEW as shown on table at the end of this catalog.**

## CONSTRUCTION SAFETY AND HEALTH CERTIFICATE

### Course 1 (choose one):

OTI 500 Trainer Course in OSHA Standards for Construction, OR  
 OTI 502 Update for Construction Industry Outreach Trainers, OR  
 OTI 510 Occupational Safety & Health Standards for Construction

### Course 2: OTI 3110 Fall Arrest Systems

### Course 3 (choose one):

OTI 2264 Permit-Required Confined Space, OR  
 OTI 3010 Excavation, Trenching, and Soil Mechanics, OR  
 OTI 3095 Electrical Standards

**Courses 4, 5, and 6: 3 OTI, ENV, HSM, or QEW as shown on table at the end of this catalog.**

To be awarded a University of Alabama certificate, participants must complete either the OSHA 510 or 511 (or 502/503 or 500/501) and 4 electives. At least three (3) of the courses, including the final two (2), must be completed through the UA OTI Education Center.

OSHA Training Center (OTI) courses taken through the OSHA Training Institute (Chicago) or other OSHA Training Institute Education Centers can be used to fulfill three (3) of the courses required for a UA OTI EC certificate. Any courses not taken at UA must have been completed within three (3) years prior to the participant's official "certification enrollment date" and no later than three (3) years after this date.

All course work must be completed within three (3) years after the official "certificate enrollment date". The official "certificate enrollment date" is the first day of the first UA class the participant wishes to count towards the certificate.

When a participant has completed the entire certificate program, he/she must fill out an official "Certificate Application Form" online at [www.uaosha.ccs.ua.edu](http://www.uaosha.ccs.ua.edu). Participants must provide copies of all official OTI course certificates to be included in the UA OTI Certificate Program.

**ALL COURSES MUST BE COMPLETED WITHIN A 6-YEAR PERIOD** (a maximum of 3 years prior and 3 years after the 'certificate enrollment date').

Courses cannot be used as credit toward more than one certificate program at The University of Alabama.

# CERTIFICATE PROGRAMS

## HEALTH & SAFETY MANAGEMENT CERTIFICATE (ONLINE)

### Who should take these courses?

The online Health and Safety Management Certificate is geared toward employees who have been given the responsibility of health and safety on a part-time or full-time basis, but have no formal education in health and safety. It is also geared toward someone who has moved into health and safety management, or who wants to build a competency in health and safety to meet the requirements of the External Degree Program at The University of Alabama. In addition, the courses can be taken individually if someone needs an introduction or wants to develop a competency in a specific health and safety topic.

### Description of the Certificate

To earn the online Health and Safety Management Certificate, the student will need to complete four (4) core courses and six (6) electives for a total of approximately 100 hours of online course time. Each course is approximately equal to 10 hours of classroom instruction time.

The core courses are as follows:

- HSM 101 Introduction to OSHA
- HSM 102 Introduction to Workplace Safety
- HSM 103 Introduction to Industrial Hygiene
- HSM 104 Introduction to Workers' Compensation

The following courses are elective:

- QEW 141 Understanding Basic Electricity for Electrical Safety
- HSM 202 Introduction to Mine Safety
- HSM 301 Managing Hazard Communication Programs
- HSM 310 Managing Ergonomic Programs
- HSM 311 Managing Personal Protective Equipment (PPE) Programs
- HSM 312 Managing Fleet Safety Programs
- HSM 701 Managing Bloodborne Pathogen Programs
- HSM 702 Managing Heat Stress Programs
- HSM 901 Managing Wellness Programs
- HSM 902 Managing Health Promotion

Electives will be developed based on demand for specific topics.

### Online Learning Platform

eLearning, also known as Blackboard Learning System Vista 4, is an interactive online learning management system that The University of Alabama uses to deliver academic courses, as well as professional training. Designed with the end user in mind, eLearning not only provides a secure website to house content, but offers a wide array of interactive tools. Content can be presented in numerous formats including text, video, slide show presentations with or without narration, and links to websites and articles, to name a few. Synchronous and asynchronous communications are possible via live chat, email and discussion board.

### Computer and Internet Requirements

DSL, high-speed internet preferred.

Courses cannot be used as credit toward more than one certificate program at The University of Alabama.



# CERTIFICATE PROGRAMS

## Why Have The Qualified Electrical Worker Series?

**Awareness...** NFPA and OSHA requirements mandate that workers be qualified. Workers should never be subjected to tasks for which they are not familiar or contain hazards to which the worker is unaware.

## What Does The Qualified Electrical Worker Do For Me?

Protects the worker ... The qualified worker series helps the employer meet training requirements mandated by OSHA and NFPA standards. This series assures both employee and the employer that proper attention and training have been given to the employee concerning potential electrical shock, fire and arc flash hazards.

## What Is The Qualified Electrical Worker Series Program?

The purpose of this program is to help workers avoid shock, fire and arc flash hazards and to meet the requirements (based on definitions given in the NFPA and OSHA standards of a qualified person).

A qualified person is defined as one who has skills and knowledge related to the construction and operation of electrical equipment installation. Qualified individuals have also received safety training on the hazards involved in NFPA 70 E and on articles 100, 110.6(D) and OSHA 1910.Subpart S.

Qualified individuals should be familiar with the proper use of special precautionary techniques, personal protective equipment, arc flash, insulating and shielding materials, insulated tools and test equipment. A person can be considered qualified with respect to certain equipment methods, but still be unqualified for others.

A qualified person can be an employee who is undergoing on-the-job training and who, in the course of such training, has demonstrated the ability to perform duties safely at his or her level of training. The duties under the direction and supervision of a qualified person shall be considered to be a qualified person for performance of those duties.

A qualified person is permitted to enter into a limited approach boundary of exposed live parts operating in 50 volts or more, and shall, at the minimum, be additionally trained in all of the following:

1. The skills and techniques necessary to distinguish exposed energized parts from other parts of electrical equipment
2. The skills and techniques necessary to determine a nominal voltage of exposed live parts

3. The approach distance as specified in table 130.2 (C) and the corresponding voltages to which the qualified person would be exposed
4. The decision-making process necessary to determine the degree and extent of the hazard and the personal protective equipment (PPE) and job planning necessary to perform the task safely

The series is written primarily for those involved directly with an electrical installation, construction and maintenance of electrical equipment and conductors. Exposure to these courses alerts the worker to typical potential electrical hazards. It also trains the worker to recognize potential electrical hazards.

The qualified worker series is based on the following standards: NFPA 70; NFPA 70 E; NFPA 70 B; NFPA 79; IEEE Green book; IEEE Emerald book; IEEE 1584; OSHA 1910, below 600 Volts; OSHA 1910, above 600 Volts; and basic electrical theory as applied to codes and standards.

## What Happens When All Courses Are Completed?

When a participant completes each individual course, a test is given and a course certificate is sent if the test is passed.

When all courses have been completed, the student must sign up for QEW 110 and a proctored exam is given, which covers all eight courses. Once the exam has been successfully passed, the participant is given a “qualified worker series” certificate of completion. The test can only be taken two times and fees apply each time. All eight courses must be completed in a 3-year time frame.

## What Does This Series Cover?

The following is a list of courses designed for the qualified worker series certificate.

- |         |  |
|---------|--|
| QEW 141 | Understanding Basic Electricity For Electrical Safety                  |
| QEW 142 | OSHA Electrical Requirements, less than 600 Volts – CFR 1910.Subpart S |
| QEW 143 | OSHA Electrical Requirements, above 600 Volts – CFR 1910.269           |
| QEW 144 | Guide To Electrical Safety Work Practices NFPA 70 E                    |
| QEW 145 | Guide To The National Electrical Code For Field Use NFPA 70            |
| QEW 146 | Grounding, Bonding, and Shielding                                      |
| QEW 147 | Recommended Practice For Equipment Maintenance NFPA 70 B               |
| QEW 148 | Industrial Machines NFPA 79  |
| QEW 150 | Final Exam   |

# OSHA TRAINING INSTITUTE COURSES

## OTI 500: Trainer Course in OSHA Standards for Construction

This course is designed for personnel in the private sector interested in teaching the 10 and 30-hour construction safety and health outreach program to their employees and other interested groups. Special emphasis is placed on those topics that are required in the 10 and 30-hour programs as well as on those that are the most hazardous, using OSHA standards as a guide. Course participants are briefed on effective instructional approaches and the effective use of visual aids and handouts. This course allows the student to become a trainer in the OSHA Outreach Training Program and to conduct both 10 and 30-hour construction safety and health courses and to issue cards to participants after verifying course completion.

### Course Topics

- OSHA's trainer requirements for the 10 and 30-hour construction courses
- Training techniques
- Safety and health hazard awareness and accident prevention for construction

### Benefits

- Provide awareness training for the common hazards
- You will be able to conduct 10 and 30-hour classes for the construction industry.

### Prerequisites

- Course 510 and five years of construction safety experience. Students must submit a Verification of Prerequisite form (from our website) and gain approval before the class begins. A college degree in occupational safety and health, a Certified Safety Professional (CSP) or a Certified Industrial Hygienist (CIH) designation, in the applicable training area may be substituted for two (2) years of experience.
- Outreach trainers are required to attend Course 502 at least once every four years to maintain their trainer status.

### Required Materials and Personal Protective Equipment

- OSHA's 29 CFR 1926 Construction Safety Standard. If you purchase the CFR from The University of Alabama, it must be ordered at time of registration.

### Certificate Program

- Meets Course 1 requirement for Construction Safety and Health Certificate

## OTI 501: Trainer Course in OSHA Standards for General Industry

This course is designed for personnel in the private sector interested in teaching the 10 and 30-hour general industry safety and health outreach program to their employees and other interested groups. Special emphasis is placed on those topics that are required in the 10 and 30-hour programs as well as on those that are the most hazardous, using OSHA standards as a guide. Course participants are briefed on effective instructional approaches and the effective use of visual aids and handouts. This course allows the student to become a trainer in the OSHA Outreach Training Program and to conduct both 10 and 30-hour general industry safety and health courses and to issue cards to participants after verifying course completion.

### Course Topics

- OSHA's trainer requirements for the 10 and 30-hour general industry courses
- Training techniques
- Safety and health hazard awareness and accident prevention for general industry

### Benefits

- Provide awareness training for the common hazards
- You will be able to conduct 10 and 30-hour classes for the general industry.

### Prerequisites

- Course 511 and five years of general industry safety experience. Students must submit a Verification of Prerequisite form (from our website) and gain approval before the class begins. A college degree in occupational safety and health, a Certified Safety Professional (CSP) or a Certified Industrial Hygienist (CIH) designation, in the applicable training area may be substituted for two (2) years of experience.
- Outreach trainers are required to attend Course 503 at least once every four years to maintain their trainer status.

### Required Materials and Personal Protective Equipment

- OSHA's 29 CFR 1910 General Industry Standard. If you purchase the CFR from The University of Alabama, it must be ordered at time of registration.

### Certificate Program

- Meets Course 1 requirement for General Industry Safety and Health Certificate

# OSHA TRAINING INSTITUTE COURSES

## OTI 502: Update for Construction Industry Outreach Trainers

*Authorized OSHA Outreach Trainers are required to attend this course once every four years to maintain their trainer status.* The course is designed for personnel in the private sector who have completed #500 Trainer Course in OSHA Standards for Construction and who are authorized trainers in the OSHA Outreach Training Program. It provides an update on such topics as OSHA construction standards, policies and regulations.

### Course Topics

- OSHA inspection policies update
- OSHA procedures and standards updates
- Safety and health program management
- Training techniques

### Benefits

- You will learn new OSHA updates on standards and policies.
- You will be updated on new outreach training requirements.

### Prerequisite

- OTI 500 course. Prior to registration, students must provide a copy of their current trainer card for validation.

### Required Materials

- OSHA's 29 CFR 1926 Construction Safety Standard. If you purchase the CFR from The University of Alabama, it must be ordered at time of registration.

### Certificate Program

- Meets Course 1 requirement for the Construction Safety and Health Certificate

## **OUTREACH TRAINER FRAUD HOTLINE**

In May 2009, OSHA announced the establishment of a new Outreach Fraud Hotline at 847-297-4810. The public has been asked to use the hotline to file complaints about fraud and abuse regarding the Outreach Trainer Program, which includes the 10-hour and 30-hour training courses. In addition, OSHA has established a 'watch list' of outreach trainers who have received disciplinary action. The list can be found at [www.osha.gov](http://www.osha.gov).

## OTI 503: Update for General Industry Outreach Trainers

*Authorized OSHA Outreach Trainers are required to attend this course once every four years to maintain their trainer status.* The course is designed for private sector personnel who have completed course #501 Trainer Course in OSHA Standards for General Industry and who are authorized trainers in the OSHA Outreach Training Program. It provides an update on OSHA general industry standards and OSHA policies.

### Course Topics

- OSHA inspection policies update
- OSHA procedures and standards updates
- Safety and health program management
- Training techniques

### Benefits

- You will learn new OSHA updates on standards and policies.
- You will be updated on new outreach training requirements.

### Prerequisite

- OTI 501 course. Prior to registration, students must provide a copy of their current trainer card for validation.

### Required Materials

- OSHA's 29 CFR 1910 General Industry Standard. If you purchase the CFR from The University of Alabama, it must be ordered at time of registration.

### Certificate Program

- Meets Course 1 requirement for the General Industry Safety and Health Certificate



# OSHA TRAINING INSTITUTE COURSES

## OTI 510: Occupational Safety and Health Standards for Construction

This course is for private sector personnel and covers OSHA policies, procedures, and standards, as well as construction safety and health principles. Topics include scope and application of the OSHA construction standards. Special emphasis is placed on those areas that are the most hazardous, using OSHA standards as a guide.

### Course Topics

- Introduction to OSHA
- Safety & health management
- Recordkeeping
- Hazard communication
- Health hazards in construction
- Personal protective equipment
- Fire protection and prevention
- Materials handling
- Tools—hand and power
- Welding
- Electrical
- Scaffolding
- Fall protection
- Cranes and rigging
- Motor vehicles
- Excavation
- Stairways and ladders

### Benefits

- You will be able to describe the elements, guidelines, and OSHA requirements relating to safety and health programs at a construction site.

### Required Materials

- OSHA's 29 CFR 1926 Construction Safety Standard. If you purchase the CFR from The University of Alabama, it must be ordered at time of registration.

### Certificate Program

- Meets Course 1 requirement for the Construction Safety and Health Certificate

## OTI 511: Occupational Safety and Health Standards for General Industry

This course is for private sector personnel and covers OSHA policies, procedures, and standards, as well as general industry safety and health principles. Topics include scope and application of the OSHA general industry standards. Special emphasis is placed on those areas that are the most hazardous, using OSHA standards as a guide.

### Course Topics

- Introduction to OSHA
- Means of egress and fire protection
- Personal protective equipment
- Materials handling
- Electrical safety standards and work practices
- Hazard communication
- Introduction to industrial hygiene
- Machine guarding
- Lockout/tagout
- Walking/working surfaces

### Benefits

- You will be able to describe the elements, guidelines, and OSHA requirements relating to safety and health programs for general industry.

### Required Materials

- OSHA's 29 CFR 1910 General Industry Standard. If you purchase the CFR from The University of Alabama, it must be ordered at time of registration.

### Certificate Program

- Meets Course 1 requirement for the General Industry Safety and Health Certificate

# OSHA TRAINING INSTITUTE COURSES

## OTI 521: OSHA Guide to Industrial Hygiene

This course focuses on industrial hygiene practices and related OSHA regulations and procedures. The course features workshops in health hazard recognition, OSHA health standards and a safety and health program workshop.

### Course Topics

- Air contaminant sampling
- Air sampling laboratory
- Compliance with air contaminant standards
- Compliance with hazard communication
- Compliance with hazardous waste standards
- Compliance with the asbestos standard
- Compliance with the bloodborne pathogens standard
- Compliance with the noise standard
- Compliance with the respirator standard
- Compliance with ventilation standards and laboratory ventilation
- Detector tube sampling
- Elements of a workplace health program
- Hazard violation workshop
- Health hazard recognition
- OSHA ergonomic guidelines
- OSHA recordkeeping

### Benefits

- You will be able to perform basic health hazard evaluations using OSHA sampling procedures.

### Required Materials

- OSHA's 29 CFR 1910 General Industry Standard. If you purchase the CFR from The University of Alabama, it must be ordered at time of registration.

### Certificate Program

- Required for the General Industry Safety and Health Certificate
- An elective for the Construction Safety and Health Certificate

## OTI 2015: Hazardous Materials

This course covers OSHA general industry standards and integrates materials from other consensus and proprietary standards that relate to hazardous materials.

### Course Topics

- Flammable and combustible liquids
- Compressed gases
- LP gas
- Cryogenic liquids
- Spraying and dipping processes
- Electrical equipment
- Process safety management
- Hazardous waste operations and emergency response
- Permit-required confined space entry
- Welding
- Ammonia

### Benefits

- You will learn how to detect and learn proper abatement techniques for hazards.

### Prerequisites

- 21(d) State Consultants: #1500 Basic Onsite Consultation program.
- Other federal agency or department personnel: course #6000 or #6010.
- Private sector and other non-federal government personnel: check website for current prerequisite.

### Certificate Program

- An elective for the following certificates:  
General Industry Safety and Health Certificate  
and Construction Safety and Health Certificate

# OSHA TRAINING INSTITUTE COURSES

## OTI 2045: Machinery and Machine Guarding Standards

This course will provide an overview of common machinery and related safety standards. Guidance is provided on the hazards associated with various kinds of machinery and the control of hazardous energy sources (lockout/tagout). The course presents an approach to machinery inspection that enables participants to recognize hazards and to provide options to achieve abatement. These hazards include mechanical motions and actions created by points of operation and other machinery processes. Also included is hands-on training in the laboratory.

### Course Topics

- Hazards and standards workshop
- Review of machinery and machine guarding
- Review of guarding and devices
- Control of hazardous energy sources (lockout/tagout)
- Electrical safety-related work practices

### Benefits

- You will learn how to identify common machines and hazards associated with industries.

### Prerequisites

- 21(d) State Consultants: #1500 Basic Onsite Consultation program.
- Other federal agency or department personnel: course #6000 or #6010.
- Private sector and other non-federal government personnel: course #511.

### Required Materials and Personal Protective Equipment

- Safety shoes, safety glasses, and appropriate clothing

### Certificate Program

- An elective for the following certificates: General Industry Safety and Health Certificate and Construction Safety and Health Certificate

## OTI 2225: Respiratory Protection

In this course you will learn the requirements for the establishment, maintenance, and monitoring of a respirator program. Program highlights include laboratories on respirator selection, qualitative fit testing, and the use of a large array of respiratory and support equipment for hands-on training.

### Course Topics

- Terminology
- Respirator fit testing
- OSHA and ANSI Standards
- Respirator selection
- NIOSH certifications and medical evaluation recommendations
- Maintenance and care
- Medical evaluations
- Supplied-air respirators
- Training and information
- Self-contained breathing apparatus
- Respirator use
- Confined space entry
- Recordkeeping

### Benefits

- You will learn how to identify elements of a respiratory protection program.

### Prerequisites

- 21(d) State Consultants: #1500 Basic Onsite Consultation program.
- Other federal agency or department personnel: course #6000 or #6010.
- Private sector and other non-federal government personnel: check website for current prerequisite.

### Certificate Program

- An elective for the following certificates: General Industry Safety and Health Certificate and Construction Safety and Health Certificate

# OSHA TRAINING INSTITUTE COURSES

## OTI 2250: Principles of Ergonomics

This course covers the use of ergonomic principles to recognize, evaluate, and control work place conditions that cause or contribute to musculoskeletal and nerve disorders. Course highlights include industrial case studies covering analysis and design of workstations and equipment, laboratory sessions in manual lifting, and coverage of current OSHA compliance policies.

### Course Topics

- Physiology
- NIOSH work practices guide to manual lifting
- Anthropometry
- Cumulative trauma disorders
- Heat stress
- Administrative and engineering controls
- Manual lifting
- Back injury control
- Medical surveillance
- Job hazard

### Benefits

- You will learn how to improve workstations and reduce the potential for musculoskeletal injury.

### Prerequisites

- 21(d) State Consultants: #1500 Basic Onsite Consultation program.
- Other federal agency or department personnel: course #6000 or #6010.
- Private sector and other non-federal government personnel: check website for current prerequisite.

### Required Materials and Personal Protective Equipment

- Some math is required. Participants need to bring a calculator.

### Certificate Program

- An elective for the following certificates: General Industry Safety and Health Certificate and Construction Safety and Health Certificate

## OTI 2264: Permit-Required Confined Space Entry

This course is designed to enable you to recognize, evaluate, prevent, and abate safety and health hazards associated with confined space entry. This course features workshops on permit entry classification and program evaluation.

### Course Topics

- Permit space hazards
- Entry procedures
- Ventilation requirements
- Personal protective equipment
- Permit system

### Benefits

- You will learn how to identify standards and procedures for confined space.

### Prerequisites

- 21(d) State Consultants: #1500 Basic Onsite Consultation program.
- Other federal agency or department personnel: course #6000 or #6010.
- Private sector and other non-federal government personnel: check website for current prerequisite.

### Required Materials and Personal Protective Equipment

- Some math is required. Participants need to bring a calculator.

### Certificate Program

- An elective for the following certificates: General Industry Safety and Health Certificate and Construction Safety and Health Certificate



# OSHA TRAINING INSTITUTE COURSES

## OTI 3010: Excavation, Trenching, and Soil Mechanics

In this course, you will focus on OSHA standards and on the safety aspects of excavation and trenching. You will have an overview of practical soil mechanics and its relationship to the stability of shored and unshored slopes and walls of excavations. You will gain knowledge of various types of shoring. Wood timbers and hydraulics are covered. Hands-on testing methods are demonstrated and a one-day field exercise is conducted, allowing students to use instruments such as penetrometers, torvane shears, and engineering rods.

### Course Topics

- Excavations
- Soil classification
- Sloping and benching
- Timber shoring for trenches
- Aluminum hydraulic shoring for trenches
- Alternatives to timber shoring
- Selection of protective system

### Benefits

- You will learn about soils and their stability.

### Prerequisites

- 21(d) State Consultants: course #510 and #1500 Basic Onsite Consultation program.
- Other federal agency or department personnel: course #510 and #6000 or #6010.
- Private sector and other non-federal government personnel: check website for current prerequisite.

### Required Materials and Personal Protective Equipment

- Participants are required to bring safety shoes, hard hat, safety glasses, and appropriate clothing.

### Certificate Program

- An elective for the following certificates: General Industry Safety and Health Certificate and Construction Safety and Health Certificate

## OTI 3095: Electrical Standards

Get an overview of OSHA's electrical standards and the hazards associated with electrical installations and equipment. Emphasis will be placed on electrical hazard recognition and OSHA policies and procedures. You will receive instruction on safe and correct use of OSHA's electrical testing equipment.

### Course Topics

- Electrical fundamentals
- Grounding requirements
- Over-current protection
- Single and three-phase systems
- Electrical requirements for portable equipment
- Electrical requirements for fixed equipment
- Ground fault circuit interrupters
- Hazardous locations
- Electrical safety-related work practices
- Dielectric personal protective equipment
- Temporary wiring
- Portable generators
- Branch circuits
- NFPA 70 E

### Benefits

- You will learn how to detect electrical hazards.

### Prerequisites

- All OSHA personnel must have completed course #2030.
- 21(d) State Consultants: #1500 Basic Onsite Consultation program.
- Other federal agency or department personnel: course #6000 or #6010.
- Private sector and other non-federal government personnel: check website for current prerequisite.

### Certificate Program

- An elective for the following certificates: General Industry Safety and Health Certificate and Construction Safety and Health Certificate

# OSHA TRAINING INSTITUTE COURSES

## OTI 3110: Fall Arrest Systems

This course provides an overview of state-of-the-art technology for fall protection and current OSHA requirements. Course features a one-day field exercise demonstrating fall protection equipment.

### Course Topics

- 29 CFR 1926 Subpart M
- Sample fall protection plans
- Consensus standards and summaries
- Fall hazard analysis
- Fall accidents and fatalities
- Litigation decisions
- Pre and post test

### Benefits

- You will learn how to identify various types of fall protection.

### Prerequisite

- 21(d) State Consultants: course #510 and #1500 Basic Onsite Consultation program.
- Other federal agency or department personnel: course #6000 or #6010.
- Private sector and other non-federal government personnel: check website for current prerequisite.

### Required Materials and Personal Protective Equipment

- Safety shoes, safety glasses, and appropriate clothing

### Certificate Program

- Course 2 for the Construction Safety and Health Certificate

## OTI 5600: Disaster Site Worker Train-the-Trainer

In this course experienced trainers will learn how to present OSHA's 16-Hour Disaster Site Worker Course. You will learn how to apply the elements of successful adult training programs, along with specific knowledge, skills, and attitudes to awareness training about safety and health standards at natural and human-made disaster sites. Trainers are given the opportunity to practice knowledge, skills, and attitudes through discussion, planned exercises, demonstrations, and presentations. You will receive lesson plans and training materials for the Disaster Site Worker Course as well as information on training techniques and resources. You will be expected to present a selected portion of the Disaster Site Worker Course and to use a "presentation evaluation" sheet to evaluate other presenters.

### Course Topics

- Successful adult training programs
- OSHA's role in nationally significant incidents
- Air-purifying respirators
- Applications of adult learning theory
- Chemical, Biological, Radiological, Nuclear, Explosive (CBRNE) Workshop
- Related group exercises

### Benefits

- You will be able to conduct the OSHA 16-Hour Disaster Site Worker Course and issue cards to participants after verifying course completion.

### Prerequisites

- OSHA #500 or #501, three years safety training experience, and completion of the 40-hour HAZWOPER training.

### Certificate Program

- An elective for the Construction Safety and Health Certificate

# OSHA TRAINING INSTITUTE COURSES

## OTI 6000: Collateral Duty Course for Other Federal Agencies

This course introduces the federal agency collateral duty safety and health personnel to the OSH Act, Executive Order 12196, 29 CFR 1960 and 29 CFR 1910. You will learn how to recognize basic safety and health hazards in the workplace and effectively assist agency safety and health officers with inspection and abatement efforts.

### Course Topics

- Hazard communication
- Inspection field trip, write-up, and review
- Introduction to accident investigation
- Introduction to the OSH Act and 29 CFR 1960
- Introduction to OSHA standards and hazard violation workshop

### Benefits

- You will be able to describe abatement methods for selected safety and health hazards, such as hazardous materials

### Required Materials

- OSHA's 29 CFR 1910 General Industry Standard. If you purchase the CFR from The University of Alabama, it must be ordered at time of registration.

### Online through OSHA

- This course is available online at: [www.oshaelearning.org/registration](http://www.oshaelearning.org/registration)

*Contract upon request*

## OTI 7000: OSHA's Ergonomics Guidelines Training for Nursing Homes

Get an overview of OSHA's ergonomics guidelines for nursing homes.

### Course Topics

- Developing an ergonomics process
- Risk factors in the nursing home guidelines
- Identifying problem jobs
- Protocol for resident assessment
- Implementing solutions
- Work practices
- Engineering solutions

### Benefits

- Develop a process to protect workers in nursing homes

### Certificate Program

- An elective for the General Industry Safety and Health Certificate

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## OTI 7005: Public Warehousing and Storage

This course is designed as a training course for warehouse workers and will focus on many hazards and injuries that are likely to be encountered in warehouse operations.

### Course Topics

- Powered industrial trucks
- Materials handling/lifting/ergonomics
- Hazard communication
- Walking and working surfaces
- Exit routes
- Fire protection

### Benefits

- Reduce lost time and injuries

### Certificate Program

- An elective for the following certificates: General Industry Safety and Health Certificate and Construction Safety and Health Certificate

# OSHA TRAINING INSTITUTE COURSES

## OTI 7100: Introduction to Machinery and Machine Safeguarding

This one-day course will increase the participant's knowledge and skill in proper machine safeguarding techniques and highlight the benefits of guarding various types of machinery. It is the employer's responsibility to identify and select the safeguard necessary to protect employees and others in the work area, as well as provide appropriate training in safe work practices. Knowing when and how to properly safeguard machinery can reduce or eliminate the potential for accidents and injuries.

### Course Topics

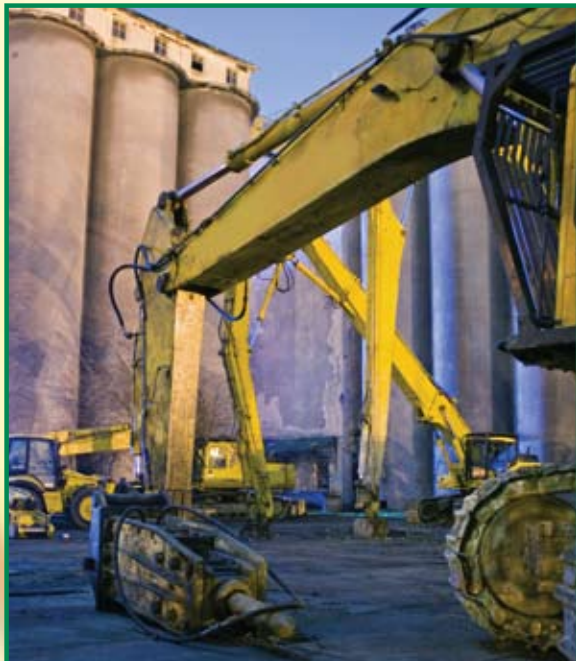
- Machine safeguarding techniques
- Benefits of guarding various types of machinery
- Safe work practices

### Benefits

- Highlight the OSHA standards and benefits of machine guarding
- Describe the basics of machine safeguarding
- Identify selected methods of safeguarding
- Use the appropriate OSHA standards

### Certificate Program

- An elective for the following certificates: General Industry Safety and Health Certificate and Construction Safety and Health Certificate



## OTI 7105: Evacuation and Emergency Planning

Evacuation and emergency planning focuses on OSHA requirements for emergency action plans and fire protection plans. Preparing for emergencies is a basic principle of workplace safety and health.

### Course Topics

- Emergency action plans
- Fire prevention plans

### Benefits

- Develop a good evacuation plan
- Develop exit routes

### Certificate Program

- An elective for the following certificates: General Industry Safety and Health Certificate and Construction Safety and Health Certificate

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## OTI 7115: Lockout/Tagout (Controlling Hazardous Energy to Prevent Workplace Injury)

This one-day course is designed to inform employers and employees of best practices in the control of hazardous energy/lockout safety.

### Course Topics

- Examining the need for lockout: purpose and scope of standard
- Energy control program overview
- Energy control procedures
- Required training
- Periodic inspections
- Application of energy control procedures
- Case studies

### Benefits

- Participants will be able to determine their companies' lockout/tagout compliance issues based on OSHA's 1910.147: Control of Hazardous Energy (lockout/tagout).

### Certificate Program

- An elective for the following certificates: General Industry Safety and Health Certificate and Construction Safety and Health Certificate

# OSHA TRAINING INSTITUTE COURSES

## OTI 7200: Bloodborne Pathogens Exposure Control for Healthcare Facilities

This one-day workshop will aid attendees in the development of a Bloodborne Pathogens Exposure Plan for healthcare facilities using a step-by-step approach.

### Course Topics

- Introduction to the bloodborne pathogens standard
- Exposure control plan
- Exposure determination
- Methods of control
- Vaccinations and evaluations
- Training and information
- Recordkeeping

### Benefits

- You will learn how to develop a step-by-step plan.

### Certificate Program

- An elective for the following certificates: General Industry Safety and Health Certificate and Construction Safety and Health Certificate

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## OTI 7205: Health Hazard Awareness

This course provides an introduction to common health hazards that are encountered in the workplace. These health hazards will include exposure to chemicals, asbestos, silica, and lead.

### Course Topics

- Identification of hazards
- Sources of exposure
- Health hazard information
- Evaluation of exposure
- Engineering and work practice control

### Benefits

- Develops an awareness for employers and employees

### Certificate Program

- An elective for the following certificates: General Industry Safety and Health Certificate and Construction Safety and Health Certificate

## OTI 7300: OSHA's Permit-Required Confined Space Standard

This one-day course includes OSHA's permit-required confined space standard, 29 CFR 1910.146. The course is designed for small employers or a designated representative (line supervisor or manager) with the responsibility to develop a permit space program.

### Course Topics

- OSHA's requirements for confined space standards

### Benefits

- Gain knowledge of OSHA's confined space standard

### Certificate Program

- An elective for the following certificates: General Industry Safety and Health Certificate and Construction Safety and Health Certificate

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## OTI 7400: Trainer Course in Construction Noise

This one-day course will increase the attendee's knowledge and skill in construction noise. It is designed to provide participants with materials and guidance for training their workers and developing a construction noise program. The target audience is the small employer or a representative designated with the responsibility to develop a construction noise program.

### Course Topics

- Properties of sound
- Noise-reduced hearing loss
- Federal OSHA's construction industry noise standards
- Sound level meters and noise dosimeters
- Construction noise exposure control
- Worker training

### Benefits

- Classroom demonstrations of noise instrumentation and hearing protection devices are featured.

### Certificate Program

- An elective for the following certificates: General Industry Safety and Health Certificate and Construction Safety and Health Certificate

# OSHA TRAINING INSTITUTE COURSES

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## OTI 7405: Fall Hazard Awareness for the Construction Industry

The focus of this 5-hour course is to identify, evaluate, and prevent or control fall hazards at construction sites. The course focuses on falls to a lower level, not falls to the same level resulting from slips and falls. The target audience is the small construction employer, business owner, or manager who would like to obtain information about fall hazards found in the workplace.

### Course Topics

- Identifying fall hazards
- Analyzing fall hazards
- Preventing fall hazards
- OSHA resources addressing fall hazards

### Benefits

- You will gain knowledge of the OSHA standards in fall hazards.

### Certificate Program

- An elective for the following certificates: General Industry Safety and Health Certificate and Construction Safety and Health Certificate
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## OTI 7410: Managing Excavation Hazards

In this course, students will learn about the role and responsibility of the employer to assign a competent person to the excavation site and arm that person with the knowledge to perform the work properly.

### Course Topics

- OSHA's excavation standard (Subpart P) - Understanding and application of definitions
- Excavation hazards and control measures
- Soil analysis techniques
- Protective system requirements
- Emergency response

### Benefits

- At the conclusion of this course, the participant will understand the importance and duties of a competent person towards excavation work and will have the knowledge and skills that are required to perform those duties.

### Certificate Program

- An elective for the following certificates: General Industry Safety and Health Certificate and Construction Safety and Health Certificate
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## OTI 7500: Introduction to Safety and Health Program Management

Using interactive assignments and thought-provoking group projects, you will have a strong understanding of the benefits in implementing a safety and health management system in the workplace.

### Course Topics

- Overview of a safety and health management system
- Management leadership and employee involvement
- Work site analysis
- Hazard prevention and control
- Safety and health training
- Program evaluation

### Benefits

- You will be able to explain the benefits of implementing a safety and health management system, such as lower accident-related costs, reduced absenteeism, lower turnover, higher productivity, and improved employee morale.

### Certificate Program

- An elective for the following certificates: General Industry Safety and Health Certificate and Construction Safety and Health Certificate
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## OTI 7505: Introduction to Accident Investigation

You will learn basic accident investigation procedures and accident analysis techniques. This course will help you gain the basic skills necessary to conduct an effective accident investigation at the workplace. The target audience is the small employer, manager, employee or employee representative who, as part of a firm's safety and health system, would be involved in conducting accident and/or near-miss investigations.

### Course Topics

- The basics
- The Six-Step Process
- Preserve and document accident scene

# OSHA TRAINING INSTITUTE COURSES

- Collect facts through interviews
- Develop sequence of events
- Determine the causes
- Develop recommendations
- Write the report
- Recordkeeping
- Putting it all together

## Benefits

- You will be able to analyze accidents using proven techniques

## Certificate Program

- An elective for the following certificates:  
General Industry Safety and Health Certificate  
and Construction Safety and Health Certificate

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## OTI 7510: Introduction to OSHA for Small Business

This course provides an introduction to the Occupational Safety and Health Administration (OSHA) for owners and managers of small businesses.

## Course Topics

- History of OSHA
- Standards
- Inspection process
- Implementing a safety and health program
- Small business assistance

## Benefits

- Help individuals gain an understanding of OSHA operations and procedures and learn how they can work with OSHA to prevent or reduce injuries and illnesses in their workplaces

## Certificate Program

- An elective for the following certificates:  
General Industry Safety and Health Certificate  
and Construction Safety and Health Certificate

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## OTI 7600: Disaster Site Worker

Emphasis will be given to the importance of respiratory and other personal protective equipment and proper decontamination procedures that may be used to mitigate hazards. Participants will support the use of an Incident Command System through the safe performance of their job responsibilities.

## Course Topics

- CBRNE agents
- Decontamination
- Incident command system / Unified command system
- Traumatic incident stress
- Safety hazards
- Awareness
- Other personal protective equipment
- Respiratory protection
- Health hazards

## Benefits

- Increase individuals' awareness of the safety and health hazards, including CBRNE agents, which may be encountered at a natural or human-made disaster site

## Prerequisite:

- Completion of the 10-Hour Construction or General Industry Outreach Training

## Certificate Program

- An elective for the following certificates:  
General Industry Safety and Health Certificate  
and Construction Safety and Health Certificate

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## OTI 7845: OSHA Recordkeeping Rule

This course is designed to assist employers in identifying and fulfilling their responsibilities for posting certain records, maintaining records of illnesses and injuries and reporting specific cases to OSHA. You will learn how to identify OSHA requirements and complete new OSHA Forms 300, 300A and 301.

## Course Topics

- Identify employers and employees covered under OSHA's revised recordkeeping requirements
- Identify new OSHA requirements for recordkeeping, posting, and reporting
- Correctly complete OSHA Forms 300, 300A, and 301

## Benefits

- You will learn how to improve your recordkeeping system.

## Certificate Program

- An elective for the following certificates:  
General Industry Safety and Health Certificate  
and Construction Safety and Health Certificate

# HEALTH & SAFETY MANAGEMENT CERTIFICATE (ONLINE)

## HSM 101: Introduction to OSHA



Who is OSHA? Learn how and why the Occupational Safety and Health Act was created and how it has evolved through the years. Find out its major organizational divisions and functions so you will know to contact for guidance and notifications.

### Course Topics

- What are OSHA's guiding principles
- How OSHA develops and carries out the inspection process
- The rights of the employer and employee during the inspection regarding OSHA citations
- OSHA and OSHA-sponsored training and compliance assistance programs

### Benefits

- Understand OSHA's principle practices
- Understand the OSHA inspection process
- Understand your rights as an employer and employee during OSHA inspections

### Certificate Program

This is a core course for the Health & Safety Management Certificate.

## HSM 102: Introduction to Workplace Safety



This course provides the basic tools a safety manager needs to understand the health and safety regulations for his/her company.

### Course Topics

- What is a safety hazard?
- How can the hazard(s) be corrected?
- How to implement preventative measures
- An overview of the general industry standards
- Developing a written health and safety/training program

### Benefits

- Understand the general industry safety and health standards
- Understand how to address any standard violations
- Become more knowledgeable on how to address violations, once discovered
- Be able to implement preventative measures to decrease safety risks

### Certificate Program

This is a core course for the Health & Safety Management Certificate.

## HSM 103: Introduction to Industrial Hygiene



What do you know about industrial hygiene? If you have never been through a health and safety curriculum, this topic may be a mystery to you. This course unravels the history of the profession and why industrial hygienists and its practitioners should be an integral part of your health and safety program.

### Course Topics

- The history of the development of the profession
- The functions of the modern day industrial hygienist and his/her contributions to the occupational safety and health team
- Fundamental scientific principles associated with critical areas of knowledge

### Benefits

- Be able to anticipate, recognize, evaluate, and control basic industrial hygiene hazards

### Certificate Program

This is a core course for the Health & Safety Management Certificate.

## HSM 104: Introduction to Workers' Compensation



As a safety manager what do you need to know about workers' compensation? This course outlines those principles and gives you an understanding of the financial implications of workers' compensation claims and reviews the steps involved in those claims.

### Course Topics

- What is workers' compensation and how did it evolve in the U.S.?
- The types of workers' compensation claims, their cost, benefits, exceptions, disputes, litigation, and settlements
- OSHA recordkeeping, accident investigation, and return-to-work programs

### Benefits

- Acquire working knowledge of the workers' compensation claim process
- Understand how avoiding worker compensation claims saves your company money

### Certificate Program

This is a core course for the Health & Safety Management Certificate, and is an elective for the General Industry Safety and Health Certificate, and the Construction Safety and Health Certificate.

# HEALTH & SAFETY MANAGEMENT CERTIFICATE (ONLINE)

## HSM 202: Introduction to Mine Safety

You may be new to the mining industry or your company has mining operations. This course is designed to provide an overview of mines and mining health and safety regulations.

### Course Topics

- The major types of mining operations
- The major differences between the Mine Safety and Health Act and the OSH Act
- The most common hazards of mine safety
- Mine Safety and Health regulations overview

### Benefits

- Gain a basic knowledge of mining and related activities
- Understand the health and safety issues associated with mining

### Certificate Program

This is an elective course for the Health & Safety Management Certificate.

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## HSM 301: Managing Hazard Communication Programs



Do you know how to meet OSHA's Hazard Communication Standard requirements? This course outlines a step-by-step approach to developing an effective written and training program for persons that may be exposed to hazardous substances through the course of their work.

### Course Topics

- Overview of the hazard communication standard
- Developing an effective communication and training program
- Managing your hazard communication program

### Benefits

- Know how to develop an effective hazard communication program for your organization

### Certificate Program

This is an elective course for the Health & Safety Management Certificate, General Industry Safety and Health Certificate or Construction Safety and Health Certificate.

## HSM 310: Managing Ergonomic Programs



Ergonomics affect all aspects of how we work, from sitting at a computer to operating machinery. The goal of this course is to start you on a path to learn and apply ergonomics to improve your workplace and reduce potential injuries.

### Course Topics

- The regulatory issues regarding ergonomics
- How to identify ergonomic problems
- Techniques for controlling ergonomic problems
- Practical ergonomic solutions in the workplace

### Benefits

- Acquire a working knowledge of ergonomic issues in the workplace
- Learn how to improve worker productivity without compromising safety

### Certificate Program

This is an elective course for the Health & Safety Management Certificate, General Industry Safety and Health Certificate or Construction Safety and Health Certificate.



# HEALTH & SAFETY MANAGEMENT CERTIFICATE (ONLINE)

## HSM 311: Managing Personal Protective Equipment (PPE) Programs



Many safety hazards can be minimized through the use of personal protective equipment (PPE). This course will help you understand the regulatory requirements for the use of PPE, how to select PPE, and how to establish a plan to reduce exposure to hazards found in your workplace.

### Course Topics

- The regulatory requirements requiring the use of PPE
- Identifying and documenting hazards
- How to determine the correct type of PPE needed for the environment
- The proper use of PPE

### Benefits

- Reduce exposures to hazards in your workplace

### Certificate Program

This is an elective course for the Health & Safety Management Certificate, General Industry Safety and Health Certificate or Construction Safety and Health Certificate.



## HSM 312: Managing Fleet Safety Programs



Did you know that thousands of people are killed and hundreds of thousands are injured in vehicle-related crashes each year? Did you know that companies have been forced to close their doors as a result of high dollar losses resulting from vehicle crashes? During this course you will learn how to develop and manage a fleet safety program for your organization so you can reduce these types of losses.

### Course Topics

- The cost of not managing fleet safety within your organization
- How to control fleet losses
- Worksite hazard analysis
- Hazard prevention
- Safety education and training

### Benefits

- Reduce vehicle accidents

### Certificate Program

This is an elective course for the Health & Safety Management Certificate, General Industry Safety and Health Certificate or Construction Safety and Health Certificate.

## HSM 701: Managing Bloodborne Pathogen Programs



Bloodborne pathogen programs should be a component of all organizational safety and health plans whether you have an office, manufacturing or construction setting.

### Course Topics

- The major types of bloodborne pathogens
- Controlling exposure
- Preventive measures such as housekeeping
- Medical treatment
- Regulatory requirements
- Keys to a successful exposure control plan

### Benefits

- Reducing bloodborne pathogen exposures in the workplace
- Learn how to contain and clean-up after exposures if they occur

### Certificate Program

This is an elective course for the Health & Safety Management Certificate, General Industry Safety and Health Certificate or Construction Safety and Health Certificate.

# HEALTH & SAFETY MANAGEMENT CERTIFICATE (ONLINE)

## HSM 702: Managing Heat Stress Programs



Failure to address heat stress issues within your company can result in both human health and financial woes. The best way to prevent this is by understanding heat stress and know how to develop a program that is manageable and accepted by the employees and management.

### Course Topics

- Learn to recognize heat stress and how to identify and calculate it in the workplace
- What factors contribute to heat stress and how to reduce them
- How to develop a cost-effective heat stress program

### Benefits

- Understand heat stress and learn how to develop a manageable heat stress program

### Certificate Program

This is an elective course for the Health & Safety Management Certificate, General Industry Safety and Health Certificate or Construction Safety and Health Certificate.

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## HSM 901: Managing Wellness Programs



Have you considered developing a workplace wellness program for your organization, but don't know where to start? This course will help you understand the factors you need to consider before initiating a wellness program and will provide guidelines for developing a successful program.

### Course Topics

- The benefits of wellness programs
- How to develop a wellness program
- The key elements needed for a successful wellness program

### Benefits

- Ultimately, a healthier workforce

### Certificate Program

This is an elective course for the Health & Safety Management Certificate.



## HSM 902: Managing Health Promotion



With ever increasing health care costs, more and more companies are promoting wellness programs for their employees. This course addresses the issues related to health promotions and how to plan and implement a program that will work within your organizational needs.

### Course Topics

- Healthcare cost issues related to health promotion
- Assessment analysis of the workforce
- Health promotion planning, implementation, and evaluation

### Benefits

- Understand how to establish and implement a health promotion that meets your company's needs

### Prerequisite

The prerequisite for this course is HSM 901 Managing Wellness Programs

### Certificate Program

This is an elective course for the Health & Safety Management Certificate.

# QUALIFIED ELECTRICAL WORKER

## QEW 141: Understanding Basic Electricity for Electrical Safety

This one-day course prepares students to understand basic electrical theorems as they apply to codes and standards. You will learn the theoretical intent of the electrical code-making body and understand the purpose of how electrical codes and standards are applied in real world situations.

### Course Topics:

- Four secrets of electricity
- Three-phase systems
- Single-phase systems
- Basic understanding of circuitry, motors, and transformers
- Power laws
- Overcurrent protection
- Wiring methods
- How theory is applied to codes and standards

### Certificate Program

- Core course for the “Qualified Electrical Worker” Certificate
- Elective for the General Industry Safety and Health Certificate and the Construction Safety and Health Certificate

## QEW 142: OSHA Electrical Requirements, Less Than 600 Volts - CFR 1910 Subpart S

This one-day course presents students with detailed information on how to recognize and handle electrical hazards when working with less than 600 volts of electricity. Case studies with proven applications to electrical hazards are explained.

### Course Topics:

- Theory
- Checklist similar to one used by OSHA compliance officers
- Recognize below 600 volts electrical hazards
- Case studies

### Certificate Program

- Core course for the “Qualified Electrical Worker” Certificate
- Elective for the General Industry Safety and Health Certificate and the Construction Safety and Health Certificate

## QEW 143: OSHA Electrical Requirements, Above 600 Volts - CFR 1910.269

This one-day course presents students with detailed information on how to recognize and handle electrical hazards when working with above 600 volts of electricity. Case studies with proven applications to electrical hazards are explained.

### Course Topics:

- Theory
- Grounding
- Overcurrent protection
- Wiring methods
- Personal protective equipment (PPE)
- Recognize above 600 volts electrical hazards
- Case studies

### Certificate Program

- Core course for the “Qualified Electrical Worker” Certificate
- Elective for the General Industry Safety and Health Certificate and the Construction Safety and Health Certificate



# QUALIFIED ELECTRICAL WORKER

## QEW 144: Guide to Electrical Safety Work Practices NFPA 70 E

This one-day course trains students in the principles of electrical safety. The student will learn to identify potential electrical safety hazards and how to handle those hazards. The student will also be made aware of the workers' value as a part of the electrical task force or on-site authority having jurisdiction (AHJ).

### Course Topics

- Safe maintenance practices
- Safe installations
- Safe working conditions
- Proper procedures
- Personal protective equipment (PPE)
- Approach distances
- Shock boundaries
- Responsibilities of the worker
- How to properly energize and de-energize electrical equipment

### Certificate Program

- Core course for the "Qualified Electrical Worker" Certificate
- Elective for the General Industry Safety and Health Certificate and the Construction Safety and Health Certificate



### Certificate Program

- Core course for the "Qualified Electrical Worker" Certificate
- Elective for the General Industry Safety and Health Certificate and the Construction Safety and Health Certificate

## QEW 145: Guide to the National Electrical Code for Field Use NFPA 70

This one-day course trains students how to look up issues in the National Electrical Code quickly and accurately. Specific rules and definitions are explained concerning how to properly apply services, feeders, and branch circuits to real world applications. Students should fully know how to use the National Electrical Code for any application, as applied to electrical hazards and operations, when finished with this course.

### Course Topics

- Determine working space, dedicated space, and access issues
- Basic identification requirements of grounding, panel board, switchgear, motor, motor control, transformers, and circuitry
- Proper connections and terminations
- Hazardous locations
- Specialty applications

## QEW 146: Grounding, Bonding, and Shielding

This one-day course covers the basic principles of grounding, bonding, and shielding and their use in protecting the electrical worker and others associated with the operation, installation, and construction of equipment.

### Course Topics

- Grounding
- Bonding
- Shielding
- Application sizing and protection
- Real world applications

### Certificate Program

- Core course for the "Qualified Electrical Worker" Certificate
- Elective for the General Industry Safety and Health Certificate and the Construction Safety and Health Certificate

# QUALIFIED ELECTRICAL WORKER

## QEW 147: Recommended Practice for Equipment Maintenance NFPA 70 B

This one-day course provides the qualified electrical worker with information to properly use maintenance techniques and requirements that avoid potential electrical hazards. It specifically provides techniques to prevent shock and fire hazards associated with electrical equipment maintenance.

### Course Topics

- Prevent burn and shock hazards
- Recognize potential electrical hazards
- Maintenance requirements for substations, control systems, power, cable, and premise wiring systems
- Proven test methods
- Troubleshooting techniques

### Certificate Program

- Core course for the “Qualified Electrical Worker” Certificate
- Elective for the General Industry Safety and Health Certificate and the Construction Safety and Health Certificate

## QEW 148: Industrial Machines NFPA 79

This one-day course is valuable training for those who work with industrial machines, especially maintenance and construction personnel. This course makes the worker aware of deficiencies that should be corrected immediately to avoid potential electrical hazards.

### Course Topics

- Identification and control panel requirements for conductors
- Overcurrent protection
- Grounding, bonding, and shielding
- Disconnects
- Interlocks
- Differential system voltages

### Certificate Program

- Core course for the “Qualified Electrical Worker” Certificate
- Elective for the General Industry Safety and Health Certificate and the Construction Safety and Health Certificate



# ENVIRONMENTAL TRAINING COURSES

## ENV 101: Asbestos Inspector Initial Course

This three-day course is designed to train individuals to discover, sample, assess, and document asbestos-containing building materials (ACBM) in buildings. Techniques which focus on compliance with EPA regulations are emphasized. A hands-on inspection at the end of the course provides realistic experience. This course is accredited by the State of Alabama. It incorporates the EPA Model Curriculum materials.

### Course Topics

- Qualifications / Role of building inspectors
- Background information on asbestos
- Liability and insurance
- Regulatory review
- Potential health effects
- Personal protection
- Pre-inspection planning
- Inspection for friable and non-friable Asbestos-Containing Material (ACM)
- Assessing the condition of friable ACM
- Bulk sampling
- Building systems
- Recordkeeping and report writing
- Public relations
- Field exercise (hands-on inspection)

### Benefits

- This course is intended for inspectors, consultants, contractors, engineers, architects, regulators, building owners and managers
- This course is required for accreditation as an asbestos inspector

### Prerequisites:

Must be at least 19 years old and possess a high school diploma or GED

### Certificate Program:

- Elective for the General Industry Safety and Health Certificate and the Construction Safety and Health Certificate

## ENV 102: Asbestos Management Planner Initial Course

In this two-day course students are taught how to evaluate and interpret asbestos inspection results. Methods for assessing asbestos-containing material (ACM) risks and selecting appropriate response actions are presented. A model format for developing an Asbestos Management Plan is introduced and discussed. This course is accredited by the State of Alabama. It incorporates the EPA Model Curriculum materials.

### Course Topics

- Evaluation and interpretation of survey results
- Hazard assessment
- Legal responsibilities of management planners
- Evaluation and selection of control options
- Role of other professionals developing a management plan
- Developing and implementing an operations and maintenance program
- Regulatory review
- Recordkeeping
- Assembling and submitting a management plan
- Cost estimation and financing abatement

### Benefits

- This course is intended for consultants, contractors, engineers, architects, regulators, building owners and managers
- This course is required for accreditation as an asbestos management planner

### Prerequisites

- Must be at least 19 years old and possess a high school diploma or GED
- Must have successfully completed an asbestos inspector course
- Must be a professional engineer, or an architect, or have a bachelor's degree with one year of experience in a job-related field, or have an associate's degree with two years of experience in a job-related field, or have a high school diploma with three years of experience in a job-related field

### Certificate Program:

- Elective for the General Industry Safety and Health Certificate and the Construction Safety and Health Certificate

# ENVIRONMENTAL TRAINING COURSES

## ENV 103: Asbestos Abatement Supervisor Initial Course

This five-day course is designed for asbestos abatement and control personnel at the supervisory or management level. This course is accredited by the State of Alabama. It incorporates the EPA Model Curriculum materials.

### Course Topics

- Background information on asbestos
- Health effects of asbestos exposure
- Establishing a medical surveillance program
- Safety and health considerations other than asbestos
- Regulatory review
- Protecting the worker: Respirators and protective clothing
- Establishing a type C supplied-air System
- Sampling and analytical methodology pertaining to asbestos
- Personal protective equipment (PPE) lab
- Abatement overview
- Pre-work activities and considerations
- Preparing the work area and establishing the decontamination unit
- Confining and minimizing airborne fibers
- Cleaning up the work area
- Lockdown and sprayback procedures
- Glovebag lab and decontamination lab
- Waste disposal requirements
- NESHAPS & waste disposal
- Contract specifications
- Legal and insurance considerations
- Supervisor role



See insert for course dates and fees

### Benefits

- This course is intended for supervisors, consultants, contractors, engineers, architects, regulators, building owners and managers
- This course is required for accreditation as an asbestos abatement supervisor

**Prerequisites:** Must be at least 19 years old

### Certificate Program:

- Elective for the General Industry Safety and Health Certificate and the Construction Safety and Health Certificate

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## ENV 104: Managing Asbestos in Schools and Buildings

In this one-day course, students learn what is needed to properly manage asbestos in their facilities. You will receive the information necessary to make decisions about your Operations and Maintenance (O&M) Program, decide if and when outside contractors and consultants are needed, and what options besides complete removal of asbestos are legally available.

### Course Topics

- Background information on asbestos
- Health effects of asbestos
- Regulatory overview
- EPA worker protection requirements
- Liability issues associated with asbestos in schools
- Selection of contractors
- Detection, identification, and assessment of asbestos-containing materials
- Options for controlling asbestos-containing building materials
- Operations and maintenance (O&M)
- Organization and content of a management plan
- Update from an EPA enforcement official

### Benefits

- This course is a requirement for the designated asbestos coordinators of school systems and is also intended for school principals and superintendents, building owners and managers.

### Certificate Program:

- Elective for the General Industry Safety and Health Certificate and the Construction Safety and Health Certificate

# ENVIRONMENTAL TRAINING COURSES

## ENV 110: Asbestos Inspector Update

This half-day course reviews and updates federal and state regulations and topics pertaining to asbestos inspectors. This course is accredited by the State of Alabama. It incorporates the EPA Model Curriculum materials.

### Course Topics

- Review and update of the topics covered in the Asbestos Inspector Initial Course

### Benefits

- This course is intended for asbestos inspectors who want to maintain their asbestos inspector training and renew their accreditation as an asbestos inspector

### Prerequisites

- Must have successfully completed an Asbestos Inspector Initial Class or Asbestos Inspector Update Class within the last 24 months

### Certificate Program:

- Elective for the General Industry Safety and Health Certificate and the Construction Safety and Health Certificate

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## ENV 111: Asbestos Management Planner Update

This half-day course reviews and updates federal and state regulations and topics pertaining to asbestos management planners. This course is accredited by the State of Alabama. It incorporates the EPA Model Curriculum materials.

### Course Topics

- Review and update of the topics covered in the Asbestos Management Planner Initial Course

### Benefits

- This course is intended for asbestos management planners who want to maintain their asbestos management planner training and renew their accreditation as an asbestos management planner

### Prerequisites

- Must have successfully completed an Asbestos Inspector Initial Class or Asbestos Inspector Update Class within the last 24 months
- Must have successfully completed an Asbestos Management Planner Initial Class or Asbestos Management Planner Update Class within the last 24 months

### Certificate Program:

- Elective for the General Industry Safety and Health Certificate and the Construction Safety and Health Certificate

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## ENV 112: Asbestos Abatement Supervisor Update

This one-day course reviews and updates federal and state regulations and topics pertaining to asbestos abatement supervisors. This course is accredited by the State of Alabama. It incorporates the EPA Model Curriculum materials.

### Course Topics

- Review and update of the topics covered in the Asbestos Abatement Supervisor Initial Course

### Benefits

- This course is intended for asbestos abatement supervisors who want to maintain their asbestos supervisor training and renew their accreditation as an asbestos supervisor

### Prerequisites

- Must have successfully completed an Asbestos Abatement Supervisor Initial Class or Asbestos Abatement Supervisor Update Class within the last 24 months

### Certificate Program:

- Elective for the General Industry Safety and Health Certificate and the Construction Safety and Health Certificate

# ENVIRONMENTAL TRAINING COURSES

## ENV 200: Lead-Based Paint Inspector Initial Course

This three-day course is designed to train individuals to discover, sample, assess, and document lead-based paint in buildings. Techniques which focus on compliance with EPA regulations and HUD guidelines are emphasized.

A hands-on inspection at the end of the course provides realistic experience. This course is accredited by the State of Georgia and recognized in Alabama, Mississippi, North Carolina, and states where EPA oversees the lead-based paint program.

### Course Topics

- Role and responsibilities of the lead-based paint inspector
- Background and sources of lead
- Health effects
- Regulatory review to include HUD guidelines
- Theory and use of XRF analyzers
- Radiation safety
- XRF sampling strategy
- Laboratory analysis
- Testing other media for lead
- Lead survey field exercise
- Report writing exercise
- Clearance standards

### Benefits

- This course is intended for inspectors, consultants, contractors, engineers, architects, regulators, building owners and managers
- This course is required for accreditation as a lead-based paint inspector

**Prerequisite:** Must be at least 19 years old

### Certificate Program:

- Elective for the General Industry Safety and Health Certificate and the Construction Safety and Health Certificate

## ENV 201: Lead-Based Paint Risk Assessor Initial Course

This two-day course trains students in how to conduct a risk assessment, soil and dust sampling, inspection report interpretation, risk assessment report writing, and lead hazard screening according to the EPA regulations and HUD guidelines. A hands-on risk assessment exercise at the end of the course provides realistic experience. This course is accredited by the State of Georgia and recognized in Alabama, Mississippi, North Carolina, and states where EPA oversees the lead-based paint program.

### Course Topics

- Role and responsibilities of the lead-based paint risk assessor
- Preliminary contact with the homeowner
- Visual examination and data collection
- Dust sampling strategies
- Lead in soil
- Paint sampling
- Interpreting XRF reports
- Lead in water
- Lead hazard screening
- Assessing multi-family properties
- Developing hazard control options
- Risk assessments in housing with children with EBLL
- Dust and soil sampling exercise
- Risk assessment field exercise
- Report writing exercise

### Benefits

- This course is intended for risk assessors, consultants, contractors, engineers, architects, regulators, building owners and managers
- This course is required for accreditation as a lead-based paint risk assessor

### Prerequisites

- Must be at least 19 years old
- Must have successfully completed a lead-based paint inspector initial course
- Must possess a bachelor's degree and one year of experience in a related field; or an associate's degree and two years of experience in a related field; or certification as an industrial hygienist, professional engineer, registered architect and/or certification in a related engineering/health environmental field; or a high school diploma or GED and at least three years of experience in a related field

### Certificate Program:

- Elective for the General Industry Safety and Health Certificate and the Construction Safety and Health Certificate

# ENVIRONMENTAL TRAINING COURSES

## ENV 202: Lead-Based Paint Abatement Supervisor Initial Course

This four-day course trains students how to supervise a lead-based paint abatement project according to EPA regulations and HUD guidelines. Several hands-on exercises during the course simulate actual job-site situations and provide realistic experience. This course is accredited by the State of Georgia and recognized in Alabama, Mississippi, North Carolina, and states where EPA oversees the lead-based paint program.

### Course Topics

- Background information and sources of lead hazards
- Health effects of lead exposure
- Regulations to include EPA, HUD, OSHA, and State
- Hazard recognition and personal protection
- Project management
- Occupant protection
- Worksite preparation
- Interior dust abatement methods
- Soil and exterior dust abatement methods
- Several hands-on activities
- Inspection and risk assessment report interpretation
- Clean-up and waste disposal practices
- Liability and insurance
- Health and safety programs
- Interim controls
- Public relations

### Benefits

- This course is intended for supervisors, consultants, contractors, engineers, architects, regulators, building owners and managers
- This course is required for accreditation as a lead-based paint abatement supervisor

### Prerequisites

- Must be at least 19 years old
- Must have one year of experience as a lead worker or two years of experience in a related field or in the building trades

### Certificate Program:

- Elective for the General Industry Safety and Health Certificate and the Construction Safety and Health Certificate

## ENV 203: Lead-Based Paint Worker Initial Course

This two-day course trains students how to complete lead-based paint abatement according to EPA regulations and HUD guidelines. Several hands-on exercises during the course simulate actual job-site situations and provide realistic experience. This course is accredited by the State of Georgia and recognized in Alabama, Mississippi, North Carolina, and states where EPA oversees the lead-based paint program.

### Course Topics

- Background information and sources of lead hazards
- Health effects of lead exposure
- Regulations to include EPA, HUD, OSHA, and State
- Respiratory and personal protection
- Hazard recognition
- Hazard communication
- Hazard control
- Lead-based paint abatement techniques
- Waste disposal
- Occupant protection
- Worksite preparation
- Containment
- Daily and final clean-up
- Interior dust abatement methods
- Soil and exterior dust abatement methods
- Several hands-on activities

### Benefits

- This course is intended for workers
- This course is required for accreditation as a lead-based paint abatement worker

**Prerequisite:** Must be at least 19 years old

### Certificate Program:

- Elective for the General Industry Safety and Health Certificate and the Construction Safety and Health Certificate

# ENVIRONMENTAL TRAINING COURSES

## ENV 204: Lead-Based Paint Safety for Renovation, Repair, and Painting

This one-day course was developed by the Environmental Protection Agency (EPA) in collaboration with the Department of Housing and Urban Development (HUD) to train renovation, repair, and painting contractors how to work safely in housing with lead-based paint. This course supersedes the "Lead-Based Paint Safe Work Practices" Course.

### Course Topics

- Why you should be concerned about lead paint
- Regulations
- Before beginning work
- Containing dust during work
- Prohibited practices
- Specialized tools
- Protecting yourself
- Cleaning activities
- Checking your work
- Recordkeeping
- Training non-certified renovation workers

### Benefits

- This course is intended for renovation, repair, and painting contractors who want to comply with EPA's Renovation, Repair, and Painting (RRP) Rule and HUD's Lead Safe Housing Rule
- Upon completion of this course, you will be trained as a certified renovator
- Completion of this course fulfills the training requirement to become a certified renovator

### Certificate Program:

- Elective for the General Industry Safety and Health Certificate and the Construction Safety and Health Certificate

## ENV 210: Lead-Based Paint Inspector Refresher Course

This one-day course reviews and updates federal and state regulations and topics pertaining to lead-based paint inspectors. This course is accredited by the State of Georgia and recognized in Alabama, Mississippi, North Carolina, and states where EPA oversees the lead-based paint program.

### Course Topics

- Review and update of the topics covered in the Lead-based Paint Inspector Initial Course

### Benefits

- This course is intended for lead-based paint inspectors who want to maintain their lead inspector training and renew their accreditation as a lead inspector

### Prerequisites

- Must have successfully completed a Lead-based Paint Inspector Initial Class or Lead-based Paint Inspector Refresher Class within the last 36 months

### Certificate Program:

- Elective for the General Industry Safety and Health Certificate and the Construction Safety and Health Certificate



# ENVIRONMENTAL TRAINING COURSES

## ENV 211: Lead-Based Paint Risk Assessor Refresher Course

This one-day course reviews and updates federal and state regulations and topics pertaining to lead-based paint risk assessors. This course is accredited by the State of Georgia and recognized in Alabama, Mississippi, North Carolina, and states where EPA oversees the lead-based paint program.

### Course Topics

- Review and update of the topics covered in the Lead-based Paint Risk Assessor Initial Course

### Benefits

- This course is intended for lead-based paint risk assessors who want to maintain their lead risk assessor training and renew their accreditation as a lead risk assessor

### Prerequisites

- Must have successfully completed a Lead-based Paint Inspector Initial Class or Lead-based Paint Inspector Refresher Class within the last 36 months
- Must have successfully completed a Lead-based Paint Risk Assessor Initial Class or Lead-based Paint Risk Assessor Refresher Class within the last 36 months

### Certificate Program:

- Elective for the General Industry Safety and Health Certificate and the Construction Safety and Health Certificate

## ENV 212: Lead-Based Paint Abatement Supervisor Refresher Course

This one-day course reviews and updates federal and state regulations and topics pertaining to lead-based paint abatement supervisors. This course is accredited by the State of Georgia and recognized in Alabama, Mississippi, North Carolina, and states where EPA oversees the lead-based paint program.

### Course Topics

- Review and update of the topics covered in the Lead-based Paint Abatement Supervisor Initial Course

### Benefits

- This course is intended for lead-based paint abatement supervisors who want to maintain their lead supervisor training and renew their accreditation as a lead abatement supervisor

### Prerequisites

- Must have successfully completed a Lead-based Paint Abatement Supervisor Initial Class or Lead-based Paint Abatement Supervisor Refresher Class within the last 36 months

### Certificate Program:

- Elective for the General Industry Safety and Health Certificate and the Construction Safety and Health Certificate

# ENVIRONMENTAL TRAINING COURSES

## ENV 300: Managing Mold in Buildings

This one-day mold awareness course provides basic information about mold in buildings. Upon completion of the course, you will be able to answer basic mold-related questions. You will be able to decide if contractors or consultants are needed, or if in-house staff can handle your mold in buildings problem, and what training your in-house staff needs.

### Course Topics

- Introduction and background information on mold
- Regulations, guidelines and standards
- Health effects of mold
- Legal and insurance issues
- Overview of building systems
- Entry of moisture into buildings
- Mold inspection and assessment
- Visual inspection

### Benefits

- This course is intended for decision makers that must decide how to solve mold in building problems: school superintendents, principals, maintenance directors, public housing directors and managers, building owners and managers, insurance agents and adjusters, and real estate professionals

### Certificate Program:

- Elective for the General Industry Safety and Health Certificate and the Construction Safety and Health Certificate



## ENV 301: Mold in Buildings: Assessment and Remediation

This three-day mold course provides instruction on the identification, assessment, and correction of mold problems in buildings. Practical instruction on mold assessment, remediation, and moisture control is included. It is intended for anyone who wants detailed, practical information that can be used to directly address mold problems in buildings and schools.

### Course Topics

- Introduction and background information on mold
- Regulations, guidelines and standards
- Health effects of mold
- Legal and insurance issues
- Overview of building systems
- Entry of moisture into buildings
- Mold inspection and assessment
- Moisture and humidity measurements
- Sampling methods
- Sampling interpretation
- Sampling workshop
- Inspection/assessment reporting
- Moisture in HVAC systems
- Mechanical systems
- ASHRAE standards
- Psychometrics
- Mold remediation and clean-up
- Removal of moisture sources
- Mold / IAQ assessment plan
- Mold prevention: operations and maintenance
- Worker protection
- Project monitoring and clearance

### Benefits

- This course is intended for those who will actually be doing mold assessment and remediation work: building maintenance managers and workers, school maintenance personnel, public housing maintenance personnel, consultants, and contractors

### Certificate Program:

- Elective for the General Industry Safety and Health Certificate and the Construction Safety and Health Certificate

# ALABAMA GOVERNOR'S SAFETY AND HEALTH CONFERENCE



This three-day conference is scheduled for late August. There will be a general session on Monday and Wednesday mornings, along with technical breakout sessions Monday afternoon and all day Tuesday. General session speakers will address key issues affecting the work environment and provide pertinent information on current topics of interest. Breakout sessions will include topics covering a wide range of occupational safety, health, and environmental subjects plus updates on regulatory matters. The conference program will blend new and traditional topics based on requests from past participants. Visit the conference website for more information <http://www.algovshc.ccs.ua.edu>



# SCHEDULE OF CURRENT TRAINING COURSES

*Location, Location,  
Location...*

**UA can come to you!**

Courses will be scheduled regularly throughout Alabama and Mississippi. However, any course can be customized and brought on-site to your location.

This benefits you by:

- Getting the training you need
- Cost effective

For more information, please call (877) 508-7246.

See our insert or go online to [uasafetyhealth.ccs.ua.edu](http://uasafetyhealth.ccs.ua.edu) for a schedule of our current training courses.

## **FOUR EASY WAYS TO REGISTER –**

### **Online Registration:**

[ehstraining.ccs.ua.edu](http://ehstraining.ccs.ua.edu)

### **Mail Registration:**

Registration Services  
College of Continuing Studies  
The University of Alabama  
Box 870388  
Tuscaloosa, AL 35487-0388

### **Phone Registration:**

(205) 348-3000 or  
toll free (866) 432-2015

### **FAX Registration:**

(205) 348-6614

### **Additional Information:**

For more information,  
call toll free (877) 508-7246

# MAIL REGISTRATION FORM

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Dr.     Miss     Mr.     Mrs.     Ms.

Name: First \_\_\_\_\_ Last \_\_\_\_\_ M.I. \_\_\_\_\_

Company/Organization Name: \_\_\_\_\_

Company Phone: \_\_\_\_\_ Company FAX: \_\_\_\_\_

Personal Business Phone: \_\_\_\_\_ Personal Business FAX: \_\_\_\_\_

Email Address: \_\_\_\_\_ Job Title: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip : \_\_\_\_\_

## Method of Payment

Enclosed is a check in the total amount of \$ \_\_\_\_\_ made payable to  
The University of Alabama.

Charge \$ \_\_\_\_\_ to my credit card     Personal     Business

American Express     Discover     MasterCard     VISA

Card # \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Authorizing Signature: \_\_\_\_\_

NOTE: FAX, phone-in and online registration must have credit card number and information.

Course Name: \_\_\_\_\_

Date of Course: \_\_\_\_\_

Program Number (ex. 20-777-09): \_\_\_\_\_

*Please note: Many sessions have additional items you may want or need to purchase, such as Continuing Education Units or CFR Books, etc. To get complete registration information, visit our website or call our registration department listed on the previous page.*

## Accommodations for Disabilities:

Please notify us a minimum of ten (10) working days in advance of the course if a reasonable accommodation for disability is needed.



## Alabama Consultation Program

### OUR MISSION:

Assist Alabama's small employers in developing the knowledge and skills necessary to establish and maintain a safe and healthy workplace.

### OUR FOCUS:

- Safety and Health Program Management
- Promotion of Voluntary Compliance
- Abatement Assistance

### HOW TO OBTAIN THE SERVICE:

If you would like an experienced, Safe State safety and/or health professional to come to your facility for this free safety and health service, call toll free at (800) 452-5928. If you want more information, visit our website at [alabamasafestate.ua.edu](http://alabamasafestate.ua.edu) or email: [safest@bama.ua.edu](mailto:safest@bama.ua.edu)

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### OUR PROGRAMS

Safe State Environmental Programs helps individuals, schools, institutions, and businesses to identify and manage lead-based paint hazards, asbestos, mold, and other indoor environmental hazards. Environmental Programs includes:

- Consultation and technical assistance, through training, outreach, and on-site consultation.
- Environmental laboratory services, including identification of asbestos and lead, hazardous waste characterization, and mold and other indoor air pollutants.
- Accreditation of individuals who engage in the detection and remediation of asbestos and lead-based paint hazards.
- Practical research regarding the sampling, identification, quantification, and remediation of indoor environmental hazards.
- Indoor air quality assessment and remediation, especially as related to children's health.
- Environmental Management System Consultation Program
- Environmental education relating to small business managers in the state of Alabama and through student training programs for graduate and undergraduate programs at The University of Alabama.

For additional information, call (205)348-4666 or (800)421-7141. Also, check out our web site: [alabamasafestate.ua.edu](http://alabamasafestate.ua.edu)

COURSE TITLE	General Industry Safety & Health Certificate	Construction Safety & Health Certificate	Health & Safety Management Certificate (Online)	Qualified Electrical Worker Certificate
ENV 101	Asbestos Inspector Initial Course	Elective	Elective	
ENV 102	Asbestos Management Planner Initial Course	Elective	Elective	
ENV 103	Asbestos Abatement Supervisor Initial Course	Elective	Elective	
ENV 104	Managing Asbestos in Schools and Buildings	Elective	Elective	
ENV 110	Asbestos Inspector Update	Elective	Elective	
ENV 111	Asbestos Management Planner Update	Elective	Elective	
ENV 112	Asbestos Abatement Supervisor Update	Elective	Elective	
ENV 200	Lead-Based Paint Inspector Initial Course	Elective	Elective	
ENV 201	Lead-Based Paint Risk Assessor Initial Course	Elective	Elective	
ENV 202	Lead-Based Paint Abatement Supervisor Initial Course	Elective	Elective	
ENV 203	Lead-Based Paint Worker Initial Course	Elective	Elective	
ENV 204	Lead-Based Paint Safety for Renovation, Repair and Painting	Elective	Elective	
ENV 210	Lead-Based Paint Inspector Refresher Course	Elective	Elective	
ENV 211	Lead-Based Paint Risk Assessor Refresher Course	Elective	Elective	
ENV 212	Lead-Based Paint Abatement Supervisor Refresher Course	Elective	Elective	
ENV 300	Managing Mold in Buildings	Elective	Elective	
ENV 301	Mold in Buildings: Assessment & Remediation	Elective	Elective	
HSM 101	Introduction to OSHA		Core	
HSM 102	Introduction to Workplace Safety		Core	
HSM 103	Introduction to Industrial Hygiene		Core	
HSM 104	Introduction to Workers' Compensation	Elective	Elective	Core
HSM 202	Introduction to Mine Safety		Elective	
HSM 301	Managing Hazard Communication Programs	Elective	Elective	Elective
HSM 310	Managing Ergonomic Programs	Elective	Elective	Elective
HSM 311	Managing Personal Protective Equipment (PPE) Programs	Elective	Elective	Elective
HSM 312	Managing Fleet Safety Programs	Elective	Elective	Elective
HSM 701	Managing Bloodborne Pathogen Programs	Elective	Elective	Elective
HSM 702	Managing Heat Stress Programs	Elective	Elective	Elective
HSM 901	Managing Wellness Programs		Elective	
HSM 902	Managing Health Promotion		Elective	
OTI 500	Trainer Course in OSHA Standards for Construction		Course 1	
OTI 501	Trainer Course in OSHA Standards for General Industry	Course 1		
OTI 502	Update for Construction Industry Outreach Trainers		Course 1	
OTI 503	Update for General Industry Outreach Trainers	Course 1		
OTI 510	Occupational S&H Standards for Construction		Course 1	
OTI 511	Occupational S&H Standards for General Industry	Course 1		
OTI 521	OSHA Guide to Industrial Hygiene	Course 2	Elective	
OTI 2015	Hazardous Materials	Elective	Elective	
OTI 2045	Machinery & Machine Guarding Standards	Elective	Elective	
OTI 2225	Respiratory Protection	Elective	Elective	
OTI 2250	Principles of Ergonomics	Elective	Elective	
OTI 2264	Permit-Required Confined Space Entry	Elective	Elective	
OTI 3010	Excavation, Trenching, and Soil Mechanics	Elective	Elective	
OTI 3095	Electrical Standards	Elective	Elective	
OTI 3110	Fall Arrest Systems		Course 2	
OTI 5600	Disaster Site Worker Train-the-Trainer		Elective	
OTI 7000	OSHA's Ergonomics Guidelines Training for Nursing Homes	Elective		
OTI 7005	Public Warehousing and Storage	Elective	Elective	
OTI 7100	Introduction to Machinery and Machine Safeguarding	Elective	Elective	
OTI 7105	Evacuation and Emergency Planning	Elective	Elective	
OTI 7115	Lockout/Tagout (Controlling Hazardous Energy to Prevent Workplace Injury)	Elective	Elective	
OTI 7200	Bloodborne Pathogens Exposure Control for Healthcare Facilities	Elective	Elective	
OTI 7205	Health Hazard Awareness	Elective	Elective	
OTI 7300	OSHA's Permit-Required Confined Space Standard	Elective	Elective	
OTI 7400	Trainer Course in Construction Noise	Elective	Elective	
OTI 7405	Fall Hazard Awareness for the Construction Industry	Elective	Elective	
OTI 7410	Managing Excavation Hazards	Elective	Elective	
OTI 7500	Introduction to Safety & Health Program Management	Elective	Elective	
OTI 7505	Introduction to Accident Investigation	Elective	Elective	
OTI 7510	Introduction to OSHA for Small Business	Elective	Elective	
OTI 7600	Disaster Site Worker	Elective	Elective	
OTI 7845	OSHA Recordkeeping Rule	Elective	Elective	
QEW 141	Understanding Basic Electricity For Electrical Safety	Elective	Elective	Core
QEW 142	OSHA Electrical Requirements, Less Than 600 Volts-CFR 1910 Subpart S	Elective	Elective	Core
QEW 143	OSHA Electrical Requirements, Above 600 Volts-CFR 1910.269	Elective	Elective	Core
QEW 144	Guide to Electrical Safety Work Practices NFPA 70 E	Elective	Elective	Core
QEW 145	Guide to the National Electrical Code for Field Use NFPA 70	Elective	Elective	Core
QEW 146	Grounding, Bonding, and Shielding	Elective	Elective	Core
QEW 147	Recommended Practice for Equipment Maintenance NFPA 70 B	Elective	Elective	Core
QEW 148	Industrial Machines NFPA 79	Elective	Elective	Core
QEW 150	Final Exam			Core

## Occupational Safety and Health Course Catalog

(877) 508-7246

[uasafetyhealth.ccs.ua.edu](http://uasafetyhealth.ccs.ua.edu)

# PROMOTING **SAFETY AND HEALTH** THROUGH CUTTING-EDGE TRAINING

### Earn your certificate in:

- Construction Safety and Health
- General Industry Safety and Health
- Health and Safety Management (Online)
- Lead and Asbestos
- Qualified Electrical Worker

