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Safety ★ Health ★ Environmental Consulting ★ Training

COURSE OFFERINGS



Routine work can dull alertness, and a relaxed attitude can replace the caution that existed when a job was new and interesting. In many jobs the same route is traveled daily over the same roads or the same tasks are repeated with little conscious thought. Without some periodic reawakening to the ever-present hazards, lethargy deepens and the odds of an accident occurring can increase.

Safety training is an essential part of every employer's safety and health program for protecting workers from injuries and illnesses. Many researchers conclude that those who are new on the job have a higher rate of accidents and injuries than more experienced workers. If ignorance of specific job hazards and of proper work practices is even partly to blame for this higher injury rate, then training will help to provide a solution. Workers may not always recognize the importance of safety training or think of it as unnecessary because they've "been doing it for years." But an important benefit of periodic safety training is the reminder that a danger can exist and that no one is immune to accidents. Therefore, it is important for workers to understand the purpose of the training session, why it will be useful to them, and what can result from not following safety rules and procedures.

Safety training should be organized so that the order in which the material is presented will match the steps that should be taken on the job. Make sure every worker understands the training material; not just that they were present or a test was given but insist on questions from trainees after a session to tell you what did or didn't sink in. This will let you know what has to be reviewed again. If there is a general lack of understanding of hazards or safety rules and practices, schedule another safety meeting or plan a refresher course for a later date.

Trainers should provide employees with an overview of the material to be learned and relate the training to the employees' experiences. Employers should also reinforce what the employees have learned by summarizing the program's objectives and key points of training. At the beginning of the training program, the trainer should show the employees why the material is important and relevant to their jobs. Employees are more likely to pay attention and apply what they've learned if they know the benefits of the training. Employees should be able to immediately practice and apply new knowledge and skills. If workers don't understand safety training information well enough to use it on the job, the training has not been effective. There should be immediate feedback if workers are doing their job safely or not. Supervisors should watch employees perform their jobs and question them, to identify what they do or do not know.

Many standards promulgated by OSHA explicitly require the employer to train employees in the safety and health aspects of their jobs. Other OSHA standards make it the employer's responsibility to limit certain job assignments to employees who are "certified," "competent," or "qualified"—meaning they have had special previous training, in or out of the workplace. The term "designated" personnel means selected or assigned by the employer or the employer's representative as being qualified to perform specific duties. These requirements reflect OSHA's belief that training is an essential part of every employer's safety and health program for protecting workers from injuries and illnesses.

Safety training classes help establish a safety culture in which employees themselves promote proper safety procedures while on the job. It is important that new employees be properly trained and embrace the importance of workplace safety as it is easy for seasoned workers to negatively influence the new hires. That negative influence however, can be purged with the establishment of new, hands-on, innovative effective safety training which will ultimately lead to an effective safety culture. A 1998 NIOSH study concluded that the role of training in developing and maintaining effective hazard control activities is a proven, successful method of intervention. Most of these exercises are relatively simple and inexpensive solutions, but the safety payoff can be enormous. Remember, training is only effective when workers understand, and use, what they've learned. It takes less than a second to lose the rest of your life.

Orlando Cordova

Executive Vice President
American Safety Consultants, LLC

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OSHA Construction

OSHA 010-A

Construction Safety Update (4-Hours)

This course is designed for construction supervisors, management, and construction personnel who have successfully completed the OSHA 10-Hour or 30-Hour Construction Safety and Health Program and need to update new or revised OSHA Construction standards as well as the latest New York City Department of Buildings laws. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants and Hofstra University Continuing Education.

Topics:

- *Lead in Construction*
- *Fall Protection*
- *Excavations*
- *Scaffolds*
- *Most cited OSHA Construction Standards*
- *Review of NYC DOB laws concerning construction activities*

Who Should Attend:

This course will benefit construction workers, managers, and other personnel who have completed the OSHA 10-Hour or 30-Hour Construction Safety course and who need updating on current OSHA standards.

Regulatory Requirements:

OSHA, NYC Department of Buildings, NYC Fire Codes

OSHA 020-A

Aerial Lift Safety Awareness (4-Hours)

This course is designed for employees who operate or work around aerial lifts. The class provides participants with a basic understanding of the OSHA Standards governing aerial lifts and methods available to prevent fall hazards. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants and Hofstra University Continuing Education.

Topics:

- *Review OSHA Standards governing aerial lifts*
- *Discuss the hazards associated with operating aerial lifts*
- *Understanding rated load capacities for lifting personnel, tools, and materials*
- *General requirements regarding fall protection*
- *Pre-planning techniques to avoid aerial lift related accidents*
- *Training considerations*

Who Should Attend:

All employees required to operate or work around aerial lifts.

Regulatory Requirements:

OSHA 29CFR 1926.453, 1926.556, 1910.269

OSHA 030-A

Mobile Crane Hazard Awareness (4-Hours)

Every year employees and members of the public are killed or seriously injured due to crane accidents. Electrocuting from contacting overhead power lines, employees being caught in, compressed, or crushed because of rotating parts, or struck by objects due to improper load handling and or faulty hardware are all causes of employee injuries or death. Workers at the site must be made aware of these hazards. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants and Hofstra University Continuing Education.

Topics:

- *Introduction to cranes*
- *Working around cranes*
- *Electrocution hazards and other crane-related hazards*
- *Basic rigging hardware*
- *Introduction to Standard Hand Signals*

Who Should Attend:

All construction personnel who are exposed to crane operations at the worksite.

Regulatory Requirements:

OSHA 29CFR 1926.550
OSHA 29CFR 1926.800

OSHA 040-A

Hot Work in Construction (4-Hours)

Hot slag, sparks, heat from a torch are all excellent sources of ignition that can easily set the workplace on fire. Combustible and flammable materials, poor housekeeping, and lack of employee training are the key ingredients responsible for fire related deaths and workplace property damage in the United States. This course will present the students with the necessary information to help prevent these fires. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants and Hofstra University Continuing Education.

Topics:

- *Types of hot work, equipment and torch use*
- *Personal protective equipment*
- *Fire prevention and safe work practices*
- *Fire Watch (Fire Guard) duties*
- *Compressed gas cylinder handling/storage*

Who Should Attend:

All employees who manage, supervise or are involved in welding, burning, cutting and/or torch operations including those employees responsible for fire watch.

Regulatory Requirements:

OSHA 29CFR 1910.252 / OSHA 29CFR 1926.352
NYC Fire Code Certificate of Fitness (Fire Guard)



OSHA 050-A

Power Line Hazard Awareness (4-Hours)

Overhead and underground power lines present a real danger to anyone who comes in contact with them. Electrical accidents are usually fatal and for that reason all workers must be made aware of how to protect themselves by understanding these hazards. This awareness program will discuss what is required by OSHA and New York State Code Rule 753 (The One Call Rule). Students who successfully complete this course will receive a certificate of completion from American Safety Consultants, and Hofstra University Continuing Education.

Topics:

- Identifying high-risk activities and equipment
- Establishing safe power line working clearances
- Review of New York State Code Rule 753
- Responding to power line contact

Who Should Attend:

This course is for excavation and scaffold employees, and those who work with cranes. All employees who may come in contact with overhead or underground power lines will benefit from this course.

Regulatory Requirements:

OSHA 29CFR 1910.269, 29CFR 1926.650, .651, .652, .653
NYS Code Rule 753

OSHA 060-A

Steel Erection in Construction Awareness (4-Hours)

This course will offer awareness training in procedures required in the OSHA Standard. This course is designed to assist contractors, engineers, architects, and other safety personnel in understanding and complying with the new Subpart R Steel Erection Standard. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants, and Hofstra University Continuing Education.

Topics:

- Identify/understand Subpart R Steel Erection
- Site Layout, Erection Plan/Construction Sequence
- Structural Steel Assembly
- Column Anchorage
- Beams and Columns
- Falling Object Protection

Who Should Attend:

Employees who are in a position of authority relating to any type of structural steel erection, including everyone from the crafts trade to project managers and construction company owners, and on-site personnel should attend this class.

Regulatory Requirements:

OSHA 29 CFR 1926 Subpart R
NYC Department of Buildings

OSHA 070-A

Excavation Hazard Awareness (4-Hours)

This course is a must for anyone who enters an excavation. Excavation hazards such as cave-ins, vibration, soil condition, water accumulation and more will be discussed. Participants will obtain an understanding of the OSHA Excavation Standard. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants, LLC. and Hofstra University Continuing Education.

Topics:

- How to identify excavation hazards
- General requirements for working safely in excavations
- The dangers of cave-ins and what to do in case of an emergency

Who Should Attend:

This course is required for any employees who work in and around excavations.

Regulatory Requirements:

OSHA 29 CFR 1926.650, 651, 652

OSHA 080-A

Excavation Training for the Competent Person (8-Hours)

It is suggested that students who attend this course have some knowledge of excavations. Participants will be introduced to OSHA requirements for the Competent Person. They will learn how to choose protective systems to avoid cave-ins, determine soil type, and identify existing and potential excavation hazards. Most importantly, students will learn what to do in case of a cave-in emergency. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants, and Hofstra University Continuing Education.

Topics:

- Identifying existing and potential excavation hazards
- How to identify soil types
- Requirements/selection of protective systems
- How to complete an excavation checklist
- Understanding the requirements of the OSHA Standard
- What to do in case of a cave-in emergency
- End of course exam

Who Should Attend:

Employees who will be assigned the duties of the excavation competent person and those who require an in-depth knowledge of the OSHA excavation standard.

Regulatory Requirements:

OSHA 29CFR 1926.650, 651, 652
NYS Code Rule 753



OSHA Construction

OSHA 090-A

OSHA 10-Hour Construction Course

This 10-hour Construction safety course was developed by the U.S. Department of Labor to provide construction workers, supervisors, and other personnel responsible for construction activities with an awareness of construction health and safety concerns in the construction industry. All attendees will become familiar with reading and using the OSHA 29CFR 1926 Construction Standards. Other OSHA related regulations will also be discussed. Students will receive an update and review of standard construction safety and health principles, and information that will prepare them to recognize and control a variety of hazardous conditions. Students who successfully complete this course will be issued a 10-Hour Construction card from OSHA, and a certificate of completion from American Safety Consultants and Hofstra University Continuing Education.

Topics:

- Intro to OSHA Standards and Requirements
- Excavations • Scaffolds
- Fall Protection
- Personal Protective Equipment (PPE)
- Hand and Power Tools
- Electrical Safety
- Health Hazards-Hazard Communications
- Material Handling, Use, Storage, and Disposal
- Stairways and Ladders

Who Should Attend:

This course is designed for all construction personnel. *Note: NYC law requires all construction personnel at the construction site take this 10-Hour OSHA Construction course.*

Regulatory Requirements:

Various OSHA regulations

OSHA 502-A

OSHA 502 Update for Construction (15-Hours)

Students who have taken the OSHA 500 course who wish to continue to participate as authorized trainers in the Outreach Program must successfully pass a written exam at the end of the course. Outreach trainers are required to attend Course 502 at least once every four years to maintain their trainer status.

Topics:

- 29 CFR 1926 – all topics
- Instructional methods
- Visual aids and handouts

Who Should Attend:

This course is designed for anyone wishing to maintain their status as an OSHA outreach trainer for construction.

Regulatory Requirements:

OSHA mandated

OSHA 100-A

OSHA 30-Hour Construction Course

Developed by the U.S. Department of Labor to provide construction workers, supervisors, and other personnel responsible for construction activities with an awareness of construction health and safety concerns in the construction industry. All attendees will become familiar with reading and using the OSHA 29CFR 1926 Construction Standards. Other OSHA related regulations will also be discussed. Students will be presented with more safety related information and OSHA Standards as compared to the 10-Hour OSHA Construction course. The course will cover all the Subparts of the Construction Standard. Students who successfully complete this course will be issued a 30-Hour Construction card from OSHA, and a certificate of completion from American Safety Consultants and Hofstra University Continuing Education.

Topics:

- Instruction to OSHA Standards,
- Subpart C: General Safety and Health Provisions, Competent Person
- STD 3-1.1, "Clarification of Citation Policy Regarding 29 CFR 1926.20, 29 CFR 1926.21 and related General Safety and Health Provisions"; Safety Programs
- Subpart D: Occupational Health and Environmental Controls (emphasis on Hazard Communication), Health hazards in Construction
- Subpart E: Personal Protective and Lifesaving Equipment
- Subpart F: Fire Protection and Prevention
- Subpart H: Materials Handling, Storage, Use and Disposal
- Subpart I: Tools/Hand and Power
- Subpart J: Welding and Cutting
- Subpart K: Electrical
- Subpart L: Scaffolds
- Subpart M: Fall Protection
- Subpart N: Cranes, Derricks, Hoists, Elevators and Conveyors
- Subparts O, W and G: Motor Vehicles, Mechanized Equipment, Marine Operations
- Rollover Protective Structures and Overhead Protection; and Signs,
- Signals and Barricades
- Subpart P: Excavations
- Subpart Q: Concrete / Masonry Construction
- Subpart X: Stairways and Ladders
- Confined Space Entry

Who Should Attend:

This course is a must for construction health and safety personnel, including supervisors

Regulatory Requirements:

Various OSHA Regulations

OSHA 500-A

OSHA 500 Instructor Certification

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. This course allows the student to become a trainer in the Outreach Program and to conduct both a 10- and 30-Hour Construction Safety and Health Course and to issue cards to participants verifying course completion. *NOTE: Students in Course 500 who wish to participate as authorized trainers in the Outreach Program must successfully pass a written exam at the end of the course.*

Topics:

- 29 CFR 1926 – all topics
- Instructional methods
- Visual aids and handouts

Who Should Attend:

This course is for anyone wishing to become an OSHA 500 Outreach trainer for construction.

Regulatory Requirements:

Various OSHA regulations

OSHA 110-A

Fork Lift Awareness/Certification (4-Hours)

Most powered industrial truck accidents are the result of inadequate operator training. OSHA has established strict training requirements for all forklift operators. This course provides the participant with an instructor reference manual, power point training slides, and an operator awareness manual with written and performance tests, a training video that explains how to conduct a thorough powered industrial truck training program. The course will be delivered on your site. The client is responsible for supplying a forklift (that has been inspected and in safe working condition) for hands-on training. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants, LLC. and Hofstra University Continuing Education. A refresher course is required every 3 years.

Topics:

- OSHA Standard for powered industrial trucks
- Stability of powered industrial trucks
- Understanding capacity plates
- Determining maximum safe loads
- Forklift safety procedures with checklist

Who Should Attend:

Employees required to operate a forklift and those who would like to create and administer a powered industrial truck training program within their organization.

Regulatory Requirements:

OSHA 29CFR 1917.43, 1910.178

OSHA 120-A

Automotive Safety/ Fleet Management Awareness (4-Hours)

Employees in auto body, auto service shops, and fleet managers are potentially exposed to a variety of chemical and physical hazards. This course is designed to assist individuals and managers in the development of safety and health protocols for personal protection as well as employer/employee protection. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants and Hofstra University Continuing Education.

Topics:

- Chemical hazards such as paints, fillers, solvents, gasoline
- Physical hazards such as ergonomic injuries, slips and trips, noise
- Methods for eliminating or mitigating these hazards
- PPE

Who Should Attend:

This course will benefit any employees and supervisors who work in automotive shops.

Regulatory Requirements:

Various OSHA regulations

OSHA 130-A

National Safety Council Defensive Driving Course (6-Hours)

Defensive driving is a method of driving that minimizes the number of driving risks, using more advanced skills than just your basic training. When you employ defensive driving techniques, you become a better, safer, and smarter driver; one who is better prepared for the hazards ahead. This Point & Insurance Reduction Program (PIRP), approved by the Department of Motor Vehicles will help refresh your driving knowledge with a review of time-tested safe driving tips and an overview of today's vehicle and traffic laws. You may be eligible to reduce as many as four (4) points on your driving record. The DMV computer will automatically note your eligibility to receive the reduction. If you are the principal operator of a motor vehicle, you will receive a minimum 10% reduction in the base rate of your automobile and motorcycle liability and collision insurance premiums each year for three years.

Topics:

- Practical knowledge and techniques to avoid collisions and violations
- Sensible advice for choosing safe, responsible and lawful driving behaviors and habits
- Guidance for coaching your employees to view safety on a personal level
- Skills for recognizing how attitude can help prevent accidents and poor decision making

Who Should Attend:

All drivers, who are the principal operator of a motor vehicle, wishing to receive a minimum 10% reduction in the base rate of their automobile and motorcycle liability and collision insurance premiums each year for three years.

Regulatory Requirements:

Suggested by the NYS Dept. of Motor Vehicles



OSHA General Industry

OSHA 140-A

Health and Safety Plans (HASP) Development Course (8-Hours)

Health and Safety Plans are established by the employer or a designated health and safety officer to ensure employee protection against hazards. Development of your company's comprehensive health and safety program is of utmost importance to worker safety. Participants will also learn the essentials of developing site specific health and safety plans. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants and Hofstra University Continuing Education.

Topics:

- Organizational Structure
- Job Hazard Analysis
- Site Control
- Training Program
- Medical Surveillance Requirements
- Personal Protective Equipment (PPE)
- Exposure Monitoring
- Thermal Stress
- Spill Containment Program
- Decontamination Program
- Emergency Response Plan
- Standard Operating Procedures
- Confined Space Procedure
- Hot Work
- Lockout/Tagout
- Respiratory Protection Plan
- Hearing Conservation
- The use of Illegal Substances Policy
- Workplace Violence Policy
- Safety Incentive Program
- Employee Disciplinary Program

Who Should Attend:

Company Environmental Health and Safety officers and employees responsible for writing generic Health and Safety Plans as well as site specific health and safety plans should attend this course.

Regulatory Requirements:

Various OSHA regulations and directives

OSHA 150-A

Occupational Exposure to Hazardous Chemicals in Laboratories (8-Hours)

OSHA recognizing the unique characteristics of the laboratory workplace, has tailored a standard for occupational exposure to hazardous chemicals in laboratories. This standard is often referred to as the "Laboratory Standard". Under this standard, a laboratory is required to produce a Chemical Hygiene Plan which addresses the specific hazards found in its location, and its approach to them. A laboratory means a facility where the "laboratory use of hazardous chemicals" occurs. It is a workplace where relatively small quantities of hazardous chemicals are used on a non-production basis.

Topics:

- Chemical Hygiene Plan: A written program developed and implemented by the employer which sets forth procedures, equipment, personal protective equipment and work practices to protect employees.
- Chemical Hygiene Officer: An employee who is designated by the employer, and who is qualified by training or experience, to provide technical guidance in development and implementation of the provisions of the Chemical Hygiene Plan.
- Certificate of Fitness (C-14) Supervising Chemical Laboratories

Who should attend:

As a minimum, one person per lab should obtain the Certificate of Fitness for The Supervision of Chemical Laboratories (C-14). A C-14 is required when maintaining or operating a Chemical Lab or storage room in which flammable gases, solids or liquids; explosive, oxidizing or reactive materials are used in testing, research, experimental or instructional work.

Regulatory Requirements:

OSHA 29 CFR 1910.1450
FDNY Supervision of Chemical Labs (C-14)*

* There are requirements needed to take the FDNY test for the C-14 certification listed on this website:
http://www.nyc.gov/html/fdny/html/c_of_cof_study_materials.shtml

OSHA 190-A

OSHA 10-hour General Industry (10-Hours)

The OSHA 10-hour General Industry safety course was developed by the United States Department of Labor to provide general industry workers, supervisors, and other personnel with an awareness of safety and health concerns. All participants will become familiar with reading and using the OSHA Standards for General Industry 29CFR 1910. Students receive an update and review of standard safety and health principals, and information that will prepare them to recognize and control a variety of hazardous conditions. Students who successfully complete this course will receive a 10-Hour OSHA card.

Topics:

- Introduction to OSHA
- Hazard Communication
- Bloodborne Pathogens
- Fire Prevention, Fire Protection, Emergency Action Plans, Egress
- Flammable Liquids
- Electrical
- Personal Protective Equipment
- Machine Guarding
- Walking and Working Surfaces
- Safety and Health Programs

Who Should Attend:

All general industry employees, supervisors, and other personnel should attend this course

Regulatory Requirements:

Various OSHA regulations

OSHA 503-A

OSHA 503 Update for General Industry (15 Hours)

Students who have taken the OSHA 501 course and who wish to continue to participate as authorized trainers in the Outreach Program must successfully pass a written exam at the end of the course. Outreach trainers are required to attend Course 503 at least once every four years to maintain their trainer status.

Topics:

- 29 CFR 1910 – all topics
- Instructional methods
- Visual aids and handouts

Who Should Attend:

This course is designed for anyone wishing to maintain their status as an OSHA outreach trainer for general industry.

Regulatory Requirements:

OSHA mandated



OSHA 200-A

OSHA 30-Hour General Industry Course

Developed by the U.S. Department of Labor to provide general industry workers, supervisors, and other personnel responsible for work related activities with an awareness of health and safety concerns in the workplace. All attendees will become familiar with reading and using the OSHA 29CFR 1910 General Industry Standards. Other OSHA related regulations will also be discussed. Students will be presented with more safety related information and OSHA Standards as compared to the 10-Hour OSHA General Industry course. The course will cover all the Subparts of the standard. Students who successfully complete this course will be issued a 30-Hour General Industry card from OSHA, and a certificate of completion from American Safety Consultants and Hofstra University Continuing Education.

Topics:

- An introduction to OSHA Standards
- Elements of effective Safety and Health Programs
- Subpart D - Walking working surfaces
- Subpart E - Means of Egress
- Subpart F- Powered platforms, man-lifts, and vehicle mounted work platforms
- Subpart G - Occupational Health and Environmental control
- Subpart H- Hazardous Materials
- Subpart I - Personal Protective Equipment
- Subpart J - General Environmental Controls
- Subpart L- Fire Protection
- Subpart N- Material handling and Storage
- Subpart O - Machinery and Machine Guarding
- Subpart P - Hand and Power Tools
- Subpart Q – Welding, Cutting, and Brazing
- Subpart S – Electrical
- Subpart Z- Hazard Communication, Asbestos, Lead, other toxins

Who Should Attend:

General Industry employees who require an in-depth understanding of the General Industry Standard. This class is ideal for employees assigned as Safety and health officers and members of safety committees.

Regulatory Requirements:

Various OSHA regulations

OSHA 501-A

OSHA 501 Instructor Certification/ General Industry (30-Hours)

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. This course allows the student to become a trainer in the Outreach Program and to conduct both a 10- and 30-hour general industry safety and health course and to issue cards to participants verifying course completion. **NOTE: Students in Course 501 who wish to participate as authorized trainers in the Outreach Program must successfully pass a written exam at the end of the course.**

Topics:

- 29 CFR 1910 – all topics
- Instructional methods
- Visual aids and handouts

Who Should Attend:

Anyone wishing to become an OSHA outreach trainer for general industry

Regulatory Requirements:

Various OSHA regulations

OSHA 160-A

30-Hour Introduction to Industrial Hygiene

This course will introduce the student to the basic concepts of industrial hygiene. Participants will gain familiarity with the basic terms and essential concepts of the field. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants, and Hofstra University Continuing Education.

Topics:

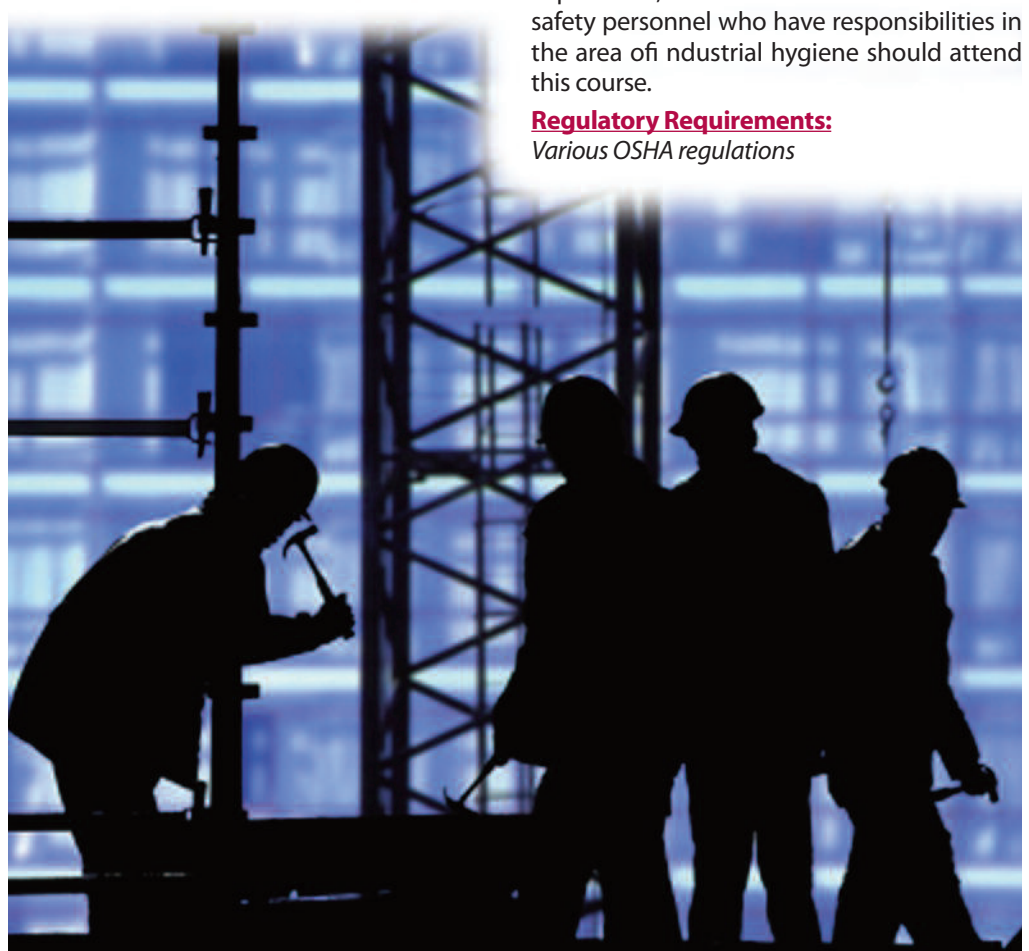
- Elements of a workplace health program
- Compliance with air contaminant standards
- Compliance with hazard communication
- Compliance with hazardous-waste standard
- Compliance with the asbestos standard
- Compliance with the bloodborne pathogens standard
- Compliance with the noise standard
- Compliance with the respiratory standard
- Compliance with ventilation standards
- OSHA record keeping for health/OSHA 300 Log
- Mold
- Heat Stress
- Hypothermia

Who Should Attend:

All construction, general industry, employees, supervisors, and environmental health and safety personnel who have responsibilities in the area of industrial hygiene should attend this course.

Regulatory Requirements:

Various OSHA regulations



OSHA HAZCOM/HAZWOPER

HAZ 010-A

Hazard Communication Training (HAZCOM) (4-Hours)

This course is designed to provide construction, general industry, and office personnel with an understanding of the requirements of OSHA's HAZCOM Standard. OSHA mandates this training so employees will be able to learn how to read Material Safety Data Sheets (MSDS) and labeling systems, understand various chemical hazards, and how to protect themselves using the proper personal protective equipment. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants and Hofstra University Continuing Education.

Topics:

- Employer responsibilities under the Multi-Employer Worksite Policy
- OSHA requirements concerning hazardous materials
- The requirements of the employer's written Hazard Communication Program
- How to read and understand Material Safety Data Sheets and other labeling systems
- Understanding the possible hazards of chemicals in the workplace

Who Should Attend:

Hazard Communication training is mandated by OSHA. All employees must attend HAZCOM training.

Regulatory Requirements:

OSHA 29 CFR 1910.1200

HAZ 030-A

Lead Hazard Awareness (4-Hours)

Employees in construction and general industry exposed to lead in the workplace may be at risk from the health hazards associated with lead. Attendees will learn about the history of lead use, sources, hazards and the health effects of lead. Following the OSHA Standard for lead in construction, participants will learn what is required to prevent exposure to lead. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants and Hofstra University Continuing Education.

Topics:

- The requirement of the employer's written lead exposure program
- Medical surveillance
- The health effects of acute and chronic exposure to lead
- Respiratory protection hazard control methods
- Exposure monitoring
- Recordkeeping requirements

Who Should Attend:

All construction personnel who may be exposed to the hazardous effects of lead should attend this course. Also managers and supervisors who must be familiar with OSHA Standards regarding lead in construction.

Regulatory Requirements:

OSHA 29CFR 1910.1025

OSHA 29CFR 1926.62

HAZ 040-A

HAZWOPER Refresher Course (FRA/FRO/HMT) (8-Hours)

Anyone who has taken the 40-hour HAZWOPER course is required to maintain their certification by taking an 8-Hour annual refresher course. This course satisfies this requirement. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants, and Hofstra University Continuing Education. Those employees who require Hazard Communication Training may join the class for the first 2-hours. The first 4-hours will satisfy requirements for FRO, and completion of the 8-hour course will satisfy requirements for HMT.

Topics:

Initial Hazard Communication Training (first 2-hours of course)

Remainder of course:

- Review and understanding the OSHA HAZWOPER Standard
- Hazardous materials chemistry
- Identify on site physical hazards
- Atmosphere testing
- Confined Space Awareness
- Basic and advanced toxicological terms and definitions
- Air Purifying Respirators
- Supplied Air Respirators
- The selection and limitations of Personal Protective Equipment (PPE)
- Spill response and spill prevention
- Site decontamination
- The role of the First Responder Awareness Level (FRA), First Responder Operations Level (FRO), Hazardous Material Technician (HMT), Hazardous Material Specialist (HMS), On Site Incident Commander (OSIC)
- Emergency response using the Incident Command System (ICS)
- Practice emergency response scenarios
- End of course exam

Who Should Attend:

Employees who require Hazard Communication training and all employees who need the mandatory 8-hour annual HAZWOPER refresher course.

Regulatory Requirements:

OSHA 29CFR 1910.120



OSHA HAZCOM/HAZWOPER / Respiratory Protection

HAZ 050-A

24-Hour HAZWOPER Training Course

OSHA 29CFR 1910.120, the Hazardous Waste Operations and Emergency Response (HAZWOPER) standard states that 24-hours of HAZWOPER training is the minimum requirement for those employees whose job does not require them to handle waste or hazardous materials as part of their job. However, if they are required to respond to such incidents as uncontrolled releases or the potential of uncontrolled releases, they must respond as first responders to control and possibly perform clean-up operations. This 24-hour class is not designed to be as in-depth as the 40-hour HAZWOPER course.

Topics:

- Hazard recognition
- Introduction to HAZWOPER regulations
- Air monitoring methods and instrumentation
- Toxicology and exposure guidelines
- Respiratory protection
- Site entry and reconnaissance and establishment of zones
- Decontamination methods
- Radiation
- Response organization utilizing the Incident Command System
- Chemical protective clothing
- Table top scenarios and hands-on exercises
- End of course exam

Who Should Attend:

Employees who have duties requiring them to respond to uncontrolled releases as First Responders at the Operations level, Hazardous Materials Technicians, Hazardous Materials Specialists, and On-Scene Incident Commanders and employees who are expected to handle or clean up hazardous materials or waste should take the 40-hour HAZWOPER course. This course requires participants to don and doff chemically resistant clothing and participate in response activities. Individuals with medical restrictions should not take this course.

Regulatory Requirements:

OSHA 29CFR 1910.120

EPA Resource Conservation/Recovery Act (RCRA)

HAZ 060-A

40-Hour HAZWOPER Training Course

The Hazardous Waste Operations and Emergency Response Standard (HAZWOPER) applies to five distinct groups of employers and their employees. This includes any employees who are exposed or potentially exposed to hazardous substances including hazardous waste and who are engaged in clean-up operations required by a governmental body, whether federal, state, local, or other involving hazardous substances that are conducted at uncontrolled hazardous waste sites; corrective actions involving clean-up operations at sites covered by the Resource Conservation and Recovery Act of 1976 (RCRA); voluntary clean-up operations at sites recognized by federal, state, local, or other governmental body as uncontrolled hazardous waste sites; operations involving hazardous wastes that are conducted at treatment, storage, and disposal facilities regulated by Title 40 Code of Federal Regulations Parts 264 and 265 pursuant to RCRA, or by agencies under agreement with U.S. Environmental Protection Agency to implement RCRA regulations and emergency response operations for releases of, or substantial threats of releases of, hazardous substances regardless of the location of the hazard.

Topics:

- Hazard recognition
- Introduction to HAZWOPER regulations
- Air monitoring methods and instrumentation
- Toxicology and exposure guidelines
- Respiratory protection
- Site entry and reconnaissance and establishment of zones
- Decontamination methods • Radiation
- Response organization utilizing the Incident Command System
- Chemical protective clothing
- Table top scenarios and hands-on exercises
- End of course exam

Who Should Attend:

Employees who have duties requiring them to respond to uncontrolled releases as First Responders at the Operations level, Hazardous Materials Technicians, Hazardous Materials Specialists, and On-Scene Incident Commanders and employees who are expected to handle or clean up hazardous materials or waste should take the 40-hour HAZWOPER course. This course requires participants to don and doff chemically resistant clothing and participate in response activities. Individuals with medical restrictions should not take this course.

Regulatory Requirements:

OSHA 29CFR 1910.120

EPA Resource Conservation/Recovery Act (RCRA)

RESP 090-A

Respiratory Protection Awareness (4-Hours)

Workers who are exposed to dust and other contaminants are at risk of developing respiratory related diseases. This course will provide information that will enable employees to understand and prevent the hazards associated with dust, fumes, mists, and oxygen deficient and enriched atmospheres. Students will learn the types, proper selection, limitations, intended use, inspection, cleaning and storage of respirators. Participants will also learn about the anatomy and physiology of the respiratory system. Attendees will be presented with the elements to create a required OSHA respiratory plan. *Note: Students will not wear a respirator in this class.* Students who successfully complete this course will receive a certificate of completion from American Safety Consultants and Hofstra University Continuing Education.

Topics:

- OSHA Standard 29CFR 1910.134 Respiratory Protection
- The requirements needed to develop a written respiratory plan
- Respiratory hazards in the workplace
- Types of respirators and cartridges
- Anatomy /physiology of the respiratory system
- Proper methods of inspecting, cleaning, and storage of respirators

Who Should Attend:

Administrators and Safety and Health personnel who need to become familiar with OSHA respiratory requirements and employees who require respiratory awareness or refresher training.

Regulatory Requirements:

OSHA 29CFR 1910.134

OSHA Respiratory Protection

RESP 100-A

Asbestos Awareness (4-Hours)

Naturally occurring in nature, asbestos has been used in construction and industry throughout the years. This course is designed to familiarize workers with the history and properties of asbestos. It also alerts students to recognize the health effects from exposure and introduces them to the necessary engineering controls, work practices, and required personal protective equipment. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants and Hofstra University Continuing Education..

Topics:

- Background, history, and use of asbestos
- Fibers groups, serpentine and amphibole
- Personal Protective Equipment
- Health Effects
- Diseases associated with asbestos
- Introduction to related OSHA Standards
- Identifying worker populations that are at risk from asbestos exposure
- Identify tasks that create asbestos exposure
- Engineering and Work practice controls
- Respiratory protection hazard control measures
- Medical Surveillance
- Exposure Monitoring

Who Should Attend:

This course is designed for employees who may be working around asbestos. This course is not intended for asbestos removal. All employees, especially construction workers and supervisors who are potentially exposed to asbestos containing materials will learn what is necessary to protect their health.

Regulatory Requirements:

OSHA 29 CFR 1910.1001, 29 CFR 1926.1101

RESP 110-A

Asbestos/Lead and Respiratory Protection Awareness (8-Hours)

This course addresses the concerns about working with asbestos and lead. It includes respiratory protection awareness for employees who may be exposed to these hazards above the OSHA Permissible Exposure Limits. *Note: Participants will not be permitted to wear respirators in this class.* Students who successfully complete this course will receive a certificate of completion from American Safety Consultants and Hofstra University Continuing Education.

Topics:

- Background/history/use of asbestos and lead
- Personal Protective Equipment
- Health Effects
- Introduction to related OSHA Standards
- Worker's Lead Protection Program
- Identifying worker populations that are at risk to exposure
- Engineering and Work practice controls
- Respiratory protection hazard control measures
- Medical Surveillance
- Exposure Monitoring
- Recordkeeping requirements
- OSHA Standard 29 CFR 1910.134 Respiratory Protection
- The requirements needed to develop a written respiratory plan
- Respiratory hazards in the workplace
- Types of respirators and cartridges
- Anatomy and physiology of the respiratory system
- Proper methods of inspecting, cleaning, and storage of respirators

Who Should Attend:

This class is designed for employees who are at risk of being exposed to asbestos, or lead, in the workplace. Employees who require respiratory protection awareness will also benefit from this course.

Regulatory Requirements:

OSHA 29CFR 1910.134
OSHA 29CFR1910.1001 and 29CFR1926.1101

RESP 120-A

Asbestos/Lead/Silica/Mercury Awareness (8-Hours)

Naturally occurring in nature, asbestos, lead, mercury and silica have been used in construction and industry throughout the years. This course is designed to familiarize workers with the history and nature of these potentially dangerous elements. It will also alert students to recognize the health effects from exposure, and introduce them to the necessary engineering controls, work practices, and required personal protective equipment. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants and Hofstra University Continuing Education.

Topics:

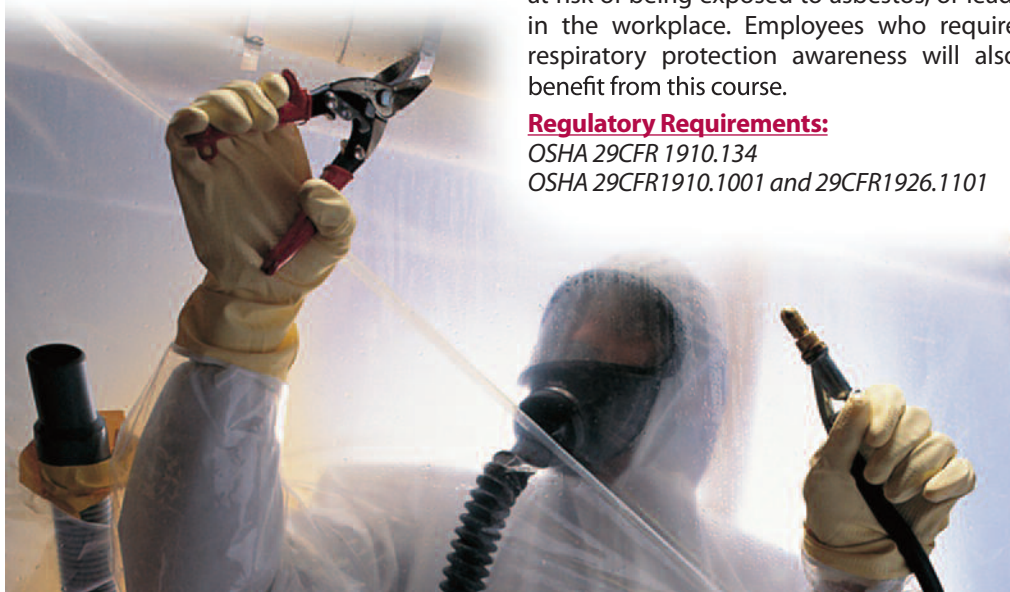
- Background, history, and use of asbestos, lead, silica, and mercury
- Personal Protective Equipment
- Health Effects
- Introduction to related OSHA Standards
- Worker's Lead Protection Program
- The history of silica and the medical aspects of silica exposure
- Identifying worker populations that are at risk to silica exposure
- Identify the tasks that create asbestos, lead, mercury, and silica exposure
- Engineering and Work practice controls
- Respiratory protection hazard control measures
- Medical Surveillance
- Exposure Monitoring
- Recordkeeping requirements

Who Should Attend:

This course is designed for employees who may be working near an area where asbestos, lead, silica, and mercury are present. *Note: This course is not intended for asbestos removal.* All employees, especially construction workers and supervisors who are potentially exposed to these materials should take this course.

Regulatory Requirements:

Various OSHA regulations



OSHA Respiratory Protection/General Health & Safety

RESP 130-A

Respirator Hands-on Training (8-Hours)

Workers who are exposed to dust and other contaminants are at risk of developing respiratory related diseases. This course will provide information that will enable employees to understand and prevent the hazards associated with dust, fumes, mists, and oxygen deficient atmospheres. Students will learn the types, proper selection, limitations, intended use, inspection, cleaning and storage of respirators. Participants will also learn about the anatomy and physiology of the respiratory system. Attendees will be presented with the elements to create a required OSHA respiratory plan. Students will be instructed on the proper methods for donning and doffing their respiratory equipment. All participants must provide proof of medical clearance to wear a respirator and fit testing certification (within the last year) for the specific respirator they will bring to class. Air purifying respirators and/or Self Contained Breathing Apparatus must be provided by the participant. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants and Hofstra University Continuing Education.

Topics:

- OSHA Standard 29CFR 1910.134 Respiratory Protection
- The requirements needed to develop a written respiratory plan
- Respiratory hazards in the workplace
- Types of respirators and cartridges
- Anatomy and physiology of the respiratory system
- Proper methods of inspecting, cleaning and storage of respirators
- Proper methods for donning and doffing respirators

Who Should Attend:

You should attend this course if you are required to wear a respirator. Administrators and Safety and Health personnel who need to become familiar with OSHA respiratory requirements will also benefit from this class.

Regulatory Requirements:

OSHA 29CFR 1910.134

OSHA 600-A

Accident Investigation and Employee Observation (4-Hours)

The investigative report of accidents shall include appropriate documentation on date, time, location, and description of operations, a description of the accident, photographs, interviews of employees and witnesses, measurements, and other pertinent information. The investigative report shall be made available to OSHA upon request. Accidents cost money and impact your company's reputation, and reduce employee confidence. This course is designed to help you comply with OSHA regulations concerning accident investigations. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants and Hofstra University Continuing Education.

Topics:

- Accident definitions and types
- Near misses and what to investigate
- Investigation theory and strategy
- Root cause analysis
- The OSHA 300 log
- Case studies
- Accident Prevention

Who Should Attend:

This course is a must for supervisors, managers, members of safety committees and anyone who participates in accident investigations.

Regulatory Requirements:

OSHA 29CFR 1960.29
Accident Investigation



OSHA 610-A

Safety Management Day - by - Day (4-Hours)

Less-experienced employees as well as those who may have become complacent over the years about following safety procedures are at risk of injury and work related illness. Safety Management Day-by-Day is a great 4-hour course which helps to build a solid foundation for your company's health and safety program. This course addresses the reasons why employees are injured. It focuses on possible hazards caused by the introduction of new equipment, procedures, other workers, and the work environment. Workers will benefit by understanding their own abilities and limitations and the theory of cause and effect related to poor and unsafe work practices. Through lecture, class exercises, and open discussion, students will help improve your company's overall safety performance. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants and Hofstra University Continuing Education.

Topics:

- Addressing the needs of the new or transferred employee
- Work hazard assessment and the importance of understanding safety procedures
- How to benefit from "Tool Box" safety talks
- An Introduction to OSHA
- The proper use of PPE (hands, head, eyes, feet, and hearing protection)
- Using Safety Incentive programs

Who Should Attend:

All field and office personnel, supervisors, and managers who are exposed to the everyday hazards present in the workplace should attend this course. This class is a must for business owners and managers who wish to improve their company's safety record.

Regulatory Requirements:

Various OSHA regulations

OSHA General Health & Safety

OSHA 620-A

Bloodborne Pathogens and Healthcare Safety (4-Hours)

This course covers the requirements of OSHA's Bloodborne Pathogens Standard and instructs the student how to protect him or herself from bloodborne pathogens in the workplace. Participants will be presented with the basics of Exposure Control Plans. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants and Hofstra University Continuing Education.

Topics:

- *Universal precautions*
- *What makes a good Exposure Control Plan*
- *Introduction to OSHA's Bloodborne Pathogens Standard*
- *Work practice controls*
- *Proper handling of sharps and engineering controls*
- *The use of Personal Protective Equipment*
- *Other potentially infectious materials*
- *Employee exposure*

Who Should Attend:

Workers who handle blood or certain other body fluids as part of their job, or whose job responsibilities include activities that might expose them to such body fluids are required to understand the potential hazards of such exposure and receive Bloodborne Pathogens training.

Regulatory Requirements:

OSHA 29CFR 1910.1030

OSHA 630-A

Principles of Ergonomics (4-Hours)

OSHA estimates that work-related musculoskeletal disorders in the United States account for over 600,000 injuries and illnesses that are serious enough to result in days away from work (34 percent of all lost workday injuries reported to the Bureau of Labor Statistics (BLS)). These disorders now account for one out of every three dollars spent on workers' compensation. It is estimated that employers spend as much as \$15-\$18 billion a year on direct costs for MSD-related workers compensation, and up to three to four times that much for indirect costs, such as those associated with hiring and training replacement workers. This course covers ergonomic principles which will help participants prevent musculoskeletal injuries. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants and Hofstra University Continuing Education.

Topics:

- *Common contributing conditions that cause musculoskeletal disorders*
- *Lifting and moving materials*
- *Work station design*
- *Fitting the job to the worker*
- *Ergonomic case studies*

Who Should Attend:

This course is a must for safety and health professionals and employees who wish to learn about the prevention of musculoskeletal disorders in the workplace.

Regulatory Requirements:

OSHA Ergonomic Guidelines
OSHA General Duty Clause 5A

OSHA 640-A

Confined Space Hazard Awareness (4-Hours)

This awareness course is for all employees who are required to enter non-permit required confined spaces to conduct work activities such as inspections and other non related permit work. Students will be made aware of the hazards of confined spaces. It's understood that participants will not be allowed nor required to enter permit required confined spaces for the purpose of isolating, eliminating, or controlling hazards. Your company's written confined space policy can be discussed. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants and Hofstra University Continuing Education.

Topics:

- *Introduction to OSHA standards*
- *Confined Space hazards including atmospheric, engulfment, electrical, mechanical, and structural configuration*
- *Recognizing/avoiding confined space hazards*
- *Understanding the employee's responsibilities and limitations as an entrant into a non-permit required confined space*

Who Should Attend:

Engineers, contractor personnel and others assigned to enter non permit required confined space entry for purposes of inspection, testing and non-hazardous maintenance.

Regulatory Requirements:

OSHA 29CFR 1910.146
(Permit Required Confined Space)
OSHA 29 CFR 1910.147 (Lockout/Tagout)



OSHA 650-A

Permit-Required Confined Space Entry Course (8-Hours)

Successful completion of this course will meet the requirements for practices and procedures to protect employees from the hazards of entry into Permit Required Confined Spaces. Your company's Confined Space written policy can be incorporated into this session to provide your employees with specific compliance training. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants, and Hofstra University Continuing Education.

Topics:

- General requirements of the OSHA standard
- Elements of a Permit Required Confined Space Program
- Entry Permit System and Entry Permit
- Lockout/Tagout Awareness
- Atmosphere testing and the use of monitoring equipment
- The use of Personal Protective Equipment and Respiratory Equipment
- The basics of retrieval devices and fall protection equipment
- OSHA Training requirements
- Responsibilities of entry supervisors, entrants, attendants, and rescue teams

Who Should Attend:

All personnel assigned to enter confined spaces for the purposes of working or reclassifying permit required confined spaces to non permit confined spaces or alternate procedures. This course will benefit those employees who are designated as entry supervisors, entrants, and attendants.

Regulatory Requirements:

- OSHA 29CFR 1910.146
(Permit Required Confined Space)
- OSHA 29CFR 1910.147
(Control of Hazardous Energy Lockout/Tagout),
- OSHA 29CFR 1910.134
(Respiratory Protection)

OSHA 660 -A

AHA Standard First Aid and Adult CPR/AED (8-Hours)

Individuals in the workplace will learn how to apply the skills necessary to respond to respiratory, cardiac emergencies, including airway obstruction, rescue breathing, CPR, the use of an AED, and basic first aid. Upon completion of the course, attendees will receive a course completion card from The American Heart Association. All programs, CPR, AED, and First Aid can be offered together or separately to meet your needs. Students who successfully complete this course will receive a certification card from The American Heart Association.

Topics:

- Heart Saver CPR Instruction
- Heart Saver AED Instruction
- Heart Saver First Aid Instruction
- Responding to Emergencies
- Controlling bleeding
- Rescue breathing
- Sprains, strains and fractures
- Choking
- Heat- and Cold-Related Emergencies
- Signals of Heart Attacks, Stroke, and more

Who Should Attend:

All construction, general industry and office personnel are encouraged to attend.

Regulatory Requirements:

- OSHA 29CFR 1910.151 Medical Services and First Aid for General Industry
- OSHA 29CFR 1926.50 Medical Services and First Aid for Construction

OSHA 670-A

Emergency Response Management (8-Hours)

The New York City World Trade Center attack has taught us to be ready to handle emergencies. Large scale emergencies need to be addressed in a manner that ensures that activities are planned, personnel are used effectively, and all safety measures are followed. This course will introduce the student to the various aspects of emergency management. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants and Hofstra University Continuing Education.

Topics:

- Role of the Emergency Manager
- Primary concepts of emergency management
- 4 phases of emergency management including mitigation, preparedness, response, and recovery
- Table top scenarios and class exercises

Who Should Attend:

This course is designed for all personnel having a supervisory role in their company's emergency action plans, for fire, bomb threats, acts of terrorism and general emergency situations requiring emergency management.

Regulatory Requirements:

- OSHA 29CFR 1910.120 and various OSHA directives



OSHA Fire Safety / Fall Protection

FIRE 010-A

Fire Protection and Prevention Awareness in Construction (4-Hours)

This course focuses on making individuals aware of the danger of fire, the nature of fire, proper use of extinguishers, and how to prevent fires in the workplace. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants, and Hofstra University Continuing Education.

Topics:

- The chemistry of fire
- Different classes of fire
- Emergency action plans
- Fire prevention and good housekeeping
- Electrical and chemical hazards
- Proper Storage of compressed gas cylinders
- Understanding the hazards of flammables and combustibles
- The proper use/inspection of fire extinguishers

Who Should Attend:

Employees who work in construction, general industry, and office buildings

Regulatory Requirements:

OSHA 29CFR 1910 Subpart E, 29CFR 1910 Subpart H, 29CFR 1910 Subpart L, OSHA 29CFR 1926 Subpart C, 29CFR 1926 Subpart K, FDNY Fire Code

FIRE 020-A

Fire Safety and Prevention (8-Hours)

The course material offered in this 8-hour program is similar to the 4-Hour Fire Protection and Awareness program with the added feature of discharging portable fire extinguishers. Training will include material addressing standpipe, foam, sprinkler, and other fire suppression systems. The course will be delivered at your site using your portable CO2 and/or water extinguishers. Training sessions can include fighting small controlled Class A fires at your site. *Note: Check with FDNY for permits to conduct live fire training at your site.* Students who successfully complete this course will receive a certificate of completion from American Safety Consultants, and Hofstra University Continuing Education.

Topics:

- The chemistry of fire
- Different classes of fire
- Emergency action plans
- Fire prevention and good housekeeping
- Electrical hazards
- Chemical Hazards
- Proper Storage of Compressed gas cylinders
- Understanding the hazards of flammables and combustibles
- Introduction to various types of fire suppression systems
- The proper use and inspection of portable fire extinguishers
- Discharge of portable fire extinguishers
- Optional: extinguishing controlled incipient stage fires with portable fire extinguishers, if approved by FDNY

Who Should Attend:

This course is designed for employees who work in construction, general industry, and office buildings. This course will also benefit employees responsible for fighting incipient stage fires in the workplace.

Regulatory Requirements:

OSHA 29CFR 1910 Subpart E, 29CFR 1910 Subpart H, 29CFR 1910 Subpart L, OSHA 29CFR 1926 Subpart C, 29CFR 1926 Subpart K, FDNY Fire Code

FALL 010-A

Fall Protection Hazard Awareness (4-Hours)

This awareness course is designed for the at-risk employee. The class will provide a basic understanding of the OSHA Standard for fall protection and the methods available to control fall hazards. This course is designed as a refresher course for the Competent Person and a must for anyone working in an environment where fall hazards exist. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants and Hofstra University Continuing Education.

Topics:

- Identifying fall hazards
- Introduction to the OSHA Standard
- Use and application of conventional fall protection systems
- How to use and inspect personal fall protection equipment
- Pre-planning techniques to eliminate falls.

Who Should Attend:

All employees required to work at elevations and who are exposed to worksite fall hazards.

Regulatory Requirements:

OSHA 29CFR 1926.500, 1926.501, 1926.502



OSHA Fall Protection / NYC DOB Courses

FALL 020-A

Fall Protection for the Competent Person (8-Hours)

This course is designed for those who require an in-depth knowledge of the OSHA Fall Protection standard. Competent Person training will be provided in the areas of all hazard identification, the different types of available Fall Protection systems as well as Personal Fall Arrest Systems (PFAS). Students who successfully complete this course will receive a certificate of completion from American Safety Consultants, and Hofstra University Continuing Education.

Topics:

- Identifying and preventing fall hazards
- Requirements of the OSHA Standard
- Use and application of conventional Fall Protection Systems
- Inspection and use of personal fall arrest equipment
- Competent Person training requirements
- Pre-planning techniques to eliminate fall exposures
- Rescue considerations

Who Should Attend:

Employees requiring an in-depth knowledge of all hazards and those who are assigned the responsibility of a competent person.

Regulatory Requirements:

OSHA 29CFR 1926.500, 1926.501, 1926.502

SSM 150-A

Site Safety Manager Refresher/Awareness Course (7-Hours)

The New York City Department of Buildings requires individuals who have a Site Safety Manager's license to complete a 7-hour refresher course on construction site safety every three years. This course presents an overview of NYC Building Code regulations for new building construction; reviews the responsibilities of the site safety manager; and discusses the effective implementation of a site safety program, as well as review Chapter 33. This course also serves as an excellent awareness course for all individuals working on construction or demolition projects in New York City. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants, and Hofstra University Continuing Education.

Topics:

- Review of Chapter 33
- Scaffold and Steel Erection
- Excavations and Demolition
- Cranes and Derricks
- Final Quiz

Who Should Attend:

Engineers, Project Managers and Supervisory Personnel for all construction and demolition projects in NYC.

Regulatory Requirements:

NYC Department of Buildings

SSM 200-A

40 Hour NYC Site Safety Manager Course

New York City's Mayor Bloomberg signed Local Law 33 on July 3rd, 2007. The new law addresses safety of the public and property during construction and demolition operations and was mandated for use by July 1, 2008. Chapter 33 of the NYC Building Code "Safety-guards During Construction and Demolition" requires that a licensed site safety manager be present during construction, demolition, or major façade alteration of major buildings. This course is a requirement for anyone wishing to take the Site Safety Manager Exam. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants, and the New York City College of Technology, making them eligible to take the New York City exam.

Topics:

- This course covers 20 different topics which are addressed in Chapter 33, including administration, scaffolds, excavations, building erection, sidewalk sheds, permits, cranes, explosive, fire, and many other significant topics.

Who Should Attend:

All personnel who want to take the Site Safety Manager exam and who are seeking employment as a Site Safety Manager in NYC.

Regulatory Requirements:

NYC Department of Buildings



NYC/DOB Courses

SCF 090-A

Supported Scaffold Training (4-Hours)

Chapter 33 of the New York City Building Code requires anyone who works on a supported scaffold to complete an initial 4-hour course and then an approved 4-hour Refresher Course every 4 years. This course fulfills that requirement. Those who complete this course will have knowledge of scaffold hazards, fall protection, and safe work practices. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants, and the New York City College of Technology.

Topics:

- OSHA Regulations (1926.450)
- NYCDOB Chapter 33 requirements
- Hazards Associated with Scaffolds
- Fall Protection
- Scaffold Competent Person
- Design Requirements
- Planking
- Inspection
- Training

Who Should Attend:

Anyone who works on a supported scaffold in New York City, and anyone who needs further knowledge of supported scaffold systems.

Regulatory Requirements:

OSHA 29CFR 1926.450

NYC Department of Buildings Chapter 33

SCF 150-A

Supported Scaffold Course Refresher (8-Hours)

Chapter 33 of the New York City Building Code requires anyone who has the responsibility of erecting and/or dismantling supported scaffolds more than 40 feet high to complete an approved 32-hour training course. NYC Department of Building requires that these employees must complete an 8-hour Refresher Course every 4 years thereafter. This course is designed to meet those requirements. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants, and the New York City College of Technology.

Topics:

- OSHA Regulations (1926.450)
- NYCDOB Chapter 33 regulations
- General Requirements for Supported Scaffolds
- Hazards Associated with Scaffolds
- Inspections • Fall protection
- Training requirements
- Erecting/Dismantling Supported Scaffold Systems

Who Should Attend:

All employees responsible for the erection and/or dismantling of supported scaffolds higher than 40 feet in NYC who require an 8-hour refresher every 4 years.

Regulatory Requirements:

OSHA 29CFR 1926.450

NYC Department of Buildings Chapter 33

SCF 200-A

Supported Scaffold Erector/Dismantler Course (32-Hours)

Chapter 33 of the New York City Building Code requires anyone who has the responsibility of erecting and/or dismantling supported scaffolds more than 40 feet high to complete an approved 32-hour training course. This course is designed to meet those requirements. Included in this course is the OSHA 10 course. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants, and the New York City College of Technology, and a 10-Hour OSHA Construction card.

Topics:

- OSHA Regulations (1926.450)
- NYCDOB Chapter 33 regulations
- General Requirements for Supported Scaffolds
- Hazards Associated with Scaffolds
- Inspections
- Fall protection
- Training requirements
- Erecting/Dismantling Supported Scaffold Systems
- OSHA 10- Hour Construction course

Who Should Attend:

All employees responsible for the erection and/or dismantling of supported scaffolds higher than 40 feet in NYC.

Regulatory Requirements:

OSHA 29CFR 1926.450

NYC Department of Buildings Chapter 33



SUSP 090-A

Suspended Scaffold Training (16-Hours)

New York City Rigging Rule 9 requires that workers on a suspended scaffold receive a minimum of 16hrs. hands - on and lecture training. Students will learn the operation of scaffold equipment such as motors, motor safety features, knot tying, fall protection, self-rescue, outrigger set up, using other rigging devices, tie-backs, and proper use of ladders. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants, and the New York City College of Technology, which is good for 4 years. After 4 years an 8-hour refresher will be required.

Topics:

- OSHA Regulation (1926.450)
- OSHA Standards for Construction (1926)
- NYCDOB Chapter 33
- General Requirements for Suspended Scaffolds
- Hazards Associated with Scaffolds
- Fall Protection
- Inspection
- Training
- Vertical Lifelines

Who Should Attend:

This course is for all employees who work on suspended scaffolds.

Regulatory Requirements:

OSHA / NYC Department of Buildings

SUSP 200-A

Suspended Scaffold Erector/Dismantler Course (32-Hours)

New York City Rigging Rules requires that erectors/dismantlers of a suspended scaffold complete and approved 32-hour training course. Users will be informed of applicable OSHA and ANSI standards and how to identify hazard during inspections. Chapter 33 of the NYC Building Code also requires formal training for anyone using a suspended scaffold in NYC. This course is designed to cover everything from the structural systems to focusing on hazards involved with the suspended system and fall protection. Included is the OSHA 10 Construction course. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants, and the New York City College of Technology, and a 10-Hour OSHA Construction card.

Topics:

- OSHA Regulation (1926.450)
- OSHA Standards for Construction (1926)
- NYCDOB Chapter 33
- General Requirements for Suspended Scaffolds
- Hazards Associated with Scaffolds
- Fall Protection
- Inspection
- Training
- Vertical Lifelines
- 10-Hour OSHA Construction course

Who Should Attend:

This course is mandated for all employees who erect or dismantle a supported scaffold.

Regulatory Requirements:

OSHA and NYC Department of Buildings
NYC Rigging Rule 9

HOIST 100-A

Hoist and Hand Signals (6-Hours)

This course covers the New York City Department of Buildings regulations for hoists and signaling in New York City. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants, and the New York City College of Technology.

Topics:

- Communication with operator
- Regulatory requirements
- Safety practices

Who Should Attend:

Anyone who operates a hoist or gives signals to a crane operator in NYC must attend this training course.

Regulatory Requirements:

NYC Department of Buildings

CRANE 100-A

Tower Crane Rigging and Signaling (30-Hours)

This course covers the NYC Department of Buildings regulations for cranes and signaling. These regulations were recently enacted and must be followed when operating cranes in New York City. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants, and the New York City College of Technology.

Topics:

- Fall protection
- Crane assembly and disassembly
- Pre-lift planning
- Weights and materials
- The use of slings,
- Lifting/lowering loads
- Signaling and other proper means of communication with the crane operator
- Crane and hoist inspections
- Rigging requirements
- Generally how to avoid accidents with cranes and hoists

Who Should Attend:

All workers engaged in the erecting, jumping, climbing, rigging, or dismantling of a climber or tower crane, including the licensed rigger and rigger foreman must attend this training.

Regulatory Requirements:

NYC Department of Buildings



CONC 100-A

Concrete Site Safety Manager (30-Hours)
Beginning January 1, 2009, a Concrete Safety Manager (CSM) must be designated on all major buildings during the concrete portion of the project. CSMs must have completed a 30-hour concrete safety manager course approved by the Buildings Department within the 5 years before registration. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants, and Hofstra University Continuing Education, making them eligible to take the New York City exam.

Topics:

- *Site Safety Operations*
- *Forming*
- *Stripping*
- *Scaffolds*
- *Dealing with Rebar*
- *OSHA Subpart Q - Concrete*
- *PPE and Health hazards*
- *Fall Protection*
- *Hoisting, Rigging, Signaling*
- *Specs for concrete tests and materials*
- *Stairways, and ladders*
- *Electrical Safety*
- *NYC Department of Building requirements*

Who Should Attend:

Anyone designated as a Construction Site Manager on a major building in NYC must attend this course.

Regulatory Requirements:

NYC Department of Buildings

DOT 010-A

DOT Work Zone Safety and Flagging (4-Hours)

Attendees will obtain basic knowledge relating to how to set up traffic patterns and detours on roadways and the importance of having a written traffic control plan in place before work begins. Students will learn how to remain visible to traffic and learn which traffic control devices are best for each traffic situation. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants, and Hofstra University Continuing Education.

Topics:

- *Regulatory Issues*
- *The Work Zone*
- *Flagging*
- *Buffer Spaces*
- *Protective Vehicles*
- *Work Area Duration*
- *Advanced Warning Signs*
- *Channelizing Devices*

Who Should Attend:

All employees who perform or supervise any street and highway detours.

Regulatory Requirements:

OSHA
PESH-Public Employee Safety and Health
Federal Department of Transportation
NYS Department of Transportation
NYS Department of Motor Vehicles

HAZ 070-A

DOT/DEC Hazardous Waste Manifesting (4 Hours)

Federal and state law mandates that individuals who sign hazardous waste manifests have appropriate hazardous waste and DOT Training. This course will teach students how to complete a hazardous waste manifest and fulfill the regulatory training requirements. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants, and Hofstra University Continuing Education.

Topics:

- *Hazardous waste regulations*
- *Marking drums for disposal*
- *Placarding*
- *LDRs and Manifest completion*

Who Should Attend:

This course is required for anyone who signs a hazardous waste manifest.

Regulatory Requirements:

US Dept. of Transportation

HAZ 080-A

EPA/DEC Hazardous Waste Generator (4 Hours)
State and federal law requires annual and initial hazardous waste training for generators of hazardous waste. Students will learn about federal, state and local hazardous waste regulatory requirements as they relate to shop level; environmental manager's hazardous waste compliance activities; relevant hazardous waste rules, with a particular focus on hazardous waste generator requirements; typical hazardous waste notices of violation and audit findings; container management and accumulation requirements; shop level emergency response; as well as waste minimization goals and requirements. In addition, the course will summarize recent regulatory and legislative developments that relate to hazardous waste. Students who successfully complete this course will receive a certificate of completion from American Safety Consultants, and Hofstra University Continuing Education.

Topics:

- *Introduction to EPA and NYS DEC requirements*
- *Hazardous waste processing*
- *Inspecting, handling accumulating waste*
- *Generating hazardous waste and managing hazardous waste activities.*

Who Should Attend:

Employees who are responsible for their company's daily hazardous waste activities and field operations should attend this course.

Regulatory Requirements:

Federal EPA and NYS DEC



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390 North Broadway, Jericho, NY 11753-2110
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250 Hofstra University, Hempstead, NY 11549-2500
(516) 463-7200 www.ce.hofstra.edu