

# Services & Course Catalog



- Safety Training and Consulting
- Onsite Safety Support Services
- OSHA-related audits
- Injury Prevention Programs
- Safety Program Management Support
- Written Programs and Procedures
- Incident Investigations
- Customized Training
- Job Safety Analysis
- Risk Assessments

Tracy Hazel, PRINCIPAL OWNER  
TracyLHazel@gmail.com  
(517) 749 1501

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# About Us

## **Safety Certification Training and Environmental Health and Safety (EHS) Program Management**

Advanced Training and Consulting, LLC. offers a wide range of health and safety services with the necessary tools and expertise to keep employees safe on the job. We partner with our clients from start to finish, focusing on their needs while producing new ideas, developing effective strategies, and designing high-quality health and safety solutions.

Experience top-notch safety management, consulting, and training services tailored to meet the needs of our wide-ranging clientele.

### **Our Services & Courses include:**

- Onsite safety support services
- Training Certification
- MIOSHA Consulting
- Conduct Mock MIOSHA Audits
- Safety and Compliance Consulting
- Injury prevention programs
- Safety program management support
- Develop written programs and procedures
- Incident & Accident Investigations
- Customized training
- Job safety analysis
- Risk assessments
- Loss Control Surveys

We also offer many related services for both short-term and ongoing contract engagements. We work with small to large companies. Keeping everyone safe.



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## Contact Us

**Tracy Hazel, PRINCIPAL OWNER**

TracyLHazel@gmail.com  
(517) 749 1501

[advancedtrainingandconsulting.com](http://advancedtrainingandconsulting.com)



@AdvancedTrainingandConsultingLLC  
#517SafetyGuru

# Awards & Achievements

Tracy Hazel is a dedicated leader in the Mid-Michigan business community. She serves as the Chair of the Security Division for the Michigan Safety Conference and the Chair of LASC. She was recently the 2023-2024 President of NACW (National Association of Career Women).

Tracy is also committed to supporting and uplifting her community by sponsoring numerous local organizations, including T.W.I.G.S., Waverly Robotics, the MiMOB Marketing Summit, Hospice of Lansing, Ele's Place, Alzheimer's Association of Michigan, Madison Orta Racing, Grand Ledge High School PomPoms, Grand Ledge High School Golf, Capital Caps Hockey, Danny Bath Legacy, High Caliber Karting, Meridian Marathon, Lansing Praise Event, Michigan Safety Conference Security Division Sponsor, and National Association of Career Women.

The Michigan Safety Conference awarded Tracy the **Sandra S. Irion Distinguished Service Award** in 2024.



Community Votes Lansing **Platinum Winner** in 2023 and 2024.

House District 71 **Small Business of the Month** Awarded to Advanced Training and Consulting in August 2021.



# Industries We Work With

- Colleges and Universities
- Municipalities
- Public & Private Schools
- State of Michigan
- Insurance Companies
- Manufacturing
- Construction
- Property Management Companies
- Grand Funded Programs



# Testimonials

“

I highly recommend working with Tracy and her team, who are true professionals when it comes to safety. Having attended several of her classes. Tracy has great energy and gets the message across in a fun and impactful way.

- **Mark Hendel**

IMPCO Microfinishing, Global Sales Director

“

My company has partnered with Tracy Hazel from Advanced Training and Consulting on a number of occasions. She has provided CPR/First Aid/ AED, OSHA 30, HAZWOPER, RCRA, and DOT training to our team members. She is great to work with and is very accommodating and flexible when it comes to scheduling. Tracy does a great job of engaging our team members during training and uses a mix of activities to provide hands-on learning. I recommend Tracy Hazel for any safety training needs and we will definitely be partnering with her for safety training in the future!

- **Kylie Hayden**

Skymint, Safety Director

“

Tracy, aka Safety Tracy has become an integral part of our team. Her ability to make safety fun to learn and not put everyone to sleep is paramount. Me and my team have learned so much. Being able to have that person call and get the safety info you need for a particular job or situation is so nice. She has done mock OSHA inspections and helped get us compliant. I could go on but this is your one-stop for everything safety-related.

- **Steve Devine**

Washtenaw County (City of Ann Arbor), Supervisor

“

Tracy does an outstanding job with training groups of employees. She worked with our scheduling challenges and held training sessions that fit into our schedule. She engages participants in the training and is very interactive and hands-on. She takes the time to customize the training to the group she is working with and answers all questions thoroughly and completely and then she follows up after the training to ensure the goals of the training were met. I recommend Tracy to meet all of your training needs.

- **David Patterson**

MAHLI Engine Corporation, Safety Director

# Services

Unlock success with our expert consultation services from the 517 Safety Guru, Tracy Hazel. Tracy is a subject matter expert able to offer customized solutions to elevate your business, no matter the size or sector. She will guide you toward optimal outcomes through a blend of real-world expertise and tailored advice.

Discover our top-notch training, facilitation, and consulting services for educational and business organizations. Expert guidance in high-demand categories awaits you.

## Loss Control Services Overview

Loss Control Services are a critical component of risk management designed to identify, assess, and mitigate potential hazards that can lead to financial losses, injuries, or operational disruptions within an organization. At Advanced Training and Consulting, we understand the significance of proactively addressing safety and compliance challenges to foster a secure work environment and enhance overall organizational resilience.

Our Loss Control Services encompass a comprehensive suite of strategies tailored to the unique needs of each client. These services include thorough safety audits, where we meticulously evaluate workplace practices and conditions, identifying vulnerabilities that could compromise employee safety or lead to liability issues. Additionally, we provide targeted training programs to empower employees with the knowledge and skills necessary to recognize and mitigate risks effectively.

Through detailed incident analysis, we help organizations dissect past occurrences to uncover root causes and implement effective corrective actions. Our expert consultants also assist in developing and refining safety policies and procedures, ensuring compliance with industry regulations and standards.

Ultimately, our Loss Control Services aim to create a culture of safety, reduce the frequency and severity of incidents, and lower the associated costs of workplace injuries and losses. By partnering with Advanced Training and Consulting, organizations can not only protect their most valuable asset—their employees—but also enhance their operational efficiency and reputation in the industry.

## EHS Consulting Services Overview

At Advanced Training and Consulting, our Environmental, Health, and Safety (EHS) Consulting Services are designed to empower organizations to cultivate safe and compliant workplaces through a multifaceted approach. We specialize in Best Practice Safety Programming, Program Review and Improvement, and Hazard Communication/Employee “Right-to-Know” initiatives.



# Best Practice Safety Programming

Our Best Practice Safety Programming focuses on the integration of industry-leading safety protocols tailored to the unique needs of each organization. We utilize evidence-based strategies and comprehensive assessments to develop customized safety programs that foster a culture of proactive risk management. These programs not only comply with regulatory requirements but also promote employee engagement and accountability. Our experienced consultants leverage their expertise to implement training modules and tools that enhance safety awareness, reduce incidents, and ultimately safeguard your workforce.

## Program Review and Improvement

Continuous improvement is at the heart of effective EHS management. Our Program Review and Improvement service offers in-depth evaluations of existing safety programs, identifying gaps and opportunities for enhancement. We conduct thorough audits and assessments, utilizing qualitative and quantitative data to benchmark against industry standards. Our consultants provide actionable recommendations that are aligned with the latest safety regulations and best practices, ensuring that your organization remains ahead of compliance requirements while fostering an environment of continuous improvement.

## Hazard Communication/Employee “Right-to-Know”

Effective hazard communication is crucial for ensuring that employees are informed about the potential risks they may face in the workplace. Our Hazard Communication/Employee “Right-to-Know” service encompasses comprehensive training and resources to facilitate clear and effective communication regarding hazardous materials and workplace safety. We help organizations develop and implement robust hazard communication programs, including Safety Data Sheets (SDS) management, labeling protocols, and employee training sessions. Our goal is to empower employees with the knowledge and tools they need to make informed decisions about safety, thereby promoting a culture of health and safety within the organization.

By partnering with Advanced Training and Consulting for EHS Consulting Services, organizations can expect to see enhanced safety performance, reduced incidents, and improved regulatory compliance, all while nurturing a proactive safety culture that prioritizes employee well-being.

# Plans and Assessments/Audits

At Advanced Training and Consulting, we recognize that robust safety protocols are the cornerstone of any effective workplace safety program. Our Plans and Assessments/Audits encompass a comprehensive suite of services designed to evaluate, enhance, and ensure compliance with safety regulations and best practices. Each service aims to identify and mitigate potential hazards, thereby fostering a culture of safety and resilience within organizations.

These plans and assessments include (but are not limited to) the following areas:

1. **Accident Investigation and Report Writing:** Our methodical approach to accident investigations focuses on understanding the root causes of incidents. Through detailed report writing, we provide actionable insights that help organizations learn from past events and implement preventive measures.
2. **Action Plan Development:** We work collaboratively with clients to create tailored action plans that address identified safety issues, ensuring a structured approach to risk management and continuous improvement.
3. **Audits and Inspection Services:** Our comprehensive audits assess workplace safety compliance and the effectiveness of existing programs, identifying areas for improvement and ensuring adherence to regulatory standards.
4. **Best Practices and Methods:** We provide guidance on industry best practices and methodologies that promote a proactive safety culture, including the latest advancements in safety technology and workforce engagement strategies.
5. **Blood Borne Pathogens Program Development:** Our experts develop customized programs that educate employees on the risks associated with blood-borne pathogens, implementing protocols that promote safety and compliance with OSHA standards.
6. **Claims/Loss Run Analysis:** Utilizing data-driven insights, we analyze claims and loss runs to identify trends and develop strategies that minimize workplace injuries and associated costs.
7. **Confined Space Written Programs:** We craft comprehensive written programs that outline safety measures and procedures for confined space entry, ensuring compliance with OSHA regulations and safeguarding workers in these high-risk environments.
8. **Employee Safety Orientation:** Our orientation programs establish a solid foundation for new employees, covering essential safety policies, emergency procedures, and workplace hazards to ensure a safe start in their new roles.
9. **Emergency Action Plan and Written Programming:** We develop tailored emergency action plans that outline procedures for various emergencies, ensuring a swift and effective response that prioritizes employee safety.
10. **Ergonomic Assessments:** Our ergonomic assessments evaluate workstations and practices to identify potential ergonomic risks, recommending modifications that enhance comfort and reduce the likelihood of musculoskeletal disorders.

11. **Exposure Control Planning and Written Programming:** We assist organizations in creating effective exposure control plans that detail strategies for minimizing employee exposure to hazardous substances and conditions.
12. **Fire Safety and Property Conservation Audit:** Our fire safety audits assess fire prevention measures, emergency response plans, and property protection protocols to ensure compliance and preparedness.
13. **Hearing Conservation Programming and Audits:** We develop and audit hearing conservation programs that protect employees from noise-induced hearing loss, incorporating monitoring, training, and protective measures.
14. **Job Safety Analysis (JSA Programming):** Our JSA programming encourages a systematic approach to identifying hazards associated with specific tasks, allowing for the implementation of control measures before work begins.
15. **Job Site Hazard Surveys:** These systematic surveys involve a thorough examination of the work environment to identify potential hazards. Safety professionals assess risks and recommend control measures, with the option to include a Lockout/Tagout (LOTO) program development to ensure that hazardous energy sources are properly managed during maintenance and servicing activities.
16. **Mock MIOSHA and OSHA Audits:** Simulated inspections are conducted to prepare organizations for actual regulatory audits. These mock audits help identify compliance gaps, allowing organizations to rectify them before facing regulatory scrutiny.
17. **Personal Protective Equipment (PPE) and Hazard Assessments:** Tailored evaluations determine the necessary PPE required for various job functions. These assessments ensure employees are equipped with appropriate protective gear to mitigate workplace injuries and comply with safety standards.
18. **OSHA Record Keeping and Compliance Management:** Effective management of OSHA records and compliance documentation is essential for demonstrating adherence to safety regulations. Training programs focus on maintaining accurate records of workplace injuries and illnesses as required by OSHA standards.
19. **Regulatory Compliance Programming:** Organizations benefit from tailored compliance programming that encompasses a variety of regulatory frameworks. This includes crafting customized approaches to meet the specific requirements set forth by MIOSHA, OSHA, DOT, DEQ, and EPA, ensuring intersectional compliance across multiple jurisdictions.
20. **Safety Committee Management:** Advanced Training and Consulting facilitates the establishment and management of safety committees. This includes training committee members to effectively lead safety meetings, promote engagement, and implement safety initiatives throughout the organization.
21. **Safety Programming:** The development of safety programming is crucial for enhancing workplace awareness. This includes creating and distributing safety signage, labels, and Safety Data Sheets (SDS), which communicate hazards and required safety protocols to employees.
22. **Supervisor Training for Safety Management:** Supervisory personnel play a pivotal role in enforcing safety protocols. Specialized training equips supervisors with the necessary skills to manage safety operations, conduct risk assessments, and lead incident investigations.

**23. Workplace Violence Action Planning:** Recognizing the potential for workplace violence, this service provides organizations with a written program outlining prevention strategies, response protocols, and staff training to mitigate risks effectively.

By integrating these Plans and Assessments/Audits, Advanced Training and Consulting empowers organizations to cultivate a safer workplace, enhance compliance, and promote a culture of continuous improvement in safety practices.

# Safety Training and Certifications

At Advanced Training and Consulting, we prioritize workplace safety, recognizing that a well-trained workforce is key to a secure and efficient environment. Our Safety Training and Certifications program equips participants with essential skills to identify, assess, and mitigate workplace hazards. Led by seasoned professionals, our courses combine expert instruction with hands-on learning. We cover a variety of safety areas including risk management, emergency response, and regulatory compliance. Achieving certification with us demonstrates a commitment to safety, enhancing workplace culture, and productivity, and reducing risks.

We can also create a custom-tailored training program for your organization's specific needs.

Join us in building a safer future!



# Course List

## Certifications and Required Training

### Blood Borne Pathogens Training (One Year OSHA Certification)

This course provides essential knowledge for employees who may be exposed to blood or other potentially infectious materials (OPIM) in the workplace. The training covers the modes of transmission, prevention strategies, and the proper use of personal protective equipment (PPE). Participants learn about the OSHA Bloodborne Pathogens Standard and the importance of implementing exposure control plans, maintaining proper hygiene, and responding to incidents of exposure effectively.

### Basic Life Support (2 Year American Red Cross Certification)

For professional healthcare professionals, EMS and EMTs.

The American Red Cross Basic Life Support (BLS) certification is valid for two years and teaches healthcare professionals how to respond to medical emergencies. Topics include CPR/AED, rapid assessment, obstructed airways, opioid overdoses, critical thinking, and communication. Students who complete the course receive a certification that meets competency verification, education, credentialing, and privileging requirements.

Two options: Blended learning. 2 hours of online learning. 2-hour in-person skills session.  
Option 2: In person, not online.

### CPR Instructor Certification (American Red Cross)

Become a certified CPR instructor through the American Red Cross and gain the skills to train others in life saving techniques. This "train the trainer" course equips participants with the knowledge, confidence, and teaching strategies needed to deliver high-quality CPR training effectively. Perfect for individuals looking to lead and inspire safety in their communities or workplaces.



## First Aid/CPR/AED (American Red Cross and National Safety Council - 2-Year Certification)

This certification course teaches participants essential first aid techniques, cardiopulmonary resuscitation (CPR), and the use of automated external defibrillators (AEDs). The training is designed to empower individuals to respond swiftly and effectively to medical emergencies. Participants learn how to assess emergencies, provide care until professional help arrives, and perform life-saving techniques, ensuring they are prepared for a variety of health crises.

\*We also offer options for Adult, Infant, and Child AED (Lay Responder)

Hybrid Options are available with in-person instruction and hands-on training and online education and test-taking.





## Hazardous Materials Training (8, 16, 24, and 40-Hour Training Certification)

Tailored for employees who handle hazardous materials, this training is available in various lengths depending on the complexity of the materials and the work environment. Participants learn about the properties, risks, and safe handling procedures for hazardous substances. The training includes emergency response protocols and regulatory compliance, preparing employees to manage hazardous materials safely and effectively as per OSHA and EPA standards.

### Hazwoper 40-Hour Operations Level (Hazmat)

The Hazwoper 40-Hour Operations Level course is an essential training program designed for professionals who work at hazardous waste sites or engage in emergency response operations involving hazardous materials. This comprehensive course provides in-depth knowledge of the regulations and procedures outlined by OSHA and the EPA, focusing on the identification, assessment, and control of hazardous substances. Participants will learn crucial skills such as proper handling and disposal of hazardous materials, the use of personal protective equipment (PPE), and effective decontamination techniques. Through a mix of theoretical instruction and practical exercises, attendees will gain a thorough understanding of emergency response planning, risk assessment, and incident command systems, ensuring they are well-equipped to protect themselves and their communities while mitigating environmental hazards. Successful completion of this course not only enhances workplace safety but also fosters a culture of environmental stewardship and compliance within organizations.





## Workplace Violence/Diversity Awareness/Active Shooter Training

Workplace violence and diversity awareness training prepares employees to recognize, prevent, and respond to potential threats in the workplace. The program discusses various forms of workplace violence, including physical assaults and harassment, and emphasizes the importance of creating a culture of respect and inclusion. Diversity awareness training fosters understanding and appreciation of individual differences, promoting a collaborative and harmonious work environment. Additionally, active shooter training provides participants with strategies to respond effectively during critical incidents, including evacuation procedures, shelter-in-place options, and communication protocols. By equipping employees with knowledge and skills, organizations can enhance overall safety and well-being within the workplace.



# OSHA CERTIFICATIONS

## OSHA Outreach Training

OSHA Outreach Training is a voluntary program. It provides participants with essential knowledge of workplace safety and health standards as outlined by the Occupational Safety and Health Administration (OSHA). The OSHA 10-hour course is designed for entry-level workers, covering basic safety and health hazards, while the 30-hour course targets supervisors and safety personnel with more in-depth content. Topics include hazard recognition, fall protection, personal protective equipment (PPE), and emergency action plans. Upon completion, participants receive a completion card, validating their commitment to safety and enhancing their awareness and ability to maintain a safe workplace environment. Employers are responsible for providing additional training for their workers on specific hazards of their job as noted in many OSHA standards.

## OSHA 10 For General Industry

The term "general industry" refers to workplaces that are not in agricultural, construction, or maritime yet are subject to OSHA regulations. This course provides general industry workers information about their rights, employer responsibilities, and how to file a complaint as well as how to identify, abate, avoid, and prevent job-related hazards. It covers a variety of general industry safety and health hazards that a worker may encounter at a general industry work site. This course emphasizes hazard identification, avoidance, control, and prevention, not OSHA standards. Some businesses may require employees to attend an OSHA 10 General Industry course before starting employment.

<b>10 Hour General Industry Required Course Topics</b>	
<b>Mandatory (6 Hours)</b>	<b>Electives (2 Hours)</b>
<ul style="list-style-type: none"> <li>● Introduction to OSHA (1 hour)</li> <li>● Walking and Working Surfaces, including fall protection (1 hour)</li> <li>● Exit Routes, Emergency Action Plans, Fire Prevention Plans, and Fire Protection (1 hour)</li> <li>● Electrical (1 hour)</li> <li>● Personal Protective Equipment and Lifesaving Equipment (1 hour)</li> <li>● Hazard Communication (1 hour)</li> </ul>	<p>Choose at least 2 of the following topics. Minimum length of any topic is 30 minutes.</p> <ul style="list-style-type: none"> <li>● Hazardous Materials</li> <li>● Materials Handling</li> <li>● Machine Guarding</li> <li>● Introduction to Industrial Hygiene</li> <li>● Bloodborne Pathogens</li> <li>● Ergonomics</li> <li>● Safety and Health Program</li> <li>● Fall Protection</li> </ul> <p><u>OPTIONAL (2 HOURS)</u></p> <p>Any other general industry hazards or policies and/or expand on the mandatory or elective topics. Minimum length of any topic is 30 minutes.</p>

# OSHA 30 For General Industry

Our OSHA 30-Hour General Industry Training Course provides a comprehensive overview of safety practices to help you identify and address workplace hazards effectively. By mastering OSHA standards and best practices, you'll be equipped to foster a culture of safety, minimize risks, and safeguard your team. This certification is an invaluable asset for supervisors, managers, and aspiring leaders, showcasing your dedication to workplace safety and commitment to excellence.

<b>30-Hour General Industry Required Course Topics</b>	
Mandatory (12 hours)	Electives (10 hours)
<ul style="list-style-type: none"> <li>● Introduction to OSHA (1 hour)</li> <li>● Managing Safety and Health (2 hours)</li> <li>● Walking and Working Surfaces, including Fall Protection (1 hour)</li> <li>● Exit Routes, Emergency Action Plans, Fire Prevention Plans, and Fire Protection (2 hours)</li> <li>● Electrical (2 hours)</li> <li>● Personal Protective Equipment and Lifesaving Equipment (1 hour)</li> <li>● Materials Handling (2 hours)</li> <li>● Hazard Communication (1 hour)</li> </ul>	<p>Choose at least 5 of the following topics. Minimum length of any topic is 30 minutes.</p> <ul style="list-style-type: none"> <li>● Hazardous Materials (Flammable and Combustible Liquids, Spray Finishing, Compressed Gases, Dipping and Coating Operations)</li> <li>● Permit-Required</li> <li>● Confined Spaces</li> <li>● Lockout / Tagout</li> <li>● Machine Guarding</li> <li>● Welding, Cutting, and Brazing</li> <li>● Introduction to Industrial Hygiene</li> <li>● Bloodborne Pathogens</li> <li>● Ergonomics</li> <li>● Fall Protection</li> <li>● Safety and Health Programs</li> <li>● Powered Industrial Vehicles</li> </ul> <p><u>OPTIONAL (8 Hours)</u> Any other General Industry hazards or policies and/or expand on the mandatory and/or elective topics.</p> <p>Minimum length of any topic is 30 minutes.</p>

# OSHA10 For Construction

The OSHA 10-Hour Construction Training Course is an essential resource for construction professionals, providing the knowledge and skills needed to work safely, mitigate hazards, and foster a strong safety culture on the job site. This certification is a valuable credential for anyone in the construction industry, equipping them to navigate the challenges and responsibilities of this dynamic field. For entry-level workers, completing this course can be a significant advantage, enhancing their qualifications and boosting their employment prospects.

10-Hour Construction Industry Required Course Topics	
Mandatory (6 hours)	Electives (2 hours)
<ul style="list-style-type: none"> <li>● Introduction to OSHA (1 hour)</li> <li>● OSHA Focus Four Hazards (4 Hour)               <ol style="list-style-type: none"> <li>1. Falls (minimum 1 hour and 30 minutes)</li> <li>2. Electrocution</li> <li>3. Struck-By (e.g., falling objects, trucks, cranes)</li> <li>4. Caught-In or Between (e.g., trench hazards, equipment)</li> </ol> </li> <li>● Personal Protective Equipment and Lifesaving Equipment (30 minutes)</li> <li>● Health Hazards in Construction (30 minutes)</li> </ul>	<p>Choose at least 2 of the following topics. Minimum length of any topic is 30 minutes.</p> <ul style="list-style-type: none"> <li>● Cranes, Derricks, Hoists, Elevators, &amp; Conveyors</li> <li>● Excavations</li> <li>● Materials Handling, Storage, Use and Disposal</li> <li>● Scaffolds</li> <li>● Stairways and Ladders</li> <li>● Tools - Hand and Power</li> </ul> <p><u>OPTIONAL (2 HOURS)</u></p> <p>Any other construction industry hazards or policies and/or expand on the mandatory or elective topics. Minimum length of any topic is 30 minutes.</p>



# OSHA 30 For Construction

The OSHA 30-Hour Construction Training Course offers comprehensive, advanced safety education tailored for professionals in the construction industry. It empowers participants with the knowledge and skills to effectively manage risks, maintain compliance, and promote a strong culture of safety. This course is essential for individuals aiming to excel in the construction field while prioritizing the well-being of their teams and workplaces.

<b>30-Hour Construction Industry Required Course Topics</b>	
Mandatory (14 hours)	Electives (12 hours)
<ul style="list-style-type: none"> <li>● Introduction to OSHA (1 hour)</li> <li>● Managing Safety and Health (2 Hours)</li> <li>● OSHA Focus Four Hazards (6 Hours)               <ol style="list-style-type: none"> <li>1. Falls (minimum 1 hour and 30 minutes)</li> <li>2. Electrocution</li> <li>3. Struck-By (e.g., falling objects, trucks, cranes)</li> <li>4. Caught-In or Between (e.g., trench hazards, equipment)</li> </ol> </li> <li>● Personal Protective Equipment and Lifesaving Equipment (2 hours)</li> <li>● Health Hazards in Construction (2 hours)</li> <li>● Stairways and Ladders (1 hour)</li> </ul>	<p>Choose at least 6 of the following topics. Minimum length of any topic is 30 minutes.</p> <ul style="list-style-type: none"> <li>● Concrete and Masonry Construction</li> <li>● Confined Space Entry</li> <li>● Cranes, Derricks, Hoists, Elevators, &amp; Conveyors</li> <li>● Ergonomics</li> <li>● Excavations</li> <li>● Fire Protection and Prevention</li> <li>● Materials Handling, Storage, Use and Disposal</li> <li>● Motor Vehicles, Mechanized Equipment and Marine Operations</li> <li>● Rollover Protective Structures and Overhead Protection Signs, Signals and Barricades</li> <li>● Powered Industrial Vehicles</li> <li>● Safety and Health Programs</li> <li>● Scaffolds</li> <li>● Steel Erection</li> <li>● Tools - Hand and Power</li> <li>● Welding and Cutting</li> <li>● Foundations for Safety Leadership (minimum 2 hours and 30 minutes)</li> </ul> <p><u>OPTIONAL (4 HOURS)</u> Any other construction industry hazards or policies and/or expand on the mandatory or elective topics. Minimum length of any topic is 30 minutes. Welding and Cutting Foundations for Safety Leadership (minimum 2 hours and 30 minutes)</p>

# Comprehensive Safety Training Courses

## Accident Investigation and Incident Report Writing Training

Effective accident investigation is critical for identifying root causes and preventing future incidents. This training focuses on systematic investigation processes and thorough incident report writing to document findings and corrective actions.

## Beginning and Ending with Safety

This course aims to provide a comprehensive understanding of safety protocols and practices that span the entire workday. Participants will delve into the complex aspects of safety, highlighting its essential role at every phase of job execution. The curriculum will address key safety measures for the preparatory stage, such as conducting thorough risk assessments, ensuring proper handling of equipment, and complying with regulatory standards. A significant focus will be placed on fostering a safety-first mindset, which begins with responsible commuting and remains a priority throughout daily operations. By integrating these practices, participants will learn to create a culture of safety that enhances overall workplace well-being and productivity.

## Disposable Areas

In the safety course on Disposable Areas, participants will learn the critical importance of maintaining a clutter-free and hazard-free work environment by effectively utilizing designated disposal areas for scrap, rubble, and refuse generated during various projects. This course emphasizes that a designated disposal area is not merely a storage location but a vital component of workplace safety, strategically positioned away from high-traffic zones to prevent accidents and promote operational efficiency. By understanding the regulations and best practices for waste management, including proper segregation of materials and timely disposal, participants will be equipped to mitigate risks associated with debris, minimize the environmental impact of their work, and foster a culture of safety and cleanliness. Join us to discover how organized disposal practices not only protect the well-being of your team but also enhance productivity and streamline project workflows.

## Harassment in the Workplace

This comprehensive safety course on Workplace Harassment is designed to empower employees with a thorough understanding of what constitutes harassment in the workplace, beyond just sexual harassment, encompassing a wide range of aggressive behaviors that can undermine a positive work environment. Participants will explore the nuances of harassment, defined as persistent torment or irritation of an individual, often manifesting through repeated unwelcome behaviors that can lead to significant emotional and psychological distress. Through interactive discussions and real-world case studies, attendees will learn to recognize the various forms of harassment, including verbal, physical, and cyber harassment, and understand the critical importance of fostering a respectful workplace culture. The course will also equip participants with practical tools for reporting incidents and implementing corrective measures,

reinforcing the notion that every employee has the right to a safe and supportive work environment. By the conclusion of this program, participants will not only gain awareness of the serious implications of harassment but will also feel empowered to contribute to a culture of respect and accountability within their organization.

## Jobsite Evaluation

This safety course on site evaluation focuses on assessing dynamic construction site conditions to ensure safety and productivity. Participants will learn to identify hazards, conduct thorough pre-job evaluations, and monitor evolving site conditions. Key topics include trade interactions, proper equipment and PPE selection, and strategic planning to minimize risks and enhance efficiency, fostering a strong safety culture.

## Looking Out for the Other Guy

This course is designed to cultivate a culture of proactive engagement among employers, supervisors, and employees, illustrating that safety is a shared responsibility that transcends individual roles. Participants will learn the vital importance of exercising sound judgment and accountability, not only for their own well-being but also for that of their coworkers. The curriculum covers practical strategies for identifying potential hazards and encourages open communication as a means to prevent accidents before they occur. By fostering trust and reliance among team members, this course reinforces the notion that each individual is a key player in the safety dynamic, encouraging everyone to take an active stance in monitoring their surroundings and supporting one another.

## Managing and Reporting The Flu (Influenza)

This comprehensive safety course on influenza (the flu), will equip participants with essential knowledge and skills for effective prevention and management. This course covers the identification of flu symptoms, including fever, cough, body aches, fatigue, and chills, emphasizing the importance of early recognition and timely reporting of illness to minimize spread. Participants will learn critical precautions against contraction, such as practicing good hand hygiene, maintaining physical distance, wearing masks in crowded settings, and getting vaccinated annually. The course will also delve into treatment options, highlighting antiviral medications, home remedies, and supportive care strategies to alleviate symptoms and expedite recovery. By the end of the course, attendees will be empowered to protect themselves and their communities from the flu virus through informed actions and proactive health measures.

## Near Misses

Designed to empower workers and management alike with the knowledge and skills necessary to recognize, report, and analyze near-miss incidents effectively. A "near miss" refers to an incident where an accident was narrowly avoided, highlighting critical gaps in safety protocols that could lead to severe injuries or fatalities if left unaddressed. This course will delve into the psychology behind near misses, encouraging a proactive safety culture that prioritizes preventative measures over reactive responses. Participants will learn to identify the warning signs of potential hazards and the importance of documenting near misses as vital data for improving workplace safety standards. By implementing robust corrective actions and fostering open communication, organizations can transform near misses into valuable learning opportunities, ultimately reducing risks and ensuring a safer work environment for everyone.

## Personal Hygiene

Participants will explore the pivotal role that individual habits play in fostering a healthy workplace environment. Emphasizing the interconnectedness of personal well-being and collective safety, the course will delve into critical topics such as the importance of hand hygiene in preventing the spread of infectious diseases, the impact of proper sanitation practices on air quality, and the significance of maintaining a clutter-free workspace to reduce stress and enhance productivity. Participants will learn about the potential consequences of neglecting personal hygiene, including increased absenteeism and reduced morale, while gaining practical strategies to promote cleanliness, such as effective handwashing techniques and the proper disposal of waste. By understanding their impact on the environment and their colleagues, participants will be empowered to cultivate a culture of respect, care, and shared responsibility, ultimately contributing to a healthier, safer, and more positive workplace for everyone.

## Protecting the Public

This course emphasizes the paramount importance of safeguarding the well-being of individuals who may be affected by construction activities. As construction professionals, we are committed to implementing rigorous safety protocols that mitigate risks associated with our work sites. This course covers essential topics such as hazard identification, effective use of barriers and signage, best practices for managing noise and dust pollution, and emergency response strategies to ensure the safety of pedestrians, residents, and workers alike. Participants will learn about local regulations, risk assessment techniques, and the importance of communication with the community to foster trust and transparency. By prioritizing public safety, we not only comply with legal obligations but also uphold our ethical responsibility to protect those who may be impacted by our projects. Join us to enhance your knowledge and skills in creating safer construction environments for everyone.

## Safety is Everyone's Business

The "Safety is Everyone's Business" course is a vital training program aimed at fostering a culture of safety in the workplace by emphasizing the shared responsibility of both employers and employees. Each year, workplace accidents result in thousands of injuries and fatalities, often stemming from unsafe behaviors—actions that can be either deliberate or unconscious.



By harnessing the collective experiences and insights of all workers, this course seeks to cultivate proactive safety practices that can significantly reduce the risk of incidents. Participants will engage in interactive discussions and practical exercises that highlight the importance of situational awareness, communication, and adherence to safety protocols. Furthermore, the course will provide tools for identifying hazards, assessing risks, and implementing effective safety measures. Together, we can create a safer work environment where safety becomes an integral part of the organizational culture, ensuring that everyone plays a crucial role in preventing accidents and protecting one another.

## Thinking About Safety

Participants will explore the essential mindset of prioritizing safety as a fundamental aspect of workplace culture. While the ideal of freedom from danger is indeed a laudable goal, achieving it necessitates a multifaceted approach characterized by diligent planning, thorough training, unwavering commitment, and proficient management skills. This course emphasizes the critical importance of proactive thinking about safety, encouraging individuals to identify potential hazards before they escalate into crises.

## We Know Better

In the "We Know Better" safety course, participants will delve into the critical intersection of knowledge, experience, and practical application in the workplace. This course emphasizes that while most employees possess the skills and training necessary to perform their tasks safely, the widespread tendency to overlook common sense and take shortcuts poses significant risks. Through interactive discussions, real-life case studies, and hands-on activities, attendees will learn how to recognize potential hazards, understand the psychological barriers to safe behavior, and develop strategies to reinforce a safety-first mindset. By fostering an environment of accountability and awareness, this course aims to empower individuals to make informed decisions that not only protect themselves but also their colleagues, ultimately contributing to a healthier, safer workplace for all.

# Personal Safety and Illness

## Asbestos Awareness Training

This training is designed to educate employees about the dangers associated with asbestos exposure, a hazardous material commonly found in older buildings. Participants learn to identify asbestos-containing materials, understand the health risks related to asbestos, and recognize proper protocols for reporting and responding to potential asbestos hazards. The training emphasizes adherence to OSHA regulations and the importance of safety measures in working environments where asbestos may be present.

## Bloodborne (and other) Pathogens

This class will equip you with the knowledge and tools to recognize, prevent, and respond to bloodborne pathogen exposure, ensuring a safer environment for everyone. Understanding

microscopic organisms—such as bacteria, viruses, and parasites—is critical because they can cause serious diseases in humans. When we discuss *bloodborne* pathogens, we mean those that are present in, carried by, or transmitted through blood, blood-contaminated materials, or bodily fluids derived from blood.

## Confined Space Awareness - Entrant, Attendant, and Supervisor Training

This comprehensive training is aimed at individuals who work in or supervise confined space operations. It covers the definitions and types of confined spaces, the hazards associated with these environments, and the roles and responsibilities of entrants, attendants, and supervisors. Participants gain insights into atmospheric testing, ventilation techniques, and emergency procedures to ensure safety in confined spaces, aligning with OSHA regulations for minimizing risks.

## Ergonomics

This training focuses on the principles of ergonomics to reduce the risk of musculoskeletal disorders (SDS) in the workplace. Employees learn how to identify ergonomic hazards, implement appropriate workstation adjustments, and adopt safe lifting techniques. The course also includes practical exercises to promote proper posture and movement patterns, thereby enhancing productivity and comfort while minimizing the likelihood of injury related to repetitive strain or improper ergonomics.

## Eye & Face Protection

In our comprehensive Eye & Face Protection Safety Course, participants will gain critical insights into the importance of safeguarding one of our most vital senses—sight. Each year, an alarming number of workers sustain eye injuries or face the risk of permanent vision loss, often due to the neglect of available protective measures. This course emphasizes the necessity of utilizing appropriate eye and face protection against a diverse array of hazards, including flying debris, molten metal splashes, corrosive chemicals, and harmful radiation. Through engaging discussions and hands-on demonstrations, attendees will learn about the various types of PPE (personal protective equipment) available, including safety goggles, face shields, and specialized eyewear, as well as the specific standards and regulations governing their use. By fostering a culture of safety and awareness, this training empowers employees to recognize hazards in their work environment and make informed decisions to protect their eyesight, ultimately enhancing workplace safety and reducing injury rates.

## Fall Protection Training

Fall protection training is crucial for workers operating at heights or in environments where falls could occur. This course covers fall hazard recognition, the use of fall protection systems (such as harnesses, guardrails, and safety nets), and the principles of safe ladder and scaffold usage. Participants learn how to develop and implement fall protection plans in compliance with OSHA standards to minimize the risk of serious injuries from falls in the workplace.

## First Aid for Burns (Fire, Electricity, Chemicals)

Participants will gain essential knowledge and practical skills to effectively respond to burn incidents in the workplace, which are unfortunately common but often preventable. Covering the three primary types of burns—thermal (from fire and heat), chemical (from corrosive substances), and electrical (from electrical sources)—this course emphasizes the importance of quickly recognizing the burn type and assessing its severity. Learners will explore critical first aid techniques, including the appropriate cooling methods, the use of sterile dressings, and when to seek advanced medical care. Additionally, the course will highlight preventive measures and the importance of personal protective equipment (PPE) to minimize the risk of burns in various work environments. By the end of this training, attendees will be equipped with the confidence and competence to provide timely and effective care, thereby significantly reducing the potential for long-term injury and enhancing workplace safety.

## First Aid for Eye Injuries

Our First Aid for Eye Injuries course equips participants to respond effectively to eye injuries from construction, sports, or household activities. Emphasizing proactive protection with safety gear, the training covers recognizing injury signs, applying first aid like flushing or dressing wounds, and seeking timely medical care to prevent lasting damage. Participants will be confident in handling eye emergencies safely.

## First Aid For Lacerations

This First Aid for Lacerations course is designed to equip participants with essential knowledge and skills to effectively respond to various types of lacerations, ranging from minor skin abrasions to deep, potentially life-threatening wounds. Through a combination of theoretical instruction and hands-on practice, attendees will learn to identify the severity of lacerations, comprehend the critical anatomy involved, and implement appropriate treatment protocols, such as controlling bleeding, preventing infection, and knowing when to seek professional medical assistance. The course also emphasizes the importance of quick and informed action, as timely and proper first aid can significantly reduce complications, promote healing, and save lives. By the end of this training, participants will be empowered with the confidence and competence necessary to manage lacerations in the workplace or at home, ensuring a safer environment for themselves and others.

## Defensive Driving

Defensive driving training equips employees with critical skills for preventing accidents on the road. Participants learn techniques for maintaining situational awareness, anticipating potential hazards, and making safe driving decisions. The training emphasizes the importance of vehicle maintenance, adherence to traffic laws, and proper response strategies in various driving conditions, ultimately aiming to reduce workplace vehicular incidents and enhance overall road safety.

## Hand Protection

This comprehensive safety course on Hand Protection is designed to equip participants with essential knowledge and practical skills to safeguard one of the most vital assets in the workplace—our hands. With approximately 150,000 reported hand and finger injuries each year, it is crucial to understand the diverse range of hazards present in industries such as construction, manufacturing, and service sectors, including cuts, abrasions, chemical exposures, and thermal burns. This course will delve into the importance of selecting the appropriate gloves tailored to specific tasks, exploring options from lightweight cloth gloves for general use to advanced materials like Kevlar and steel mesh for heightened cut resistance and durability. Participants will learn to identify the correct glove specifications based on risk assessment, proper maintenance and care for hand protection equipment, and techniques to foster a safety-first culture in their environments. By the end of this course, attendees will be empowered to make informed decisions about hand safety, ultimately reducing the incidence of injuries and fostering a safer workplace for all.

## Heat Stress Prevention

Heat stress prevention training educates employees on recognizing, preventing, and responding to heat-related illnesses in the workplace. Participants learn about the physiological effects of heat exposure, risk factors, and the importance of hydration and acclimatization. Training includes identifying symptoms of heat exhaustion and heat stroke, as well as emergency response procedures. The program emphasizes the development of a heat stress management plan that incorporates engineering controls, administrative controls, and personal protective equipment (PPE) to mitigate risks, ensuring a safe and healthy working environment, especially during high-temperature conditions.

## PPE Training/Respiratory Protection Training

Personal Protective Equipment (PPE) training is essential for ensuring employees understand the types and proper usage of PPE relevant to their work environments. This training encompasses a range of equipment, including helmets, gloves, eye protection, and respirators, focusing on the selection, fitting, and maintenance of each item. Respiratory protection training is a critical component, particularly in environments where airborne contaminants pose a risk. Participants learn about different types of respirators, fit testing procedures, and respiratory protection programs. By mastering these protocols, employees can significantly reduce their risk of injury and illness related to exposure to hazardous substances.

## Preventing Back Injuries

During this class, participants will engage in an in-depth exploration of the biomechanics of lifting, understanding how the human body operates under strain. Through a combination of theoretical knowledge and practical application, we will cover the principles of proper body mechanics, including the optimal use of the legs, core stability, and spinal alignment to minimize the risk of injury.

## Reacting To Injuries

Participants will gain essential skills and knowledge to effectively respond to a variety of emergency situations before professional medical assistance arrives. The curriculum covers critical topics such as managing severe bleeding through direct pressure and elevation, performing CPR in cases of respiratory failure, recognizing the signs and symptoms of poisoning, and understanding the critical interventions for shock management. With an emphasis on the importance of rapid and informed action, learners will explore real-life scenarios and the potential consequences of delayed responses, reinforcing the notion that timely first aid can significantly impact outcomes, reducing the risk of permanent injury or fatality. By the end of the course, participants will be empowered with the confidence and competence to act decisively in emergencies, making them valuable assets in any setting where injuries may occur.

## Tools & Equipment Safety Courses

### Arc Flash Awareness

This training raises awareness about the dangers of arc flash incidents, including prevention strategies and proper personal protective equipment (PPE) usage, to safeguard employees who work with or near electrical systems. We offer Arc Flash A; Training & Hazards and Arc Flash B: Marking Requirements.

### Chemical SDS Guidelines

This course is designed to equip workers and employers with the essential knowledge and skills to navigate the complexities of chemical safety in the workplace. Participants will delve into the critical components of hazard communication, including understanding the importance of accurate labeling, the role of Safety Data Sheets (SDSs) in providing vital information on chemical properties, hazards, and safe handling procedures, and the legal obligations of employers under OSHA regulations. With millions of workers exposed to potentially harmful substances daily, this course emphasizes proactive measures to mitigate risks associated with chemical exposure, such as skin irritation, respiratory issues, and flammability hazards. Through interactive training methods and real-world case studies, we aim to foster a culture of safety that not only complies with regulatory standards but also prioritizes the health and well-being of every individual in the workplace. Join us in our mission to create an informed, vigilant, and safe working environment for all.

### Circular Saws

This safety class covers the critical guidelines for circular saw operation, emphasizing the importance of keeping saw guards intact and functional. Removing or blocking open guards is one of the most common OSHA violations and a leading cause of preventable workplace accidents. Participants will learn how to properly use circular saws, recognize unsafe practices, and ensure compliance with safety standards. If a task cannot be safely completed with the guard in place, it's time to reassess the job, not the equipment.

## Compressor Safety

The Compressor Safety Course is designed to equip participants with essential knowledge and skills to mitigate the risks associated with compressed air systems in the workplace. With a focus on understanding the operational mechanics of air compressors and their integral role in powering various pneumatic tools—including jackhammers, rock drills, nail guns, staplers, and impact wrenches—this course emphasizes the importance of safe handling and maintenance practices.

## Drill Use

Portable electric drills are essential tools for boring holes in various materials, but improper use can lead to serious injuries to the hands, fingers, eyes, and face. This class covers key safety practices, including selecting the right drill and bits, ensuring tools are in proper condition, and operating drills safely. Learn how to prevent accidents and maximize efficiency with this indispensable power tool.

## Driving Company Vehicles

Driving Company Vehicles focuses on equipping employees with the knowledge and skills necessary to operate company vehicles safely and responsibly. Recognizing that vehicle accidents are the leading cause of work-related fatalities, the course emphasizes essential safety protocols, vehicle maintenance, and hazard identification to mitigate risks. Participants will learn about the legal responsibilities of operating company vehicles, the importance of regular vehicle inspections, and the impact of distracted driving. By fostering a culture of safety and accountability, this course aims to reduce the likelihood of accidents, safeguard employees, and preserve the financial integrity of the organization, ultimately promoting a safer work environment for everyone. Join us to become an advocate for safety and ensure your well-being while driving for the company.

## Electrical Safety

The Electrical Safety course is designed to equip participants with essential knowledge and practical skills to mitigate the risks associated with electrical hazards in the workplace, particularly ground fault electrical shock, which is one of the most prevalent dangers faced by employees today. Attendees will learn to identify and understand the key factors that contribute to electrical accidents, including the use of unsafe equipment, improper installation, and environmental hazards that compromise workplace safety. The course emphasizes the critical importance of adhering to lockout, block out, and Tagout procedures when servicing or working near energized sources, empowering workers to effectively isolate electrical energy and prevent accidental exposure. Through interactive training modules, real-life case studies, and hands-on demonstrations, participants will develop a robust safety mindset and the skills necessary to create a safer work environment, ultimately reducing the likelihood of electrical-related injuries and fostering a culture of safety within their organizations.

## Fire Extinguisher Training (Hands-On/Class Room) - Incipient Stage Fire Fighting

This training combines theoretical knowledge and practical exercises on fire safety and extinguisher use. Participants gain an understanding of different types of fires, fire prevention strategies, and the proper selection and operation of fire extinguishers. The hands-on component allows employees to practice extinguishing controlled fires, reinforcing their confidence and preparedness to respond effectively to fire emergencies in an incipient stage.

## Flammable & Combustible Materials

The safety course on Flammable & Combustible Materials is designed to equip participants with critical knowledge and practical skills to mitigate the risks associated with handling and storing volatile substances in the workplace. Each year, thousands of workers are injured or killed due to fires and explosions resulting from improper management of flammable liquids, such as solvents, fuels, and other hazardous materials. This course will delve into OSHA's definitions of flammable and combustible substances, highlighting their classifications, flashpoints, and potential hazards. Participants will engage in interactive discussions on safe storage practices, the importance of using appropriate personal protective equipment (PPE), and the implementation of emergency response protocols to prevent workplace accidents. By understanding the properties of these materials and adhering to safety regulations, employees will contribute to a safer work environment and help reduce the likelihood of catastrophic incidents. Join us to foster a culture of safety and preparedness in your workplace!

## Fork Lift, Scissor Lift, and Aerial Work Platform Training (3-Year Certification)

This training program provides essential knowledge and skills for safely operating forklifts, scissor lifts, and aerial work platforms. Participants learn about equipment types, operational procedures, and safety protocols to minimize the risk of accidents during material handling and aerial work. The training emphasizes equipment inspections, load management, and hazard awareness, culminating in a certification valid for three years, in compliance with OSHA standards.

## Grounding & Electrical Tools

This comprehensive safety course on Grounding & Electrical Tools is designed to equip participants with essential knowledge and skills to prevent electrical accidents in the workplace, emphasizing the critical importance of proper grounding techniques. Participants will learn that the National Electrical Code mandates the connection of grounding conductors to local metallic water-piping systems, contingent upon a buried length of at least 10 feet, to ensure effective dissipation of electrical faults. The curriculum covers the identification and mitigation of hazards associated with temporary electrical systems and the importance of regular inspections for damage to power tools and extension cords, which can lead to severe electrical shocks or fires if neglected. By integrating practical demonstrations and real-world scenarios, this course aims

to foster a deeper understanding of electrical safety principles, instilling respect for electricity and empowering workers to maintain a safe and compliant work environment.

## Hard Hats

This comprehensive safety course delves into the design and functionality of hard hats, highlighting their ability to resist penetration, absorb the impact of blows, and offer protection against electrical hazards. Participants will learn about the different types of hard hats, including their classifications based on impact and electrical resistance, as well as the importance of proper fit and maintenance. The course emphasizes the significance of proactive risk management, equipping attendees with strategies to effectively identify and mitigate potential dangers. By fostering a culture that prioritizes head protection, organizations can significantly reduce the risk of injuries and enhance overall workplace safety.

## Ladder and Stairway Training

Ladder and stairway training focuses on the safe use of ladders and stairways to prevent falls, which are a leading cause of workplace injuries. This training covers the proper selection, inspection, and maintenance of ladders, including different types like step ladders, extension ladders, and platform ladders. Participants learn about the three-point contact rule, safe climbing practices, and how to position ladders to avoid hazards. Additionally, the training addresses common stairway hazards, such as proper handrail use and visibility. By understanding the risks and adhering to safety protocols, employees can significantly reduce the likelihood of accidents.

## Lockout and Electrical Safety Training

Lockout and electrical safety training are designed to protect employees from the dangers of hazardous energy during the maintenance and servicing of machinery and electrical systems. Participants are instructed in the lockout/tagout (LOTO) procedures, which include identifying energy sources, isolating equipment, and applying lockout devices to prevent accidental energization. The training also covers electrical safety measures, such as understanding voltage levels, using appropriate PPE, and recognizing electrical hazards. Effective training fosters a culture of safety by empowering employees to identify risks and take necessary precautions, thereby reducing the chances of electrical injuries and fatalities.

## Overhead Lines

Designed for all workers who may encounter power lines in their daily operations, emphasizing the critical importance of awareness and precaution. Participants will learn about the various types of overhead power lines, the electrical hazards they pose, and the necessary protocols for maintaining a safe distance while working in their vicinity. The course covers essential topics such as the identification of warning signs, the use of appropriate personal protective equipment (PPE), and emergency response strategies in the event of accidental contact with a live line.



## Power Tools (General)

Designed to equip workers with essential knowledge and practices to mitigate the risks associated with the use of these potent instruments. Power tools, including drills, saws, and grinders, can be highly effective in enhancing productivity but also pose significant hazards if not handled properly. Participants will learn critical safety guidelines, such as the importance of using personal protective equipment (PPE), understanding the specific functions and limitations of each tool, and recognizing the signs of potential malfunctions. Emphasis will be placed on safe handling techniques, proper maintenance, and the necessity of clear communication among team members during operation. By fostering a culture of safety and vigilance, this course aims to reduce the incidence of accidents and injuries, ensuring a safer work environment for all.

## Sawzall, Saber Saws, & Reciprocating Saws

This comprehensive safety course focuses on the effective and responsible use of Sawzall, saber saws, and reciprocating saws, essential tools in various trades including plumbing, electrical work, HVAC, and carpentry. Participants will learn about the unique features of these portable reciprocating saws, which are equipped with interchangeable blades that vary in length and tooth design to suit a wide range of cutting applications—from wood and metal to plastic and drywall. Emphasizing the importance of safety, the course will cover the inherent risks associated with their open-blade design, which, while allowing for powerful cutting capabilities in confined spaces, also requires heightened awareness and adherence to safety protocols to prevent accidents. Through hands-on demonstrations and practical tips, attendees will be equipped with the knowledge to select the appropriate blade, understand operational techniques, and implement effective safety measures to enhance their skills and ensure a safe work environment.

## Silicosis (Crystalline Silica) Exposure

This comprehensive safety course on Silicosis Exposure is designed to educate workers and employers about the dangers of crystalline silica dust encountered in various occupational settings, including construction, mining, and manufacturing. Participants will gain an understanding of silicosis, a progressive and incurable lung disease caused by inhaling fine particles of crystalline silica, which can lead to severe respiratory issues and long-term health complications. The course emphasizes the importance of identifying workplace activities that generate silica dust, such as cutting, grinding, or drilling materials like concrete, stone, and sand. Through practical strategies and best practices, attendees will learn effective methods to eliminate or control silica dust exposure, including the implementation of engineering controls, the use of personal protective equipment (PPE), and adherence to proper hygiene practices. By empowering workers with knowledge and tools, this course aims to foster a safer work environment and promote the prevention of silicosis, ensuring the health and well-being of all employees.

## Trenchers

This comprehensive safety course on Trenchers is designed to equip operators with the critical knowledge and skills necessary to minimize the significant hazards associated with trenching operations. Trenchers are highly efficient tools that enable rapid excavation of narrow trenches, essential for a variety of applications including utility installation and landscaping. However, their speed and excavation method introduce serious risks, including the potential for severe electric shock or electrocution from underground utilities, as well as the risk of amputation or fatal injuries due to equipment entanglement or collapse of trench walls. Participants will learn essential safety protocols, including pre-operation checks, the importance of identifying utility lines prior to digging, proper personal protective equipment (PPE) usage, and emergency response procedures. By adhering to these safety guidelines, operators can significantly reduce the likelihood of accidents and promote a safer working environment, ensuring both efficiency and safety in trenching operations.

# Scheduling Training And Consulting

At Advanced Training and Consulting, we are committed to empowering individuals and organizations with the knowledge and skills needed to create safer, more productive environments. Our diverse range of safety training courses is designed to meet the unique needs of businesses across industries, ensuring that safety remains a top priority in every workplace.

To schedule a class or explore tailored consulting services, the best way to get started is by contacting Tracy Hazel directly. For more information about our offerings, visit our website at [www.advancedtrainingandconsulting.com](http://www.advancedtrainingandconsulting.com). Let us partner with you to build a culture of safety and excellence.

Email: [TracyLHazel@gmail.com](mailto:TracyLHazel@gmail.com)

Phone: (517) 749 1501

#517SafetyGuru