



## **SAFETY TRAINING COURSES – 2022**

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## 1. Accident/Incident Investigation, 8 CCR 3203

<b>Who Takes It</b>	Managers and supervisors who perform accident investigations and/or are responsible for recording or reporting employee injuries
<b>Class Length</b>	3 hours
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Regulatory requirements and definitions</li> <li>• Accident/Incident concepts</li> <li>• Accident scene recording and OSHA reporting</li> <li>• Background, interviewing, and sequence</li> <li>• Corrective actions: long and short-term, engineering, administrative</li> </ul>

## 2. Active Shooter Incidents, 8 CCR 3203

<b>Who Takes It</b>	Employees who may encounter an active shooter incident
<b>Class Length</b>	1 hour
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Established policy/protocol and standard operating procedures</li> <li>• Realistic emergency and evacuation plans by location</li> <li>• Evacuation routes and staging area/rally points</li> <li>• Strategies for safely exiting or hiding in place – floor plans, locking rooms</li> <li>• Individual actions/response</li> <li>• Objects that might aid in defense</li> <li>• Understand the law enforcement response and role</li> </ul>

## 3. Aerosol Transmissible Diseases, 8 CCR 5199

<b>Who Takes It</b>	Fire and Police Department personnel or others with occupational exposure to ATDs
<b>Class Length</b>	1 hour (annual training required)
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Symptoms that require medical evaluation, including tuberculosis (TB)</li> <li>• Tasks and activities that may expose employees to ATDs</li> <li>• Uses and limitations of preventive measures: engineering and work practice controls; decontamination and disinfection; PPE and respirators</li> <li>• PPE: selection criteria, uses and limitations, types, removal, handling, cleaning, decontamination, and disposal</li> <li>• Available vaccines; employer's TB surveillance procedures; discussion of false negative test potential</li> <li>• Procedures for an exposure incident: reporting method, medical follow-up, post-exposure evaluation</li> </ul>

#### 4. Aerosol Transmissible Diseases - Zoonotic, 8 CCR 5199.1

##### ■ Who Takes It

- Operations involving the management, capture, sampling, transportation or disposal of wild birds or other wildlife.
- Farms producing animals or animal products, including the transport of animals and untreated animal products, byproducts, or wastes to or from farms.
- Slaughterhouses and initial processing facilities for untreated animal products, byproducts, or wastes.
- Veterinary, animal inspection, and other animal health operations.
- Importers of live animals and untreated animal products.
- Zoos, animal parks, pet stores and other operations in which animals are displayed, transported, or housed.
- Laboratory operations involving samples, cultures, or other materials potentially containing zoonotic aerosol transmissible pathogens (zoonotic ATPs).
- Zoonotic ATP incident response operations

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##### ■ Class Length

1 hour (Initial training required)

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##### ■ Topics

- The identification and description of the zoonotic diseases that may be present in the work operation, and their signs and symptoms.
- The processes and procedures employees will use in restricted areas or when dealing with infected animals or their waste.
- The employer's safety program, including engineering and administrative controls, exposure monitoring and the results of exposure monitoring, the use of personal and respiratory protection equipment, cleaning and decontamination procedures, access to sanitation facilities and drinking water, and methods to control the risk of heat illness.
- The meaning of signs that will be used onsite.
- Hazard communications training in accordance with 8 CCR Section 5194
- The employer's medical services program

## 5. Asbestos Awareness, 8 CCR 5208

<b>Who Takes It</b>	Employees that may come into contact with asbestos (e.g., building maintenance/inspectors, engineering, facilities and maintenance staff)
<b>Class Length</b>	2 hours (annual training required)
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Work classifications</li> <li>• Types and uses of asbestos</li> <li>• Sampling protocols and credentials</li> <li>• Exposure and medical surveillance</li> <li>• Disposal compliance</li> </ul>

## 6. Asbestos Containing Pipe - 8 CCR 5208

<b>Who Takes It</b>	Employees whose job duties require maintenance, repair or removal of Asbestos Cement Pipe
<b>Class Length</b>	4 hours (annual training required)
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Regulatory agency overview</li> <li>• Definitions and acronyms</li> <li>• What is asbestos, groups and characteristics, historical perspective, properties, categories, and usages</li> <li>• Asbestos health and exposure</li> <li>• Worker safety, medical surveillance, exposure limits/routes, latency period, diseases including: asbestosis, mesothelioma, lung cancer, other cancer, smoking and exposure</li> <li>• Asbestos condition</li> <li>• Damage, deterioration, and delamination</li> <li>• Asbestos coordinator</li> <li>• Facts, work classes, removal requirements, prohibitions, and work practices for competent persons</li> <li>• ACP best practices</li> <li>• Procedures, training, and tools: snap cutter steps</li> <li>• Removal and decontamination</li> <li>• Respiratory program overview</li> <li>• Signage and labels</li> <li>• Waste</li> <li>• Hands on</li> <li>• Use and practices - required for cutting and removal of acp</li> </ul>



## 7. Back Safety/Safe Lifting, 8 CCR 3230

<b>Who Takes It</b>	Employees that are sitting, carrying, standing, bending, lifting, pushing, or pulling that affect the back.
<b>Class Length</b>	1-2 hours depending if hands-on exercise requested
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Vertebrae: body, disc, spinal column, spinal cord and nerves</li> <li>• Proper posture (biomechanics)</li> <li>• Inherent job/task risks</li> <li>• Anatomy and physiology of lifting and fatigue and the disability continuum</li> <li>• Warm up and exercise program</li> </ul>

## 8. Basic Shop Safety, 8 CCR 3203

<b>Who Takes It</b>	Persons who operate, maintain, or work around various machines.
<b>Class Length</b>	2 hours
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Machine Tool Definition</li> <li>• Material Movement</li> <li>• Aisleways and Keep Clear Areas</li> <li>• Housekeeping</li> <li>• Work around moving equipment and entanglement hazards.</li> <li>• Chip Guarding</li> <li>• Point of Operation Guarding</li> <li>• Basic Machine Guarding Types</li> <li>• Guarding Location and Hardware</li> <li>• Guarding Adjustment</li> <li>• Basic Preparation &amp; Inspection</li> <li>• PPE (inc. identify when appropriate safety glasses, goggles, and shields are needed)</li> <li>• Eyewash Requirements and Proper Use.</li> </ul>

## 9. Bloodborne Pathogens, 8 CCR 5193

<b>Who Takes It</b>	Employee(s) with potential occupational exposure to blood.
<b>Class Length</b>	1 hour (annual training required)
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Human immunodeficiency virus (HIV), Hepatitis B and Hepatitis C</li> <li>• Modes of transmission and universal precautions</li> <li>• Use of engineering and administrative controls, and PPE</li> <li>• Hepatitis B vaccinations</li> <li>• Bio-hazard waste disposal procedures</li> </ul>

## 10. Boat Safety California Harbors and Navigation Code 678.15

<b>Who Takes It</b>	Wastewater and water treatment employees who work on the water using power driven boats. Course will assist employees who wish to take and be certified by the State of California for Boaters Card.
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The California Vessel Operator Card (CVOC) is required beginning January 1, 2018 for certain groups, and for all by January 1, 2025. The new California Harbors and Navigation Code Section 678.11(b) contains the following schedule to have a CVOC based on operator age by the following dates:

- January 1, 2018 Persons 20 years of age or younger
- January 1, 2019 Persons 25 years of age or younger
- January 1, 2020 Persons 35 years of age or younger
- January 1, 2021 Persons 40 years of age or younger
- January 1, 2022 Persons 45 years of age or younger
- January 1, 2023 Persons 50 years of age or younger
- January 1, 2024 Persons 60 years of age or younger
- January 1, 2025 All persons regardless of age

<b>Class Length</b>	4 hours classroom and 4 hours practical
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Parts of a boat</li> <li>• Types of hulls</li> <li>• Boat capacity</li> <li>• Fueling your vessel – Safety</li> <li>• Casting off</li> <li>• Docking</li> <li>• Trailing</li> </ul>

## 11. Chain Saw Operations (Portable), 8 CCR 6283

<b>Who Takes It</b>	Employees whose job duties require chain saw operation
<b>Class Length</b>	5 hours
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Parts of a chain saw</li> <li>• Operations</li> <li>• Injuries</li> <li>• Injury prevention</li> <li>• Area hazards</li> <li>• Practical demonstration</li> </ul>

## 12. Changing and Charging Storage Batteries, 8 CCR 5185

<b>Who Takes It</b>	Employees who handle, charge, dispose or work around storage batteries or clean up battery acid spills
<b>Class Length</b>	1 hour
<b>Topics</b>	<ul style="list-style-type: none"> <li>• OSHA compliance requirements</li> <li>• Battery handling hazards</li> <li>• Safety Data Sheet (SDS) review</li> <li>• Electrical safety precautions</li> <li>• Fire and explosion precautions</li> <li>• Neutralizing and acid spill clean-up</li> <li>• Charging</li> <li>• Storage and compatibility</li> <li>• Disposal</li> <li>• Personal protective equipment</li> </ul>

## 13. Chemical Hygiene Plan, 8 CCR 5191

<b>Who Takes It</b>	Employees who are engaged in laboratory use of hazardous chemicals at water and wastewater treatment plants; safe operation of laboratories
<b>Class Length</b>	1 hour
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Roles and responsibilities</li> <li>• Room ventilation, fume hoods, emergency eyewash and showers</li> <li>• Safe work rules: labeling, storage, behavior, and PPE</li> <li>• Chemical procurement and pre-approval</li> <li>• Emergency spill response and first aid</li> </ul>

## 14. Cold Illness Prevention, 8 CCR 3203

<b>Who Takes It</b>	Employees who must work in cold environments indoors or outdoors
<b>Class Length</b>	1 hour
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Maintaining temperature</li> <li>• Challenges from cold conditions</li> <li>• Wind chill effect</li> <li>• How the body loses and produces heat</li> <li>• Cold stress</li> <li>• How the cold affects work performance</li> <li>• Injuries and illnesses from cold exposure</li> <li>• Preventive measures, engineering controls and clothing</li> </ul>

## 15. Confined Space, 8 CCR 5157-5158

<b>Who Takes It</b>	Employees that work around confined spaces, or Employees that enter confined spaces Employees that may rescue occupants entrapped in a confined space
<b>Class Length</b>	Four options: Confined Space Awareness: 2 hours Confined Space Entry, Non-Entry Rescue: 6 hours Confined Space Entry, Rescue Drill: 6.5 hours (annual requirement for Rescue Personnel) Confined Space Entry, Rescue Training: 2 days
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Definitions – likely confined spaces for the training group</li> <li>• Hazards within confined spaces</li> <li>• Determination of permit-required and non-permit confined spaces</li> <li>• Rescue procedures, including planning and standby procedures</li> <li>• Confined space equipment use and permit system</li> <li>• Air monitoring and calibration</li> <li>• Written program elements</li> </ul>

## 16. COVID-19 Prevention, 8 CCR 3205

<b>Who Takes It</b>	<p>All Employees except</p> <p>(A) Places of employment with one employee who does not have contact with other persons.</p> <p>(B) Employees working from home.</p> <p>(C) Employees when covered by section 5199 (ATD)</p>
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<b>Class Length</b>	1 hour
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<b>Topics</b>	<ul style="list-style-type: none"> <li>• Organizational policies and procedures for COVID-19</li> <li>• COVID-19-related benefits of the organization and required by law</li> <li>• Symptoms</li> <li>• Transmission</li> <li>• Methods of physical distancing</li> <li>• Handwashing,</li> </ul>
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## 17. CPR/AED/First Aid, 8 CCR 3439, 3400, 5157, 5158, 5193

<b>Who Takes It</b>	<p>Employees who perform construction-type activities (facilities and maintenance), are responsible for care of the public, serve on a rescue team/ confined space standby rescue; cardiopulmonary resuscitation (CPR) training required for employees who work with electricity over 50 volts, or who perform tree work</p>
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<b>Class Length</b>	<p>Three options:</p> <p>First Aid alone: 4 hours</p> <p>CPR/AED alone: 4 hours</p> <p>First Aid, CPR and AED together: 5 hours</p>
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<b>Topics</b>	<ul style="list-style-type: none"> <li>• Injury and illness assessment</li> <li>• Bleeding control and shock management</li> <li>• Fractures /sprains/strains</li> <li>• Seizures/convulsions</li> <li>• Environmental emergencies</li> <li>• Poisoning</li> <li>• Treatment of burns</li> <li>• Head injuries</li> <li>• CPR skills</li> <li>• Automated external defibrillator (AED)</li> </ul>
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## 18. Crane & Hoisting Equipment Operations, 8 CCR 5006.1

<b>Who Takes It</b>	Employees who work with or around cranes (Mobile cranes having boom length of less than 25 feet or a max capacity of less than 15,000 lbs.) and hoisting operations.
<b>Class Length</b>	Two options: Mobile Crane: 6.5 hours Overhead Crane: 6.5 hours
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Crane operator qualifications</li> <li>• Crane terminology and definitions</li> <li>• Equipment maintenance and inspection</li> <li>• Safe operation procedures</li> <li>• Electrical clearances</li> <li>• Signals</li> <li>• Rigging practices, slings</li> </ul>

## 19. De-Escalation Training, 8 CCR 3203

<b>Who Takes It</b>	Employees who work with the public and potentially violent citizens
<b>Class Length</b>	1.5 hours
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Types of threats (physical and verbal) – warning signs</li> <li>• Accurately evaluate the work environment</li> <li>• Risk assessment, choosing the least restrictive intervention</li> <li>• How to stay calm, cope with fear and anxiety, manage responses</li> <li>• Verbal and nonverbal techniques to defuse a situation</li> <li>• Safely intervene when risks escalate</li> <li>• Disengagement skills to avoid injury</li> <li>• Maintaining safety for yourself and others</li> <li>• Build and support a culture of safety</li> <li>• Effective steps toward workplace violence prevention</li> <li>• Agency-specific policy details</li> </ul>

## 20. Defensive Driver Safety, 8 CCR 3203

<b>Who Takes It</b>	Employees who drive agency/company vehicles of less than 10,000 gross vehicle weight (GVW)
<b>Class Length</b>	1 to 2.5 hours
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Distracted driving: cell phones, eating and drinking when driving</li> <li>• Residential hazards and what to do when an accident happens</li> <li>• Drive to avoid being involved in a preventable accident</li> <li>• Review of applicable and new traffic rules and regulations</li> <li>• Adjust to special hazards and conditions</li> </ul>

## 21. Disaster Service Worker, California Government Code 3100-3109

<b>Who Takes It</b>	Employees of a governmental agency in the State of California, for the protection of lives and property of the State
<b>Class Length</b>	2 hours
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Disaster Service Worker (DSW) defined</li> <li>• DSW Oath or Affirmation</li> <li>• General obligations of DSW</li> <li>• Disaster service activities</li> <li>• Activation/assignment as a DSW</li> <li>• Emergency information sources</li> <li>• Emergency preparedness sources</li> </ul>

## 22. DOT Reasonable Suspicion, 382.215

<b>Who Takes It</b>	Employees participating in Department of Transportation (DOT) defined Safety-Sensitive Operations. Managers who oversee employees participating in Department of Transportation (DOT) defined Safety-Sensitive Operations.
<b>Class Length</b>	1 hour for employees 3 hours for supervisors
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Regulatory overview</li> <li>• Safety-sensitive functions</li> <li>• Conditions for testing</li> <li>• The Unsafe Six substances being tested</li> <li>• Personnel rights</li> <li>• At the collection center</li> <li>• Alcohol and drug test procedures</li> <li>• Drug test results</li> <li>• Illicit drug overview</li> </ul>

## 23. DOT Shipping and Receiving of Hazardous Material AWARENESS LEVEL, 49 CFR 172

<b>Who Takes It</b>	Personnel who load, unload, transport, or handle hazardous materials in transportation
<b>Class Length</b>	2 hours
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Regulatory overview (DOT and OSHA – the Hazard Communication Standard)</li> <li>• Safety overview, including health hazards and paths of exposure</li> <li>• Use of Safety Data Sheets</li> <li>• HazMat Identification Systems, including the DOT 9-hazard classification system</li> <li>• The Hazardous Materials Table</li> <li>• Shipping papers</li> <li>• Labeling and placards</li> <li>• Packaging and package marking</li> <li>• Loading and securing the load</li> <li>• HazMat emergency response</li> <li>• Security awareness, including threat assessment and protection in transit</li> </ul>

## 24. Dust Generating Operations conducted on concrete or masonry materials - 8 CCR 1530.1

<b>Who Takes It</b>	Employees who use powered tools or equipment to cut, grind, core, or drill, concrete or masonry material
<b>Class Length</b>	1 hour (annual training required)
<b>Topics</b>	<ul style="list-style-type: none"> <li>• OSHA compliance requirements</li> <li>• Health hazards associated with dust generating operations</li> <li>• Methods of control of employee exposure</li> <li>• Safety and effectiveness of dust reduction systems and equipment</li> <li>• Proper use and maintenance of dust reduction systems and equipment</li> <li>• Proper personal hygiene practices</li> <li>• Proper housekeeping practices</li> <li>• Safe handling and disposal of waste materials</li> <li>• Personal Protective Equipment</li> <li>• Supervisor training requirements</li> </ul>



## 25. Electrical Line Clearance - 8 CCR 2951, 3420

<b>Who Takes It</b>	Employees and their supervisors who may work within the clearance distance of high voltage power lines
<b>Class Length</b>	4 hours
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Electrical safety regulations and requirements (Cal/OSHA and NFPA 70E)</li> <li>• Understanding electrical hazards: shock, arc flash, burn</li> <li>• Safe work practices to avoid electrical injury (maintain the clearance distance)</li> </ul>

## 26. Electrical Safety Awareness - 8 CCR 2320

<b>Who Takes It</b>	Any employee who works with equipment that presents a general electrical hazard – hazards most employees are exposed to
<b>Class Length</b>	2 hours
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Understanding electrical hazards: shock, arc flash, burn</li> <li>• Electrical safety regulations and requirements (Cal/OSHA and NFPA 70E)</li> <li>• Safe work practices to avoid electrical injury (use of PPE)</li> <li>• Working around power lines and maintaining clearances</li> <li>• Safe use of portable electrical equipment; equipment inspection</li> <li>• Use of Ground Fault Circuit Interrupters (GFCI)</li> </ul>

## 27. Electrical Safety High Voltage, 8 CCR 2940

<b>Who Takes It</b>	Electricians who work above 600 volts
<b>Class Length</b>	16 hours
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Understanding electrical hazards of high voltage equipment – includes an overview of low voltage electrical safety requirements</li> <li>• Electrical safety regulations and requirements (Cal/OSHA and NFPA 70E)</li> <li>• Safe work practices to avoid electrical injury (use of PPE)</li> <li>• Working around power lines and maintaining clearances</li> <li>• Safe use of portable electrical equipment; equipment inspection</li> <li>• Grounding; how to inspect for proper grounding</li> <li>• Overviews of lockout/tagout, first aid, self-protection for first aid providers</li> </ul>

## 28. Electrical Safety for Operations Staff- 8 CCR 2320

<b>Who Takes It</b>	Staff that work around but not directly on energized electrical equipment – specifically if they are authorized to open electrical panels
<b>Class Length</b>	4 hours
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Understanding electrical hazards: shock, arc flash, burn</li> <li>• Electrical safety regulations and requirements (Cal/OSHA and NFPA 70E)</li> <li>• The safety features of electrical equipment</li> <li>• How to open an electrical panel safely to perform a visual inspection</li> <li>• How to reset a circuit breaker once</li> <li>• Working around power lines and maintaining clearances</li> <li>• How to perform as the Standby Safety Worker supporting qualified electrical workers who require 2 staff for some jobs</li> </ul>

## 29. Electrical Safety for Qualified Electrical Workers 8 CCR 2320.2

<b>Who Takes It</b>	Staff that are authorized to work on live electrical equipment above 50-volts but below 600-volts
<b>Class Length</b>	8 hours
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Electrical safety regulations and requirements (Cal/OSHA and NFPA 70E)</li> <li>• Requirements in your Electrical Safety Program</li> <li>• Requirements of qualified electrical workers</li> <li>• Hazards of electrical equipment, including arc flash and electrical shock</li> <li>• How to perform a hazard assessment prior to performing live electrical work</li> <li>• How to develop a written electrical job safety plan – required for all live work – including examples and workshops</li> <li>• How to safely perform live electrical work wearing the correct electrical personal protective equipment</li> <li>• Safe use of electrical meters</li> <li>• Response to electrical emergencies, including emergency contact release</li> <li>• Hands-on demonstration of skills by students in evaluated live electrical work exercises</li> </ul>

### 30. Electrical Safety for Staff Performing Utility Locations, 8 CCR 2320

<b>Who Takes It</b>	Offered in conjunction with 1-2 days Utility Location Class
<b>Class Length</b>	4 hours
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Electrical safety awareness</li> <li>• Hazards of Utility Location tools</li> <li>• Improve safety by reinforcing safe electrical work practices when performing an electrical utility locate</li> <li>• Identify and control electrical hazards: shock, arc flash and burns</li> <li>• Understand how current CalOSHA, National/California Electrical Code and NFPA 70E standards apply to the Electrical Safety Program</li> </ul>

### 31. Electrical Safety for Supervisors - 8 CCR 2320

<b>Who Takes It</b>	Supervisors of staff authorized to work on live electrical equipment
<b>Class Length</b>	4 hours
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Understanding electrical hazards: shock, arc flash, burn</li> <li>• Electrical safety regulations and requirements (Cal/OSHA and NFPA 70E)</li> <li>• Safe work practices to avoid electrical injury (use of PPE)</li> <li>• How to perform a hazard assessment prior to performing live electrical work</li> <li>• How to develop a written electrical job safety plan – required for all live work – including examples and workshops</li> <li>• Safe use of electrical meters</li> <li>• How to perform the annual audit of field electrical work required by NFPA 70E – includes workshop and hands-on audit</li> </ul>

### 32. Elevating Work Platforms (Aerial Lift Devices), 8 CCR 3636, 3637, 3638, 3640, 3642, 3643 and ANSI/SIA A92.56

<b>Who Takes It</b>	Personnel who use the equipment.
<b>Class Length</b>	Vehicle: Mounted Elevating and Rotating Aerial Devices (e.g. truck mounted boom): 3 hours Manually Propelled Elevating Aerial Platforms (e.g. manlift): 2 hours Boom: Supported Elevating Work Platforms (e.g. straight reach or articulating boom lift): 3 hours Self-Propelled Elevating Work Platforms (e.g. scissor lift): 2 hours
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Pre-use inspection</li> <li>• Operating rules; safe operation and maintenance</li> <li>• Load and capacity ratings</li> <li>• Clear operating area</li> <li>• Traveling/maneuvering</li> <li>• Fall protection</li> </ul>

### 33. Emergency Action Plan, 8 CCR 3220

<b>Who Takes It</b>	All employees
<b>Class Length</b>	1 hour
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Guide to emergency situations including bomb threat, earthquake, flood, power outage, fire, smoke, hostage</li> <li>• Emergency protocols</li> <li>• Employees requiring assistance; visitors</li> <li>• Fire extinguisher use</li> <li>• Site and facility maps, review of primary and secondary evacuation routes assembly areas, and drills</li> </ul>

### 34. Ergonomics, 8 CCR 5110

<b>Who Takes It</b>	Employees who use computer workstations and/or who lift materials regularly
<b>Class Length</b>	1 hour
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Brief review of the human anatomy and soft tissue injury areas of concern</li> <li>• Proper workstation equipment arrangement</li> <li>• Breaks and exercises</li> <li>• Pushing, pulling, reaching, and loading</li> <li>• Carpel tunnel prevention</li> </ul>

### 35. Equipment and Machinery (Construction), 8 CCR 1510 (b)

<b>Who Takes It</b>	Personnel who operate, maintain, or work around machines and equipment in construction
<b>Class Length</b>	4 hours
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Types of machinery and equipment and their hazards</li> <li>• Work around moving equipment and entanglement hazards</li> <li>• Responsibilities</li> <li>• Point of operation guarding</li> <li>• Machine guarding types</li> <li>• Guarding placement and removal</li> <li>• Machine tool preparation and inspection</li> <li>• Standard operating procedures; equipment/machine-specific guarding</li> <li>• PPE</li> <li>• Eyewash requirements and proper use</li> </ul>

### 36. Excavation, Trenching and Shore, 8 CCR 1541, GC 4216

<b>Who Takes It</b>	Employees working in an excavation or trench that is 4 feet deep or greater
<b>Class Length</b>	End User: 4 hours Competent Person: 6.5 hours
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Notification and permit requirements</li> <li>• New utility location marking requirements and color-coding</li> <li>• Soil classification types and layers</li> <li>• Protective support systems and equipment use</li> <li>• Sloping, benching and timber requirements</li> </ul>

### 37. Fall Protection, 8 CCR 1669-1678, 3210

<b>Who Takes It</b>	Employees who work on unenclosed elevated work locations (e.g., roof openings, open and glazed sides of landings, balconies/porches, platforms, runways, ramps in excess of 30 inches); employees who work on unprotected sides of elevated work locations that are NOT buildings or building structures in excess of 4 feet; employees whose work exposes them to falling more than 7.5 feet
<b>Class Length</b>	Three options: End User: 4 hours Competent Person: 6.5 hours
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Typical fall hazards and fall height requirement triggers</li> <li>• Engineering and administrative controls</li> <li>• Guardrails, ladders, scaffolding, and roof pitch</li> <li>• Anchorage points and hardware inspections</li> <li>• Specific fall protection, arrest equipment, and applications</li> <li>• Hands-on fall equipment proficiency training (optional)</li> </ul>

### 38. Fire Extinguisher (Portable), 8 CCR 6151

<b>Who Takes It</b>	Employees who may use a fire extinguisher
<b>Class Length</b>	1 hour (annual training required)
<b>Topics</b>	<ul style="list-style-type: none"> <li>• The Fire Triangle and classes of fire extinguishers</li> <li>• Classes of fires (A, B, C, D and K) – inherent hazards and limitations of each</li> <li>• Sounding an alarm, decision to fight the fire or leave the area</li> <li>• Fire extinguisher use, “P.A.S.S.”</li> <li>• Fire extinguisher Inspection and maintenance</li> </ul>

### 39. Forklift and Powered Industrial Truck Certification, 8 CCR 3668

<b>Who Takes It</b>	Employees who operate forklifts
<b>Class Length</b>	6.5 hours (training required every three years)
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Powered industrial truck regulations</li> <li>• Lift types and converted lifts</li> <li>• Changing, charging and storing batteries</li> <li>• Operator rules, traveling, loading, lift attachments and components</li> <li>• Fulcrum point, load, and capacity ratings</li> <li>• Stability triangle and lifting principles</li> <li>• Pre-shift inspections</li> <li>• Proficiency training with each employee using the lift in a pylon course</li> </ul>

#### 40. Hand and Portable Powered Tools and Equipment, 8 CCR 3556, 1699, 1707

**Who Takes It** Employees who use the equipment

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**Class Length** 2 hours

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**Topics**

- Common hand tools
- Guarding, types of guarding, points of operation guarding
- Exposure of blades
- Anchoring fixed machinery
- PPE
- Switches
- Hand tool hazards
- Abrasive wheel machinery
- Woodworking tools
- Mechanical power transmission

#### 41. Hazard Communication Globally Harmonized System, 8 CCR 5194

**Who Takes It** Employees who handle or are exposed to hazardous materials

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**Class Length** 1.5 hours

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**Topics**

- Review of the chemical inventory
- Location and sorting of Safety Data Sheets
- Hazardous material labeling and NFPA placard number system
- Hazardous material storage, compatibility and segregation
- Toxicology and routes of entry into the body

#### 42. Hazardous Materials Business Plan

**Who Takes It** Chemical handlers

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**Class Length** 1 hour (annual training required)

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**Topics**

- Internal alarm/notification
- Evacuation/reentry procedures and assembly point locations
- Chemical Inventory and location of Safety Data Sheet binder
- Chemical safety, over-exposure procedures
- Fire extinguisher use, "P.A.S.S." method
- Emergency reporting protocol internal and external
- NFPA 704 placard number system
- Hazardous waste and universal waste management overviews
- Spill Prevention Control and Countermeasure (SPCC) overview (oil storage)

### 43. Hazardous Waste Management, Title 22 CCR 66264.16

<b>Who Takes It</b>	Employees whose job tasks include generating, storing, and disposing of hazardous waste, responding to releases, and reporting
<b>Class Length</b>	4 hours initial training 2 hours refresher training (annual training required)
<b>Topics</b>	<ul style="list-style-type: none"> <li>• OSHA, EPA, CAL/EPA, AND CAL/OSHA compliance requirements</li> <li>• Hazardous waste determination</li> <li>• Weekly hazardous waste inspections</li> <li>• Hazardous waste manifesting</li> <li>• Disposal documentation requirements</li> <li>• Transportation requirements</li> <li>• Emergency spill procedures and notification overview</li> </ul>

### 44. Hazardous Waste Operations and Emergency Response (HAZWOPER), 8 CCR 5192

<b>Who Takes It</b>	Employees who may call in, respond to, and assist in the cleanup of hazardous materials and waste spills; first responders at the operations level who may respond to releases or potential releases of hazardous substances as part of the initial response
<b>Class Length</b>	Four levels offered (all require annual training): Awareness: 4 hours Operational: 8 hours Technician: 24 hours 40-Hour training
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Basic hazard and risk assessment techniques</li> <li>• Selection and use of PPE provided to the first responder operational level</li> <li>• Basic hazardous materials terms; use of the Emergency Response Guidebook</li> <li>• Performing basic control, containment, and/or confinement operations and rescuing injured or contaminated persons within the capabilities of available resources and PPE</li> <li>• Following basic equipment, victim, and rescue personnel decontamination procedures</li> <li>• Relevant standard operating procedures, termination procedures</li> </ul>



#### 45. Hearing Conservation, 8 CCR 5095

<b>Who Takes It</b>	Employees who are exposed to noise over 85dBA
<b>Class Length</b>	1 hour (annual training required)
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Action levels, risk factors, long and short-term hearing loss</li> <li>• Equipment-specific noise matrix that identifies if hearing protection is required, length of exposure, and appropriate protection</li> <li>• Noise reduction (NR) criteria of hearing protection</li> <li>• Hearing ear plugs and muffs</li> <li>• Annual employee hearing tests and result review</li> </ul>

#### 46. Heat Illness Prevention, 8 CCR 3395

<b>Who Takes It</b>	Employees who work outdoors
<b>Class Length</b>	1 hour
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Acclimatization, heat illness signs and symptoms, temperature thresholds</li> <li>• Environmental and personal risk factors</li> <li>• Preventive recovery period and OSHA compliance requirements</li> <li>• Access to, amount and frequency of drinking water</li> <li>• Access to shade and application</li> <li>• Communication and reporting</li> </ul>

#### 47. Heavy Equipment (Earth Moving Equipment), 8 CCR 3664

<b>Who Takes It</b>	Earth-moving equipment operators; “Heavy Equipment” defined as earth moving equipment having 20 or greater engine horsepower (e.g., tractors, bobcat, backhoe, etc.)
<b>Class Length</b>	6.5 hours (annual training required)
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Employer responsibilities</li> <li>• Code of Safe Work practices document</li> <li>• Employee/operators responsibilities</li> <li>• Prohibited conduct</li> <li>• Regulatory oversight: OSHA</li> <li>• Operations and safety features for each piece of equipment the employee is assigned to operate; hands-on proficiency with operating functions, controls, safety features; task-specific demonstrations as required</li> </ul>

## 48. Hexavalent Chromium, 8 CCR 1532.2

<b>Who Takes It</b>	Employees who perform welding and cutting operations involving materials that can emit chromium compounds into the atmosphere
<b>Class Length</b>	1 hour
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Products that contain hexavalent chromium</li> <li>• Jobs with potential chrome (VI) exposure</li> <li>• Major health effects</li> <li>• Cal/OSHA exposure limit</li> <li>• Regulated areas</li> <li>• Controlling exposure to chrome (VI); work practices to reduce exposure</li> <li>• Welding safe work practices</li> <li>• Required respirator use</li> <li>• PPE</li> </ul>

## 49. Holiday Safety

<b>Who Takes It</b>	Anyone
<b>Class Length</b>	1 hour
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Fire hazards</li> <li>• Electrical hazards</li> <li>• Fall hazards</li> <li>• Personal safety</li> <li>• Food hazards</li> </ul>

## 50. Homeless Encampment Clean-Up, Health and Safety Code Section 118275, and Multiple CalOSHA Title 8 Regulations

<b>Who Takes It</b>	<p>Employees whose jobs require homeless encampment clean-up and are at risk of occupational exposure from bio-hazards and sharps as defined by their administrators in the following fields:</p> <ul style="list-style-type: none"> <li>• Public works employees performing clean-ups</li> <li>• Health department employees who may be required to assist in clean-ups</li> </ul>
<b>Class Length</b>	2 to 8 hours
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Safe management of urine, feces and soiled personal hygiene items</li> <li>• Syringes, other threatening materials</li> <li>• Following established protocols, including personal protective equipment (PPE) use</li> <li>• Removal of solid infectious waste; contain for transfer to the Transfer Facility</li> <li>• Overview of OSHA's Bloodborne Pathogen Standard and Universal Precautions</li> <li>• Precautions for Hepatitis A, B and C, HIV and active tuberculosis</li> </ul>

## 51. Hot Work, 8 CCR 4848

<b>Who Takes It</b>	Employees that operate equipment that generates an ignition source (e.g., cutters, grinders, welding and brazing, chop saws, sanders)
<b>Class Length</b>	1 hour
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Definition of fire safe areas</li> <li>• Designated welding station requirements</li> <li>• Distances from combustibles and compressed gas cylinders</li> <li>• Protecting floor and wall openings and alternative methods</li> <li>• Shields and other protective measures</li> <li>• Pre-hot work checklist and permit requirements</li> <li>• Requirements for a fire watch</li> </ul>

## 52. IATA Dangerous Goods, IATA DGR Appendix H

<b>Who Takes It</b>	Employees who work in receiving, distribution (drivers, material handlers, etc.), packing, shipping, or procurement; office employees working around hazardous materials
<b>Class Length</b>	2 to 4 hours
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Identification</li> <li>• Classification</li> <li>• Packing</li> <li>• Marking</li> <li>• Labeling</li> <li>• Documentation</li> </ul>

## 53. Injury & Illness Prevention, 8 CCR 3203

<b>Who Takes It</b>	All employees
<b>Class Length</b>	1 hour
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Persons with responsibility and authority</li> <li>• Hazard evaluations and periodic site safety inspections</li> <li>• Agency safety rules and codes of safe work practices</li> <li>• Accident investigations, recording (log 300) and recordkeeping</li> <li>• Communication system(s) and reporting of hazardous conditions</li> <li>• Safety rules, enforcement and recognition systems</li> </ul>

## 54. Lead Awareness, 8 CCR 5198, 1532.1

<b>Who Takes It</b>	Employees who may come in contact with materials or substances containing lead
<b>Class Length</b>	1 hour (annual training required)
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Cal/OSHA and Fed/OSHA, EPA, and California Department of Toxic Substances Control (CalEPA) compliance requirements</li> <li>• Lead toxicology and routes of entry into the body</li> <li>• Use of Hazard Communications Program and Lead Safety Data Sheets</li> <li>• Lead labeling, storage, handling, inspection and detection</li> <li>• PPE</li> <li>• Exposure reporting and response</li> <li>• Lead cleaning procedures</li> </ul>

## 55. Lead Safety for Renovation, Repair and Painting (RRP) (non-certified worker) EPA- 8 CCR 1532.1

<b>Who Takes It</b>	Anyone renovating, repairing and/or painting a pre-1978 home or child-occupied facility.
<b>Class Length</b>	8 hours (annual training required)
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Lead Health Hazards</li> <li>• Regulatory Overview</li> <li>• Before Beginning the Work (Certified Renovator)</li> <li>• Contain Dust During the Work</li> <li>• During the Work</li> <li>• Cleaning Activities and Checking Your Work</li> <li>• Recordkeeping</li> </ul>

## 56. Load Securement – 49 CFR 392.9, 393.100, 393.102, 393.104, 393.106, 393.110, 393.114 and 393.130

<b>Who Takes It</b>	Employees whose job duties involve transportation of equipment or materials
<b>Class Length</b>	2 hours
<b>Topics</b>	<ul style="list-style-type: none"> <li>• General cargo and commodity-specific requirements</li> <li>• Direct and indirect tiedown</li> <li>• Working load limit</li> <li>• Calculating allowable weight</li> <li>• Material weight examples</li> <li>• Securing light and heavy equipment</li> <li>• Cargo Securement for Truck Drivers book</li> <li>• Agency policy – DOT, CHP, local law enforcement</li> <li>• California Vehicle Code and loads</li> </ul>

## 57. Lockout / Tag out (Control of Hazardous Energy), 8 CCR 3314 (j) and 2320.5

<b>Who Takes It</b>	Employees who are authorized to control hazardous energy sources
<b>Class Length</b>	2 to 4 hours
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Typical equipment and energy sources requiring lockout/tagout</li> <li>• Equipment-specific assessment documentation and appropriate lock and tag procedures to be followed</li> <li>• Device inventory and how and when to apply each type of device</li> <li>• Device removal protocol</li> <li>• Contractors</li> </ul>

## 58. Machine Guarding, 8 CCR 4002, 4184

<b>Who Takes It</b>	Employees who operate, maintain, or work around mechanical equipment and tools
<b>Class Length</b>	1.5 hours
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Key parts of machines: rotating parts; in-running nip points; reciprocating parts</li> <li>• Transverse motion</li> <li>• Cutting, punching, shearing, bending/forming actions</li> <li>• Guarding principles and methods</li> <li>• Fixed, interlocked, adjustable, self-adjusting, gate guards</li> <li>• Pullback and restraint devices, safety tripwire cable device</li> <li>• Two-hand control</li> </ul>

## 59. Maneuvering Driver Course - 8 CCR 3203

<b>Who Takes It</b>	Employees that operate vehicles
<b>Class Length</b>	4 hours
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Hands-on proficiency skills evaluation on all vehicles in different scenarios and set-ups.</li> </ul>

## 60. Mindfulness Course

<b>Who Takes It</b>	Employees seeking stress reduction and increased job satisfaction
<b>Class Length</b>	2 hours
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Mindfulness defined</li> <li>• Forms of mindfulness</li> <li>• Mindfulness exercises</li> <li>• Incorporating mindfulness into daily living</li> <li>• Observations, reminders, and summary</li> </ul>

## 61. Occupational Exposure to Respirable Crystalline Silica - 8 CCR 1532.3 and 5204

<b>Who Takes It</b>	Employees who work with or around concrete
<b>Class Length</b>	Employee: 1 hour Competent Person: 4 hours
<b>Scope and Application</b>	Applies to all occupational exposures to respirable crystalline silica, except where employee exposure will remain below 25 micrograms per cubic meter of air (25 µg/m <sup>3</sup> ) as an 8-hour time-weighted average (TWA) under any foreseeable conditions.
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Regulatory requirements for working with concrete, including the specifics of silica hazards</li> <li>• Potential for injury; which activities pose the greatest risks</li> <li>• Protective measures: respiratory protection, other PPE, mechanical ventilation, hygiene</li> <li>• Use of Safety Data Sheets to obtain specific working guidelines</li> <li>• Basic first aid measures for concrete burns</li> </ul>

## 62. OSHA 10-Hour and 30-Hour Construction, (California and Federal)

<b>Who Takes It</b>	OSHA 10-Hour Construction Industry: entry level construction workers
<b>Class Length</b>	10 hours
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Employee rights and employer responsibilities</li> <li>• Introduction to OSHA</li> <li>• OSHA Focus Four Hazards (falls, electrocution, struck-by and caught-in or between)</li> <li>• How to identify, abate, avoid and prevent job related hazards on a construction site</li> <li>• PPE and lifesaving equipment</li> <li>• Health hazards in construction</li> <li>• How to file a complaint</li> <li>• Optional topics specified by employers</li> </ul>
<b>Who Takes It</b>	OSHA 30-Hour Construction Industry: construction employees with safety responsibilities such as foremen, superintendents, project managers, safety coordinators, and safety specialists
<b>Class Length</b>	30 hours
<b>Topics</b>	<p>The 10-hour topics (above), <i>PLUS</i>:</p> <ul style="list-style-type: none"> <li>• Hazard identification, avoidance, control and prevention</li> <li>• Managing safety and health</li> <li>• Stairways and ladders</li> <li>• Optional topics specified by employers</li> </ul>

## 63. Personal Protective Equipment, 8 CCR 3380-3385

<b>Who Takes It</b>	Employees who use PPE
<b>Class Length</b>	1 hour
<b>Topics</b>	<ul style="list-style-type: none"> <li>• ANSI and OSHA standards and their application</li> <li>• Typical jobs (for the entity being trained) where PPE is required</li> <li>• Types of appropriate PPE</li> <li>• Selection of hard-hats, foot, eye, face, body and hand protection</li> </ul>



## 64. Pesticide Worker Safety, 3 CCR Division 6

<b>Who Takes It</b>	Pesticide workers; when conducted in conjunction with a review of pesticides used onsite, class meets annual training requirement
<b>Class Length</b>	4 hours (annual training required)
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Hazards of pesticides</li> <li>• Routes of entry into the body</li> <li>• Signs and symptoms of overexposure; emergency first aid for overexposure</li> <li>• Routine and emergency decontamination</li> <li>• Use of PPE</li> <li>• Safety requirements, procedures and engineering controls</li> <li>• Environmental concerns</li> <li>• Laws and Safety Data Sheets</li> <li>• Specific pesticides used and review of their labels</li> </ul>

## 65. Pneumatic Driven Nailers and Staplers, 8 CCR 1704

<b>Who Takes It</b>	Employees who operate or work around pneumatic nail guns or staplers
<b>Class Length</b>	1 hour
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Injury statistics</li> <li>• OSHA regulations</li> <li>• Common injuries and accidents</li> <li>• Review of accidents: causes and prevention</li> </ul>

## 66. Portable Ladder Safety, 8 CCR 3276

<b>Who Takes It</b>	Employees who use ladders for elevated work
<b>Class Length</b>	1 hour
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Slips, trips, falls</li> <li>• Improper use of ladders</li> <li>• Selection and types of ladders</li> <li>• Safe use and general requirements: inspection, ladder angle, ladder rail extension, securing, climbing, cross bracing, damage/defect</li> </ul>

## 67. Powder Actuated Tools, 8 CCR 1685

<b>Who Takes It</b>	Employees who use the equipment
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<b>Class Length</b>	2 hours
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<b>Topics</b>	<ul style="list-style-type: none"> <li>• Tool uses</li> <li>• Injuries and fatalities</li> <li>• Color coding of charges</li> <li>• Safety recommendations</li> <li>• OSHA regulations</li> </ul>
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## 68. Power Lawn Mowers, 8 CCR 3563

<b>Who Takes It</b>	Employees who operate self-propelled tractor style or rider power lawn mowers.
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<b>Class Length</b>	3 hours
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<b>Topics</b>	<ul style="list-style-type: none"> <li>• Different styles of power rider lawn mowers and tractors: rider style, walk-behind reel and rotary, riding reel and rotary, lawn riding tractors with mower attachments</li> <li>• Mower use prohibition</li> <li>• Pre-use procedures</li> <li>• Labeling of rollover protection structure (ROPS)</li> <li>• Accidents, injuries, and appropriate PPE</li> </ul>
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## 69. Respiratory Protection, 8 CCR 5144

<b>Who Takes It</b>	Employees who wear respiratory protection.
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<b>Class Length</b>	1 hour (annual training required) Does not include annually required FIT tests
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<b>Topics</b>	<ul style="list-style-type: none"> <li>• Identification of hazardous work atmospheres</li> <li>• Engineering and administrative controls</li> <li>• Appropriate respiratory protection devices by type and application</li> <li>• Medical surveillance documentation</li> <li>• Fit-testing, quantitative and/or qualitative</li> </ul>
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## 70. Rigging - 8 CCR 5042 & 5048, American National Standards Institute (ANSI) B30.9 and B30.26

**Who Takes It** Employees who use slings used in conjunction with material handling equipment for the movement of material by hoisting. The types of slings covered are those made from alloy steel chain, wire rope, metal mesh, natural or synthetic fiber rope (conventional three strand construction), and synthetic web (nylon, polyester, and polypropylene).

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**Class Length** 6 hours

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**Topics**

- Seven Rules of Safe Rigging.
- Regulatory Requirements.
- Rigging Requirements.
- Industry Consensus Standards.
- Rigging Pocket Guide.
- Equipment Pre-Use Rigging Inspection.
- Rigging Devices Labels.
- Defects in Rigging Equipment.
- Worksite Safety Inspection.
- Center-of-Gravity.
- Selecting the Proper Rigging Device.
- Use of a Tag Line.
- Types of Rigging Devices.
- Rigging Devices Safety Factors.
- Protecting Rigging Devices.
- Rigging Calculations.
- Hand Signals.

## 71. Roofing Safe Operation - 8 CCR 1509(a), 1724, 1730(b)(8)-(9)

<b>Who Takes It</b>	This training is for employer qualified roofer employees. According to Cal OSHA, about 30 percent of injuries to roofers are a result of falls or slips, which are likely to cause the most serious injuries. All roofers must be protected from falls on roofs over 20 feet high (15 feet on new production residential roofs), depending on roof slope (measured from ground level to lowest portion of eaves).
<b>Class Length</b>	2 hours
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Cal OSHA Section 1724, 1730, and 1731 Roof Hazards Standards.</li> <li>• Hazards associated with roof demolition.</li> <li>• Personal Fall Protection Systems.</li> <li>• Work on or near gable ends.</li> <li>• Slipping hazards.</li> <li>• High pitch 7:12 or higher slop roof hazards.</li> <li>• Roof holes, openings, and skylights.</li> <li>• Ladder safety and access to roof.</li> <li>• Material placement on roof.</li> <li>• Impalement and other health related hazards.</li> </ul>

## 72. Safety for the Veteran Employee, 8 CCR 3203

<b>Who Takes It</b>	Employees of all ages, to understand how the body ages and changes, and how they can live and work longer and better
<b>Class Length</b>	1 hour
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Changes in our major systems: musculoskeletal; brain and sensory (vision, hearing, touch); cardiovascular</li> <li>• Exercise</li> <li>• Preventing injuries</li> </ul>

### 73. Safety Responsibilities for Supervisors, 8 CCR 3203

<b>Who Takes It</b>	Supervisors and Managers responsible for employee safety
<b>Class Length</b>	3 hours
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Agencies having jurisdiction</li> <li>• Multi-employer worksite regulations</li> <li>• Independent Employee Action Defense</li> <li>• Cal/OSHA inspections and citations</li> <li>• Penalties affecting management</li> <li>• Required occupational safety programs and elements</li> <li>• Providing safety leadership by setting the example in speech and actions</li> <li>• Using the Job Hazard/Safety Analysis (JSA/JHA) tool to ensure work is designed to be safe and effective</li> <li>• Observing work activities to reinforce safe work practices, actively listen to employees and provide constructive feedback</li> <li>• Conducting an injury/illness/near-miss investigation with the goal of identifying root causes to prevent recurrence</li> <li>• Provide safety training to employees through tailgate/toolbox or safety meetings conducted every 2-weeks for field workers and monthly for other staff</li> <li>• Ensure the safety of employee jobsites, shops, vehicles and offices through routine safety inspections</li> </ul>

### 74. Scaffold Safety, 8 CCR 1637, 1644, 1646

<b>Who Takes It</b>	Employees who use Tubular Welded Scaffold System or Tower & Rolling scaffolds
<b>Class Length</b>	End User: 2 hours Competent Person: 6.5 hours
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Uses and peripheral equipment</li> <li>• Footings, foundations, casters and wheel</li> <li>• Platforms and load requirements</li> <li>• Tie-off, anchorage and hand rails</li> <li>• “Qualified Person” requirements</li> <li>• Inspection of scaffold equipment</li> </ul>

## 75. Sexual Harassment Training, AB 1825

<b>Who Takes It</b>	Employees and Managers
<b>Class Length</b>	Employees: 1 hour Managers: 2 hours (2 year required refresher training)
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Definitions</li> <li>• Review examples of unacceptable behavior</li> <li>• Laws involved</li> <li>• Complaint Procedure</li> <li>• Prevention</li> <li>• Claims</li> </ul>

## 76. Slips, Trips and Falls - 8 CCR 3203

<b>Who Takes It</b>	Employees exposed to potential Slips, Trips and Falls during work duties
<b>Class Length</b>	1 hour
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Review of injury incidence statistics.</li> <li>• Discuss causes of slips.</li> <li>• Identify Precautions.</li> <li>• Discuss reasons for trips.</li> <li>• Identify ways of removing trip hazards.</li> <li>• Discuss reasons for falls.</li> <li>• General Ladder safety</li> <li>• Stair safety</li> <li>• Review general safe practices for general office areas, general shop areas, general storage areas and general jobsite areas.</li> </ul>

## 77. Spill Prevention Control and Countermeasure, 40 CFR 112

<b>Who Takes It</b>	Oil handling personnel
<b>Class Length</b>	1 hour (annual training required)
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Regulatory agency overview</li> <li>• Description of oil sources at facility and SPCC plan elements</li> <li>• Facility layout</li> <li>• Spill response and countermeasures</li> <li>• Spill prevention and reporting</li> </ul>

## 78. Storm Water Pollution Prevention Plan Team Member, required by Industrial General Permit

<b>Who Takes It</b>	For employees who are members of the Stormwater Pollution Prevention Team as specified in the SWPPP
<b>Class Length</b>	4 hours
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Location Identification</li> <li>• Proper Sampling Techniques</li> <li>• Use of sampling equipment</li> <li>• Laboratory Procedures</li> <li>• Chain of Custody recordkeeping and procedures</li> <li>• Laboratory results interpretation</li> </ul>

## 79. Storm Water Pollution Prevention Plan

<b>Who Takes It</b>	Employees who work with materials that may potentially enter a waterway per the requirements of their Agency's SWPPP.
<b>Class Length</b>	1 hour (annual training required)
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Safety considerations associated with inspections and sampling</li> <li>• Location and content of site specific SWPPP</li> <li>• Best Management Practices (BMP) implemented</li> <li>• Visual observations for evidence of storm water impacts (illicit discharges) and BMP function</li> <li>• Monitoring requirements</li> <li>• Spill response and reporting</li> <li>• Erosion control during construction/maintenance activities</li> <li>• Site specific processes for continuous improvement of BMPs</li> </ul>

## 80. Summer Safety (Bites, Stings & Poison Oak), 8 CCR 3203

<b>Who Takes It</b>	Employees who work in areas where they may be exposed to snakes, spiders, ticks, mosquitoes, bees, poison oak
<b>Class Length</b>	1 hour
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Defensive, offensive and anti-coagulant poisons</li> <li>• Bee stings</li> <li>• Snake and spider bites</li> <li>• Mosquito bites</li> <li>• Ticks</li> <li>• Poison oak</li> </ul>

## 81. Traffic Control and Flagger Safety, 8 CCR 1598-1599

<b>Who Takes It</b>	Employees who work on a roadway and/or around vehicular traffic
<b>Class Length</b>	6.5 hours
<b>Topics</b>	<ul style="list-style-type: none"> <li>• CalTrans, WATCH, and MUTCD manuals</li> <li>• Authority and responsibility</li> <li>• Planning temporary traffic lanes</li> <li>• Control equipment</li> <li>• High-visibility garments, types and applications</li> <li>• Guidance devices</li> <li>• Temporary pavement striping/markings</li> <li>• Pedestrian and bicycle traffic</li> </ul>

## 82. Trailing Operations - 8 CCR 3203

<b>Who Takes It</b>	Employees who operate trailers attached to vehicles
<b>Class Length</b>	2 hours classroom and 1.5 hours hands-on
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Pre and Post Trip Inspections</li> <li>• Various Component Inspections</li> <li>• Cargo and Equipment Securement</li> <li>• Various Brake Test</li> <li>• Trailer Hooking and Unhooking</li> <li>• Driver Safety</li> <li>• Trailer Backing</li> <li>• Driver Duty Status</li> <li>• Loading and Unloading Equipment</li> <li>• Load Distribution</li> </ul>



### 83. Treated Wood Waste Regulations, (HSC) §§ 25150.7 and 25150.8

<b>Who Takes It</b>	Managers, Supervisors and Handlers of treated wood waste.
<b>Class Length</b>	4 hours
<b>Topics</b>	<ul style="list-style-type: none"> <li>• How to identify treated wood waste (TWW)</li> <li>• Review applicable TWW laws and regulations</li> <li>• Chemical hazards of TWW including review of SDSs</li> <li>• PPE requirements while handling TWW</li> <li>• Safe handling, storage and transportation requirements for TWW</li> <li>• Review of the banned practices with respect to TWW</li> <li>• TWW disposal requirements</li> <li>• Requirements for training employees</li> <li>• Recordkeeping</li> </ul>

### 84. Tree Work Maintenance and Removal, 8 CCR 3427

<b>Who Takes It</b>	Employees who maintain or remove trees or tree parts. This class does not certify to be a Qualified Tree Worker, which may be coordinated as a special request.
<b>Class Length</b>	2 hours
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Equipment, power tools and hand tools</li> <li>• Fueling</li> <li>• Pruning/trimming, felling</li> <li>• Rescue procedures and annual drill</li> <li>• Chain saw safety overview</li> <li>• Clear area and posting requirements</li> <li>• Spotters responsibilities and common caution systems</li> </ul>

## 85. Warehouse Safety, 8 CCR 3202(a)(2)

<b>Who Takes It</b>	Employees working in a warehouse environment
<b>Class Length</b>	1 hour
<b>Topics</b>	<ul style="list-style-type: none"> <li>• Warehouse hazards and back safety tips</li> <li>• Confined spaces in warehouses and material handling containers</li> <li>• Electrical hazards and safety</li> <li>• Falling objects and improper storage of materials</li> <li>• Forklift (material handling equipment) operation</li> <li>• Stacking loads, handling containers and drums</li> <li>• Cutting tools (box cutters)</li> <li>• Powered conveyor safety and loading dock safety</li> <li>• Trailer stability</li> <li>• Slips, trips and falls</li> <li>• PPE and Emergency Action Plan</li> </ul>

## 86. Wildfire Smoke Protection - 8 CCR 5141.1

<b>Who Takes It</b>	Employees reasonably expected to be occupationally exposed to wildfire smoke
<b>Class Length</b>	1 hour
<b>Topics</b>	<ul style="list-style-type: none"> <li>• The health effects of wildfire smoke</li> <li>• The right to obtain medical treatment without fear of reprisal</li> <li>• How employees can obtain the current Air Quality Index (AQI) for PM2</li> <li>• The employer's two-way communication system</li> <li>• The employer's methods to protect employees from wildfire smoke</li> <li>• The importance, limitations, and benefits of using a respirator when exposed to wildfire smoke</li> <li>• How to properly put on and use the respirators provided by the employer</li> </ul>

## 87. Workplace Violence, 8 CCR 3203

<b>Who Takes It</b>	Employees who work with the public and potentially violent citizens
<b>Class Length</b>	1 hour
<b>Topics</b>	<ul style="list-style-type: none"><li>• Types of threats (physical and verbal)</li><li>• Identify potentially dangerous situations, warning signs that can lead to hostile events</li><li>• How to stay calm, cope with fear and anxiety, manage responses</li><li>• Responses/tactics to the different types of threats</li><li>• Verbal and nonverbal techniques to defuse a situation</li><li>• Setting limits on an incident</li><li>• Assessing the risks and selecting the least restrictive and safest resolution</li><li>• How to handle challenging questions</li><li>• Disengagement skills to avoid injury</li><li>• Maintaining safety for yourself, co-workers and others</li><li>• Observing persons, when and whom to contact</li><li>• Simple security measures, “the rules”</li><li>• Review of agency-specific policy details</li></ul>



# 2022 SAFETY TRAINING CATALOG



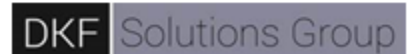
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45950 Hotchkiss Street, Fremont, CA 94539  
510-651-8289  
[www.du-all.com](http://www.du-all.com)



**Du-All Safety is a full-service Environmental Health & Safety firm that specializes in assessing, achieving, and maintaining compliance with CAL/OSHA, State, and local requirements.**

This catalog describes our most popular environmental health and safety training classes. Each class listed identifies the regulatory citation, applicability, and brief description of the topics covered during the training.

The class lengths described in this catalog are baseline, but Du-All Safety takes pride in developing customized training per client requests.

In addition to the classes listed in this catalog, Du-All provides a library of online training perfect for tailgate or toolbox meetings. For additional information, please contact your Account Manager or call (510) 651-8289 for a full list.