



of the Turning Point

This newsletter is to inform you of recent changes and trends regarding health and safety. The Turning Point is a monthly newsletter covering topics from various industries and sectors. The Turning Point will respond to your inquiries and inform you of current services and updates regarding Raising the Standard Consulting Inc.

OHS&A

U.S. DEPARTMENT OF LABOR UPDATE

Concrete Company Cited With 23 Violations

HONOLULU - OSHA has cited concrete products manufacturer Tileco Inc. in Kapolei with 23 violations of workplace safety and health standards carrying proposed fines of \$50,400. OSHA's Honolulu Area Office conducted an inspection in May under the agency's National Emphasis Program for amputations.

22 serious violations include failing to evaluate workplace hazards adequately; protect workers from amputation hazards associated with unguarded machinery and gears; protect workers from the unexpected startup of equipment during maintenance and setup; protect workers from confined space hazards; provide training on the use of powered industrial trucks; have in place a written respiratory program; ensure the proper fit and use of respirators; and have medical evaluations for workers using respiratory protection. There were also fall hazards associated with unprotected platforms. A serious violation occurs when there is substantial probability that death or serious physical harm could result from a hazard about which the employer knew or should have known. "Every worker has the right to a workplace free of hazards, and all employers have the responsibility to ensure hazards are identified and corrected," said Galen Lemke, director of OSHA's Honolulu Area Office. "An employer shouldn't wait for an OSHA inspection to address workplace safety and health issues to prevent injury and illnesses."

OSHA cited Tileco Inc. for one other-than-serious violation for conducting a modification to a powered industrial truck without approval from the manufacturer. An other-than-serious violation is one that has a direct relationship to job safety and health, but probably would not cause death or serious physical harm. (from www.osha.gov)

Hotel Faces \$48,000 in Proposed Fines

HONOLULU - OSHA has cited the Kauai Beach Resort in Lihue with 14 violations of workplace safety and health standards, including nine serious. The hotel faces \$48,000 in proposed fines following a routine inspection by OSHA's Honolulu Area Office.

The nine serious violations involve failure to safely and properly store and label propane tanks; electrical wiring deficiencies; unsafe electrical work practices by untrained maintenance personnel; and inadequate assessment and use of personal protective equipment, including respiratory protection and equipment necessary to protect workers from electrical hazards. The incorrect use of flexible cords as substitutes for fixed wiring, exposure to energized parts and failure to ensure only qualified personnel worked on energized circuits were also identified as serious violations during the inspection. A serious violation occurs when there is substantial probability that death or serious physical harm could result from a hazard about which the employer knew or should have known.

"Hotel employers must make safety a top priority for workers by recognizing such basic occupational hazards and doing what is needed and required to mitigate risks," said Galen Lemke, director of OSHA's Honolulu Area Office. "Hospitality begins with the well-being of those who provide it to hotel guests."

The employer was also cited for five other-than-serious violations, including failure to accurately complete OSHA's log of recordable work-related injuries and illnesses. An other-than-serious violation is one that has a direct relationship to job safety and health, but probably would not cause death or serious physical harm. (from www.osha.gov)

Walmart in Violation of Serious Safety Conditions

Walmart pays \$190,000 in fines for safety violations: Walmart has agreed to improve safety conditions at more than 2,800 stores in 28 US states after inspectors discovered "repeat and serious" health and safety violations at a store in Rochester, NY. The agreement, which included a \$190,000 fine, was negotiated by the Labor Department's Occupational Safety and Health Administration (OSHA), after it uncovered "unacceptable" safety hazards to employees at the Rochester store that were similar to those in Walmart locations in nine other states.

The US multinational, which is the largest private employer in the world, has been cited in more than 100 OSHA reports of health and safety violations over the last five years, according to the government body's website. The company has faced a series of work stoppages, amid increased scrutiny over labor conditions of sub-contracted workers in its supply chain, both within the United States and abroad. In the Rochester case, OSHA cited Walmart for hazards including a lack of training on hazardous materials, blocked exits and unsafe trash compactor procedures, some of which were similar to those discovered at other stores in nine states between 2008 and 2010.

The fine was almost half of the \$365,500 initially proposed, in a settlement which reflected the firm's agreement to improve conditions across all stores under federal jurisdiction. (from www.theguardian.com)

SAFETY OUTREACH CAMPAIGN

ATLANTA - OSHA, along with trade associations and employers throughout Georgia, Alabama, Kentucky, Mississippi, North Carolina, South Carolina and Tennessee, conducted a one-hour safety stand-down at construction sites and workplaces on Tuesday, August 6. The stand-down supports OSHA's nationwide outreach campaign to raise awareness among employers and workers about the hazards of falls. Workers voluntarily stopped work from 7 - 8 a.m. EDT to conduct safety training focused on the prevention of falls in the workplace.

In 2010, there were 264 fall fatalities out of 774 total fatalities in construction nationwide. When working from heights, such as ladders, scaffolds and roofs, employers must plan projects to ensure that the job is done safely. To protect workers, employers must provide fall protection and the right equipment for the job, including the right kinds of ladders, scaffolds and safety gear. Workers need training to understand the proper setup and safe use of specific equipment they will use to complete the job. Falls can be prevented and lives can be saved through three simple steps: plan, provide and train.

"This stand-down is intended to raise awareness among employers and workers about common fall hazards in all industries, focusing on how falls from ladders, scaffolds and roofs can be prevented and lives can be saved," said Teresa Harrison, OSHA's acting regional administrator for the Southeast. "It is the employer's responsibility to protect workers from injury and illness."

Under the Occupational Safety and Health Act of 1970, employers are responsible for providing safe and healthful workplaces for their employees. (from www.osha.gov) Please contact us at **RTS Consulting Inc.** for an assessment of your health and safety needs.

PUBLIC SAFETY TRAINING SCHEDULE

FOR SAFETY PROFESSIONALS

Construction Health and Safety Technician (CHST) Prep Course (3-day course) \$850.00 per person (min. 5 people)

Our experienced safety professionals will assist you in the preparation for the examination by giving participants a brief overview of the certification and the certification process. Each participant is guided through the completion of their application and documentation required in order to submit a complete application.

Topics covered include: how to use the workbook, OHST examination and history, how to select a calculator, reference material, description and analysis of the OHST examination, about the computer examination, calculator warm up exercises, scientific and engineering notation, signed numbers, formula transpositions, unit conversions, conversion questions, math answers, math questions, math answers, gas laws, chemistry, physics questions, physics answers, OSHA 300, statistics, equations used most often.

Instruction is presented on topical matters to pass the certification examination. This instruction consists of both lecture and group discussion. On completion of the instruction, participants are given a mock examination to review materials presented and prepare them for the actual testing protocol.

Safety Trained Supervisor (STS) in Construction (3-day course) \$850.00 per person (min. 5 people)

Participants are given a brief overview of the certification and the certification process. Each participant is guided through the completion of their application and documentation required in order to submit a complete application.

Instruction is presented on topical matters relevant to the particular certification examination. This instruction consists of both lecture and group discussion. On completion of the instruction, participants are given a mock examination to review materials presented and prepare them for the actual testing protocol.

The Safety Trained Supervisor in Construction Course will meet the Examination Blue Print changes of the Board of Safety Professionals 2011. Topics include:

1. Conduct risk assessments by performing pre-task hazard analyses and evaluating personal protective equipment (PPE), tools, equipment, and job expectations, in order to mitigate hazardous conditions and minimize the risk of incident or injury.
2. Confirm that employees have the necessary job-specific technical skills and qualifications by observing work practices or reviewing training records in order to ensure competent staff.
3. Ensure that personnel in the work area are oriented to safety and health considerations by communicating hazardous conditions and monitoring behaviors in order to help ensure that applicable rules and emergency action plans are understood.
4. Evaluate work practices by observing employees' behavior and their use of PPE, tools, and equipment in order to minimize the risk of incident or injury and to comply with applicable standards.
5. Ensure safety and health standards are implemented through coaching and by correcting observed deficiencies in order to maintain a safe and healthful work environment.
6. Take appropriate action when confronted with unsafe acts and conditions by exercising stop-work authority, modifying tasks, escalating issues to higher management, consulting with qualified professionals (when the matter is outside the scope of the supervisor's capabilities, etc.) and disciplining employees in order to minimize the risk of incident or injury.
7. Facilitate a positive, proactive safety culture by anticipating hazards, modeling and coaching safe behavior, reporting incidents, encouraging employee participation, and communicating performance measures in order to enhance safety and health.
8. Evaluate employees using safety performance and behavior as key criteria in order to hold employees accountable for safety.
9. Participate in investigations that determine causes, identify corrective actions, document lessons learned, and address employee concerns using recognized investigation techniques in order to minimize the risk of workplace incidents.
10. Verify the effectiveness of emergency action plans through training and practice in order to ensure effective response in crises.
11. Coordinate operations and work processes with other supervisors by communicating effectively in order to minimize risk.
12. Perform safety and health-related record keeping in accordance with applicable standards using established procedures in order to document essential processes.
13. Comply with company and STS codes of ethics by resolving issues consistently with these.

Course materials will consist of lecture materials accompanied by PowerPoint slides containing content consistent with the applicable examination and standards and best practice.

First Aid/CPR/AED Train-the-Trainer (2-day course) \$500.00 per person (min. 6 people)

This course covers the required skills needed to train the elements of the first aid/CPR/AED training.

SUPERVISOR AND GENERAL SAFETY TRAINING

Supervisor Safety Training (2-day course) \$600.00 per person (min. 5 people)

We provide two Supervisor Safety Training Programs. One is called START which stands for Supervisors Training in Accident Reduction Technics and it teaches the Supervisors their respective levels of accountability in the event of an incident. It also talks about what is a safety culture and shares the true cost of incidents and the direct impact on the project and/or company's bottom line.

The other program is called On the Front Lines. It goes from the perspective of a company that thought they were doing well and had recently won a safety award and then had a significant incident. It goes to show the type of mentality that Management personnel as well as field personnel go through, especially when it's somebody that they all know. This program also teaches about incident costs and EMR rates and how it relates to the company's overall ability to bid competitively on projects.

So You're Getting Inspected by OSHA??? (2-hour course) \$55.00 per person (min. 8 people)

This 2-hour course will cover what things an employer or on site employer representative must know when dealing with an OSHA Inspection. Learn what the inspectors need to do to identify themselves, can you make an inspector wait or not? Can the inspector question employees without a management representative being a part of it? Learn the overall process of how an OSHA Inspection is carried out:

- Identification of the Inspector
- Opening Conference
- Inspection Tour
- Closing Conference

First Aid/CPR/AED (4-hour course) \$75.00 per person (min. 8 people)

This 4-hour course covers the required elements for full certification: Set-Up & Site Evaluation, primary assessment, rescue breathing, CPR Techniques, choking management, control of bleeding, shock management and hands-on auto external defibrillator (AED) training.

Forklift/Telescopic Reach Forklift/Aerial Lift (1-day course) \$125.00 per person (min. 10 people)

The lift training and refresher will be completed in two sessions and covers the requirements of Occupational Safety and Health Administration (OSHA), Hawaii Occupational Safety and Health (HIOSH) and EM 385-1-1.

Theory Session:

To conduct a 4-hour theory training session for your lift truck drivers. This training session can be done during a regular work day.

Video and power point training, which is designed to give the operator a good understanding of all the principles of using a lift truck will be used. Written test which will determine the participant's knowledge of the principles that have been discussed. Participants will be issued a wallet card upon successful completion of the course.

Note: Participants must receive a score of 100% on the theory session if they which to participate in the practical session.

Practical Sessions:

To conduct practical lift training sessions - each driver will receive approximately 30 minutes of training and evaluation.

To complete the training we will need to know the name and type of the equipment used by your company. We will also require an operator's manual at least one week before the training.

Scissor Lift and Refresher (1/2-day course) \$75.00 per person (min. 8 people)

The lift training and refresher will be completed in two sessions and cover the requirements of Occupational Safety and Health Administration (OSHA), Hawaii Occupational Safety and Health (HIOSH) and EM 385-1-1.

Theory Session:

To conduct a 2-hour theory training session for your lift truck drivers. This training session can be done during a regular work day.

Video and power point training, which is designed to give the operator a good understanding of all the principles of using a lift truck will be used. Written Test which will determine the participant's knowledge of the principles that have been discussed. Participants will be issued a wallet card upon successful completion of the course.

Note: Participants must receive a score 100% on the theory session if they which to participate in the practical session.

Practical Sessions:

To conduct practical lift training sessions - each driver will receive approximately 30 minutes of training and evaluation.

To complete the training we will need to know the name and type of the equipment used by your company. We will also require an operator's manual at least one week before the training.

Traffic Control/Flagger Awareness (2-hour course) \$55.00 per person (min. 8 people)

This 2-hour course will cover the following:

Identify the responsibilities of a flagger, describe the proper way to place signs, describe the proper position for flagging, define the flagging procedures for stop, slow and proceed, identify the correct procedure for various flagging situations, describe the proper conduct in flagging.

Supported Scaffold Awareness (1/2-day course) \$75.00 per person (min. 8 people)

This 4-hour course covers the requirements of Occupational Safety and Health Administration (OSHA), Hawaii Occupational Safety and Health (HIOSH) and EM 385-1-1, regarding safety related to pipe scaffolds including fall protection, electrical hazards, inspections, protective equipment.

Anyone who works on pipe scaffolding regardless of the height are required to take a four hour Supported Scaffold User Course. This includes frames that are only one section high, baker scaffolds, rolling towers, and stair towers. No one is exempt from this training certification including architects, engineers, and project managers.

Supported Scaffold Competent Person Training (6-hour course) \$175.00 per person (min. 6 people)

This 6-hour supported scaffold training course will educate your personnel on how to minimize or avoid injury and follow the requirements of Occupational Safety and Health Administration (OSHA), Hawaii Occupational Safety and Health (HIOSH) and EM 385-1-1. In this class, your personnel will find out about getting at ramps, ladders, stairway towers, and walkways. They'll discover how to avoid hazards with beneficial housekeeping. In this supported scaffold training course they'll find out about the use of hard hats, debris-nets and toe boards. They'll find out about OSHA's height and guardrail regulations as well as suitable installation and assembly of industrial scaffolding. Industrial scaffolding certification training for supported scaffolds is mandatory by Occupational Safety and Health Administration (OSHA).

Trenching Excavation Competent Person (6-hour course) \$175.00 per person (min. 5 people)

This is a 4-hour "competent person" course. The Trenching and Excavating Safety Course helps employers and employees comply with the requirements of Occupational Safety and Health Administration (OSHA), Hawaii Occupational Safety and Health (HIOSH) and EM 385-1-1, by determining what type of working hazards exist, how to correct them and the responsibilities of the competent person. It also conveys the importance of using the right protective system during excavation work. Participants receive a wallet-sized certificate of completion from RTS Consulting Inc.

Fall Protection Awareness (2-hour course) \$75.00 per person (min. 5 people)

This 2-hour Fall Protection Awareness Safety Course identifies the types of fall protection and is designed to help employees recognize and correct fall hazards in the workplace before an accident can occur.

Fall Protection Competent Person (6-hour course) \$175.00 per person (min. 6 people)

This 6-hour Fall Protection Competent Person Safety Course will provide an understanding of fall protection with a focus on personal fall protection systems to increase worker safety while working at heights. This training will cover the requirements of Occupational Safety and Health Administration (OSHA), Hawaii Occupational Safety and Health (HIOSH) and EM 385-1-1.

- Each participant will receive a certificate and wallet card
- A,B,C,D, E of fall protection
- Anchor point strength requirements
- Body harness - how to properly don and doff a harness
- Connecting device - how to calculate your fall clearance distance so you don't go SPLAT
- Deceleration device - what is it and why is it important? What is its role within the fall protection system?
- Effective Emergency Rescue - What is deemed effective emergency rescue? 9-1-1 is not a rescue it's a body retrieval
- Competent Person Limitations and Responsibilities
- Choosing the right fall protection system - Fall Restraint vs. Fall Arrest
- Factoring in swing fall and how it can injure a worker

HAZCOM (4-hour course) \$75.00 per person (min. 8 people)

In this course the requirements of Occupational Safety and Health Administration (OSHA), Hawaii Occupational Safety and Health (HIOSH) and EM 385-1-1 will be covered.

Upon completion of this 4-hour training course the student will be familiar with:

- Hazard Determination
- Hazardous Chemical List
- Material Safety Data Sheets
- Definitions associated with Hazard Communications
- Hazardous Material Labeling System
- Employee Training

HAZWOPER /First Responder Operations Level (8-hour course)
\$175.00 per person (min. 8 people)

This course covers broad issues pertaining to the hazard recognition at work sites. OSHA has developed the HAZWOPER program to protect the workers working at hazardous sites and devised extensive regulations to ensure their safety and health. This course, while identifying different types of hazards, also suggests possible precautions and protective measures to reduce or eliminate hazards at the work place. This course will cover the requirements of Occupational Safety and Health Administration (OSHA), Hawaii Occupational Safety and Health (HIOSH) and EM 385-1-1.

Course Overview:

This Course will focus on the following topics:

- Regulation Overview
- Site Characterization
- General
- Site Safety and Health Plan (SSHP)
- Responsibilities
- Training
- RCRA, TSD Facilities
- Toxicology
- Hazard Recognition
- Personal Protective Equipment
- Site Control
- Decontamination
- Medical Surveillance
- Facilities or Construction Project Emergency Response
- Fire Protection

HAZWOPER (24-hour course)
\$350.00 per person (min. 11 people)

This course fulfills your requirements for certification under 29 CFR, Part 1910.120, 229 CFR 1926.65 or other applicable state regulations for certification to the 24-hour Occasional Site Worker level.

HAZWOPER (40-hour course)
\$650.00 per person (min. 10 people)

HAZWOPER 40-Hour Training Course is required for workers that perform activities that expose or potentially expose them to hazardous substances. The course will cover the requirements of Occupational Safety and Health Administration (OSHA), Hawaii Occupational Safety and Health (HIOSH) and EM 385-1-1.

This course is specifically designed for workers who are involved in clean-up operations, voluntary clean-up operations, emergency response operations, and storage, disposal, or treatment of hazardous substances or uncontrolled hazardous waste sites. Topics include

- Protection against hazardous chemicals present on the site
- Elimination of hazardous chemicals
- Safety of workers and the environment
- OSHA regulations, HIOSH and EM 385-1-1
- Use of personal protective equipment
- Work practices by which the employee can minimize risks from hazards
- Safe use of engineering controls and equipment on the site
- Medical surveillance requirements, including recognition of symptoms and signs which might indicate overexposure to hazards

OSHA 30-Hour Safety Certification
\$500.00 per person (min. 9 people)

This extended three-day course is designed for individuals responsible for implementing, managing and enforcing workplace safety efforts. Class curriculum provides a detailed, cross-referenced awareness of OSHA construction standards and their job site implementation. Syllabus includes: regulatory requirements; safety/health/environmental controls; personal protective equipment; materials handling; fire prevention; hand and portable power tools; electrical safety... and more. You will receive a 30-Hour OSHA Outreach card.

OSHA 10-Hour Safety Certification
\$175.00 per person (min. 9 people)

OSHA requires that all employees be trained to recognize the hazards that exist in their workplace, about safety rules that apply for the work they do, and in the safe working practices to accomplish their work.

This class starts with OSHA Regulations for the Construction Industry. Your employees attending this session leave with a much better understanding of the structure of these rules, where to go to learn more, and the most frequently cited violations for each part.

Topics Covered:

- Scaffolds and Ladders
- Excavation and Trenching/Shoring
- Electrical Safety
- Floor and Wall Openings
- Personal Protective Equipment
- Health Hazards
- Heavy Equipment Operation
- Welding and Cutting
- Power Tools
- Material Handling
- Steel Erection
- Concrete and Masonry Construction

Confined Space Competent Person (6-hour course)
\$175.00 per person (min. 6 people)

This 6-hour Competent Person Course will meet the requirements of Occupational Safety and Health Administration (OSHA), Hawaii Occupational Safety and Health (HIOSH) and EM 385-1-1 and will cover:

- Being able to identify the differences between a non-permit confined space and a permit-required confined space
- Understanding the responsibilities of an Attendant, Entrant and Entry Supervisor
- The hazards of working within a confined space
- Equipment needed to safely work within a confined space
- How and Who creates a permit if a space is deemed Permit Required Confined Space
- How to set up the emergency rescue equipment
- Competent Person responsibilities
- Proper signage and delineation of the work areas

Respiratory Protection (4-hour course)
\$125.00 per person (min. 5 people)

This 4-hour course will cover the protocols for respirator training/fit testing that meets EM 385-1-1, HIOSH 12-64.1, OSHA 1910.134, NAVOPINST 5100, AR 11-34, AFOSH and Coast Guard, review of OSHA revised standards as they pertain to Hawaii, NIOSH 42 CFR 84 Particulate standard and new respirator technology.

Electrical Safety (2-hour course)
\$75.00 per person (min. 5 people)

This 2-hour course will cover the following information:

1. OSHA Electrical Standard Information
2. Definitions of electricity
3. Inspection Requirements
 - a. Documentation of inspections
4. Maintenance Requirements for Flexible (extension) cords

Competent Person Electrical Safety (6-hour course)
\$175.00 per person (min. 5 people)

This 6-hour Competent Person Course will meet the requirements of Occupational Safety and Health Administration (OSHA), Hawaii Occupational Safety and Health (HIOSH) and EM 385-1-1.

Ladder Safety (2-hour course)
\$75.00 per person (min. 5 people)

This 2-hour course will cover the following information:

1. OSHA Ladder Standard Information
2. Ladder Types:
 - a. Fiber glass
 - b. Aluminum
 - c. Extension
 - d. Step Ladders
3. Inspection Requirements:
 - a. Documentation of inspections
4. Maintenance Requirements

Competent Person Ladder Safety (6-hour course)
\$175.00 per person (min. 5 people)

This 6-hour Competent Person Course will meet the requirements of Occupational Safety and Health Administration (OSHA), Hawaii Occupational Safety and Health (HIOSH) and EM 385-1-1.

Hazardous Energy Control (2-hour course)
\$75.00 per person (min. 5 people)

This 2-hour course will cover the following information:

1. OSHA Lock Out/Tag Out Standard Information
2. Definitions of LOTO
3. Inspection Requirements
 - a. Documentation of inspections
4. Maintenance Requirements

Competent Person Hazardous Energy Control/Lock-Out (6-hour course)
\$175.00 per person (min. 5 people)

This 6-hour Competent Person Course will meet the requirements of Occupational Safety and Health Administration (OSHA), Hawaii Occupational Safety and Health (HIOSH) and EM 385-1-1.

All training sessions can be presented on-site and on any state island. (Lanai, Kauai, Oahu, Maui, Molokai and Hawaii (Big Island))

*A substantial discount will be given for large groups. Please call for special group pricing.

Please note: Training occurring on weekends and holidays will be subject to an additional 25% rate increase.

OSHA NEWS AT A GLANCE

OSHA is focusing on crane safety in northwest. A new OSHA emphasis program will focus on crane safety in Alaska, Idaho, Oregon, and Washington. The program will work to reduce injuries associated with crane operation in various industries.

“We know that most of these injuries and fatalities are preventable with adequate training and proper attention to safety controls,” said Dean Ikeda, regional administrator for OSHA’s Region X, which is based in Seattle, in an OSHA statement. “Our goal is to highlight the safety concerns and help employers and employees take steps to reduce the incidents related to crane operations. We want to improve safety for those working with or in the zone of danger where a crane is in use.”

In the past five year, there have been 13 crane related accidents that OSHA has investigated in the area. These include: “crane tip-overs, being struck by a crane, electrocutions, being caught in between a crane and other equipment or objects, and falls from the equipment,” according to OSHA.

There will be an increase in inspections at ports and construction sites. OSHA will also lend a hand in training workers about the safety hazards. (from www.ohsonline.com)

U.S. DEPARTMENT OF LABOR

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1) OSHA 10 Hour Construction Course

This 10 hour OSHA-accepted online training course is for entry level construction workers & will provide general instruction on recognizing and preventing hazards in their work environment. Employees attending this session leave with a much better understanding of the structure of safety rules, where to go to learn more, and the most frequently cited violations for each part.

Some of the topics covered are:

- Introduction to OSHA
- Excavations and Trenching
- Electrical Safety
- Floor and Wall Openings
- Stairways and Ladders
- Fall Protection
- Heavy Equipment Operation
- Concrete and Steel Erection
- Hand and Power Tools
- Material Handling

2) OSHA 30 Hour Construction Course

This 30 hour OSHA-accepted online training course is for construction foremen, superintendents and engineers, plant engineers, inspectors and other construction workers responsible for maintaining a safe work environment. This course will provide comprehensive coverage of OSHA compliance regulations and their job site implementation.

This course covers the same information as the 10 hour course as well as additional topics such as:

- Forklifts
- Concrete and Masonry
- Confined Space Entry
- Fire Protection and Prevention
- Scaffolds
- Fall Protection
- Cranes, Derricks, Hoists, Elevators and Conveyors
- Storage, Use, Disposal
- Personal Protective & Lifesaving Equipment
- Welding and Hot Work

3) OSHA 10 Hour General Industry Course

This 10 hour OSHA-accepted online training course is for entry level general industry workers in such fields as health care, warehousing, manufacturing, and retail. This course trains general industry workers to recognize, avoid, control, and prevent safety hazards in their work environment.

Some of the topics covered are:

- Introduction to OSHA
- Electrical
- Walking and Working Surfaces
- Materials Storage
- Introduction to Blood Borne Pathogens
- Hazard Communication
- Machine Guarding
- Exit Routes, Emergency Action Plans and Fire Prevention
- Flammable and Combustible Liquids Fall Protection
- Safety and Health Programs

4) OSHA 30 Hour General Industry Course

This 30 hour OSHA-accepted online training course is for general industry safety directors, foremen, supervisors, managers, and other general industry workers responsible for maintaining a safe work environment. This course will provide comprehensive coverage of OSHA compliance regulations and their job site implementation.

This course covers the same information as the 10 hour course as well as additional topics such as:

- OSHA Inspection Procedures
- Record Keeping
- Welding, Cutting and Brazing
- Safety and Health Programs
- Personal Protective Equipment
- Permit-Required Confined Spaces
- Exit Routes, Emergency Action Plans & Fire Prevention
- Case Studies/Workshop
- Ergonomics
- Hand and Portable Tools

Emphasis: The classes are prepared for presentation to workers. They emphasize hazard identification, avoidance, control and prevention, not OSHA standards and regulatory codes. The presentations are tailored to the needs and understanding of the audience. Each class is evaluated to determine the best methods of training before the class begins.

Site-Specific Training: We believe that the most rewarding classes for students are the ones they can relate to because the trainer uses examples, pictures, and scenarios that come from the student's work place, industry or community.

Training Purpose: We explain up front, that the training isn't a bureaucratic exercise. We emphasize that it may save a life & help them continue to provide for their family. We explain that safety & health add value to the company, the workplace and their life.

Homogenous Class: The ideal class to teach is one where students have similar positions and needs. We endeavor to conduct separate training classes for supervisors, managers, and workers as much as possible unless a combined session would assist the students in fostering a culture of teamwork. We also try to separate workers into like groups, for example, office personnel, machine operators, and maintenance staff when possible.

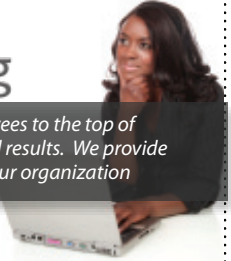
Use Objectives: At the beginning of each session we describe the skills and abilities the students should have or exhibit for each topic and relate the objectives to the students' work, whenever possible.

Presentation Assortment: Students learn in different manners, and get tired of one training style. Therefore we use different trainers, computer presentations, videos, case studies, exercises and graphics to make the course interesting and enjoyable. By doing this we employ the three levels of training techniques - presentation (*presenting the material in a variety of ways*), discussion (*getting the students involved in the learning*), and performance (*students practice the material they learned*).

Testing: We use quizzes and tests to ensure the student understands key objectives. We also provide students feedback on incorrect answers in an open discussion format.

WEB-BASED training

Raise the safety, health, and productivity of your employees to the top of your agenda and provide training solutions that deliver real results. We provide web-based training programs for the convenience of your organization



HEALTH CARE EDUCATION

This module consists of 12 unique courses designed to provide participants with a well-rounded understanding of safety in the health care industry. You'll learn everything from how to recognize & prevent workplace violence to gaining basic knowledge of patient's rights and confidentiality.

TECHNICAL, INDUSTRIAL & SAFETY SKILLS

The goal of this training is to help participants to understand the risks and take the necessary precautions for the health & safety of workers and how to prevent accidents within the technical & industrial trades.

This module is divided into 5 sub-sections:

- Canada Safety
- OSHA - Construction
- OSHA - General Industry
- OSHA - 10/30 Hour Outreach Training
- OSHA - Hazardous Waste Training

PUBLIC SAFETY

The basis of this training covers the key components of human resources with emphasis on courses such as employment law, handling conflict and confrontation and explores successful arbitration and mediation methods. It also includes courses that aid in improving business-writing skills and offers advanced insight for analyzing financial statements.

DANGER High Voltage! Safety With Cranes

Nationwide, electrocutions caused by a crane, rigging, load, or load line contacting an overhead power line have resulted in numerous injuries and fatalities. In Washington State alone, six power line contacts by cranes have occurred statewide in the past six months. The most recent power-line contact killed a residential construction framer who was rigging a bundle of OSB sheathing when the crane hoist line contacted a 7,200 volt power line.

In each of the six power line contacts, the workers were aware that power lines were present. Following the safety rules for operating cranes near power lines would likely have prevented contact. The dynamics of electrical energy determine the path electricity will take and any conductive material is a likely path. Many factors such as voltage, amperage, resistance, and duration will affect the path, but the bottom line is the human body is conductive enough for electricity to go through.

Many construction activities use cranes to move materials to various locations, and in most cases, there are electrical power lines in the vicinity. To prevent power-line accidents, Washington State's new construction crane rules contain detailed systematic procedures that employers must follow when operating cranes near power lines. These procedures are designed to prevent equipment from making electrical contact with power lines and protect workers in the event that such contact occurs.



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